

The Art of Meditation... and the Power to Manifest your Reality

A Message from Usa

Years ago I had asked our Beloved Akasha to help me with a conflict that I had within myself. It was...the art of surrender, surrendering to a higher force and yet maintaining the individual responsibility of 'getting out there' and making it happen for ourselves. Her mentoring came through a number of messages and I would like to reflect here Her response to my inner conflict.

Akasha spoke to me of meditation, an opportunity to quiet ourselves, to fully relax with a choice for peace within ourselves. The Heavenly Mother spoke to me of meditation as an inner contemplation, gentle thoughts of love, forgiveness, openness, allowance, and a willingness to remember who I truly am. Akasha reminded me of the hidden mysteries within our Heart Center and talked to me about an inner presence within that heart centre that was like a best friend. A friend that would never judge, never suggest, a friend within my heart that would go everywhere with me, one that would be there for me when I needed 'It' most.

Akasha reminded me that once I quieted myself and fully relaxed into a meditation, that I could address this inner friend, be confident that it was always listening, that I could quietly acknowledge It's presence within me. As I reflect on the thousands of discourses Akasha and Asun have provided us, I remember them suggesting that this gentle friend within our hearts was actually the presence of our Beloved 'I AM Presence' centered in our bodies. This friend was an inner light that contained the love, the wisdom, and the power of my own higher intelligence. The Masters taught me how to communicate with the Light of my Presence, what response to look for and how to hold a silent anticipation of It's tangible response to me.

Akasha taught me that as I acknowledged my own Beloved God Self in meditation through the presence in my heart center, that I could then effectively communicate my desire to listen to It's guidance and wisdom, and to then surrender all of my thoughts and concerns with the desire to be filled with all the love, wisdom, and power that friend had waiting to offer me. I soon realized through practice that I could develop an inner listening, a real surrendering to the Higher Power of this inner friend. Eventually I came to experience wonderful stirrings of warm energy expanding up through my body, mind, and feelings.

As my meditation practice continued, I began to experience greater peace and harmony in my feeling side of life and much greater clarity and less confusion in my mind. I realized that in acknowledging this inner presence during my meditations and then surrendering to It's presence, listening for It's soft voice, I soon became filled with much greater love and passion for life.

When I would complete my meditations, I felt energized, wanting to get up and go out and do something, create something or just to go and be with someone. As this continued, the Beloved Akasha's messages integrated into realizing that God does not think for us, but is there to fill us

with His/Her love and limitless energy. I realized then that I got to choose how that love and energy was going to manifest in my life.

Akasha's discourses lead me to realize that all of my thoughts and feelings were always qualifying the great love and energy of my God Self that was growing and expanding within me due to my meditations. I loved it. Perhaps crude, yet I felt that meditating was like taking my car to the gas station and getting it filled with gas. I still had to get back into my car and drive it, give it direction...yes God was not going to think for me.

I realized that meditation was that place where I could surrender my daily activities for 10 minutes and go within and get filled with God, life, love, energy. I realized the more I meditated the more the desire to participate in life grew within me and finally I realized how important surrendering and yet, taking responsibility for our lives was so important. Making choices and decisions and consciously choosing peace and harmony inside myself, letting go into the Violet Flames any sense of struggle, was now to become part of consciously creating a dynamic reality.

Never stop creating your miracle day
with warm regards, Usa