

M-1a The Centering Meditation
Meditation Only
Dr. Carlos Blair

I will ask to begin getting into a very comfortable position loosening any clothing that might be excessively tight-be careful now. And I would like for you to also start your relaxation through the use of breathing techniques. It is the means by which you cleanse the soul. I wish to do this as often as possible before man has contaminated the very air you breathe to the extent you wouldn't take a deep breath. That was supposed to be humorous. That's pretty bad when you have to tell 'em when to laugh.

Now I will ask that each of you, we're going to use three slow, long, deep breaths. And I'll count them for you. Then I'll have you hold them for a short count and then I'll count you back out on the exhale. I want you to fill your lungs beyond capacity, till it hurts a little. When you empty them do likewise push a little more when you think there's no more left in there.

All right lets start. Inhale one, two, three, four, five, six, seven hold it one, two. Exhale one, two, three, four, five, six, seven. Push it. Inhale one, two, three, four, five, six, seven, hold it, one, two. Exhale one, two, three, four, five, six, seven. I believe that'll be good enough. Now just breathe normally. I don't want anyone to hyperventilate. (coughing going on) You see we're getting it out already. I told you it'd cleanse your soul. Not to mention the lungs.

Now I wish to lead you in an exercise to help you center yourself, by that I mean remove all of the thoughts of the day, all of the problems, all of the cares for tomorrow and get the mind centered into a given area where you become totally passive. Now you can do this through many different means. You could use if you chose, the Gettysburg Address, if you knew it that well, or the 23rd Psalm or the rosary as it were, but for purposes this evening I'll use the Lords Prayer. Now do not merely repeat words without meaning. It is a matter of challenging the mind to center on and dissect that, which is being said. And by that I'll demonstrate.

Our Father, not my father, not your father but OUR father, the father of all mankind. Which art in heaven, that place within and around and about, all encompassing, peace and serenity. Hallowed be thy name, let's place that name on the etheric regardless of what name you choose to use for the deity. That thy kingdom come, and thy will be done, not our will, on earth as it is in heaven. Give us that peace and love and serenity of the God Almighty, on earth in our everyday lives exactly as it is in the a-one-ness with God. And give us this day our daily bread, fulfill all of our material needs, as well as our spiritual and mental and emotional. And forgive us our trespasses in exact accordance with the manner with which we forgive those who trespass against us. And lead us not into temptation but deliver us from all evil or error, let us see clearly as we move forward as to that which is in fact spiritually good. For thine is the kingdom and God is the power and God is the glory, for all of eternity, all time, Amen.

Now in the quietness within I would like for each of you to follow me on a short journey as it were. I want to take you this evening to a large bridge over water. And I wish for you to walk upon that bridge and looking down into the water envision and see clearly the reflection of self. Even though the water is moving slowly with tremendous power, you find that that reflection remains there in purity. And then as you look to your left, you're able to see the bank on the far side, so you proceed across the bridge watching each step as you go, counting the boards under the feet. And as you reach the edge of the bridge you find a path that is grown

over by beautiful floral. And as you proceed down the path and it winds to your right down near the waters edge, all of a sudden you see the hill to the left of you. And there growing on the hill on the bank is a beautiful array of colors of flowers. And you can smell the fresh air and see the distinct color of each flower, as it were. And you follow the path as it starts up the hill. And when you come to the higher levels of the mountain you see there before you some large steps of white marble. And as you step up on the first step and turn to look back over the area, you see the bridge to your right with the beautiful flowers in the foreground and the rippling waters below. And you feel just a little closer to your own peace and serenity and you're a-one-ness. And you move to the second level. Again looking about you in full awareness. And you become aware that there in the meadow you see a young deer as it's grazing. And you move onward, upward one more step. Slowly seeing all the beauty that surrounds your selves. And then on to the next, and you continue your climb. And you find the higher you go the more pure the air becomes, the keener your senses and the greater awareness of your own a-one-ness with the Almighty God, with peace and serenity within until you finally have reached the top and there before you, you see a beautiful temple, all of brilliant white marble. And as you approach the front you see the large pillars on either side of the door. And the archway opens in the foyer and as you approach and walk in through the doors, there you see your own master teacher who greets you with great love and a-one-ness. And you enter the inner chambers of that temple, and there you see a couch, as it were, that is completely covered with beautiful white ermine. And as you lie down you feel the softness and you realize that you are at peace. And in that state of peace and a-one-ness you permit yourselves to dwell without any sound or interruption, without any cares for your thoughts, without any cares for what insights or knowledge you attain. But just opening your self to the fullness of God's understanding. And you lie there quietly in total peace and serenity. Knowing that by choice at any time you can indeed return to this place, to find your own peace. And realizing in this state if it be your choice, you can ask questions of any nature. And therein realize the answers in their fullness, as long as you have no concern or cares for what that answer might be.

And while you're lying there suddenly you see the white light of Christ as it starts to emerge from the ceiling of the temple, shining down and encompassing your entire being with its total fullness and strength. And you realize that all of the physical, mental, emotional, material ailments that were existing have just been removed. And as a child of God that once again there is purity of heart, mind and soul. And you send forth great Love and healing energy to all of those who are in need. Then once again your master teacher approaches and puts forth his hand. And as you place your hand in his and sit up, you once again stand realizing that all the burdens have been removed. Feeling a lightness of heart as well as body. Basking in the everlasting Love of God Almighty.

And then you move quietly and slowly towards the front entranceway of the temple. And there you bid your Master Teacher a fond farewell. And very slowly you start ascending the steps. And as you descend you see all the beauty below realizing that being created by God Almighty it is in fact pure as man will permit it to be. And you very slowly go down one by one til you have once again stepped into the meadow of beautiful flowers. And down the bank, the path, and then to your right you see the path as it turns twisting and climbing upward toward the bridge, and as you walk upon the bridge, you once again pause and look into the water and realizing that that reflection has a beautiful aura, an aura of healing, an aura of God's Love that has once again been purified and added, and then you take a deep breath and square away your

shoulders, and know that being a child of God you can indeed continue to walk the path of earthly life with greater strength, awareness and understanding. And now you find your self once again being here, right in this classroom. But realizing that you are more complete and more of a whole person than previously.

Now I would suggest so that you don't find your self in too deep a state at this time that each of you attempt to, in some manner, slightly move your self about, to where you can kind of break the concentration of the meditation that we have just experienced.