



## Discover Your Divinity

### Meditations

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#### **Week One Meditation (Chapters 1 – 2)**

*by Karen Kazsmer*

As we begin our time of meditation, sit in an open, relaxed posture with your spine straight and your feet on the floor. Place your hands comfortably in your lap. And gently close your eyes. We begin our journey within by breathing ourselves into this present moment. Take in a slow deep breath affirming “I Am Open” (*pause*) And breathe out, letting go of any distractions, and affirm “I Am open to recognizing God Is.” Let go of everything, allowing your breath to get slower and deeper, connecting with your higher consciousness. Simply allow yourself to be here now.

We move into harmony with what is all around us, the energy of this space, this loving community, the beauty that is everywhere. You are now entering your inner sanctuary of stillness with an elevated mind and an open heart. You are being called now, in a sacred way, to expand and know yourself as a sacred being of Light. Acknowledge your connection with your Christ Consciousness, your I Am Presence, your infinite potential. Embrace the unity and oneness of all things. You are one with divine love. You are one with divine life. You are one with divine wisdom. This universal energy flows through you, in you, and around you, expressing itself as you. The limitless resources of Spirit are at your command. The power of the infinite is at your disposal. Choose an affirmation you wish to acknowledge about yourself or about a challenging situation in your life. Create your affirmation beginning with I Am and the power you wish to acknowledge within you. An example would be “I Am faith-filled and faithful.” Take this affirmation into the silence and listen to the wisdom of the Divine Intelligence within you. (*pause for 1-2 minutes*).

As we gently begin to bring our attention back into this space, we realize a new awareness of our oneness and spiritual truth of any situation. We realize what we can do, what we know, and what we have available to us. It is in the realization of our Oneness with all that is that we can now live into this principle in a new way.

We end with an acknowledgement and appreciation of the transformation of our consciousness, our shift in consciousness, so that we may know and live from our divine identity. We gratefully acknowledge God as the invisible, intangible, but very real something we call life, the total of all good both manifested and unexpressed. And we are blessed.

## **Week Two Meditation (Chapters 3 – 4)**

*by James Van Hala*

I invite you to get comfortable. Close your eyes. Take a deep cleansing breath and exhale slowly. God's love surrounds you now bringing a deep sense of peace. Indeed, it is God that is the source of your every breath. So let us take another deep breath, feeling an even deeper sense of peace while we exhale slowly. Make the following words your words: I am one with God and all life. Joy, peace, love and happiness abound in me and through me. There is no time, no place, no state where God is absent.

Open your mind to the endless possibility that nothing is withheld from you. Contemplate the following affirmation. "Divine life is my true state of being. Every cell in my body is thrumming with divine life." Your inner being knows that this is the truth.

Charles Fillmore states that the Law of Mind Action is a creative power: "There is one underlying law and through this law all things come into expression. There is One universal mind, the source, the sole origin of all real intelligence. First there is mind, then mind expresses itself as ideas, then ideas make themselves manifest."

How can we use this statement to heal every condition in our lives? First, know that healing is 100% possible. All sickness, all perceived lack of any kind, are of the mind and have nothing to do with the body. Healing must occur in exact proportion to which the valuelessness of sickness is recognized. One need but say, "there is no gain at all to me in this" and he is healed. Ernest Holmes states, "Healing is not a process but a revelation; for the revealing of the perfect man always heals."

Let us use the following affirmative prayer:

God is life, an ever-flowing vitality, independent of changing conditions. For this is the life I Am.

As we enter a time of silence, carry these thoughts with you:

I Am whole, complete and wonderfully divine.

I am divine abundance, the power of plenty.

I Am a living expression of harmonious love.

*(PAUSE FOR SILENCE)*

I give no power to fear. I Am faith in action and step forward confidently.

I release any power or energy around feeling stuck. I know I Am limitless potential and that new possibilities are available right now.

Holy Ones, your salvation waits only on your acceptance that you are one with the Creator and the creation is your wholeness, your sanity and your limitless power. And so it is!

Amen

**Week 3 Meditation (Chapters 5 – 6)**

*by Smokie Stuver*

In this meditation we are going to explore who and what we are. When I say “I” I want you to hear . . . inside you . . . that “I” means I / you / we and recognize that we/you/I are all One with God. So . . . let’s be still . . . close our eyes . . . and just focus on our breathing. Slowly. In . . . and out . . . in and out . . .

Now move your attention to your heart. Place your hands on your heart and breathe. Gently. In and out. Slowly.

You have a body but you are more than a body. You are light and vibration. Feel your breath . . . Feel your heart . . . Feel what it feels like to love.... Feel what it feels like to BE . . . That’s who you are. More than a human body. You are Spirit . . .

Now move your attention to your 3<sup>rd</sup> eye, the area between and slightly above your eyebrows . . . As a Divine Human you can see the light that is ever present in this power center. Here we see with our spiritual eyes . . . and we see light.

And ALL is included in this light . . . ALL IS this light.

Here you can see yourself as God created you: You/we/I am Spirit, . . . sacred and holy . . . sinless and guiltless, . . . forever safe, whole and healed. (ACIM)

Now repeat after me in the silence of your heart: I am Spirit . . .sacred and holy . . . sinless and guiltless . . . forever safe . . . whole . . . and healed.

Now . . . BE still . . .and Be who you are.

*SILENCE*

Gently now . . . remember that I/you/we remain as God created us. Again repeat after me: I am Spirit . . . sacred and holy . . . sinless and guiltless . . . forever safe, whole and healed.”

Thank you, Mother/Father God for this understanding of Who I really am.

And so it is.

**Week 4 Meditation (Chapter 7)**

*by Deborah Core*

Take a moment to relax and settle into a comfortable position . . .

Become aware of your breath, your breathing, in this moment . . . this divine moment . . . of peace and tranquility . . .

Open your mind, your heart, your entire Being . . . And Be . . . Open . . . Open to the truth . . .

And you Recognize the truth, the absolute truth . . . that there is only One Power and Presence . . . Divine Love . . .

Divine Love, which flows to you and through you and is who you and what you really are . . . Divine . . . Love . . .

You are that one presence and one power: You are Divine Love. Expressing . . . You are joy, wisdom, abundance, compassion, peace and harmony . . .

You are One with all of creation and you are creating in every moment, with every breath, every thought, every feeling.

And you Realize that you can shift your awareness from the outer world into a rich, unlimited inner world . . . And choose to welcome the embrace of the Divine in the silence . . .

*(2 or 3 minutes of silence)*

Slowly return to this sacred space and with deep appreciation, celebrate the remembrance that you are Humanly Divine and Divinely Human . . . You are . . . Love.

## **Week 5 Meditation (Chapters 8 and 9)**

*by Linda Thunberg*

*(Read slowly and in a very relaxed voice)*

Just sit back and relax, consider this an invitation to open our hearts and minds. As I close my eyes and breathe in the light of God, the good, and relax in this light for a moment, I invite you to do consider doing the same. I breathe out any tension or tightness to open further and further . . . feel and know the light of God around us, in us, through us . . .

I relax in the love of God . . . the breath of God . . . knowing all is well.

Set your intention now and awaken to what you truly desire – perhaps wisdom, understanding, or good judgement – this or something better. Intend for a shift in consciousness of awakening to unlimited possibilities.

Go into the silence now, relax and set your intention, as I am, to possibilities for yourself and its impact on the collective consciousness. Breathing into the process, reflecting on how you can be your own answered prayer and can shift abstract ideas into concrete authentic action. See it, feel it, know it . . .

*(PAUSE)*

Just breathe and allow . . . breathe and allow realization of your divinity to emerge and transform your small ideas about who you have come here to be. Realize your own divine identity and truth . . .

Allow realization in your body mind and spirit, expressed as one with God, as God in you through you as you . . . allow your powerfulness to shine through and allow! Wholeness is always seeking to express in your life and so you allow it right here and now! Say YES to the miracle! Be the miracle and in turn be of service to others as well! See, hear or feel yourself as the miracle!

*(PAUSE)*

Repeat this in your mind now, allowing it to become reality: I am the miracle. I AM the miracle, yes, I am the miracle! Perhaps you repeat it in your mind in the days to come . . .

*(repeat)*

I AM the miracle!

I celebrate and appreciate all that has been revealed and the growth and expansion of my spiritual understanding. I invite you to do the same, to show your gratitude to yourself, to the God within, the collective consciousness and the universe . . . while I am quiet for a moment

*(PAUSE)*

As I inhale deeply all the love and light, I invite you to do the same, knowing in gratitude all is well. And opening our eyes, we say So it is.

## **Week 6 Meditation (Chapters 10 and 11)**

*by John MacFarland*

### **Minute 1: Grounding and Centering**

Focus on your breath.

Inhale deeply through your nose, hold for a moment, then exhale slowly through your mouth.

Feel your body relax with each breath.

Visualize roots growing from the base of your spine, grounding you to the earth. Feel the connection with the earth, steady and strong.

### **Minute 2: Reflection on Chapter 10**

Recall the main theme of Chapter 10.

Visualize a bright light that represents the key insights and lessons of this chapter.

Let this light fill you, bringing clarity and understanding.

Reflect on a specific insight from this chapter that resonated with you.

### **Minute 3: Embracing the Message**

Let the lesson of Chapter 10 resonate within you.

Affirm a key teaching from the chapter: "I embody the essence of this wisdom."

Repeat this affirmation silently, feeling its truth in your heart.

Imagine yourself applying this wisdom in a situation in your life.

### **Minute 4: Transition to Chapter 11**

Shift your attention to Chapter 11.

Visualize a peaceful and calm energy that represents the essence of this chapter.

Reflect on a particular aspect of Chapter 11 that is meaningful to you.

### **Minute 5: Deepening Understanding**

Embrace the message of Chapter 11.

Affirm a key teaching from the chapter: "I am at peace with my journey."

Repeat this affirmation silently, allowing it to bring a sense of calm and acceptance.

Visualize this peaceful energy radiating from within you, enveloping your entire being.

### **Minute 6: Integration**

Visualize the teachings of both chapters merging within you.

See them as harmonious energies, the bright light of understanding and the peaceful energy of acceptance.

Feel a sense of unity, balance, and wholeness as these energies blend and support each other.

### **Minute 7: Silence**

Spend one minute in complete silence.

Let your mind and body absorb the teachings and affirmations.

Simply be present, allowing any thoughts or feelings to come and go without attachment.

### **Minute 8: Closing and Gratitude**

Take a moment to express gratitude for the insights and guidance received.

Thank yourself for taking this time to connect with your inner divinity.

Slowly bring your awareness back to your surroundings.

Wiggle your fingers and toes, stretch if you need to.

Open your eyes when you feel ready, carrying the sense of wisdom and peace with you.