

Part 7 - 12 Mind Powers Meditations

MEDITATION FOR THE GROWTH OF DIVINE IMAGINATION IN YOUR LIFE

This meditation is based on a platform prepared for the purpose of creating within your life those things which will improve your well-being, happiness and joy. For the crystal-clear colour, let us take a piece of glass or a mirrored surface from which we will transform its surface with the Power of your Imagination.

Find yourself a comfortable place in a quiet location. You may sit or lie for the purpose of this meditation. You may play some of your favourite music in the background, or perhaps you will like the fertility of pure quietness. Take several minutes now to relax either by several deep breaths or by any other processes which you are familiar with to quiet your mind. In your own time, imagine, sense or feel that you are in an art, film or music studio. Remember, you have the power to create whatever it is within your life that resonates with love, happiness, goodwill, fulfilment, compassion, beauty, peace and joy. Your mind is the tool; a large pane of glass is the canvas or screen to which you will project your imagination. You may participate within the imagery or, if preferred, simply observe the actions of the players and the scenarios you create for them. This is exactly like a dream, you write the story, you cast the actors, and you are the scriptwriter and the director.

The only difference between a dream and your imagination is here, you are purposely creating positive scenarios which are based on God's Will and not your own. Your Higher Consciousness Mind is at work and not your subconscious mind. You are working with Love and absolutely nothing relating to fear or the negative emotions. Remember, you are the creator of your own reality in the same way. Once you have imagined the way you would like it, take those new thought patterns which you have created home with you when you return to the physical world and bring them into reality by giving them substance through your thoughts, words, and actions. You have the power to do this by consciously activating the virtues and characteristics of the Power of Imagination and the other eleven Mind Powers.

Begin now to create or visualize the scene which is presently generating aggravation in your life and change its perspective to the outcome you would be happy with. Take as long as you like. When you are satisfied that you have completed the exercise in your own time, return to your physical environment in the same way as you have on previous occasions.