

Part 2 - 12 Mind Powers Meditations

MEDITATION FOR THE GROWTH OF DIVINE STRENGTH IN YOUR LIFE

In this meditation, we are going to use the vibration frequency of the colour lemon yellow to heal and strengthen our Strength, stability and steadfastness and to reinforce the faculties and virtues of the spinal column and nervous system in preparation for the Mind Power of Strength to be activated.

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 richness of total quiet. 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 lying on a golden sandy beach.

No one else is in sight, you are completely alone and in your own space and, at the same time, the space of the entire Universe. The waves are gently breaking on the shore in a rhythmic pattern, slowing down and deepening the inward and outward breaths. You can feel the sun's brilliance warming the cockles of your heart. Bury your feet into the yellow sand and feel the grains of sand between your toes. If you haven't already done so, lay down on your back in the sand, allowing the sun to penetrate your whole being. The sun's rays have absolutely no harmful effects whatsoever, you may be completely dressed, in a costume, or completely naked. That is your choice.

This makes you feel good, and as your energies blend with those of the sun, sand and water, you can feel their strength freeing all blockages within your mind, bodies and spirit. You can feel the sun's rays tingling up and down your spine, activating the entire nervous system and communicating life balance and faithfulness throughout. The sun is a great source of power and Strength, maintaining Strength, stability and steadfastness. You can at all times imagine this source and activate its presence within you by affirming this popular prayer known as the 'Gayatri': -

'You who are the source of all power

Whose rays illuminate the world

Illuminate also my heart

So that I, too, may do your work

(I can of mine own self do nothing)'

Whenever you recite the Gayatri, visualize the sun's rays streaming forth into the world, entering your heart and then streaming out from your heart's centre and back to the world. I like to tack onto the end of this prayer the words "He is in perfect unity with God the Father" ... "I can do nothing on my own", which is (John 5:30). By our own power, we can do nothing. It is only the love, which is Universal energy, that flows through us. Our only part is that of directing the energy either for positive or negative.

In your own time and when you feel that you have had enough, begin to become aware of your physical presence once again by moving your fingers, toes and feet. When you are ready, open your eyes.

Did you have any feelings while in this state of bliss? Did the sun, sand or sea offer any messages for you? Remember to act upon any feelings, for these are the beginnings of your activation to a stress-free and stable new life. A life of wholeness.

If at any time you are feeling a little off balance or out of sorts, wear or carry something with lemon yellow in it. It does not have to be exactly lemon yellow. If a colour shade, whenever we are working with colours, varies at any time, go with them, for they are what you have chosen subconsciously. They may even, at times, be completely different colours. That is all right, too, as each of us are individuals and respond differently to each situation and circumstance. Go with your intuition, it will always lead you up the correct pathway.