

Sitting With the Divine Meditation

- Go somewhere where you won't be interrupted for 10-15 minutes; sit in a comfortable chair, feet on the floor
- Close your eyes, and focus on your breathing as you allow your breathing to find its own natural rhythm
- Become aware of a light ball in your chest, that expands to fill your body, room, and to the whole world
- See your light expand to the universe in a beam, connect with Source Energy, and feel yourself filled with its love
- Pray for Source to fill your soul with its Divine Love and feel your energy surge and become more filled with love
- After you feel completely filled with loving energy and light, begin to return your awareness to your chair, your room and where you sit; open your eyes