



The Golden Pathway presents
Teachings from the Ascended Masters on Strategies for Victory
Meditation and Prayer through Accessing your Interior Castle
Sunday, October 17, 2021, 5:30 p.m. MST

*Meditation, then, must be entered with a willingness to go
where God goes.*

Kuthumi

How to Still the Mind

Sometimes the pounding of the mind becomes extremely violent and aggressive. A terrific sense of injustice can build up within you about what someone did to you. It can be a tremendous sense of condemnation or criticism, and you feel almost as if you would burst. It seems to you that the most important thing for you to do is to tell the person that they did this, this and this.

That is a trap. And it is laid by getting at the attention lever of your being through the mind, and then going into the solar plexus to cause an emotional release through the throat chakra. Mistakenly, you expend energy on a diatribe or an argument instead of retaining that energy, passing it through the Sacred Heart of Jesus and receiving back the energy you need to thrust away the momentums that are upon you.

Therefore, when you feel a raging and aggressive consciousness pounding against your mind and soul, you go deep within. You say softly, with great determination, as though you were speaking within your sacred heart, "Peace, be still and know that I AM God."

When you speak this way from within, energy proceeds out from your heart with immense strength and God-determination and pushes back those who are pounding. They are literally demons of the mind, demons of the astral plane, fallen angels. They use mental telepathy and all manner of hypnosis to distract your mind and to intensify the crisis in your being.

The crisis becomes the cross. It is the Christ Self who is crucified. And you, through your meditation, may take that Christ down from the cross. And then you can enter the tomb and work out the mathematical problem of being, which is the resurrection of your soul and your life and the overcoming of the last enemy, death.

A Daily Meditation Ritual

With concentrated visualization daily, you can establish such a strong tie to the Great Central Sun as to make you almost oblivious to the darkness of the earth. You must always put this darkness behind you, and when you invoke your tube of light, visualize the rays of the Great Central Sun streaming down upon you within and without.”

We are going to practice this meditation. First of all, center in your heart. In your mind's eye face the Sun of your I AM Presence above you—your own personal energy source. See the brilliant, intense white light of your I AM Presence, surrounded by the magnificent, pulsating spheres of your Causal Body.

Receive the light of the sun behind the sun in all of its glory, all of its tempered manifestation on behalf of those who dwell on this planetary home. See the circling, many-colored spheres of your Causal Body around the scintillating white light of your I AM Presence.

In the name of Almighty God, we call for the spheres of the five secret rays and the seven colored rays. We call for this action of the sacred fire to pulsate within us for our purification. In the name of the Father, the Son, the Holy Spirit and the Divine Mother, we accept this done this hour in full power, Amen.

Now extend that visualization to Helios and Vesta, our Father-Mother God in the spiritual sun behind our physical sun. See and feel the rays of intense energy from this life-giving source pouring down upon you and making contact with your heart.

Place two fingers of your right hand on your heart. Hold those fingers there and feel the energy regenerating your heart. Let your heart be a receptacle for the action of the sacred fire. Let it be a receptacle for Divine Love. Let it be a receptacle for forgiveness, for all things that must come into balance, for all that we may know or not know about ourselves and our brothers and our sisters and the millions upon the planet who need these light rays from Helios and Vesta.

Now extend that visualization to the Great Central Sun, the supreme energy source in the center of the cosmos. And as you invoke your tube of light, visualize the rays of that Central Sun streaming down upon you, contacting the deepest levels of your being.

What meditation can do for your mind, mood, and health

Taking a few minutes to focus your mind each day can reduce stress, pain, depression, and more.

You can't see or touch stress, but you can feel its effects on your mind and body. In the short term, stress quickens your heart rate and breathing and increases your blood pressure. When you're constantly under stress, your adrenal glands overproduce the hormone cortisol. Overexposure to this hormone can affect the function of your brain, immune system, and other organs. Chronic stress can contribute to headaches, anxiety, depression, heart disease, and even premature death.

Though you may not be able to eradicate the roots of stress, you can minimize its effects on your body. One of the easiest and most achievable stress-relieving techniques is meditation, a program in which you focus your attention inward to induce a state of deep relaxation.

Although the practice of meditation is thousands of years old, research on its health benefits is relatively new, but promising. A research review published in *JAMA Internal Medicine* in January 2014 found meditation helpful for relieving anxiety, pain, and depression. For depression, meditation was about as effective as an antidepressant.

Meditation is thought to work via its effects on the sympathetic nervous system, which increases heart rate, breathing, and blood pressure during times of stress. Yet meditating has a spiritual purpose, too. "True, it will help you lower your blood pressure, but so much more: it can help your creativity, your intuition, your connection with your inner self," says Burke Lennihan, a registered nurse who teaches meditation at the Harvard University Center for Wellness.

Full article

<https://www.health.harvard.edu/staying-healthy/what-meditation-can-do-for-your-mind-mood-and-health->