

Infinite Way Circle of Christhood

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GUIDED MEDITATION

IW MEDITATION IS NEVER GUIDED

Most students are familiar with the word, "meditation," and often come to The Infinite Way with experience in meditating. We do not use other methods of meditation.

There is no particular breathing technique. We do not count breaths or worry which nostril is exhaling or inhaling. Our breath alters itself, calms and quiets as we get deeper into meditation.

There is no particular pose or position in which to meditate. We simply dress comfortably and sit upright in a chair. We do not want our clothing to bother us or draw attention away from our meditation. We do not lay down for we may fall asleep. If we are hungry or thirsty, we take a bite to eat, sip a drink and begin. There are no rules and no goals other than to stop focus on our thoughts and redirect our thoughts to God until we can relax into a communion and God contact.

We know we cannot stop thought. It is impossible. Our minds are instruments for us to use, as our hands and eyes. Hands touch. Eyes see. Brains think. We do not want the brain to stop thinking, we just want it to relax and get quiet so that our soul can rise up and begin to direct our lives. The brain is not a power, it is a tool.

Begin meditation with a recognition of our Christhood. We close our eyes and pause to remember that we are the child of God and that our Source and identity are within us. This Christ is our true nature and will guide and protect us. There is no power other than God. This "grounds" us in our own consciousness. From here, we can take a scriptural passage or phrase and contemplate it until we have quieted the mind. We move to simple attention to "God", "Father, speak, thy servant heareth." Then we relax and wait with the "listening ear."

Although we may use a contemplative, we encourage each student to find their own, to expect fresh manna every day. No need for memorizing or having routines unless they come up from within us. Some may use the same passage for meditation for months and years. Others will use a different one each time. It is totally personal.

- ◆ Children: Imagination
- ◆ Children:Letter to Sam
- ◆ Children: Letting Go
- ◆ Children: Live the IW
- ◆ Children: Love
- ◆ Children: Naskapi Indian
- ◆ Children: Obedience
- ◆ Children: Parents
- ◆ Children:Parent Consciousnes
- ◆ Children: Peace
- ◆ Children: Reading list
- ◆ Children: Truth
- ◆ Children: Who Am I?
- ◆ The Christ, The Presence in
- ◆ Christian History
- ◆ Christian Science:Joel's His
- ◆ Class/Practitioner Listing
- ◆ Class Preparation
- ◆ The Collected Essays
- ◆ Common Mistake
- ◆ Consciousness,Spiritual
- ◆ Cosmic Consciousness
- ◆ Current Lesson 1/21/07
- ◆ Daily Drill
- ◆ Daily Quote
- ◆ Darwin
- ◆ Death
- ◆ The Deep Things of God
- ◆ Disciples and Apostles
- ◆ The Disobedient
- ◆ Doctors, Nurses
- ◆ Do You Need a Doctor?
- ◆ Dominion Tapes
- ◆ The Dream
- ◆ Editing
- ◆ Editing: Sinkler Horizons
- ◆ Editing: Student Comment
- ◆ Emma's Tape List
- ◆ Error
- ◆ Error:Activity of Error
- ◆ Every Infinite Way Student
- ◆ Facing a Problem
- ◆ Family and Friends
- ◆ First Letters
- ◆ Food
- ◆ Foundation of Mysticism
- ◆ Freedom
- ◆ Fresh Manna
- ◆ Georgina Letter: CS
- ◆ Georgina Letter: Error
- ◆ Georgina Letter: Fear
- ◆ Georgina Letter: Lazarus
- ◆ Georgina

However, we do not need to have others take us on imaginary journeys or present relaxing settings to us. They are usually not harmful, per se, but they allow us to hand over our autonomy to another, and we NEVER do this.

We honor each individual and allow them their dominion in all circumstances from healing to meditation. It is always a person's individual process. When we use a contemplative to focus our initial quieting period, this is merely to move our minds from human thoughts to spiritual ones. The goal is to gently condition our minds to give up the worries and concerns of our human life and to shift thought into a quiet resting in scripture and/or truth.

As governments and commerce strive more and more to influence the thoughts of citizens, it is very important for us to maintain our dominion and honor it in every individual. This will not only help us, but the world.