

Part 4 - 12 Mind Powers Meditations

MEDITATION FOR THE GROWTH OF DIVINE WISDOM - JUSTICE AND JUDGEMENT IN YOUR LIFE

In this meditation, we are working with the colour green for the activation of the Power of Judgment and Wisdom. 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 abundance 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 a garden of lush green vegetation, flowers and animal life. Green is the essence of wisdom and Judgment, so look around the garden and find yourself in an area where you feel most drawn and are in direct contact with green. It could be laying on some lovely green grass, sitting under a tree holding in your hands a palm leaf of luscious green foliage or even up in the branches of a tree full of green leaves swaying in the gentle breeze.

Wherever you are, relax and take in the peaceful atmosphere, and listen to the birds sing their songs of life without Judgment, for nature does not criticize or judge each other; man is the only species that does this. While you begin to blend your energies with the greenness of your surroundings, feel the essence of green enter your body through the mind's eye or third-eye chakra. Allow the colour to flow into the brain filling the head, flowing down the neck and continuing throughout every part of the body. As you do this, forget all your Judgments of family, friends, neighbours and countrymen, including all your enemies or perceived rivals. Remember that all those with whom you come into contact with are beloved soul mates at a higher level who have incarnated in this lifetime to help you with your life's lessons and you, in turn, with them.

So, as you perceive them to be your enemies, you are deceiving yourself as to their importance to your growth and development. Those whom you judge are only lovingly reflecting those aspects within you that you require to clear from your mortal nature to allow your return to your immortal 'I AM' Self. At this point of your meditation, take a few moments to look at any areas within your life where you have misjudged your family members, peers, or colleagues. Now instead of criticizing them, thank them for their loving patience and the gifts that they have offered you so that you may realize the truth, not only about yourself but also about them. When you are ready and in your own time, make your way back from the garden and return to your normal environment, as mentioned in previous meditations.

What new knowledge did you return with? How different do you see your fellow man now within this new light? Without saying a word to anyone, you will find it interesting to see how emotions and reactions have changed the next time you meet with those in question.