

## Meditation & God Journaling Your Eternal Power Jan. 21, 2018

These sessions are designed to create a spacious state or way of being in the world which really is Christ Consciousness, the way Christ lived his life modernized in today's world.

If you knew everything was really all right, and that it always has a happy ending, then you would not feel trepidacious about your future. Everything is really so very all right! If you could believe and trust that, then, immediately everything would automatically and instantly become all right. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

**Opening Prayer:** Father God, open our hearts to trust and believe we can do all things through you. Help us to see through Your eyes, trust in You and believe that everything is really so very all right in our world. That to the degree WE believe and trust everything will automatically and instantly become all right. Fill our hearts with a love so great for You that we can flip the switch to having complete faith in You and letting go of any human doubts and the 'how to's'. May we let Your Great Love Light shine through us, in all we do, to be more like Your Son Jesus Christ who taught us to love and forgive. In Christ's name we pray. Amen

Insert Meditation here

This is your Eternal Power

"The root of violence is the *illusion of separation*—from God, from Being itself, from being one with everyone and everything." FR. Richard Rohr

We are One with the Holy Trinity... The Father, The Son and the Holy Ghost

"O Holy Spirit, you are the mighty way in which everything that is in the heavens, on the earth, and under the earth, is penetrated with connectedness, penetrated with relatedness." —Sister Hildegard of Bingen

And BECAUSE OF THIS ETERNAL CONNECTION we have God Power to change the course of our lives and our thinking at any time. To the **DEGREE YOU BELIEVE** you will achieve. Be still and know that I am God. I have your back. You have but to ask and believe. That is our assignment. Our homework is the first commandment. **Thou shalt love** the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. The key to your eternal power begins here.

Remember, "Everything that is today could not be if it were not for that which was before." EVERYTHING has a purpose! [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

All things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

Where ever you are now is the perfect place to define where you want to be. You need the contrast to help you clarify the direction you want to take. It is merely a temporary stepping stone for creating in your mind where you want to be, do or have. Your future is up to you. God isn't going to do it for you. He give us free will and unconditional love for whatever we choose to make of our lives. He will always love us unconditionally.

Give yourself PERMISSION to ask and PERMISSION to receive. It is that easy. Let The Universe handle the details. That's not your job. Leave the orchestration to God. It is your birthright. YOUR JOB IS TO ASK, BELIEVE, TRUST AND RECEIVE.

“There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the feeling of it even before it's manifestation and then joyously watch the unfolding as, piece by piece by piece, it begins to unfold. That's the feeling of your hands in the clay.” [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

Think of this random Universe where everything is possible. The organizational skills belong to **Law of Attraction**. If you will relax and allow *Law of Attraction* to do the organization and the managing, then you can spend your time doing the things that please you. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com) There is a host of angels to orchestrate the perfect travel plan, to bring you to your destination. They arrange the right people, solutions, opportunities to expedite your journey.

Confidence comes when we learn to still the panicked voices running at chaos speed in our minds, searching, indecisively for answers for projected disasters that have not happened yet. Futurizing the negatives. Voices running so fast they block out the still gentle voice of God. Learn through meditation how to still the voices of panic and visualize what you want, not what you fear.

**Fear is a belief in your inadequacy to deal with something. Fears compound when you look to others to supply what you believe you must have but cannot create. The easiest way to change something is to change your view point.**

**Harry Palmer, Avatar**

Want to create loving relationships with friends, family and build a beautiful supportive bond? Let go of any past grievances. They are like anchors that hold you in the past and assure a repeat experience. Now visualize a loving, fun, supportive relationship with them. Treat them as if they are perfect in every way and watch the magic unfold.

Jesus was sent to teach us to love God, love one another, and love ourselves. To be joyful, grateful, of service to those in need, to teach forgiveness, to be connected in love to one another.

God is never withholding from you. God is always focused upon you, surrounding you with appreciation and unspeakable love. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

When you begin to understand **Law of Attraction**, and you understand that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal, and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun, because then you recognize that nothing happens outside of your creative

control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red hot fresh moment emitting. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

To begin the process of sorting out your life, you must own and appreciate the circumstances you find yourself in right now-continuously. The only things that burden or define us are those things that are not appreciated. In the presence of appreciation, desire and resistance transform into knowledge.

Harry Palmer, Avatar

Otherwise you find yourself in resistance, and resistance persists, thus you stay where you are. Perry A~

**Closing Prayer:** Mighty God, orchestrator of all things, bring our awareness to the great Gift of our Eternal Power. That through love we each have a role in world peace and acceptance of one another. Remind us to keep our Love Batteries charged at all times so we can become more mindful of our homework. Infuse us with great Love for You from whom all blessing come. In honor and glory to Your Son and our teacher Jesus Christ. Amen

### ***“Great Expectations! Cajun Style”***

*I gotta good friend down in Rayne, Louisiana what got a little bitty boy chil'ren most near ten year old. One day he say to his son, “Son, you most nearly ten year old. It’s about time you learn to hunt dem duck. Would you like to did dat, huh?”*

*Dat little boy look straight up to his Papa an sez, “Yeah Papa.”*

*Den his Papa sez, “Well me, I’m gonna get the very best duck hunt to taught you how to did dat and dat’s me. And after we hunts dem duck you needs to learn how to shot dem duck. Me, I’m gonna get da very best duck shot to taught you how to did dat too, and dat’s me. Would you like to learn how to did that son, huh?”*

*Dat little bitty boy child looks up to his Papa once more and sez, “Oh yeah, Papa.”*

*Wells, dey get up at four-thirty a.m. on the morning and puts demselves in dat pirogue boat and poles demselves out on dat bayou to dat duck blind. His Papa sez, “Son, me I gonna put you here in dis corner with you twice barrel shot gun. (Dat’s a two hole gun dat shoots one time from each hole.) And me, I’m gonna get over here with my aromatic shoot gun.” (Dat’s a once hole gun what shoots hand-running five times from the same hole, if the Game Warden ain’t dere and three time if he is.)*

*In a little while a greats big flock with two duck in it flies over and dat Cajun gets on his duck call and Q-q-quack, quack, quack, quack, quack and broughts dem duck*

*down close you knows. He raise up with his aromatic shoot gun and blam, blam, blam, blam, blam.... de Game Warden ain't dere. And dem two duck gets up and fly off.*

*Well, my friend, turns to his son and sez, "Son, me I'm so glad you brought youself here today with me I gar-ron-tee. Little bitty boy like you not quite ten year old and already get to see a miracle. Mais, some peoples live to be a hundred year old and don't never gets to see a miracle and here you are not quite ten year old and already get to see a miracle today. I'm so proud for you son."*



*Dat little boy looks up to his Papa once more time and sez, "What miracle dat is, huh, Papa?"*

*His Papa exclaimed, "Well, da miracle of dem two dead ducks get up and fly off like dat, I gar-ron-tee!"*

Expect miracles every day. Look for them and they will appear. Some may be small like a front row parking place. Remember, there are no degrees of difficulty in miracles.