

Treasures Along the Path Study Guide – January 2020 Offering

How to Meditate and Receive God

Key Points

There is no time and space.

Once you get into your own center, you will find yourself at the center of all beings.

When everything is absolutely still, then and only then can you commune with God.

The more receptive you are, the more aware you become of His whispering presence. You can't create God's presence, you have to perceive it.

Love does not come from just trying to love. Love comes from being in tune with the greater reality. When you are in tune with that higher reality, it's impossible **not** to love. It is your nature to love.

What makes saints beautiful?...the fact that we can see more of the divine consciousness shining through them.

When you look at a photograph of a great master like Paramhansa Yogananda, you begin to draw yourself into his magnetism. The eyes are the windows of the soul. When you see the image of a saint and perceive dispassion, nonattachment and impersonal love and other noble qualities, you can better understand how to find these qualities within yourself.

Meditation is a process of receiving God, of receiving His light into your being.

When you establish a regular time for meditation you can experience "hunger" to meditate then. Devotion is the hunger for God.

Chanting is half the battle. When you sing to and about God, you are reminded of the desire that you want to become one with Him.

In addition to your evening meditation, before going to bed, sit up and meditate briefly. Cut the cords of attachment, give everything back to God and polish your heart to the point of feeling completely free.

Meditation will help you draw on divine inspiration more and more, and with greater ease.