

Meditation References in Illumination

Michael: Meditation is neither difficult nor complex, nor is it something that need take up oodles of your personal time. When undertaken using visualisation (transcendental or mystical meditation is a subject for a whole other book!) meditation could be described as ‘imagining with a positive attitude’ – it’s as simple as that. As long as you approach each of your meditations by asking God to protect you and to guide you, and ask for the same thing when you end the exercise, also asking Him to close your chakras for you, you will find the exercises calming and beneficial. Chakras, by the way, are your body’s principal spiritual energy centres or vortices, which will usually ‘open’ during your meditations, as the act of mentally sidestepping this world and contemplating spiritual matters activates them, so that you can receive energy and inspiration. You don’t need to worry about, study or understand everything about them, it’s enough that you ask and trust Higher Authority to close them for you when coming out of a meditation, and to then spend a couple of peaceful minutes allowing this to be done for you before you take up your daily tasks again. *Joseph* gives you powerful images to follow throughout each of his meditations.

Joseph: This is a book for people who want to change their world, and by the world I mean your whole planet. To change things you have **to first change yourself**, because if you take into the *greater dream* your own personal dream of lack, your own personal dream of doubt, your own personal dream of ill-health, then how can you affect the *greater dream* other than in negative ways?

In this second book *I want to teach you how to change the dream* and it is a simple thing – you can change the dream at any time in your life, during any day. I want to give to you an exercise to prove to you that you can change the dream...

I want you to put your hand on your wrist and I want you to feel your own pulse and then I want you to tell yourself that you are healthy, that your pulse is regular, that you are feeling *great* and that there is, coming to you from God, a great deal of health on this particular day. That on this particular day everything will go right: on this particular day everybody will speak to you nicely, everybody will treat you with respect, good things will happen to you, you will be free from aches and pains; with every breath you take you will be more invigorated. And I want you set off on this day with these things in mind and *I guarantee* that, if you leave your normal dream behind – if you invest in this little fantasy of mine for twenty four hours, you will feel so much better. Good things will come to you. The telephone will ring and somebody will make you feel good. Things will happen to you at work that will be positive. There will be a spring in your step. You will forget your *imagined age*. You will feel young again; you will feel energised. I want *each of you* to try this.

When you awaken in a morning – before you put your feet on the ground – *see the day that you want to have for yourself and for the world*. See peace in the world. See peace in your *own* affairs: in your relationships with other people, in your relationships with your house, with your office, with your car, with your kettle, with every appliance, with the things you are sitting on, the things that you walk on – see peace and harmony from them being brought to you. Expand your view towards your country and your world. See peace in your seats of government. See peace in troubled nations. Extend your vision to the Earth and see peace in the rocks, in the flowers, in the trees, in the construction of the Earth and say to yourself (*and this is important*): ‘For today this dream is mine and no other dream shall enter it!’ *You are Love*, capable of wielding the whole of God’s Love as a tool to change this world.

Courtyard Meditation.

What I would like you to do, as an exercise, is to sit in meditation and imagine that you are in a walled courtyard, and that outside of that courtyard is your *enemy* – perhaps it is your neighbour, or a group of people, or a concept that certain people hold dear but you don't, or someone who you perceive as having done you wrong.

You will find this difficult, but on the first day of doing this meditation I want you to know that that person or that concept is standing outside of your wall ...and *to send Love to them*. Maybe you will only achieve it for a millisecond but I want you to send Love to them, please. The second time you try this meditation it should be easier – you should be able to send more Love to them, to sustain your outpouring of Love for more than a millisecond.

I want you to continue with this meditation *until* you feel sufficiently at home with sending Love to the person (or the concept, or the group, or whatever it is that you hate), to a point where you can imagine – place – a door in your walled courtyard and know that that person is standing just behind the door.

Then – and maybe this will take you weeks, maybe months, but at some time in the future as you practise this meditation I want you to *open* that door and see the person standing there in the doorway. Maybe they will scowl at you; maybe they will have a weapon with them, but send your Love to them on that day during that meditation, knowing that they cannot harm you.

And over the months as you continue to open the door and see them standing there see them begin to change, begin to soften. Look for the God within them. Truly love them and, at a point when you can and feel you are able to, let them into – invite them into – your courtyard. Perhaps in your imagination you will sit on a bench in your courtyard. If you do so let them sit on the bench with you. Invite them to sit on the bench with you. Look for the good points in them; give them your Love, your attention, your forgiveness. *Change them and change yourself*.

You could do this with a group of people: you can see those people outside your walled courtyard and, when you have loved them sufficiently, you can let them in. You can do this meditation with anything you are frightened of, anything that upsets you. Surround the concept with Love until you are sufficiently happy with it to let it in and, in letting it in, you will see that it has no power over you and that you, in fact, have the power because you are *wielding Love*.

When you have done this with enough situations you can take down, mentally take down the walls of your walled courtyard so that you are open, so that you are loving, so that you *fear nothing and change everything*.

Light as a Weapon.

Conventional weapons will never solve the problems of the world, I wish to introduce you today to a different weapon; to a weapon that *does* change your life, *will* change your world. *That weapon is Light*.

But you have to learn as individuals and as nations and groups how to use Light, God-Light, because Light can be *directed*. The nature of God-Light is to *cleanse* on the lower levels of vibration. And within that higher vibration of God-Light no evil, no negativity, no violence, no perversion can exist. Light purges from people (when properly used) the negative vibrations that they have accumulated during their lifetimes.

How do you use Light as a weapon? You will need to use your imaginations. In order to create you first need to *visualise*; you visualise and you then bring into being that which you have visualised. You need to use that capacity in order to wield the weapon of Light.

Light Meditation.

To wield the weapon of Light you first of all need a quiet time. There is always a need for quiet on your Earth; always a need for silence... *You need a quiet time.*

You need to set aside time to *deploy* your weapon.

During that quiet time you then, in your imagination, see souls and situations that you wish to change: the group of people that does not behave as you think it should; the group that is perhaps more violent than it should be; the individuals you wish would change so that they stop harming other human beings; the heads of state and heads of government that are responsible for policies that cause harm to people; the national thinking from certain centres around your globe (including your own) that leads to despondency, that leads to upset for human beings. You see – visualise – these things in your mind’s eye and then you bring your weapon of Light to bear.

In the case of an individual, see that individual standing in front of you (and you will have to be brave and loving at this point because you will have to discard all judgements on that person, all your personal biases, the revulsion you perhaps feel at times towards them. All these things you must put aside). Visualise streaming through you, coming down from the top of your head and out through your solar plexus towards that person, a stream of perfect white Light – brilliant white Light – which you then see surrounding the person. It will help sometimes to perhaps see the person dressed in grey and to then see, as the Light hits them, the Light turning that grey into white. See them as being immersed in that white Light to the extent that you cannot see their outline any longer – all you can see is the white Light. Then leave that Light with them as you drop your connection to that person with a: ‘God bless you, you are held in God-Light this day.’

You can then move on to greater assemblies of souls; you can move on to larger groups of people and the places they live. Picture in your mind the shape of the region of the world that you are sending Light out to. Again, do not judge, but instead send Light into the outline of that region – seeing every man, woman and child being bathed in the white Light. See them disappear into the white Light, see the location disappear into the white Light and then move on with a: ‘God bless you, you are held in God-Light this day.’

This weapon can be used for individuals, groups, heads of state and governments as I have said, but it can also be used as a tremendous force for healing. The people who suffer from terminal illnesses, the people who suffer from constant pain and from defects in their bodies are doing so for a variety of reasons – some of which are karmic – but many of which are because they have gathered around themselves so much negativity that that Light they sorely need is prevented from getting to them from within themselves. (In the normal course of things there should be no illness as I have explained in the past.) In cases like these you also have the opinions of the people who surround those who are ill to contend with, because their husbands and wives and bothers and sisters and relatives and friends, and the medical profession *all* believe, in their heart-of hearts, that the person is seriously or terminally ill. So they contribute to the wall of negativity that prevents the Light getting to the patient. You have to combat that!

If you know someone who is terminally ill, who is suffering greatly physically or mentally, picture them in front of you. See them in perhaps in a dark grey and, as you send the Light out to them – drawing it in through your head chakra and pouring it out through your solar plexus – then see that dark-grey turning to light-grey, the light-grey turning to cream, the cream turning to white and then them disappearing into the God-Light. Confirm for them: ‘This day you are healthy. You are filled with God-Light. Amen.’ and move on in your mind to the next case or gently come out of your meditation.

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I wish you to tell the people who read this book that they are each a *magician* capable of performing real magic in their lives and I wish to give them a further meditation this evening to combat fear and the problems of life in conjunction with what my colleague has just been saying (Michael: *Joseph*’s reference here is to the lecture on fear given at the start of this session by *Silver Star*, which can be found on our website).

Magic meditation:

When you are under stress, when you are fearful, when you are at a low ebb, when you do not know which way to turn, I would ask you to become very still and to imagine that you are standing on a stage, dressed resplendently in a very fine magician’s outfit. Imagine that you are looking out from the lit stage towards the ‘audience’, but that the ‘audience’ consists only of empty seats except for *one seat* with a spotlight shining down on it right in the centre of the theatre, and that in that seat sits an image of yourself. That image of yourself represents the problem you are experiencing and wish to eliminate. The seated image of yourself as you begin your meditation should look unsettled, troubled, fearful because of the particular situation you need to beat, to circumvent, to alleviate.

I want you to imagine, as I have said, that you are on a stage and that the image of yourself on that stage is one of a powerful person, a healthy person, a commanding person, an assured person; that you have control over all elements and circumstances of life that come to you.

I then want you to take from your head the splendid magician’s top hat that you are wearing and to hold it in front of you. Now consider, bring to mind, the situation you find yourself in but consider it, review it, ‘from a distance’: *dispassionately*. You are distanced from it because it is represented by that other person, that image of yourself that is sitting down in the theatre at the centre, not by the empowered image of yourself standing on the stage.

I want you to now reach into that hat using your imagination and to bring out of it not a rabbit (unless you particularly like that image, but if it is a rabbit you choose it should be a rabbit *made out of Light*) but to bring out of the hat a sphere of Light, to hold it in front of you having produced it from the hat and to see it as a beautiful, pulsating sphere of energy that is threaded through with love, with assurance, with comfort... and with a solution to your problem.

Then you are to see the sphere you are holding reflected in the eyes of the image of yourself that is sitting in the centre of the theatre. Now throw the sphere from your hands towards the other figure of yourself that is sitting out there in front of you.

See the sphere gently floating across to the other you. As the sphere touches the other you it strikes the heart-centre of the other you and begins to be absorbed by your other self. The glow from the sphere expands from the heart-centre until the other you is completely enclosed in a bubble of brilliant

white Light. As you observe the other you from the stage, as you look at this image of yourself, you can see the expression on their – *your* - face *change – lighten* - as they are presented with the solution to their, to *your*, problem.

Reach into the top hat again and draw out a second sphere of Light and throw that new sphere towards the other you in the seat and see the same process take place until the other you is surrounded by an even more brilliant white Light. Repeat the exercise as many times as you wish to, seeing each new sphere increasing, intensifying the amount of Light in the bubble containing the other you.

Know then that within that white Light the solution to your problem, the ‘magic’ that you need, has been presented to you, has entered you through your heart-centre, is being absorbed via your chakras, is within your aura and is manifest *now*. Know that God, the God that surrounds you and the God that is within you – *is* you – has provided the answer and the solution to your problem. Realise that you no longer need to worry about it, that the solution is within you and will shortly make itself manifest in your life.

Now bow to your other self silently and with love. See the theatre curtains come down from either side of the stage to meet in front of you, and slowly and calmly return to your physical existence.

[*Michael*: Sorry to repeat myself but this is important until it becomes second nature to you: as you end your meditation, remember to ask God to protect you and to guide you and to close your chakras for you as explained in Chapter 4.]

... You might say, ‘Joseph, if I have a solution in mind to my problem, why can’t I use it in this meditation?’ Ah! You may have solutions ‘in mind’ but do you have solutions ‘in heart’? Is the solution in your mind the right solution for you? If it is not then no amount of drawing it out of the top hat will make it happen for you.

In bringing out pure Light, pure *magic*, within which anything and everything is possible, you surround yourself, you penetrate your heart-centre, with the vibrations that are necessary to allow God’s solution, your soul’s solution, the *perfect solution* to your problem to manifest itself.

You have to be a magician who produces *Light*, not one who produces what he or she thinks the audience wants to see. You do not want the same old card trick, you do not want the same old production of doves, you do not want the same old levitation trick. You need something that *works*, something that is *pure* magic; something that changes your life, blessed reader.

Try this meditation in conjunction with what my friend *Silver Star* has said about silence (*Michael*: a further reference to a lecture by *Silver Star* featured on our website), and if you do this you will build up Light that can be used by your soul so that you can see clearly.

Magic is simply seeing clearly.

Spiritual magic is not the production of illusions. Spiritual magic is the production of truth through Light that penetrates, that breaks away, that tears down the illusion - whether that illusion be an illusion of illness, of poverty, of loneliness, of insecurity, of perversion... whatever you wish to change you *can* change by using this meditation.

Preparation for Anti-Oppression Meditation

As an preparation for this liberating meditation sit quietly, enveloping yourself in God's Light for a few minutes and consider first, before you approach God, the ways in which you might be oppressing people and yourself.

Begin with yourself. Do you try to control – to oppress *-yourself*? Are you putting limits on what you can do? Are you oppressing yourself, being violent with yourself within your own psyche (a great many people do this to themselves) and do you kick yourself, metaphorically, because you want to 'be' in a certain way and find that you are not? Do you expect too much of yourself and berate yourself when you do not succeed and do not live up to your own expectations? If the answer is 'yes' then you are oppressing *yourself* and, for the time of this meditation, for the time of this quietness, let go of that self oppression; accept and love yourself as you are at this moment.

Next consider those closest to you - your partners, your parents - how do you react to them? Do you oppress them? Do you use them in certain ways to get what you want? Do you bend them to make them conform to your view of how they should act towards you? Be honest with yourself at this point and let go of any need on a physical level, on a mental level, on an emotional level, to control your partners and your parents.

Look at how you treat your friends. Are they truly your friends or do you only ring them, only contact them, when you want them to do something for you? Are they only your friends when they do what you want them to do and when they don't are they not your friends? Is this how friendship should be? Let go of any need to oppress and to control your friends.

Next consider your employer or your employees. Are you oppressing the people at work? Are you manipulating your employer or employees through oppression to get what you want out of your work situation?

In all these situations - with your friends, with your parents, with your partners, with your employers - if you were *to give* rather than *to oppress* you would receive love and harmony in return. If you were to set people free to do what they wanted to do they would never leave you. If you were to be considerate in your dealings with others (and try to understand that they, too, are mistakenly attempting to manifest a personal world-view that requires that they try to control and oppress others) then you would look at their motives differently and be able to forgive more.

But, to return to your meditation, you need to let go of your control and your oppression of others in intimate family groups, in friendship groups, in work and globally at this point.

The Anti-Oppression Meditation.

Now... become very still and see – in the darkness around you as you sit with eyes closed, free from the noise and the clutter of human life, of human society – see a light in front of you: a little pin-point of light. See that light expand. See it as a silver light that moves towards you, enters your solar plexus and, as it does so, spreads out to envelop you, to cleanse you, to take away your need to control your world and the worlds of others.

Then see in front of you a gold light: a light that contains such Love for you that you feel you will melt; a light that is the Light of God. See that Light moving towards you and entering your solar plexus. See it changing the silver light that is enveloping you into a gold light. Feel the warmth from

that Light. Realise that that Light is your connection to God, that that Light *is* God and that *you and the Light are the same thing*. And then hear, listen, *feel* the intent of that Light. That Light has only one intent – to love you – nothing more. That Light requires nothing from you except that you acknowledge it for your own greater good.

Consider this as you sit within that Light for a few minutes... the Light is not trying to control you. It does not require you to be of a certain religion, of a certain colour, of a certain financial status, of a certain political view, of a certain level of intelligence, of a certain sexual persuasion. That Light simply requires you *to be* within it and to share the peace that that Light brings to you with others.

This is where you began – within the Light. This is where you were born as a soul. This is where you were created absolutely free – not to condemn, not to oppress, but to nurture, to love, to harmonise with all Creation.

Listen at this point in your meditation to what the Light says to you – either through direct speech or through your senses, through your intuition, through a feeling that comes over you, and know that God requires nothing from you except that you *be*; know that *you are Him and He is you*.

Holding yourself in the Light forgive yourself for all the times that you have sought to control others. And if you want to change others (and your only intention in wanting to change others should be to make them aware of the Light as you are perceiving it at this moment) send it out to them, see them enveloped in the same Light whilst you are in your meditation and do not oppress, do not say, ‘You can only have this Light if you conform to my world-view.’ The Light is theirs – as it is yours – by spiritual birthright.

Spread this Light to all world situations. Never condemn. In condemning you separate yourself from the Light and your prayer has no power. It is only in sending out the Light, in being a giver of Light without condition, without judgement, without prerequisites, that you allow that Light to do its job ...and that job is to re-unify all other souls into the Light.

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In this book I talk a lot about meditation, about becoming quiet, becoming peaceful, because this is the only way to change things on your level of consciousness. Only by seeking all the answers *inside* can you project them *outside* and into The Field to generate enough Light into The Field to change its inherent vibrations, which at the moment are non-peaceful, which at the moment are self-seeking, which at the moment are designed to, from cradle to grave, promote unrest within the individual and within the group consciousness on Earth

If you are ever to reach the field of peace that is within you and to project that peace outwards into the greater field – the physical *illusion* – you have to get rid of the worries of the day,. It matters not what you visualise: you may see yourself under a moon in a wood, or on a seashore, or nowhere at all – perhaps just floating in Light. Within that visual concept you build in your meditation you now have to seek the peace of God, and the easiest way to connect with the peace of God is, having let go of your worries (having left them ‘by the door’ as you came into your meditation chamber of the imagination) to also *let go of yourself*. I am talking about letting go of the complex shell of thoughts that you surround yourselves with every day of your lives and that you think constitutes you. I mean letting go of your physical self, letting go of that shell, letting go of all those things that define who you are on a physical level but not on a spiritual level. Letting them float away from you, freeing yourself of them, becoming who you already are: *the unbiased, unchanging Light of God made individual in*

illusion only in order that you might grow as a soul and bring more information back to God when you return to Him.

Once you let go of the self you will find yourself – your spirit self – immersed in a wonderful feeling of bliss and contentment, in a timelessness, in a sea of energy ... in peace.

All the methods I have given you – the meditations to make you aware of your potential as a spiritual being, can be drawn on to create a different perspective on life and to allow you to send that perspective into The Field to change it.

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The most important thing you can do to create a new world is *to see it*, is to make your ‘movies’, of the world you wish to see in your mind’s eye.

Ideal World Meditation

So – you might begin by visualising a world that is at peace. You could imagine cities and towns that are at peace, where people are smiling at each other as they go about their business and where there is no violence. In your mind’s eye you could take yourself through a day of what it would be like to live in such a city, where you can go into a shop or a café and sit down in harmony with other people; where you can feel their blessings and their Love towards you; where you can work in harmony with your colleagues; where the car drivers do not become agitated by the pressure they normally feel in this world; where no-one becomes fatigued because they are working within their spiritual capabilities, and where money is not ‘God’ but joy of life and joy of being is ‘God’. So, you could create such a scenario in your mind and see – create – a city like that. Then you could store that ‘film’ in your memory, so that you could access and replay it on a daily basis, and next create a different image of a world at peace: this time seeing different countries at peace. You could look to the troubled areas of your world and become a director of your own ‘film’ wherein those troubled areas are at peace; where the troops have gone back to their bases; where the terrorists have dismantled their weapons of destruction and their explosives; where the two sides come together for talks that do not result in violence but in understanding and tolerance and a willingness to change. See – create – all these things in your mind’s eye.

You can store that ‘film’ in your memory and now see a world where there is no cruelty – no cruelty to children; where children grow up with parents who truly love them and do not abuse them and are not violent to them; where children are respectful of their parents and respectful of society; where children grow in Love to become members of a society that is harmonious and based on spiritual growth.

And you can file that ‘film’ in your memory and go on to create many, many more.

...And you may say, ‘*Joseph*, what good is that – me imaging a world that is peaceful, a world that is how I want it to be or, *more importantly*, how I believe God wants it to be?’

As you imagine, you create.

Haven’t I told you this in the first book? Haven’t I told you this in aspects of this second book? As you imagine, you create. You should therefore spend some time each day sitting down to open up your ‘film library’, because the ‘films’ that you play in your imagination each day *contribute* to the changes that must come to this world.