

## MEDITATION

Meditation is the doorway into the spirit realm. When we hear people talking about going to heaven and having heavenly encounters what are they experiencing?

If we died right now and our spirit left our body, we would see the spirit world. But since our spirit lives inside of a body, that body prevents us from seeing the spirit world.

Everything we see in the natural realm, we see in our mind. Our mind is a function of our soul, so our soul becomes a switchboard which enables us to interpret what we are seeing in the natural realm.

When a baby is born everything they see in the natural realm they see first in their mind, and then they begin to perceive distance, how far that object is actually from them. They see from the outside in.

When our spirit is born again we have to learn how to see from the inside out. The word of God becomes the doorway into the spirit realm. The word of God paints a picture for us and as we learn how to meditate upon it, the lord will actually take us into the spiritual reality behind that picture.

Our soul becomes the switchboard for us to begin to see into the spiritual world in which the natural world was created out of.

Meditation is not just thinking about the word, it is actually seeing the spiritual reality behind the word. And

as we learn the art of developing it we will find ourselves draw into it where it becomes interactive.

When God communicates to us through dreams he uses the screen of our imagination to communicate with us in our sleep. Through meditation we can enter into this spiritual state but the Holy Spirit has to teach us how to do it.

When a person has a vision, what they are seeing is a spiritual reality, but they are seeing it on the screen of their mind. All the heavenly encounters that we will begin to have we will see in our mind (the kingdom of God is inside of us) unless our spirit actually leaves our body.

Our spiritual sight starts out just like in the natural, it may not be very clear at first, but can develop to the point, like Paul where it becomes so real that we do not know if we are in the body or not.

But this type of spiritual sight does not happen to the casual seeker. When our spirit is alive to God we can already see in the spirit, but because we have no memories of the spiritual realm our soul is not able to translate what we perceive in our spirit to our mind.

You may never have heard this subject taught before, but if we are going to learn how to walk with God and relate with him we have to take our relationship with him deeper, we are going to have to learn how to wait upon the lord and the art of meditation.

Meditation is a very important aspect of walking with God. Learning to wait on God in meditation is a secret, a real secret of moving onto higher levels or planes of

relationship with him.

Meditation is a very important key to our moving into another level of relationship with him. Meditation, will take us into God's realm where we will begin to ascend into God and leave behind the mundane world of Christianity and be seated with God in heavenly places.

God is raising up a Joshua generation and when God spoke to Joshua who was going to lead the children of Israel into the promised land, he said in Joshua 1:8 this book of the law shall not depart out of thy mouth; but you shall meditate therein day and night that thou may observe to do according to do all that is written therein.

Psalm 1: <sup>2</sup> But his delight is in the law of the LORD; and in his law doth he meditate day and night. <sup>3</sup> And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Meditation is a flow of the Spirit in us. The life of God flows out of the spiritual realm into our spirit into our soul, the screen of our imagination so that we can begin to participate in what the Holy Spirit is revealing to us.

Psalm 46: <sup>10</sup> Be still, and know that I *am* God: I will be exalted among the heathen; I will be exalted in the earth.

Be still and know. Be still and know that I'm God. The word know- is the Hebrew word yada- which means to ascertain by seeing, by experiencing, by becoming a part of.

In order to know the deep things of God we have to learn how to be still. We live our lives in great turmoil and busyness which causes us to live in a constant state of tension. Quite often we are so used to that we not aware of it any more, we just live in that tension.

But the problem is this isolates from God and keeps us imprisoned in the temporal, locking us out of the realms of God. And so we have to do something about that.

Psalm 119: <sup>97</sup> O how love I thy law! it *is* my meditation all the day. <sup>98</sup> Thou through thy commandments hast made me wiser than mine enemies: for they *are* ever with me. <sup>99</sup> I have more understanding than all my teachers: for thy testimonies *are* my meditation. <sup>100</sup> I understand more than the ancients, because I keep thy precepts.

David said I have more understanding than all my teachers- why? Because he said your word is my meditation. I have more understanding than all of my teachers, the reason for that was he learned to meditate. David learned how to transcend time; he learned how to live in the realm of the spirit.

Certain conditions need to be in place if we are going to enter into this the realm of meditation.

Learning to meditate is going to require time. We have very little time for God as it is. Meditation is a key to taking us further into the realms of God. If we can learn how to meditate on the things of God it is going to take us into a

realm of God that we have not experienced before.

Becoming still in order to know is very difficult. In order to come into meditation it requires stillness we've got to become still. We have to quiet the outside noise and we have to quiet the inside noise. Sometimes the inside noise is louder than the outside noise.

We have to eliminate all external distractions like phones, children, anything that's going to distract us and that requires some discipline it requires some organizing.

When we learn how to get into a state of meditation, noise or distraction will pull us out of it very quickly, and it is hard to get back in.

So we have to set up our environment in such a way where we are not going to be disturbed, we have to eliminate the outside noise. We have to learn to quiet our inner being. The thoughts within that demand our attention all the time. They have to be quiet and that is very difficult. Because the minute we get down to be quiet before the Lord our mind will begin to play back, all the things we should have done, things that people said to us during the day, things that we have to do tomorrow, and so on.

We are entering into a time of waiting on the Lord and meditation. Dealing with a wandering mind can be one of the greatest problems we face in becoming still and it takes time to control this.

We have to constantly refocus our mind. The human brain can only think one thought at a time. When thoughts

arise out of things that we have to do sometimes the only way to deal with that is to write them down because our mind will not let them go until we dealt with the things that we have to do tomorrow so we just write them down, it might take just a few minutes, our mind will bring something else up, write it down. In the end it is going to run out of things that we have to do. And will become quiet in that area. Trying not to think about it does not work; we have to do something about it. You have to appease the mind so we write it down.

It will take time to become still, we have to work at it and in time we will get it right, it's not going to happen overnight. If our mind is not very disciplined it is going to take time for your mind to become still. It will take time and we have to keep refocusing. We have to deal with those wondering thoughts.

Some people's minds are just like rabbit tracks in the snow, they are all over the place. We have to pull it back and refocus. Now the first time we do this we might not be very successful. The first time you try you ride a bike, how many times did you fall off before you could ride it. It is the same with meditation. You're not going to be successful the first time and you can get frustrated and give up. But if we learn how to persevere in this we will eventually find ourselves in the spirit.

Once we eliminate the outer noise and the inner noise we also have to bring ourselves into a physical stillness. We have to deal with physical tension in our body. Our body can be a distraction. If we are keeling or sitting the wrong way, aches and pains and bodily discomfort can be a real distraction.

The secret is becoming comfortable without going to sleep, getting comfortable enough so that our body is not aching or objecting, where we are conscious of our physical body.

If our soul and body is stressed out we are going to have to get relaxed first to enter into meditation, so listening to some worship music first might help.

The key is to have our spirit communing with God, and our soul and body quieted so that they do not distract us from the presence of God.

Once our spirit is active and communing and drawing from the Lord, we have to focus our mind and our emotions. As we begin to focus on the Lord, we **channel our emotions in a flow of love towards the Lord**. We just love the Lord, and be in his presence. **As spontaneity flows just listen to it**. God will speak to us in a spontaneous flow of revelation and may direct us on what he wants us to meditate upon.

But we don't just want to hear in the spirit, we want to see in the spirit. So we wait on the Lord, we become still, we listen but we keep our emotions focused on the lord in love.

Our emotions must be focused in love. **If we can't do that we're not going to get into the spirit**. We have to set our heart and our emotions on loving the Lord. This will take us some time to do.

As we progress through this, sometimes it can take us

an hour to become still. That's why this is going to take time, but the rewards are great. It can take us a while to get really still in our heart and our mind and our physical body in the presence of the Lord. But we have to keep our spirit active with just very very quite praying in tongues, so that we are consciously aware of our spirit.

What we are learning is how to be in a fit spiritual condition, by exercising our spirit and bringing our soul and body under submission to our spirit.

The life of God flows out of heaven into our spirit, and then into the gateways of our soul, so that we can begin to hear and see in the spirit.

We are now dealing with the gateway of imagination in our soul, where the life of God flows into it. God has given us an imagination so that we can begin to know him in it.

When we are wide-awake, our brainwave levels are very high and they are called beta level waves. We are alert, wide awake. When we are asleep, or become more relaxed, more into a meditative state our brainwaves slowdown quite rapidly to what they call an alpha level. This is what happens when we learn how to be still.

There are two other levels below that, when we get down to the lowest level we are virtually dead. There is no more brain activity and our spirit leaves our body.

In meditation the idea is to drop down into this alpha level. Alpha is that realm where meditation begins to take place.

Becoming still before the Lord, that quieting of ourselves before God is actually entering a different state of being, that can be measured. The brainwave activity can be measured.

We have to learn how to come into the presence of God and be still before God .There is a level where we enter into the spirit realm, the realm of God; it is called the fourth dimension.

We have been taught to get in the Scriptures and think about them, meditate on them. That really is not meditation. It's just thinking about the Scriptures. Meditation comes down to another level. God says be still and know. But we cannot know until we are still. When we are still we enter another state of awareness.

Be we are talking about acquiring a different level here in meditating on the Scriptures. We can read the Scriptures and God will give us insight and some level of understanding. But there is another level which can be attained, when we come to the Scriptures with meditation.

So first we must become still. The state of stillness is recognizable. You know when you are still. It's hard to describe because there are degrees of stillness. But when you've reached a degree of stillness, you will know it.

Some of the recognizable conditions are - you will have one of physical calm. You will have a focused attention, distractions have ceased. There is a state of letting go. You are focused, you are receptive and there is a feel about it.

You will know when stillness has come .Now once

you've reached a certain level of stillness, you can begin to meditate on a particular Scripture or incident in Scripture, quietly asking the Lord about it. But you are still in that level of stillness before the Lord.

You meditate on a particular scene from Scripture and let God take you into it. When you enter this level here of meditation, if you get quite enough to enter this level, everything slows down, there is no time or space limits. Because it's a different realm, it is the fourth dimension, it is heavenly places, it is being in the spirit.

As you meditate just let God take you into it. You can actually step into that realm. This is very very hard to explain.

As we begin to meditate, God can take you into that scene in the bible. And you can actually see and watch what it was really like.

Meditation can cause you to step into that realm. You can be meditating on any portion of Scripture and God can take you into it, so you can see it exactly how it was.

This happens in the imagination gate in our soul. So we have to begin to develop our imagination. We have to be able to see things in our imagination, so we have to practice seeing in our imagination by using pictures. Look at a picture close your eyes and see it now in your mind.

So we start out in the natural by developing our imagination, which many of us have never done. But in order to see in the spirit, our spirit has to be active where it is communing with the Lord, where we become conscious

of the presence of the lord. As we enter into a stillness before the Lord, a state of spiritual rest in which we are aware of the presence of the Lord, we will find ourselves in another dimension, we are seeing in the spirit in the realm of our imagination until something pulls us out of it, and then it is hard to get back in. you become aware of the natural world around you.

But once you break in you can do it again. Be still and know that I am God. What we are doing is entering into the realm of spirit. It is a dream like state where our brain activity is on the alpha level. It is the visionary realm; it is being in the spirit.

The key is learning how to be filled with the Spirit. If you go to sleep being filled with the Spirit then you will experience God in your dreams. You are seeing in the realm of your imagination. What we are learning is how to be filled with the Spirit; to be so relaxed but not fall asleep so that God can communicate with us through our imagination.