

Meditation and God Journaling – January 14, 2018

**The intention of these lessons 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.**

**Opening Prayer:** Father God, Open our hearts to forgive those we feel have transgressed against us in anyway there by forgiving ourselves of known or unknown transgressions we may have commit against others. Lead, guide and direct us this morning as we open to deeply purging our burdens and lightening our souls so that we may let Your Love Light shine through us, in all we do. In Christ's name. Amen

Meditation is stilling the mind so you can interconnect with the voice within you that is of God.

### **Meditating**

God is there for everyone at all times. And so when you are aware of the presence of God and when you are not offering a vibration that prevents you from your alignment with God, then you have those wonderful moments. And you can do that all the time. And people refer to those who are doing that as masters. But all of you can do that. It is the mastery of focus. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

### **Faithful Me Meditation- Oprah & Depak Chopra**

**The first commandment is: Thou shalt love** the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and **great** commandment. And the second is like unto it, **Thou shalt love** thy neighbor as thyself. **On these two commandments hang all the law and the prophets.**

You have to get the first two commandments down pat to allow all else.

**Your Most Important Relationship Is With God...** There is no relationship of greater importance to achieve than the relationship between you, in your physical body, right here and now, and the **Soul/Source/God** from which you have come. If you tend to that relationship, first and foremost, you will then, and only then, have the stable footing to proceed into other relationships. Your relationship with your own body; your relationship with money; your relationship with your parents, children, grandchildren, the people you work with, your government, your world . . . will all fall swiftly and easily into alignment once you tend to this fundamental, primary relationship first. . [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

**Being an Instrument of Peace...** Easier said than done.

Christ taught us to love one another. To love your neighbor as yourself.

Being human loving all others 100% all the time is a challenging. Some people we just love to hate. There is a difference in loving and liking. We love our children regardless but sometimes we don't like them or their behavior.

Earlier this year Gregory talked about being Instruments of peace. Peace begins with you. When you live it 100% in all ways you become the Christ teacher. Being human it is hard to let go of judgments. Gregory listed some step to finding, maintaining and living Peace.

In review From Gregory's Sermon:

1. Practice of daily meditation, prayer, journaling, nature walks.
2. Take time to meet and get to know and understand those people you love to hate. Find a common ground or understanding of their life journey it comprehend better why they behave the way they do.
3. Do not to plug into negative and argumentative news. Disengage from arguing. Sometime you can simply say, "You may be right." Does not mean you agree with them. You are simply saying 'I hear you and I will consider your point of view.' Honor yourself and your home. If people visit and get in a heated debate ask them to finish it another time elsewhere.
4. Accept our beliefs can be different and respect other positions with an open mind and heart. It is okay to disagree without getting hateful. You might learn something. Just listen.
5. Let go of the need to control others. Let others have their own journey. They have God to guide them. Do you really think He needs your help? Relinquish the need to be right. Let it go. You don't have to have the last word. When someone pushes you, it is natural to resist and push back. But instead if you don't engage in conflict and push back it will die out. You have the power to deflate the situation.
6. Look for the good in every situation and every person. They ALL have a gift for you. It may come as a hurtful comment that challenges you to achieve success. Every challenge is a stepping stone to a higher place.
7. Change your perception and change your life. Who would you be without your judgmental stories about other people? Take a moment to try that one. If you didn't have your story about them who could you be. The way you see a person is the way they will be for you. It is like you hold them hostage to your beliefs about them. They sense your disapproval and give you more of what you expect. Drop the gun. See them as whole and complete just as they are. See them successful and finding their own path. Be an inspiration not a condemnation.
8. Be an example of love in all ways.
9. Control your anger. Breathe. Consider the rude person maybe going through a rough time. Did you ever have a bad hair day and say things you wish you had not? Let him who is without sin throw the first stone.
10. Practice forgiveness. Forgiveness Prayer. **I forgive you for anything you may have done to me. I forgive myself for any mean or hurtful thing I may have done or said to you. I give you permission to forgive me. I forgive myself for having taken anything you did in a way that was not useful to me.**

## Changing your Perception Cajun style: Boudreaux the Baptist

Boudreaux, a Cajun highlander from Rapides Parish in central Louisiana, was an older, single gentleman, who was born and raised a Baptist, and is now living in South Louisiana.

Each Friday night after work, he would fire up his outdoor grill and cook a venison steak. Now, all of Boudreaux's neighbors were Catholic... and since it was Lent, they were forbidden from eating meat on Fridays. The delicious aroma from the grilled venison steaks was causing such a problem for the Catholic faithful that they finally talked to their priest.

The priest came to visit Boudreaux, and suggested that Boudreaux convert to Catholicism. After several classes and much study, Boudreaux attended Mass... and as the priest sprinkled holy water over him, he said, "You was born a Baptist, you was a Baptist, but now you is Catholic."

Boudreaux's neighbors were greatly relieved, until Friday night arrived, and the wonderful aroma of grilled venison filled the neighborhood. The priest was called immediately by the neighbors and, as he rushed into Boudreaux's yard, clutching a rosary and prepared to scold him, he stopped in amazement. There stood Boudreaux, clutching a small bottle of water which he carefully sprinkled over the grilling meat, and chanted:

"You wuz born a deer, and you wuz raised a deer, but now you a catfish."

**You can ALWAYS change the way to see the world. ALWAYS!!! Be a peace maker.**

"Your willingness to look for the best in people will subconsciously bring it forth. Uncover that gold!" Marianne Williamson

"You is kind. You is smart. You is important." The Help

**Closing Prayer:** Most gracious Heavenly Father, fill us with your grace that we may be more loving and kind as Jesus has taught us to be. May we make a conscious commitment to be instruments of peace to ALL people. Turn our awareness to good in the world and help us to detach from the negative, argumentative news and views of others. Surround us with the loving light of Christ that we may shine a light of peace and love that radiates to all corners of the Universe. Remind us that a kind deed is contagious. We remain, Crusaders of Christ's Love, Amen