

Part 5 - 12 Mind Powers Meditations

MEDITATION FOR THE GROWTH OF DIVINE WILL IN YOUR LIFE

Our choice of meditation today is for the purpose of generating the Power of Will with the colour sky blue. The intention is to stimulate the respiratory system to enhance our choices in life so we are able to make our decisions easier. In understanding Will, we must understand the act of sharing, for the life principle is to give sustenance. When we share our knowledge and experiences, we not only benefit ourselves, but we also benefit others.

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 bounty 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 floating in a hot air balloon. The balloon is slowly rising higher and higher into the sky. The day is absolutely beautiful, with not a cloud in the sky, no pollution, smog or anything else to restrict your vision. You can see forever.

The sky is as blue as you have ever seen; in fact, it is so clear and full of colour that it absorbs your every thought, your every sense and your every breath. Allow yourself to draw from this absorbing atmosphere some deep breaths which penetrate your lungs, transmitting the oxygen, filled with the colour of sky blue, throughout your entire body. You are slowly becoming the same colour as the sky, blending in so that you are now invisible to the naked eye. Allow yourself to float out away from the basket of the balloon so that you are free and boundless with no frontiers. You are now a thought form, only an aspect of pure consciousness, and you have lost all feelings of what it is like to have your own will.

You feel no thoughts of the material world, no guilt, no anger, no frustration, no confusion, and no powers of obsession. Your will has now become the Will of God, and only the things that this stands for and has given you are who you really are. These things will now be carried back with you on your return to the physical world to be expressed, not through your will, but by God's Will through you, as His instrument of Love. If you have any queries at this time, send out your thoughts and ask for an answer or perhaps for some advice. Maybe you would like further information sent to you to help you understand things better. Ask, and you shall receive - that is the law. Take some time now to ask your questions and receive the answers in your own time, and when you are ready, make your way back to the balloon. Have the balloon lower itself to the ground and hop out. Begin to move your fingers and toes, and finally, open your eyes.