

Part 11 - 12 Mind Powers Meditations

MEDITATION FOR THE GROWTH OF DIVINE REGENERATION AND ETERNAL LIFE IN YOUR LIFE

Blood red or ruby red creates an ambience for reproduction and creativity. God gave us the Will to create with equal power to Him. To give, gain and generate new life in His likeness. However, we have learned to misuse that creative power which has instead produced fear, confusion, depression and frustration in our lives. This meditation is an opportunity to reverse and replace our powers of reproduction and creativity to that which is now and will forever be God's Will. This will be done through serious discernment, with diplomacy, understanding, wisdom, prudence, love, gentleness and generosity.

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 your open-mindedness of the silence. 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 have the ability to create new life simply with the power of your mind. Imagine the desire to create new life, for example, the heart-burning wish to bring into this world a new child, so pure, so beautiful and warming that you already begin to feel the essence of that birth being conceived within you.

Life begins with a thought, and its personality or characteristics are those through which you impose through your belief system. You are bringing into this world God's Child with whom you relate perfectly. You have fertilized the ovum or the soul with the sperm or the idea, which is nourished and developed by the blood (red colour) for the manifestation, growth and development of the Soul and Mind. There is an inner knowing, a familiarity, which you seem to have always had about this process. Now, in your Mind, allow the conception to take place by flooding the uterus; men should have no problem with this concept while in this altered state of consciousness, with the colour of ruby or blood red, for it is from this colour that this life is activated. Imagine the fetus growing and being nourished with pure Love from this colour. See with your inner sight the formation of the child within you.

See it smiling upon you for your recognition of the knowledge that you are this child. You can feel this colour of life permeating and filling your every muscle, tissue, cells and atom within your body. You have now become the colour of ruby red. Imagine that you are now giving birth; bear down and allow the child to be born into this world. Take your time, and when this has occurred, look at your child. He or she is surrounded with a brilliance of light that you have forgotten all about. You now remember its beauty, its radiance and its gentleness. Hold this child in your arms, and remember! Feel the Love, compassion and joy. This is you; you

are holding in your arms. This is you from the essence of your Divine source. Contemplate the peace, the glory and the Love. In what ways can you imagine that this new love and peace can change the things in your present life, from the negative aspects to those you have just been feeling?

When you are ready, in your own time, return to your familiar world and bring your Inner Child with you. Learn from this Child as He or She has all knowledge and is all-knowing. Allow all Its truth to permeate your logical mind, and when you feel the need, care for Him or Her, give Him or Her your undivided attention. When you are feeling lifeless and the need to regenerate, buy yourself some ruby red flowers; if you have a ruby stone, hold it in your hands while upon your lap, wear something ruby red and feel the Inner Child stir once again within you. Remember who He or She is; that is your right, that is your *'journey to be'*. God Bless you.