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VISUALIZE JESUS TEN WAYS TO CHRISTIAN MEDITATION

By

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All Scripture quotations, unless otherwise noted, are from NIV

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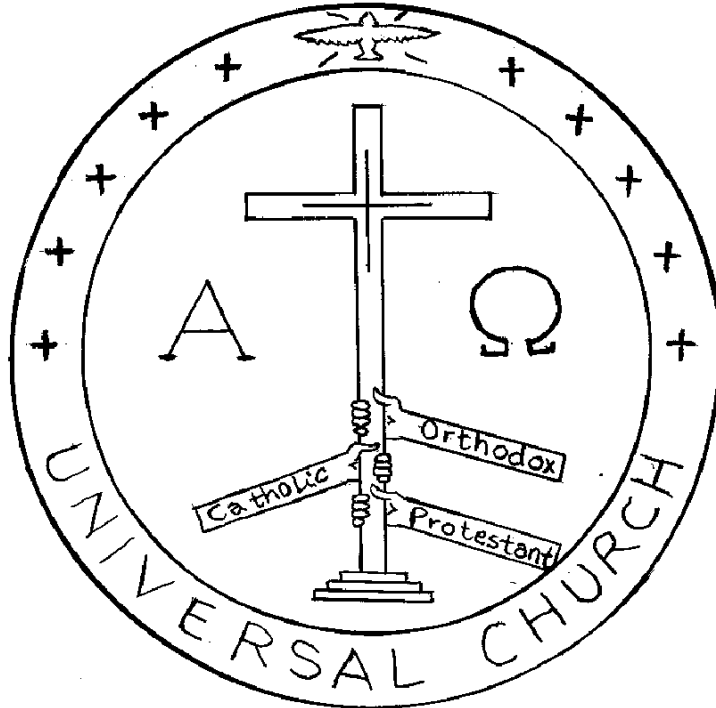
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Introduction

Meditation is praying with all your inner being using your five senses. Meditation is not a practice that is only for Eastern religions. It can be applied to our Christian faith. It does not have to take a lot of energy to do; you can focus on a light source. As I have learned, the essence is to visualize Jesus.

One should not be afraid to visualize it is similar to day dreaming. Architects and engineers visualize their building projects frequently and they build their structures successfully. Note: the visualized building always differ from the real construction. In the same manner, we visualize God to the best we can in a prayer of faith. Visualization of the Lord works and it is a great mystery why it does, however we do not need to try to understand it. Visualizing Jesus can cleanse the mind.

Is biblical meditation the same as Eastern meditation? No, because in the latter, you empty your mind. In the former, you fill your mind with the things of God. Biblical meditation means to quietly ruminate — turning in your mind over and over, phrase by phrase

— the truths of God. However, it should not matter what religion is used because Jesus is love and can always be visualized with any religion. The question is: can you allocate a corner in your brain for Jesus?

I started my meditation when I was around 10 years old in Cairo, Egypt. I always heard my dad (who learned from his parents and his church) doing the Jesus Prayer². I learned to do it by praying “Have mercy on me, oh Lord.” I use the prayer as the basis for my meditation and to visualize Jesus. I visualize the sacred heart, the transfiguration, the face on the Shroud of Turin as an icon, Jesus as the light of the Holy Spirit, and the Jesus the most High Priest.

One of the best visual pictures of Jesus is what is hinted after the ascension: Revelation 19:11-16, on the throne Revelation 4:2-11 and before His birth Isaiah 6:1-3. Also the Epiphany (Theophany), it is the beginning of Jesus ministry (His inauguration) and the Resurrection is the end of His ministry. It is always a reminder that that he is both the alpha and the omega and both feasts Easter and the Epiphany are equally important, also to visualize the Baby

² The Jesus Prayer is an ancient prayer that comes out of the Orthodox tradition. It is a simple meditative prayer. “Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

Jesus for it was the first Epiphany. The way it has been working with me is I visualize the Lord and He speaks into my heart.

Make your visualization holy

"Mine eyes prevent the night watches that I might meditate in thy word." Psalms 119:148, KJV.

When you delight in the Word, and meditate on it day and night, THEN... you will be like a tree firmly planted... (Psalm 1:2-3)

And Christ is the Word (John 1:1) so make your visualization holy.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2

When he who beholds that Divine and limitless Beauty, [and] sees the things discovered at every step to be so altogether new and unexpectedly marvelous in comparison to what he saw previously, he is overcome with awe by what unfolds before his eyes at every step. His desire to see [God] never subsides, because what he anticipates is far more magnificent and divine than anything he has

yet seen.

Saint Gregory of Nyssa (d.385/386)

(Song of Songs, Hom. IX)

Saint Maximus The Confessor: Ambiguum 10

St. Maximus begins with a quote from St. Gregory Nazianzen's Sermon 21.2, in praise of St. Athanasius the Great:

"If therefore it happens to anyone that, passing by means of reason and contemplation through matter and the fleshly, whether called cloud or veil, to become assimilated to God and united to the most pure light, so far as is permitted to human nature, this person is blessed by his ascent from here and deification there, which is granted to those who genuinely live the philosophical life and transcend the material dyad through the unity the mind perceives in the Trinity."

St. Maximus explains the terms cloud and veil:

"Why does the teacher say that the flesh is cloud and a veil? He knows that every human mind has gone astray and lost its natural motion, so that its motion is determined by passion and sense and things perceived by the senses, and it cannot be moved anywhere else as its natural motion towards God has completely atrophied."

He therefore divides the flesh into passion and sense, designating these two parts of the ensouled flesh cloud and veil. For the cloud is the fleshly passion darkening the pilot of the soul, and the veil is the deceit of the senses, causing the soul to be overcome by the appearance of things perceived by the senses, and blocking the passage to intelligible reality, through which it is overcome by forgetfulness of natural goodness and turns all its energy to sensible things and also discovers in this way angry passions, desires and unseemly pleasures.” (trans. Andrew Louth, Maximus the Confessor, University of Durham, 1996, pp. 96-97, 99)

When did it start?

I was sixteen when the Six Day War broke out in the Middle East. The city of Cairo was paralyzed. I was caught at school without transportation home. I had no alternative but to walk 20 miles home. As I walked; I prayed. We were Christians in a Muslim city and my parents were concerned about our safety. My parents made the decision to immigrate to the USA. First my brother moved to Beirut. Eventually, he moved to Seattle as a Christian refugee through the Catholic mission. A year later, the whole family

followed.

Prayers and meditations were the underlying factor in all of the family decisions. My dad grew up in a Greek Catholic seminary from the age of 12 (St. Ann) in the old city of Jerusalem and planned to become a priest. At the age of 24, he changed his mind and went back to Cairo to help his mother after his father died.

We arrived in Seattle in October, 1969, and I started to play guitar in a Roman Catholic Church and learned new religious songs. I attended the Cursillos³ movement. It was there where I made a commitment to be an apostle for life for Christ and to help others. I realized God could use me even though I was an engineering student and not following a religious vocation. Engineering is about giving safety and comfort - allowing people to live safely. In reality, an engineer should be close to the ultimate comforter and protector: The Holy Spirit.

I graduated in electrical engineering in 1974, I was 24 years old,

³ The Cursillos movement is a renewal ministry of the Roman Catholic Church. It focuses on three day retreats designed to train leaders within the church. It has become a nearly universal (and officially approved) renewal ministry of the Roman Catholic Church, It has spread to Anglicans/Episcopalians, Lutherans, Presbyterian and Methodists.

but God had a different plan for me. I came down with an illness and had to be hospitalized. With God's help the illness came under control but left me needing medicine to control it. I didn't want to be left this way. I went to work in 1975 and I was fine for a year. Then the illness came back when I stopped my medicine and I went to the hospital again. My parents and I prayed about this. Our prayers were answered in two ways, first by sending a good helping doctor with the right medicine that I used for 18 years. Presently, I am taking better medicines as new researches was discovered and have a new doctor since my first doctor retired. Currently the illness has been under control since 1983 with no episodes but I still suffer the illness. However, medicine and meditation helps tremendously. Second when a doctor friend told me about relaxation tapes she was using to help her with her medical exams. I first used the tapes to study for my final for my Masters in Electrical Engineering in 1977. I got a perfect score. This was my first introduction to deep meditation that involved using deep concentration as a core and other techniques such as hypnosis, NEURO-THERAPY, biofeedback and kinesthetic.

In 1979 I obtained my master degree in electrical engineering and I

took a seminar (PSI World) and learned about a deep meditation technique similar to NEURO-THERAPY. The technique was for positive thinking and organizing your mind. It also helps to focus on what you want out of life. After using the meditation technique several times, I realized Jesus was a missing factor and I need to incorporate my faith into the practice. He said my yoke is easy; faith in him alone will produce better results and find meaning to life. I discovered one can pray in the conscious mind or the sub-conscious mind as in meditation or deep meditation. As I started imaging God in my meditations I discovered that the image is a personal choice. The key is to concentrate on one perfect and holy God.

I started to put together a notebook to improve my technique. The notebook helped me tremendously. Years later I took NEURO-THERAPY⁴ to stop smoking. The sessions put me on the right track and I finally stopped smoking three years later. I talked to a NEURO-THERAPY specialist who works with cancer patients and asked if they use Christ in sessions to heal people. She said they

⁴ Through out the book NEURO-THERAPHY techniques are suggested for deep meditations, since the author has used it and know it works. There may be other techniques that can do as good a job and maybe in the future better techniques can be discovered. We do not want to limit the reader to one technique for deep meditation and the reader is free to find a suitable technique for deep meditation.

don't because they can't know if their patients believe in God. This surprised me since I had benefited from incorporating Jesus in my meditations. I felt the call to help others do the same. This call faithfully started in 1979.

This is what I want to share with you in this book. The call for me to write this book on deep meditation has not been easy. I discussed writing a book on meditation with clergy members and they encouraged me to write a book on Christian meditation from the layman's point of view. I am dyslexic and I think have Attention Deficit Disorder since I never was able to finish reading a book. But the call to do this book kept getting stronger. Finally, I started putting the words down. It seemed to me this call is immense, so I took it step by step and believed God could help me. In 1987, I came up with an outline for ten ways to meditate that are now used in this book.

To summarize the introduction:

The talent to visualize Jesus in Christian meditation stems from John 1:1. That Christ is the Word, so if we are to meditate on the Word per the Old Testament than we have no alternative but to visualize Jesus in our meditations. It will become clear that we

cannot put Christian meditation in a box it is God's world and all the advantages cannot be pinned down and I am not trying to pin it down because everyone will experience Christian meditation differently and uniquely according to their belief. This book is about making a spark in Christian meditations.

Note on mindfulness and Christian Meditation: It is interesting how many things we take for granted that are given by God including our breath. Special breathing is a fundamental requirement in meditation. It is essential to survive, yet every breath we take is taken for granted we assume it will always going be there. This life giving breath is from God and we should not take it for granted.

Chapter 1

Christian meditation is a prayer of faith

”But without faith it is impossible to please him: for he that (comes) to God must believe that he is, and that he is a rewarder of them that diligently seek him.” Hebrews 11:6 (KJV)

Experiencing meditation power in our lives is more important than trying to understand it. Christian meditation helps people continually to be more happy, grateful, peaceful and to improve their lives. It is useful especially in times of distress. It helps to pray often: calming yourself, making plans, creating, healing. And prayers have many other benefits. This book has ten chapters on meditation following the Ten Commandments. The ten ways to meditate branch out from meditating on the word of God. The fundamental building blocks of the meditation techniques are based upon the ancient teaching technique of the Judeo-Christian meditation using imagination with scripture and imagery and healing as discussed in “Christian Meditation and Inner Healing” by Dwight H. Judy[1]. It is basically visualizing Jesus in a

situation.

“Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purpose and promises of God.

It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God as means of communication with God.

Its purpose is to clear one’s mental and spiritual vision of God, and to let His truth make its full and proper impact on one’s mind and heart.

It is a matter of talking to oneself about God and oneself; it is, indeed, often a matter of arguing with oneself, reasoning oneself out of moods of doubt and unbelief into a clear apprehension of God’s power and grace.” JJ Packer

The word “Meditation” portrays images of an Eastern yogi, Zen practices and the New Age movement for many Christians.

However, Christian meditation is not related to that. In fact,

meditation has very ancient roots in Christianity. There are similarities because they all deal with human beings seeking spiritual awareness. All forms of meditation that seek the Most High are similar starting from those of the East to the West. One major difference between the East and the West is that Eastern meditation will not allow the person to have a spiritual experience without mastering the tools. Thus, only the masters and people like the Dalai Lama can have a spiritual experience. This is contrary to Christian meditation where communication with Christ is encouraged from the start. The reason we can have a spiritual experience is that we worship whom we know: Jesus Christ. Meditation is not something new to the Christian experience, but is deeply rooted in the Christian tradition. However, many Christians have lost touch with the ancient tradition of prayer. Meditation involves coming to a stillness of spirit from all the distractions of the modern world; this silence is perfectly possible for all of us. To attain this silence and stillness, we have to devote time, energy and love. God is not moved by empty words, but by earnest prayers and meditations of the heart.

“Let the words of my mouth, and the meditation of my heart,

be acceptable in (your) sight, O LORD, my strength, and my redeemer.” Psalm 19:14 (KJV)

The Association of Christian Meditators [2] presents a Judeo-Christian technique of meditation that may have been used by the Old Testament prophets and perhaps by early Christians. Using this technique, imagine God and repeat his name “Yahweh” or “Yah ... weh”. You imagine climbing the mountain to God and talking to him at the top of the mountain. We also find in the new testament Jesus took Peter, James and John, and led them up on a high mountain apart by themselves; and He was transfigured before them (Mark 9:2). The moment on the mount was absolutely necessary, but it could not be prolonged beyond its own time. After the time on the mountain top we must come back to the battle and the routine life; that time is meant to give us strength. Based on this and other information and to design the new techniques in this book, meditation had to be redefined to enhance the techniques and make them virtual. We define meditation as: “Meditation is a form of mind concentration that includes prayers.” On the other hand, mind concentration can also be redefined as: a form of deep meditation. Either way, one can conclude that mind concentration

can be a helpful method and technique in Christian meditations.

What is the state of mind concentration? It is a state of mind where our conscious mind goes into a trance and suggestions are given directly to the subconscious mind which does not argue but accepts the suggestion at its face value. We are neither asleep nor awake nor unconscious; in fact our mind is more alert and completely aware of our surroundings. Our body is completely relaxed. We go into mind concentration ourselves unknowingly several times in a day while doing day to day activities. This is how our body learns to relax; otherwise, we would die of stress at a very early age.

Thus, the fundamental philosophy becomes, under relaxation and deep meditation, if one visualizes something holy, perfect, loving, caring, infinitely wise, most positive, beautiful and forgiving as in Jesus Christ, it will cause growth, healing, improve your moods and cause joy and happiness. This means for those who don't believe in God, if they visualize a person with these qualities it should help them. But since we believe there is one God, then that person is indeed Jesus Christ. The only difference between those who believe in God and those who do not is that the one who believes in God not only can visualize the Almighty God but also

can believe in Him, have faith in Him and worship Him. This becomes crucial for a successful and healthy meditation. It is worthy to mention that whatever we imagine God to be, He is a step higher than our imagination. From a philosophical perspective we cannot fully grasp God. He is infinite and there are not enough words to describe Him. However, we can certainly visualize Him in Jesus Christ as He is our Lord and Savior. Conversely, our God is a jealous God He will keep revealing Himself and His personality to us in time and our visualization will become more and more genuine with time. The image of God is always an image that draws you to pray and if you visualize God you need to be very honest with yourself. The new technique is similar to praying with pictures, which helps to pray without ceasing (1 John 1:8). It helps us to be attached to Jesus like a child is attached to their blankie, our adored security blanket. It is true that each of us may visualize a different picture of Christ or God. However, God understands perfectly our prayers and I believe this visualization has the same God in spirit. In some cases, while I am contemplating, praying, solving problems etc., I visualize God as a light shining on me for a long time; it seems that the light stays with me after the meditation even when I converse with people. It

feels like it is the light of the Holy Spirit. We pray with Jesus dwelling within us. Visualizing Christ sets the mood for the Holy Spirit to dwell in us and invites him to come. Visualizing something holy does amazing good to the brain, and thus the body.

Visualize the Holy Spirit as the dove that declares peace.

Visualizing Guardian Angels for security and protection can also help. Sometimes Christ may appear to you without having to visualize. It happened to me once. No one can prove or disprove the situation, but I know that I saw him in the meditation. He flashed out to me for several seconds and gave me comfort and happiness. Visualizing Christ having a healthy body, emotion, soul and spirit in a meditation is the beginning toward having a healthy life full of joy and happiness. However, know that God is not tame - He is going to do what He wishes. He may answer our prayers of meditation in time. He may also be forced to do healings when we have faith in His power, as in the miracle of the woman that touched His garment (Mark 5:21-24), but only His will will be done. Notice, this miracle is the only one quoted in the Bible that tells us God was forced to heal. On a regular basis, you will notice that God answers your prayers through meditation. In a way, when

you visualize God you are asking for his presence - similar to calling upon his name. So His third commandment applies: “You shall not take the name of the Lord your God in vain.” In traditional Christian Meditations we call upon God’s presence and experience his presence; “Draw near to God and God will draw near to you.” Thus through meditation one feels secure, protected and never lonely. In this book we examine meditation as a healing tool through praying to God in a direct communication using visualization. Basically what is new in my idea of Christian meditation is combining mind concentration as relaxation with visual techniques of prayer, such that the subconscious takes over the prayer and the prayer never ceases to end, even when we are done with the meditation. We can use three types of Meditations constantly:

Light Meditation: This technique can be used several times in a day as much as 10 times, or constantly. It is to visualize Christ’s face or person dazzling with white light and radiant as in the transfiguration. This can also happen while talking to people or listening to them. Sometime also to incorporate the Eastern Orthodox Jesus prayers (see Chapter 2) in these situations or while

on a nature walk while singing Christian songs. Many times we may see angels smiling on us in the vision. As a child has a security blanket, you need to treat Jesus as our security blanket.

Medium Meditation: This is a very traditional meditation. We can close our eyes and do a breathing exercise and use one of the ten ways to meditate in this book. Most of the time, when we take communion in Church or hear the Gospel read we can go to the pew and medium meditate and pray.

Deep Meditation: This is the kind that needs quiet, the body fully relaxed. We can use this technique for prayers and asking for healing of others and ourselves. In this type of meditation you will hear messages from the Holy Spirit. You will be able to organize your mind and solve problems. Do it whenever you get the chance, mostly at night before going to bed or in the middle of the day.

There are different techniques to meditation. They are discussed in Chapter 2 and can be adapted to the three types of meditation.

They are consolidated into the three types of meditation as named above. I do not think that one type is better than the other. We need them all for different applications and situations in our lives. And

God accepts them all. First we need to explain why we need to meditate and what the different meditation's benefits are.

Why do we need to meditate?

It is a way to stabilize and sometimes heal the human systems such as the human body, its emotion, the spiritual dimension and the mental health. This is done through praying using the internal and external senses. It is a very natural thing to do. We are born to do it.

Why the Christian meditation is preferred?

Christianity has a track record and is tractable. Christian meditation allows us to introduce God in our meditation. Thus, we can draw power from God, get healed and stabilize our human systems.

Benefits of meditation:

Light meditation can be visualizing Jesus in a situation. I call the following true story "the flute miracle." Most people will say that is a funny coincidence. One morning, I walked to Starbucks and ordered iced tea. I sat outside enjoying my tea. Suddenly a street

musician with a guitar, a flute, a tambourine, a harmonica and a dog started setting up. He spread a blanket for the dog to lay on, opened his folding chair, put up a sign that had arrows pointing at the dog and himself that says “Bear Bear Robert, Both are Petable ...” and started to play his flute in front of me. I figured he was poor and was trying hard to make money. I started to visualize Jesus standing next to him as he was playing. When he was done with the first song he began to play Amazing Grace. I was moved and tears came to my eyes. When he was done I gave him a good tip and wished him good luck. He immediately put the money in his pocket and thanked me.

No matter how you look at this story you will find that both of us, the musician and I, got something from this encounter; as will you, the reader and God. For myself, I got to hear Amazing Grace at its best from a humble street musician. For the musician, he got a good tip. For the reader, you will discover that light meditation works and has special applications. Finally, for God, he got the glory from mentioning this story in this book.

It is important to say that meditation is not about getting

everything you ask for; and God is not Santa Clause. Meditation is considered a focused prayer. Since we meditate with our whole being, we truly mean our prayers with our whole heart. Thus, our expectations are much higher.

When you visualize Christ all the time, you will feel God's presence all the time. You will feel secure, happy, confident, never lonely, and radiant with love, wisdom and more. We have peace when our minds stay on Him.

I had trouble with depression and worries and I was cured by meditation conquering my fears and sadness by visualizing and praying to Christ. You benefit from being closer to God and becoming calm and peaceful. Meditation also benefits you by increasing your ability to create, invent and solve problems. I am a musician, a counselor (Psychology), a mathematician, computer scientist, a soil engineer, an author, a composer and educated as a structural (civil) and electrical engineer and have masters degree in both disciplines. I work in both engineering discipline in The US Army Corps of Engineers. Through meditation I have six inventions and patents - one of them is being considered by a major corporation. I invented a very fast computer sorting routine named

EXOSORT, solved mathematical problems in soil mechanics and in algebra, wrote lyrics and composed music for several songs and composed two 14 minute symphonies.

Other benefits: Upon visualizing Christ there is no room for the devil. When you visualize Christ you literally kick the devil out of your mind and body. It is just the thought that begins to do it.

Another way of saying it; if you visualize Light there is no room for darkness. Visualizing Christ enough times causes the brain to start thinking positively: clean and holy thoughts. For 1,900 years after Christ, faith healing and miracles were well accepted, but with the developments of modern medicine over the last 100 years, people stopped believing, even though it worked most of the time for some illnesses. The truth is: when asking for healing from God, He can do it any way He pleases. Drugs and medicine today are tangled with money and some may want you to believe that it is the only way. That is not true; Christ alongside with modern medicine is the way. Even treated with modern medicine, most positive - believing people tend to have faster recoveries and fewer complications. Thus, visualizing Jesus brings a permanent friend in the hospital and the operating room. Additionally, it is true that

God works with the discoverer of the medication or drugs to allow the discovery to happen. God also works with the Doctors in surgery and diagnosis. The medical term for something that contributes to healing without treatment is “placebo”. The placebo effect is the measurable, observable, or felt improvement in health not attributable to treatment. This effect is believed by many people to be due to the placebo itself in some mysterious way. In reality we do not understand placebo. A placebo (Latin for “I shall please”) is a medication or treatment believed by the administrator of the treatment to be inert or innocuous. Placebos may be sugar pills or starch pills. Even “fake” surgery and “fake” psychotherapy are considered placebos. Researchers and medical doctors sometimes give placebos to patients. Anecdotal evidence for the placebo effect is acquired in this way. Those who believe there is scientific evidence for the placebo effect point to clinical studies, many of which use a control group treated with a placebo. However, most studies show no cure but improved symptoms. Studies across medical conditions including depression, migraines and Parkinson's disease have found that supposedly inert treatments, like sugar pills, sham surgery and sham acupuncture, can yield striking effects. A 2001 study published in *Science* found that placebo was effective at improving Parkinson's disease symptoms at a magnitude similar to real medication. The placebo actually induced the brain to produce greater amounts of dopamine, the neurotransmitter known to be useful in treating the disease.

Why an inert substance, or a fake surgery or therapy, would be effective is not known. Jesus called it “your faith healed you.” The lady that touched the garment of Jesus was healed by the placebo effect and she was cured by believing “if I only can touch His garment (Mark 5:21-34)”. Meditation healing works the same way - by setting the stage. When you truly believe in Gods power, the healing takes place through your trusting belief “if I only can Visualize Jesus.” I don’t think God wants you to prove His Existence, He knows He exists. He just wants you to use Him and have a relationship with Him. He revealed the proof of His Existence from two scientific points of view to me and is attached in Appendix C so what is the point? The source of healing is important. In Christian meditation, if you use Christ to heal you then the source is Christ or God. If you don’t believe in God and did not use God then the source is your own, not as powerful or effective but human, unless God’s mercy is interjected. It turns out that God’s power is faster and more reliable. This kind of healing by placebo is controversial in medicine as God is not to be believed as nothing as a sugar pill there was power from God involved and God has no name Exodus 3:14 so one can call God “Placebo” with a capital P. The power of belief was submitted to

the subconscious and was released to God for healing. The patient and doctor did not realize this process of God's merci being interjected. Who can heal abruptly? Except God

When we visualize Jesus to heal and put his tender loving hand on our wound, or on other people wounds, or if we receive a vision or guidance from God in our meditation, the least we can do is give God the glory. Because, God has done it, not us; we only visually prayed. If God makes a miracle in our lives it is not to keep it for our self; it is to tell others and witness. I truly see it a sin if we don't tell about God's work in our live. We need to tell at least one person.

The Bible: (See Appendix D on the second commandment)

About the Bible: The Bible is written by people that walked with God and they enlighten you about God. They did the best they could, and I am doing the best I can.

There is not a place in the Bible that speaks of visualizing God or Jesus, but does the Bible speaks against it? The question is not that visualization is not in the Bible but is there any problem with it? Of course not it is natural to visualize and is part of the human dimension as in day dreaming. All parables by Jesus require visualizations and meditations. I am sure St Paul visualized the appearance of Jesus throughout his life.

The Gospels are full of references to mediation:

“Then Jesus told them a parable about their need to pray always and not to lose heart. He said, “In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, ‘Grant me justice against my opponent.’ For

a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'” And the Lord said, “Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?” Luke 18:1-8 (NRSV)

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Philippians 4:8 (NKJV)

There are many references to meditation in the Old Testament of the Bible. In Genesis 24:63 Isaac meditated in the field at eventide. And in Joshua 1:8 Joshua was charged by God to meditate “day and night.” In Psalms we find the following:

“How blessed is the man” who meditates: “..... his delight is in the law of the Lord and in His law he meditates day and night.” - Psalm 1:1-2 (NKJV)

In Psalm 119:99 we read that:

David became wiser than his teachers through meditation.

In these Bible verses meditating day and night can only happen if using the subconscious.

In meditation it is important to keep in mind that:

- “be constant in prayer” - Romans 12:12 (ESV)
- “We constantly thank God” 1 Thessalonians 2:13 (NASB)
- “true child in the faith” 1 Timothy 1:2 (NASB)
- “I constantly remember you in my prayers” 2 Timothy 1:3 (NIV)
- “Whatever you do, do it for the glory of God”
1 Corinthians 10:31 (NIV)
- “Jesus, Son of David, have mercy on me” Luke 18:38 (NIV)

- “called to him, Jesus, Master, take pity on us”

Luke 17: 13 (NIVUK)

- “God, be merciful to me, a sinner” Luke 18:13 (NRSV)
- “If we say that we have no sin, we deceive ourselves, and the truth is not in us.” 1 John 1:8 (NRSV)

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise the words of prophets, but test everything; hold fast to what is good; abstain from every form of evil.

May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do this.

1 Thessalonians 5:16-24 (NRSV)

We build our techniques around Christ:

“I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.” John 8:12

*For God so loved the world that he gave his only Son John
3:16*

“You shall love your neighbor as yourself.” Matthew 22:39,

*“I give you a new commandment, that you love one another. Just
as I have loved you, you also should love one another.”*

John 13:34

*“You did not choose me but I chose you. And I appointed you to go
and bear fruit, fruit that will last, so that the Father will give you
whatever you ask him in my name. I am giving you these
commands so that you may love one another.” John 15:16-17*

*“Beloved, let us love one another, because love is from God;
everyone who loves is born of God and knows God. Whoever does
not love does not know God, for God is love.” 1 John 4:7-8*

*“and to know the love of Christ that surpasses knowledge, so that
you may be filled with all the fullness of God.” Ephesians 3:19
(NRSV these verses)*

Jesus taught “I came that they may have life, and have it

abundantly.” John 10:10 (NRSV) “Most assuredly, I say to you, he who believes in Me has everlasting life. I am the bread of life.”

John 6:47-48 (NKJV)

It is here that the term “Christian meditation” stands out above any other form of meditation. Light, Love and Life come together in Christian meditation.

Christian meditation is entirely related to God and entirely human.

In order to find God one must see the world and themselves in God’s sight and God’s plan without rejecting being a human. So we bring this traditional concept to mind concentration techniques and we achieve a deeper meditation.

One of the reason we seek a deeper Christian meditation is these techniques have shown health and psychological improvement to the person. But we seek to add the spiritual dimension to these techniques and involve Christ as much as we can. In contemplative prayer we seek to become the person we are called to be.

Ultimately, is to enable us to live for God’s glory.

No matter how well you master Christian meditation techniques

they will be effective with humility and prayer. If Christ reveals himself to you in your meditation, you will know it. His voice is usually heard. Meditating with all our senses including visualization is a form of complete dedicative prayer and tuning ourselves to receive his message and become part of his plan. Therefore, Christian meditation is basically loving, reflective and obedient contemplation of God's self-expression.

“God is Love” (1 John 4:7) is a statement that no other religion in the world has dared to make. “To know the love of Christ which surpasses - knowledge that you may be filled with all the fullness of God.” (Ephesians 3:19) This can only be found in the Christian religion. Also worshiping God with all of our five senses is unique to the Christian religion. For example: Hearing --- praying and hearing the word of God; Seeing --- the cross and pictures, statues and icons of Christ, Touching --- giving each other the kiss of peace, Taste and Smell --- taking communion. Note: communion also includes using all of the five senses. Christ used visualization in graphic examples to communicate his message to the disciples.

For example: Christ said to his disciples “I am the vine and you are the branches” (John 15:1-3). The life flow prerequisite between the

vine and branches demonstrates to the disciples that they can do nothing without Jesus but can produce much fruit from him. Other graphic examples that have been used for the disciples are the wondrously blooming meadow, birds in the sky that neither sow nor reap; they can be visualized at any time.

Faith is not an act that takes place within a person but it is opening one's self to God through prayer and meditation.

Jesus is God's Word and expression not only when he speaks but also in his entire existence, including all his examples and conduct.

"⁵For there is one God and one Mediator between God and men, the Man Christ Jesus, ⁶ who gave Himself a ransom for all, to be testified in due time," 1 Timothy 2:5-6 (NKJV).

Jesus said, "¹⁴but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." John 4:14 (NKJV) The silence of God and Jesus is never meaningless.

His true nature is more powerful than a statement. Anyone who truly has Jesus' Word can also understand his silence. Some

examples of Jesus silence can be found in (John 8:1-11) (Mark 3:33) (Matthew 26:63) (Luke 23:9) (Matthew 27:12-14) (John 19:9). Every silence in Christian meditation is meaningful. That is why it is important to use the method of meditation with silence, no energy and no thoughts, to allow for mind healing and stillness in the presence of God.

. . . that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love. Ephesians 3:17(NKJV)

The consequence of Christian meditation cannot be expressed by way communicating beyond words; the intimacy of our relationship to Christ dwelling in us should never be separated. This causes peace, joy and happiness beyond belief. In this book I introduce techniques taken from mind concentration techniques to bring forth a deeper meditating element, thus, a deeper relationship with Christ.

The fastest way to tell God what you want is to visualize Jesus doing the action. As in visualizing Jesus putting His hand on a tumor, and that is praying with the right hemisphere of the brain.

Meditation is like visiting with Jesus:

When Someone visits your home there are two things to do: Serve Him or visit with and listen to Him. Jesus talks to Martha about the importance of visiting and listening to Him when Martha was serving and Mary was visiting with Jesus.

Luke 10:39-44 (NIV)

³⁹She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹"Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴²but only one thing is Needed. Mary has chosen what is better, and it will not be taken away from her."

Footnotes: Luke 10:42 Some manuscripts but few things are needed—or only one

There is time to serve and time to visit and listen to the Visitor.

Meditation is visiting with Jesus.

Chapter 2

Meditation Techniques

Before reading and practicing the techniques, remember, if you are tired of a particular scene, just change it and build another setting. The best is the one that involves Christ's love and image.

There are three stages of deep and medium meditation:

- 1. Relaxation** – relax your body and do breath in exercises.
- 2. Prayers and negotiations (contemplations)** – visualize and dialogue with Jesus about your problem, or meditate on a Bible reading.
- 3. Be still** – after receiving communion be still. (Christ is truly present in the Eucharist)

Notes:

1. If you cannot visualize you can experience or imagine a sense of presence.
2. You don't have to use deep meditation to talk to Jesus. You are free to communicate with God any way you please. Deep meditation is used for various healings and spiritual deepening; it is to pray with power and have a focus prayer without any distractions. It also introduces a dialogue

with Jesus that allows us to surrender our fear to him and increase our faith, love and hope.

3. Having communion in meditation does not replace the physical communion in the church and it is not an excuse not to go to church.

4. NEURO-THERAPY is suggested for deep meditation. This is not to limit the reader to one technique, other techniques maybe suitable.

The standard technique of deep meditation from North American Institute of NEURO-THERAPY⁵ [6] (expanded to include Jesus):

Most of us spend our life in the conscious mind or the left hemisphere of the brain. Deep meditation requires spending time in the right hemisphere of the brain or the sub-conscious mind. If we are to pray and meditate with our whole being, then we need to pray and meditate in both hemispheres; in order to pray and feel the essence of God, “the ultimate positiveness,” in the sub-conscious mind. While laying down we start the meditation by praying for union with Jesus as follows:

Prayer for union with Jesus⁶

⁵ NEURO-THERAPY is a clinical training that normally doesn't focus on Jesus.

⁶ If the deep meditation was a guided meditation, then the NEURO-THERAPY specialist reads the following version of prayer before communion:
Come to me, Lord, and possess my soul. Come into my heart and fill my soul. Help me to sit in silence with You and let You work in my heart. I am Yours to

Come to me, Lord, and possess my soul. Come into my heart and permeate my soul. Help me to sit in silence with You and let You work in my heart.

I am Yours to possess. I am Yours to use. I want to be selfless and only exist in You. Help me to spoon out all that is me and be an empty vessel ready to be filled by You. Help me to die to myself and live only for You. Use me as You will. Let me never draw my attention back to myself. I only want to operate as You do, dwelling in me.

I am yours, Lord. I want to have my life in You. I want to do the will of The Father. Give me the strength to put aside the world and let You operate my very being. Help me to act as You desire. Strengthen me against the distractions of the devil trying to take me from Your work.

possess: I am Yours to use. I want to be selfless and exist only in You. Help me to empty out all that is me and to be totally open to be filled by You. Help me to let go of myself and live only for You. Use me as You will. Let me never draw my attention back to myself, I only want to work as You do, dwelling in me. I am yours, Lord. I want to have my life in You. I want to do the will of the Father. Give me the strength to put aside the world and let You operate in me. Help me to act as You desire. Strengthen me against the temptations of the world which take me from Your work. When I worry I have taken my focus off of You and placed it on myself, help me not to give in to the influence of others to change what is in my heart. I want to give You glory, Oh Lord. I worship You, I adore You and I love You. Come and dwell in me now.

When I worry I have taken my focus off of You and placed it on myself. Help me not to give in to the promptings of others to change what in my heart You are making very clear to me. I worship You, I adore You and I love You, Come and dwell in me now.

MEDITATION EXERCICES

1. Exercise for deep meditation⁷:

Concentrate and count backward from 25 to 1. When done, notice your breathing and relax your body, feet to head. When done visualize a peaceful scene: a garden, waterfall, meadow, grass etc. and exercise your five senses (smell the flowers, touch the grass, taste and eat grapes, hear the ocean waves and see the beautiful scenery). Repeat 10 times “I feel good; I feel relaxed.” Go to your virtual house (a house of your choice) and start projects and prayers, invite people, friends and Christ⁸, start to solve problems

⁷ Note: The exercise is designed to help the body (in relaxation), the emotions (in negotiating or contemplating through the rooms in your virtual house), the mind (in the stillness and with no thoughts) and the spirit (in communion). In general it heals the body, mind, emotions, spirit and helps solve problems.

⁸ A suggested room setting, when inviting Jesus is in the room, is to sit by the Lord's feet and listen and negotiate (contemplate) as Mary did see Luke 10:39-

or heal yourself or another person, or just pray and praise and thank God. Use white light from God's rainbow and bathe in healing water. When done, exercise your five senses by receiving communion from Christ. See Christ, hear his words, "This is my body," taste and eat the bread and feel it touching your throat and stomach, smell the wine and see its color, drink it and enjoy. When done spend some more time being still using Benedictine Dom John Main technique (see exercise No. 5 below) of thinking no thoughts, using no energy, and enjoying being in the presence of God - for at least 5 minutes (your mind needs rest). You can visualize living water penetrating your body at the same time.

2. Alternative deep meditation exercise: Concentrate and count backward from 25 to 1. When done notice your breathing and relax your body, feet to head. Imagine warm, red fog⁹ coming to touch and penetrate your whole body, relax your feet and toes; change to orange fog, relax your legs and thighs; change to red fog, relaxing your abdomen area; change to orange fog, relax your chest; change to red, relax your arms and hands; change to orange and relax your spinal cord and back; change to red relax, your shoulder and neck;

⁹ The warm red fog method is suggested for people that feel chilled during the deep meditation.

change to orange, relax your chin and jaw to the top of the head. When done, visualize a peaceful scene: a garden, waterfall, meadow, grass. Exercise your five senses (smell the flowers, touch the grass, taste and eat grapes, hear the ocean waves). At the end of the meadow, there is an outdoor elevator with three buttons A, B and C. Press B and go down to level B. You get deeper in concentration. Press C and go out. You notice some stairs. Go down the stairs and notice a small bridge that leads to your virtual house. Go to your virtual house (a house of your choice) and sit on the couch and repeat 10 times “I feel good; I feel relaxed.” When done, start projects and prayers, invite people, friends and Christ¹⁰, start to solve problems or heal yourself or another person, or just pray and praise and thank God. Use white light from God’s rainbow and bathe in healing water. When done, exercise your five senses by receiving communion from Christ. See Christ, hear his words “This is my body,” taste and eat the bread and feel it touching your throat and stomach, smell the wine and see its color, drink it and enjoy. When done go back up the stairs and the

¹⁰ A suggested room setting, when inviting Jesus is in the room, is to sit by the Lord’s feet and listen and negotiate (contemplate) as Mary did see Luke 10:39-44

elevator. Go back to your peaceful scene and notice there is a hammock. Lay down and spend some more time being still, using Benedictine Dom John Main technique (see exercise No. 5 below) of thinking no thoughts, using no energy, and enjoying being in the presence of God - for at least 5 minutes (your mind needs rest). You can visualize living water penetrating your body at the same time.

Note: When Jesus talks to you in a meditation or give you living water sensation, in my opinion, it is not considered a miracle, but a small miracle, it is considered God's natural feedback. In the miracles of the Bible, God makes Himself present as in the cure of a person such as much new cells are given with lots of energy ($E=mc^2$) with a shift in time (the age of new cells is the age of the person) and it is not possible for the brain to produce these cells. Living water is a sensation in the body and in the brain and the guts it is an opposite sensation of headache it feels good and rewarding and it feels like water. For example, if it is not raining and a drop of rain falls on your head the temperature difference is the sensation of living water. It is usually happens when connecting to God or after or during Christian meditation.

3. Medium meditation¹¹: Notice your breathing and relax your body, visualize starting a project, visualize Christ and do prayers.

One can do this many times during the day. Use breathing exercise of No. 9 below. When done, exercise your five senses by receiving

¹¹ One difference between deep meditation and medium meditation is if interrupted in the midst of deep meditation you may acquire a small headache and none with medium meditation.

communion from Christ. Note: medium meditation does not require a quiet or dark room.

4. Light meditation: Visualize Christ in a situation while talking, walking or listening to people, while you are working in every aspect of your life. Note: if you start talking to Christ at the same time then you are also praying.

5. Dom John Main Meditation (mindfulness) [7]

Life in the dimension of the Spirit is a mystery rooted in the joy of being. The wonderful beauty of prayer is that the opening of our heart is as natural as the opening of flower. To let a flower open and bloom it is only necessary to let it be, so if we simply are, if we become and remain still and silent, our heart cannot but open; the Spirit cannot but pour through our whole being. It is this that we have been created for. In contemplative prayer we seek to become the person we are called to be, not by thinking of God but by being with God. Simply to be with God is to be drawn into being the person we already are. Benedictine Dom John Main

Here's what to do:

- Sit down with feet firmly on the ground, your hands resting on your knees, your back as straight as possible.
- Take some deep breaths and/or listen to some gentle music for one or two minutes. This will help to focus your attention.
- Close your eyes gently. Begin to say your prayer word or mantra so to anchor your mind, by gentle and persistent repetition. The mantra we suggest is MARANATHA, an ancient Christian prayer. Say it in four equally stressed syllables: MA - RA - NA - THA¹². Say it for the whole time of your meditation without any thought as to its meaning. You can say any mantra you like such as “Come Holy Spirit” or “Jesus”. But whatever mantra you choose keep to it, do not change it.
- Meditate every morning and every evening for 20 to 30 minutes - even on Christmas Day.

Distractions will come, let them float past you. As you become

¹² MA-RA-NA-THA is an Aramaic word (which is the language that Jesus spoke) and it means “Come, Lord.” It is found in the Scriptures and is one of the earliest prayers in Christian tradition. Do not think about the meaning of the word. Just give attention to the sound of it throughout the time of your meditation, from the beginning to the end. Whenever other thoughts come to your mind, simply return to your word.

aware of them, return gently to saying your mantra. In this way you are choosing Jesus above the distraction.

Meditation is a process of setting free in our lives the truths we have lived within our minds, theoretically. It is a learning process: learning to pay attention, learning to concentrate, learning to cope with distractions, learning to be at peace and learning to enjoy the full the wonder of our creation.

6. Christian yoga and Chakra:

In short it is to dedicate your body to the Holy Spirit, basically, a body flexure and exercise for balancing energy. God gives healing energy through prayers. Aligning the bones, burning the bad tissue and then visualizing the rainbow colors of Christ's living water, allowing the different Chakra to penetrate and give new tissue, new nerves and new bones. Chanting the Jesus prayer is very appropriate. Having a candle or a cross to focus on is very appropriate. For example in Yoga¹³: to help you do the stretches

¹³ The argument against people that reject adopting Yoga/Eastern techniques to Christian faith is: If, for example, you knew of a remedy or an herb that helps bone structure, especially for old people, and has been working for thousands of years in the East and you currently have bone problems, you would take the medicine without any hesitations. Then, if I told you people in the East use it for

and the exercise, say “in the name of the Father, Son and Holy Spirit” and repeat it for the length of the stretch. One can also pray The Lord’s Prayer for the length of the exercise. Note: The Eastern meditation has lots of techniques, but we have only one technique - “Jesus Christ,” where we “use” Him as a fix-all remedy; we put our faith in Him regardless how big the problem. You will find that even if you don’t believe in God, if you visualize Jesus Christ (the most loving, kind, forgiving, etc.) it will do something!

7. Meditation by touch:

Lay your hand on or shaking some one’s hand or embrace someone and visualize that your hand is the tender loving hand of Jesus, transmitting the Holy Spirit and healing power to the person. Remember: your hands don’t possess the power only the power of God is doing healing.

Note: You cannot go around advertising that your hand is the hand of God. When hugging someone just visualize your arms and hands are the arms and hands of Jesus. Do everything with the love

their religious experience; it probably would not make any difference you would still take the medicine. I would say in that case, if it helps, just use your own religion instead to do the exercise.

of Jesus. It is the ultimate unconditional love.

“But Jesus came and touched them and said, “Arise, and do not be afraid” ... Matthew 17:7-8 (NKJV)

8. The Jesus Prayer and Centering Prayers:

From the Eastern Orthodox Church [8]:

In order to enter more deeply into the life of prayer and to come to grips with St. Paul’s challenge to pray unceasingly, the Orthodox Tradition offers the Jesus Prayer, which is sometimes called the Prayer of the Heart. The Jesus Prayer is offered as a means of concentration, as a focal point for our inner life. Though there are both longer and shorter versions, the most frequently used form of the Jesus Prayer is: “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” This prayer, in its simplicity and clarity, is rooted in the Scriptures and the new life granted by the Holy Spirit. It is first and foremost a prayer of the Spirit because of the fact that the prayer addresses Jesus as Lord, Christ and Son of God; and as St. Paul tells us:

. . . no one can say that Jesus is Lord except by the Holy Spirit.

- *1 Corinthians. 12:3 (NKJV)*

Jesus Prayer Exercise (from *Come to the Quiet* [5])

1. Sit in your meditation place, and breathe deeply. Let go of your faculties of sense, emotions and thoughts.

2. With your inhalation, gently say, “Lord Jesus Christ, Son of

God.” with your exhalation say, “have mercy on me, a sinner.”

Repeat this ten, then fifty, then one-hundred-times, using the one - hundred - knot prayer rope of the Eastern Church. Later you may pray this prayer more continuously with or without the prayer rope, one thousand and more times a day, until you pray it constantly as an intuition while daily life continues.

3. As you say the words, first use your senses to sit in the proper posture and finger the prayer rope. Use your mind and emotions to meditate on the meaning of the words. Eventually, move beyond mind and emotions to a pure spiritual intuition of the full meaning of the words in the person of Jesus and our place as his disciples.

This is called dropping the Prayer from the mind to the heart.

4. At first, stay with saying the classical form of the Prayer. As you progress, you may want to use only part of the Prayer, such as simply repeating the word “Jesus,” or “mercy.” But you should only do this as you have mastered the classical Prayer.

It is very effective to modify the Jesus Prayer to incorporate visualizing Jesus at the same time the prayer is made. For some people the Jesus Prayer is a deep meditation.

Centering Prayer (a form of mindfulness):

Choose a word, one word or a very short phrase - a word or phrase that reminds you of the creative/celebrating center that is God in your own essence and the essence of all that is. Then whatever comes to mind, answer it with this word and with the spirit of love. Such as “Jesus”, “God”, “Love”, etc..

When we begin the Centering prayer, we will usually be sitting or lying down, with eyes closed as in medium and deep meditation.

9. Deep Breathing Exercise (mindfulness) (*from Come to The Quiet [5]*)

1. After settling into your meditation posture, rest your left hand

on your navel with your right hand over it. Breathe in deeply, but gently and not forced through your nose. Visualize, and actually sense, the breath descending from your nose through your throat and into your lungs. As the breath reaches your lungs, expand your belly out, and allow the breath to descend into the depths of your lungs. Feel your belly expand with your hands resting on your navel as you inhale. If this is not occurring, then you are not yet breathing deeply. Count slowly, but comfortably to ten as you inhale. Be careful not to force this. Let it be natural and comfortable. If you cannot breathe in for that long at first, just do what you can. You will deepen your breathing the longer you do this exercise.

2. Exhale through your nose. Allow your lungs to totally empty.

Count to about eight as you exhale. As with the inhalation, do not force this by holding your breath beyond what is comfortable for you. This is not a contest but an aid to deeper breathing. But do make sure that you empty your lungs with this cleansing breath. Repeat steps 1 and 2. Make sure that you are cleansing your lungs and breathing deeper than what is usual for you in daily life.

3. Now place your hands back into a rested position. Allow your breathing to become more natural but with this new pattern of expanding the belly with each inhalation and flattening it with the exhalation.

4. After about ten natural breaths, do another more intentional deep breath, but without placing your hands over the navel. Then do ten more natural breaths.

5. Repeat this as many times as is comfortable, starting with one pattern, then two, and up to ten. As you learn this way of deep breathing, eventually you will discover that you are breathing more naturally all of the time, and it is quite natural and comfortable to do so during prayer and meditation.

10. Massage

Having a massage and acupressure therapy while meditating is very effective. Doing the Jesus Prayer is very effective, also, with message.

11. Labyrinth

This is a walking meditation for light meditation.

A labyrinth is an ancient symbol that relates to wholeness.

It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is universal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

A labyrinth is a right brain task. It involves intuition, creativity and

imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed.

The choice is whether or not to walk a spiritual path.

During various time periods of its 4,000-year existence, religions throughout the world have embraced its mysterious healing abilities. Labyrinths are typically found in cathedrals, hospitals, parks and residences.

Some walk the labyrinth methodically, heel-to-toe, as a contemplative and joyful pilgrimage to draw in, closer to God.

Others tread fearfully on their knees, as a penitence for sin.

There are two types of labyrinths: the Cretan and the Chartres.

The Cretan labyrinth is named after the island of Crete and takes the walker into seven arc circuits in which the center is a cross.

The Chartres is named after the stone labyrinth in the floor of the Chartres Cathedral in France. It carries the walker through eleven paths that wind through four quadrants of a circle. It also has a

cross in the layout with a rosette in the center which is said to represent the Virgin Mary.

Prayerfully, meditatively walking a labyrinth can help deepen your spirituality, no matter which path you choose.

12. Nature Walk and Other Activities

Simply take a nature hike and bring along a pocket Bible or Bible on CD. Meditate and stop and read or hear the Bible and pray. This is one of the oldest techniques, and can also incorporate the Jesus Prayer or Centering Prayer or singing while walking. For example, walk and repeat “Thank you Jesus” or “have mercy on me, oh Lord.” This is considered a light meditation. You can incorporate this method into your daily life by doing this during almost any activity such as drawing, painting, biking, fishing, running, climbing, rowing, knitting, praying the rosary, gardening, sewing, doing 1000 origami or cleaning house – all as a light meditation.

13. Nature Walk with the Saints

Almost all the saints and prophets, including Jesus, had a nature walk such as Jesus crossing the Sea of Galilee to meet with the

disciples on the other side John 6:16-24. Jesus praying in the desert and preparing himself to proclaim the message in the neighboring towns Mark 1:35-39. Jesus withdrew to a region near the desert, to a village called Ephraim, where he stayed with his disciples John 11:54. Saint Francis of Assisi was a master in communicating with animals many stories portrait his love for animals. We start our meditation by remembering the old commandment of Moses (Lev. 19:18) and reinforced by Jesus in the New Testament (Mark 12:30-31):

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this: “Love your neighbor as yourself.” There is no commandment greater than these.

So we can extend our neighbor to not just people but the environment, but the nearby creation and what we see, feel, smell, taste and touch. The exercise is to love creation. If we love creation we love God’s work thus we love God. Artists are always thrilled when people love their work in the gallery even if they never meet. However, God’s work is not static as in a painting or a sculpture but dynamic as having flying and singing birds, trees blowing in

the wind and smell of the air and flowers etc. God will amaze you with His dynamic creation.

Walk and sing a hymn, pause between sentences, then listen to the birds sing with you, the wind going through the trees, the tones the water sounds or sea waves with its magical tempo. Look for the harmony between your hymn and nature to experience the feedback God gives you with nature. Just like humans love to hear the birds sing, birds love to hear human sing.

I remembered only three Byzantine chants and sang them all my life in my nature walk meditation. I realized the birds, the wind and the water sang with me. I always obtained a peace in my walk.

At the end of your meditation you need to praise God for giving you this peace. Because just like an artist created in the likeness of God needs to be praise so does God. The interesting part, in the Psalms, is how God told us how he wants to be praise. Like a father telling his child “this is what I want you to say.” Read or chant Ps. 103, 148, 149 or 150. Note: most chants are rooted in nature. When I was in Capernaum I noticed it was very small open temple and at Corinth all theaters are open. This is a strong

indication that the temple and the theaters were designed so that chants and prayers could interact with nature.

14. Music Meditation or Music Therapy

This type of meditation requires listening to relaxing music and day dreaming about the Lord for at least 15 minutes. For example we will use four music themes recorded in sequence 1) The movie Exodus by E Gold 2) The movie Lawrence of Arabia by M Jarre 3) Shenandoah by Arr D Cox 4) The Godfather by Rota. We start the meditation by closing our eyes and relax the body and listen to the music of Exodus we day dream the 40 years the Jews wandered in the desert we see Moses and the miracles, the parting of the red sea, we sit by the burning bush and hear God say I love you, the Manna from heaven, the stick with the brass serpent healing the people and yourself, we feel the heat from the sun we see the desert and day dream stories from the Old Testament after we listen to the music from Lawrence of Arabia and start to wander in the desert with Jesus, we see Him fasting for 40 days and how He defeat the devil and win the battle. We feel the heat from the sun and day dream stories from the New Testament. We see Jesus healing the people and yourself. Then when the music of

Shenandoah begins we see an oasis with Jesus standing by the stream of living water He takes a cup and give you living water to drink, you drink the water and shower it over your heads and wash your faces with it feel the heat of the sun diminish, drink the water and have a banquet of food given by Jesus for you and your family then have communion from Jesus hug him and ask for mercy.

Meditate on Revelation 3 verse 20. When the music of the Godfather begins start to give thanks to the Father, Hear the Spirit speak softly into your heart and reflecting on what you have visualized. When done with the music sometimes it is important to drink real water afterwards because you have been to the desert.

Note: if God interact with you in the music meditation, as talking to you, heals you and relax you may become attached to the music and use the same music for several years.

MUSIC THERAPY is a work of art:

The music therapy is suggested to have 7 pieces of music as follows: **(It is required to breathe deeply and exhale slowly during listening to the music piece.)**

First piece to visualize a setting with Jesus at a sunset with a fire pit on the beach sitting on a log with Jesus and discuss with him the day possibly eat fish or marshmallow.

Second piece is to go on a boat with Jesus where Jesus rows the boat possibly having His disciples with you or just Him alone. It is

a period for teaching by Jesus and have a deep discussion with Him.

Third piece is to visualize sitting with Jesus at night by the river and the moon and experience peace beyond imagination or possibly on a different planet or on a moon.

As we become more aware of God's ever-presence, realizing that "God is our refuge and strength, a very present help in trouble" ([Psalms 46:1](#)), we find a deeper sense of refuge and rest.

The fourth piece is a reconciliation with Jesus possibly having communion on the beach or church. . One best example is visualizing yourself standing in front of Jesus and see the difference between you and Jesus.

The fifth piece is the affirmation piece where you say tomorrow is going to be a great day everything will happen beautifully and God's will will be done.

The sixth piece is dancing with angels or your loved one past or present.

The seventh piece is dancing alone or hopscotch and saying there is nothing to worry about God will take care of everything.

15. Meditation on Mother Mary the Theotokos

From scientific knowledge we know the Most Holy Blood of Jesus went in Mother Mary's blood during the pregnancy thus she had to remain a virgin and in my opinion she had no other kids after Jesus.

"It is well established scientifically that there is a definite leakage of fetal blood into the maternal circulation after 28th weeks of

gestation, and during the process of delivery. This usually causes no harm to either the mother or fetus unless there is incompatibility in the blood type or the Rh factor.” Dr Adel Chouchani, MD

This brings us to our meditation on Mother Mary. While visualizing the Mother Mary and Jesus Orthodox Icon pray the following prayer or the Rosary or both:

“It is truly meet to bless you, O Theotokos, who are ever blessed and blameless and the Mother of our God. More honored than the Cherubim and more glorious beyond compare than the Seraphim: you who without stain did bear God the Word. You are truly Theotokos: we magnify you.”

Mother Mary shared with Jesus in saving the world by saying yes to be the Mother of God. The Jews believed she is the wife of God.

Also, scientifically she had to be immaculate to provide the perfect egg of insemination, in order to give birth to a perfect child.

For more information, please read the following letter from Fr. Samir Abu Lai in 2015.

Dear Saint Joseph Community members

Greetings in the name of our lord Jesus Christ, I hope that this message reach you all and your families in good health

I wish you all a happy and blessed Easter Seasons: Christ is risen..... he is truly risen.

Throughout the Church history the Roman Catholic Church has been dedicated each month of the year to a certain devotion. The Month of May is dedicates to the Blessed Virgin Mary the Mother of God, where we recall the role of Mary in salvation. This devotion arose among Jesuits in Rome - Italy in the late 18th century and quickly spread throughout the Western Catholic Roman Church. By the time of Pope Pius IX's declaration of the dogma of the Immaculate Conception in 1854, it had become universal. By time some of the Eastern Catholic Churches in the Middle East Area such as Maronite, Syrian, Chaldean had been adopted this tradition officially to honor Mary the Mother of God. May crowning and other special May events in honor of Mary, such as public recitation of the rosary, stem from this time.

She is the Virgin Mary the Mother of God, who's allowed Our Lord to take our human nature. Because of her completely trust in God, she lived her life sinlessly. And after her life she was assumed into Heaven by the power of God and crowned as Queen of Heaven and Earth. She is of course not divine. We worship only Jesus Christ, but we honor Mary as a saint. We honor God by remembering the role of Mary in the beginning of our salvation. And remember Devotion to Mary always leads to Jesus Christ!

In April 30, 2006 his holiness pope of Rome Benedict XVI proposes May to be a time to rediscover the role of the Virgin Mary in our Christian life. After Christ's resurrection when the apostles gathered with her, Mary was for them both "mother and teacher", a role she continues to carry out for Christians of all times, the Pope said today before praying the Rosary with the faithful gathered in St. Peter's Square: "Every year during

Easter tide we live this experience more intensely and perhaps precisely for this reason, popular tradition has consecrated the month of May which normally falls between Easter and Pentecost to Mary". The pope of Rome has invited the faithful throughout the catholic World to rediscover in the coming month "the maternal role she carries out in our lives, so that we may always be docile disciples and courageous witnesses of the risen Lord ".

With that thought in mind, let us all come together as one community to honor Mary Mother of God every Friday during the month of May as follow, the agenda for each Friday's evening (1st, 8th, 15th, 22nd, 29th of May)

* 7:00pm - 7:45pm: Rosary at the church, the Litany of the blessed Mary including our mother of God prayer.

* 8:00pm - 8:30pm: bible study for adults in the Church

* 8:00pm - 8:30pm: Religious movie / bible activities for youth and kids in the conference room.

* 8:30pm - 10:00pm: Family night at the Hall: social gathering, playing cards, or backgammon, chess

The month of May will start this coming Friday, I would like to encourage everyone at the families in our mission to practice the Rosary in order to honor Virgin Mary Mother of God, with my enthusiasm, warmth and joy.

Your servant in Christ

Fr. Samir Abu Lail,

Pastor

The Rosary Prayer:

Hail Mary, full of grace.

(Thus, your soul was truly preserved exempt from all stain of original sin and sin, and you are indeed the Immaculate Conception)

The Lord is with thee.

Blessed art thou amongst women,

(You are the most singular privileged human in all human history past, present and future)

And blessed is the fruit of thy womb, Jesus.

(You are indeed the most-high Mother that raised and nurtured our savior and your work is truly blessed in producing the long waited fruit - the Messiah)

Holy Mary, Mother of God,

(You are Holy indeed when your blood has touched the most Holy Blood of Jesus in your pregnancy)

**pray for us sinners,
now and at the hour of our death.**

Amen.

Comments:

1. From medical science: the mother blood does affect the baby blood as seen when the mother has alcohol or drugs addictions. The vice versa is medically possible and the child's

blood can affect the mother's blood. Thus, Christ's blood made Mary's blood genetically Holy indeed, something physical had happen, and thus she is our Holy Mother of God and genetically cleansed.

In my opinion, the other issue is Mary could not have had another child since God would not allow the spread of His genetic Holiness (it is like not allowing to have more than one Jesus) and she is singled out to be the only privileged woman. Thus, Jesus did not have siblings – NOT ALLOWED THEOLOGICALLY.

Hence, what our fore fathers have told us about Mother Mary is indeed true.

I hope these words help overcome denominational differences and set the record straight about Saint Mary the Mother of God. Amen

16. Technique against evil visions or dreams

In some cases, while doing any meditation, negative pictures appear while visualizing because of stress, exhaustion, anxiety, phobias, etc. The best method is to ignore them and call upon Jesus. I had a vivid dream once and the devil appeared to me as a serpent. I started to try to kill the serpent by stomping on him with my feet. The serpent bit my leg, but immediately Christ appeared and laid His hand on my wound and healed it. Then Christ said,

“Now step over him.”

17. Other techniques

There may be other techniques for meditation that I did not cover above. If you have other techniques or have new techniques you invented, do not hesitate to use them with your Christian faith and adding visualizing Jesus to the technique. I only mentioned the techniques above that I have used in my life so far. See Ref 16 for more information:

18. Jesus example of deep meditation

In the garden of Gethsemane Jesus did a deep meditation at the Mount of Olives Luke 22:39-46. Where his sweat was like drops of blood falling to the ground. It must have been a very deep meditation. We do not know how many times Jesus deep meditated. But notice when He did it: for an anointing and union with the presence of God.

19. Clarification for deep meditation

The counting and the breathing in deep meditation are considered rituals it is similar to kneeling, standing and sitting during mass in the Church. It is a way to get in the mood. The heart of deep meditation is negotiating, dialog and contemplation with Jesus.

Chapter 3

First Meditation: “Numbers”

Lord, make me a rhythm, a pattern, a number, a word, a color, a piece of music in your count of creation.

Meditation key:

² *“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.*

³ *“You shall have no other gods before Me.*

Exodus 20 (NKJV)

In Heaven and Earth, rhythms, patterns, numbers, words, colors and music exist eternally, therefore, I will exist. Music, words, and colors can also be considered patterns. They also can count toward infinity.

The most common use of Christian meditation is meditating on the word of God in the Holy Bible. Visualizing stories from the Bible and allowing yourself to be part of the story is very common.

When meditating on the Holy Scripture, the meditation may take a long time - hours. This can happen by the Holy Spirit and is very rewarding.

Musical techniques:

These usually aren't thought of as meditative techniques, but music – making can be a powerful way of making a connection to God.

Listening to meditative music:

This is about as simple as it gets. Stop worrying, put down your work, sit down or lie down and listen to relaxing music and visualize living water moving through your body on the tempo also visualize Jesus tender loving hand on your heart or your chest or your head and neck messaging with the tempo.

Chant: The earliest Jewish Christians worshipped God with chanted prayers in the synagogue. The gentle, exultant, undulating sounds of different styles of chant have been part of Christian worship ever since. A few forms:

- Ambrosian chant
- Gregorian chant

- Psalmody
- Hildegardian chant
- Byzantine chant
- Russian and Greek Orthodox chant

Singing in the Spirit: In some Pentecostal and Charismatic congregations, “the spirit flows” and people begin singing spontaneous praises, either in tongues or in their own language.

When it’s done slowly and softly, it can be a profound meditative experience.

For the hearing sense, there is no old music or new music there is only good music. Sometimes I listen to a Byzantine chant from 330 AD. It is still good and soothing to hear the voice of Christ or the Holy Spirit or Angels – soft, tender and peaceful.

Meditation with Art

If Christian meditation is thought, emotion, and imagination that leads to prayer, a conversation with God, then one way to approach it is not a book, but a work of art. Fine art will engage different

senses, and it will communicate. It was used for centuries as a tool for teaching the Bible and the Catechism. The artist can help us to see something in a new way, or to feel the emotion of an event centuries before. We can use the image as a visual template to enter a scene in our imagination and thus experience the great events of our salvation. Although Christian religious art would be the safest to start with, all art could be useful if it is a method used to talk to God. Remember that God is the original source and author of all beauty, so contemplate the colors of beautiful scenery.

Exercise “Lectio Divina¹⁴”:

In a medium meditation, close your eyes relax your mind and be calm. Before you start reading, visualize the light of the Holy Spirit present and God will give you illumination. Open your eyes and open the Bible and read the text slowly. Get to the deeper meaning of the text. Allow the words to enter into your soul and permeate outward to yourself and inward to your deepest spirit. Allow the text to direct your mind and emotions in a positive and healthy way. When done reading, close your eyes, take a deep

¹⁴ Latin for Sacred Reading. Essentially the practice of reading until you understands it.

breath and reflect, allowing the reality of the sacred text to pass over to a pure spiritual need in the Spirit, so that you simply become what you have read in a way appropriate to your own situation and experience today. Visualize as needed. Allow yourself to be part of the story. This is contemplation and may not occur at the beginning stages of meditation. You may go back to the text and read it over in parts or as a whole. This will give reinforcement.

Give thanks for any illumination you received from the Holy Spirit.

Walking a Laybrinth:

Walking a Laybrinth is basically done with light meditation.

The labyrinth awaits our discovery, for it will guide us through the troubles of our lives to the mysterious patterns that shape the web of creation. It will lead us toward the Source and eventually guide us home.

Dr. Lauren Artress – Grace Cathedral

The labyrinth offers a guide to:

- healing
- deepening self-knowledge
- freeing creativity
- insights into an individual spiritual journey
- peacefulness, in the midst of crisis or transition
- connection with the Holy Spirit
- transformation

Walking the labyrinth/the threefold path:

Come with reverence and a searching heart and ask for grace as you enter this sacred space and begin your pilgrimage.

Walking the labyrinth means:

- letting go
- quieting the mind
- surrendering daily concerns
- slowing down

- trusting the path

In the center: illumination

- meditation
- prayer
- openness; resting
- discovery
- receive the gift of the Holy Spirit

3. Walking out: integration

- carrying inspiration back into daily life
- grounding
- integrating inspiration and action
- energizing

This is a story about medium meditation focusing on Christ:

I was having Thanksgiving with my wife's family in 2003.

While the people were cooking, I was sitting in the living room meditating. I closed my eyes, visualized and focused on Christ.

I was aware of all the surrounding noise. We were in the country so it was very peaceful. Suddenly I saw a woman standing and smiling at me. The image lasted for about 30 seconds or it felt like a long time. Then she disappeared and Christ's picture came back dazzling in white. I realized that she was an angel and the message was that I have God's acceptance. Actually the message was felt in Arabic. *رضى الرب* It felt good. Later on at the Thanksgiving dinner, we had to write what we were thankful for and then read it at the dinner table. I put down that I am thankful for God sending angels to smile at me. Now, every once in a while I remember the angel and feel consoled. When you meditate with positive images you can expect other positive images other than your own imagines to appear. Most people may not consider the woman angle as a miracle but an expected result of focused prayer with images. It can happen to anyone.

All these meditations do not require deep meditation. It is to meditate in the conscious mind, a light and medium meditation.

Chapter 4

Second Meditation: “Gathering”

*“When you send forth your spirit, they are created;
and you renew the face of the ground” Psalms 104.30 (NRSV)*

*“For where two or three are gathered in my name, I am there
among them.” Matthew 18.20 (NRSV)*

Meditation key:

*⁴ “You shall not make for yourself a carved image—any
likeness of anything that is in heaven above, or that is in the
earth beneath, or that is in the water under the earth; ⁵ you
shall not bow down to them nor serve them. For I, the LORD
your God, am a jealous God, visiting the iniquity of the
fathers upon the children to the third and fourth generations
of those who hate Me, ⁶ but showing mercy to thousands, to
those who love Me and keep My commandments.*

Exodus 20 (NKJV)

So praying and meditating together causes Christ to be among us.

For example, using visualization techniques in a church service can

be very rewarding. Meditation in Church has been traditional. Also in a prayer vigil, meditation can be used.

Today, there are many Bible-believing churches with many denominations, and many styles of worship even within the same denomination. The church today is as healthy as ever and there should be a church that you can be comfortable with and go to it on Sunday. You need to go out and find it. I see the time will come when all the churches will reunite but keep the different styles of worship to help people. It can be identified that all the different Christian churches form of the richness of Christ. Currently, on Sunday morning, I attend Ballard First Lutheran church in Seattle and find it helpful for my piety requirement. I enjoy having communion every Sunday.

At 12:30 pm, I attend St. Joseph Eastern Catholic Mission, a Melkite Greek Catholic Church in Seattle, with many diverse congregation: Melkites, Maronites, Greek Orthodox, Roman Catholic, Protestants, Syriac and more, where the Divine Liturgy is celebrated in both liturgy Melkite and Maronite. The church anthem is "Unity in Diversity". This satisfies my desire to keep up the traditions I was raised with the. Once a year, I go to a retreat

that uses Baptist style worship. I grew up in the Greek Catholic church which is very similar to the Greek Orthodox Church, and attended a Roman Catholic Church in the US. I find each church is a treasure and offers each congregation the proper style of worship. The key is to attend an established church by Christ Himself. I recommend the Catholic Church since I am Catholic. You are welcome to attend the old church, the Greek Catholic, which is in communion with the Roman Catholic Church and experience the original church established by the apostles. I served both churches for seven years, as a musician in Ballard First Lutheran Church and as a Sub Deacon in the Greek Catholic Melkite Church until I had a vision from God in 2010, to slow down. So, I did not complete the fourth year to become a full Deacon and was ordained only as a Sub Deacon in 2009. However Archbishop Cyril Bustros said to me put as a Deacon. Note: Sub Deacon is the smallest order in the Catholic Church and I am happy with it.

What defines a Christian Church

I believe a Christian church has three basic sacraments. Some churches believe in two but don't realize they believe in three because the third is so obvious, and some believe in seven

sacraments that include part of the third and the third is again obvious. First, a sacrament is a physical sign that may include a visual sign that has a purpose to help us receive the grace and merci of God.

First Sacrament, The Trinity: A physical sign given to us and mentioned in the scriptures at the baptism of Christ; Christ physically and visually present, the Holy Spirit physically and visually present as a Dove and the voice of the Father physically present. The purpose of that sacrament is to define who God is.

The answer is given in this epiphany or in old Greek Theophany: As God is perfect so His expression of Himself in the Trinity is perfect: making each part or person or expression a God of one God. The early church believed the feast of Epiphany is the greatest feast on earth, next to Easter, since it is the only time in the history of earth that the three parts or person or expression of God appeared physically on earth at one time. It is an honorable and blessed feast because our earth has been physically touched by the Trinity. In churches, the sign used for the trinity varies from church to church. Some use the sign of the cross; some just say it (“in the name of the Father, Son, and the Holy Spirit”) which is

still using a physical sign – a voice. Because it is so loose from church to church people do not realize it is a sacrament that defines our belief with a physical sign. It has been used since the dawn of Christianity (if God used a physical and visual sign to reveal Himself, so we must follow His example and declare His presence with a visual and a physical sign).

Second Sacrament, Communion: A physical sign given to us by Jesus to be used constantly (the bread and wine); its ultimate symbol is God made flesh; its purpose 1) To remember Jesus, meaning to remember God and his work including what is in the Old and New Testament. 2) Reminding us of the new covenant: Jesus blood was shed for us on the cross for the forgiveness of our sins. 3) Finally it is to worship God with all our being including our five senses.

Third Sacrament, Baptism: A physical and visual sign of declaration (the oil and water). Its purpose is to celebrate that God is choosing a child or a child is entering Christianity.

One church quoted the following:

Everyone needs a family with people who care and are there

for you, people with whom you can share your life. Please, experience for yourself the joy of having a church family that can bring, as you learn together, how the truth of the Bible can change your life. No matter where you are on your spiritual journey, you're invited to discover how a relationship with Jesus Christ can change your life. I encourage you to experience the joy of having a church family. We invite you to join for weekly services where you can worship God, pray, study the Bible and apply God's Word to your life. A relationship with God through Jesus Christ can change your life and bring you peace and hope like you've never known.[can not be referenced due to internet web content has changed]

Theological background from “Come to the Quiet[5]” is

The grace of Pentecost affirms that the risen Jesus is among us as the glorified Christ. Christ lives in each of us as the enlightened one, present everywhere and at all times. He is the Living Master who continuously sends the Holy Spirit to dwell within us and bear witness to his resurrection by empowering us to experience and manifest the fruits of the Spirit and the Beatitudes both in prayer and action.

The Christian Church: It's origin [9]

The Christian Church was a “mystery” hidden throughout the Old Testament of the Bible. Later, Jesus first prophesied the coming of the church when he spoke to Peter and declared, “On this rock I will build My church” (Matthew 16:18). Here, Jesus is making a play on words, since he earlier changed Peter’s name from Simon to Peter, which means “rock.” The traditional view of when the Christian Church actually started is the Day of Pentecost (50 days after the Passover during which Jesus was crucified). It was at this time that Peter gave his great sermon, and in response, “about 3,000 souls were added to them [the apostles]” (Acts 2:41). This group of believers was first called “the church” in Acts 2:47, as “God added to the church daily those who were being saved.”

The Christian Church: It's Purpose [9]

As a body, the ultimate purpose for the Christian Church is to bring glory to its Head, Jesus Christ. As the church brings

honor to Christ, it also fulfills two specific purposes related to God's plan for the earth: (1) evangelism to non-believers and (2) edification for fellow members of the church. Among other things, the church is also known as the bride of Christ and the living temple of the true God. Obviously, the church is not a building, a meeting place, an organization, or a denomination. The church is the totality of all believers in Christ, regardless of denomination or meeting place. The entire body of believers is the church, and as such, the church is the dwelling place of God.

The church is a hospital for sinners and when it functions that way it will be busy all the time.

Exercise “Mind Prayers in Church”

1- In Church, when the time comes and the minister prays for the people of the congregation and for the country visualize that person getting better and Christ healing them. Visualize as a person's name is being announced Jesus laying his tender loving hand on their heart and healing them. Visualize Jesus ending wars and standing next to our leaders.

2- We know Christ is present in church. However, we need to pray

also with our minds and strength. We need to pray with our left and right hemisphere of the brain. Jesus commands us to pray and love God with our mind and our strength.

a- When you hear the words:

“Take, eat, this is my body which is broken for you for the remission of sins.

Drink of this, all of you, this is my blood of the new testament, which is shed for you and for many, for the remission of sins.”

Visualize yourself sitting with the apostles at the last supper and hearing these words from Jesus.

b- When you pray the Our Father, visualize yourself and the whole congregation standing with Jesus at the mountain of Olives and pray with Him.

All of the above meditations are done in light and medium meditation.

A final word about Christianity:

Christianity will survive all religions in all times; my reason the Holy Spirit will tell us what to do as in this book. The church will

be around when Christ comes back. If you look at the history of the church you will realize the changes that happened are due to the Holy Spirit, thus the church survived persecutions.

Chapter 5

Third Meditation: “Law”

Lord I am a sinner, I need your mercy.

Meditation key:

⁷ *“You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain. Exodus 20 (NKJV)*

If things are random, people find a way to put them in order. The order will be different from one person to another. Law and order are necessities for humans. There must be an ideal order in which the Creator is happy. The existence of religion is a reminder of this fact. “But they will have to give account to him who is ready to judge the living and the dead.” (1 Peter 4:5). Christ is the redeemer. In meditation, one can visualize Jesus walking with you holding your hand as a child and that you are forgiven. Also you can imagine Christ giving you a sign of blessing. Visualize Christ holding you close and surrounding you with his love, bringing you near and drawing you to His side.

We can sometimes get away with breaking the law and fool people here on earth, but God and His law work differently. God sees everything we do and say. He even knows our thoughts! The result of breaking God's law is death. How can we be saved from this death sentence? There is only one road and only one rule book: the Bible. Take time to read this Study Guide carefully. There are eternal consequences.

The Parable of the unmerciful Servant.

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me?" "Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. The servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' The servant's master took pity on him, canceled the debt and let him go. But when that

servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay you back. But he refused.

Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." Matthew 18: 21-35 (NTV)

Let God's Mercy be your guide.

One can use "The Jesus Prayer" to ask for mercy after the readings.

When the Lord lights up your life with His Love, your life will shine as a beacon of light bringing the light of His wisdom to the world. In Chapter 13 we talk of human needs and wisdom from God as on top of the pyramid.

Jesus said, “While you have the light, believe in the light, that you may become sons of light.” John 12:36 (NKJV)

Let Jesus’ light so shine that others will see it and glorify our Lord. All things which are done with warmhearted love, meekness and gentleness toward others are acts of mercy. Giving mercy is the best witness for God. Blessed are the merciful for they shall obtain the Father’s mercy. Let God’s mercy be your light and your guide. Use this for deep or medium meditation.

Exercise “The spirit of God and mercy”:

Start a medium meditation. Be aware that each time you breathe in, you allow the Spirit (or Breath of God) to flow into your whole being — body, soul, and spirit. It is helpful to visualize the Spirit as water flowing from heaven into our being. (Scripture also calls God’s Spirit “living water.”) Others may visualize it as a beam of light from the Holy Spirit of varying colors. It is important to use

visualization, at first. Visualize that the Spirit of God is flowing through the top of your head to the tip of your toes and filling your whole being from the top down and the bottom up. Feel the fruits of the Spirit as in St. Paul's Letter to the Galatians, filling your life: love, joy, peace, patience, kindness, generosity, chastity, mildness, and faith. With each exhalation, visualize the negative aspects of your being, such as anger or negative attachments, or any other sin, being released from your whole life as dark, negative energy. Some see it as dirty water or just darkness in general seeping out from your body at your feet falling in the lake of burning sulfur per the book of revelation, (Revelation 20:10). Remember when light enters, there is no room for darkness. When you see that you are completely filled, allow the water or light to spill or expand out to the rest of the world, beginning with those you know who are in need of God's love and mercy at this time. Finally, thank God for his forgiveness and mercy.

Another technique: Visualize yourself truly free from sin and having a place in heaven. "Jesus answered them, "Very truly, I tell you everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place

forever. So if the Son makes you free, you will be free indeed.”

(John 8:34)

Note: We cannot visualize God in vain. Since we are asking for his presence, it is similar to calling upon his name. So His third commandment applies: “You shall not take the name of the Lord your God in Vain.”

Chapter 6

Fourth Meditation: “The Day of Rest”

“As eternity is reckoned there’s a lifetime in a second.” – Piet Hein

Meditation key:

⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. Exodus 20 (NKJV)

Scales exists for music, colors, geometry, etc. Using the scale allows beautiful art and music to develop. I believe there is such a thing as music and art that heals. On the seventh day God rested. One can meditate by imagining a rainbow – the sign Noah received after the flood. Meditate, imagining yourself seeing a rainbow after

finishing a long journey, or imagining yourself watching a beautiful sunset and saying a prayer of thanksgiving.

Exercise “Contemplation”:

This exercise is for use in medium and light meditation. Allow yourself to simply be aware of breathing. Your breath and God’s breath merge as one, without losing the beauty of either. Visualize Jesus and simply breathe and be aware of this union. This can also be done briefly out in the world during times of stress or tension, to bring us back to peace and centering in God. Visualize Jesus with three to ten deep breaths. This can be done in a place of solitude and silence or it can be done in the midst of a crowd.

Contemplative silence does not necessarily mean that we hear nothing, but rather that in silence we may begin to hear everything.

Another technique of relaxation: Imagine you’re in heaven in our Father’s house. Go to one of the rooms, sit and relax comfortably, or lay in bed and relax. Rest your head and sleep in this very comfortable atmosphere.

Another technique: Visualize Christ standing behind you and slowly rest your head backward on the palm of His tender loving

hand. Feel the radiant dazzling light flowing through his tender loving hand to your head. Feel your whole head lit with great feelings. Rest and sleep with deep thanksgiving to the Healer. Also, imagine in an earlier deep meditation, Christ handing you a pillow or a cushion that has the same effect and causes you to sleep comfortably. Every time you go to bed, visualize you are sleeping on this healing pillow from Jesus - a pillow like the one Jesus lay on while riding out the storm (Mark 4:38).

Chapter 7

Fifth Meditation: "Feelings"

Lord thank you for teaching us how to pray¹⁵

Meditation key:

¹² *"Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you. Exodus 20 (NKJV)*

Christ wants us to worship God with our whole being and with all our senses. In church, hearing and proclaiming the word of God; seeing the holy cross and visualizing Jesus; smelling, tasting and touching the bread and wine in Communion; touching as in laying hands on one another, giving each other the kiss of peace, all of these and more are indications of total worship and nearness. To

¹⁵ ²He said to them, "When you pray, say:
" 'Father, hallowed be your name,
your kingdom come.

³Give us each day our daily bread.

⁴Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.' " Luke 11:2-4

the best of my knowledge, the Christian religion is the only religion on earth in a which worshipping with all our senses is required. No person other than Christ has dared to say: eat this – “this is my body” or drink this - “this is my blood”. Who can say this except God? In reality, there exist many more feelings in a sense. Within each “sense” (smell or taste or touch) there are many types of feelings. For example, touch: when a person eats the bread he senses food as it touches his stomach. First it touches the hands, the lips, the tongue, the throat then the stomach. Thus, meditation on Christ is most desired after obtaining Communion as we experience Christ here and now in this physical world.

When we take Communion, we taste love, forgiveness and acceptance from Christ. When we eat and drink the holy meal, we confess that God will bring light into darkness.

Exercise: Sit on a pew in front of the Church so you can be one of the first to take Communion. Then you will have time after taking Communion to close your eyes and visualize Jesus in person, the Holy Spirit as a Dove, and Angels. At the same time listen to the church music or sing and talk to God and thank him in your heart and pray “Let every cell of my body, my soul and spirit worship

you, oh Lord”. It is a very pleasant experience.

When we take communion, it is like having God the Holy Spirit enter our body so every, cell of our body, soul and spirit must worship. So how do we worship with our body “a spiritual act of worship” see Romans 12:1.

Meditation on the Last Supper (Traditional Messianic Passover Telling, NIV), From Barry & Steffi Rubin [10]:

Use light meditation and periodic visualization after reading.

During the days before Passover, leavened items are removed from the home. These include all breads and cakes that contain yeast. Preparation begins with a thorough cleaning, culminating in a ceremonial search for leaven.

Tradition teaches that in each generation, we must consider ourselves as having personally been freed from Egypt. As we prepare for this meditation of personal redemption, let us put far from us the leaven of sin hidden within our hearts.

The Passover is a story that has been retold for thousands of

years. It is a story of miraculous transitions – from slavery to freedom, from despair to hope, from darkness to light. Its greatness is the greatness of God. Its timelessness comes from eternal truth of His involvement with His people. As God cared for the children of Israel in the ancient times, He cares for all who are His today.

Upon the table is a Passover plate, holding the ceremonial items of Passover. There are bitter herbs, a roasted egg, a sweet apple mixture, parsley, and a bone. Curious things, yet all part of the telling. Let us allow our senses to fully participate, taking in the sights and smells, tasting each ingredient, listening to every word. Let us see, hear, and feel the truth of God's love.

One of Messiah's last earthly acts was the celebration of the Passover. Gathering his disciples in a small room in Jerusalem, he led them in a Passover. "I have eagerly desired to eat this Passover with you before I suffer." (Luke 22:15).

He passed the foods among them. It was there, in context of this celebration that Jesus revealed the mystery of God's plan of redemption. He spoke to them of his body and blood. He

explained to them that he would die.

It was no coincidence that Jesus chose the Passover for the setting of what is now celebrated as communion - The Lord's Supper. For in the story of the Passover lamb, Jesus could best communicate the course he would be taking over the confusing hours that were to follow. Here, as we meditate together in the Passover, may we experience once again God's great redemption.

Lighting of the candles; The four cups of wine

The cup of sanctification

The cup of Plagues

The cup of redemption

The cup of praise

We wash our hands

(Lifting up the parsley)

Passover is a holiday that comes in the springtime, when the earth is becoming green with life. This vegetable, called

*parsley, represents life, created and sustained by Almighty
God.*

(Lifting up the salt water)

*But life in Egypt for children of Israel was life of pain, suffering,
and tears, represented by this salt water. Let us take a sprig of
parsley and dip it into the salt water, remembering that life is
sometimes immersed in tears.*

(Lifting the horseradish)

*...so the Egyptians came to dread the Israelites and worked them
ruthlessly. They made their lives bitter with hard labor in brick and
mortar and with all kinds of work in the fields*

(Exodus 1:12-14)

*As we scoop some bitter herb onto a piece of bread, let us
allow the bitter taste to cause us to shed tears of compassion
for the sorrow that our ancestors knew thousands of years
ago.*

(Lifting the brown apple mixture)

The children of Israel toiled to make treasure cities for Pharaoh, working in brick and clay. We remember this task in a mixture made from chopped apples, honey, nuts, and wine. Let us once again scoop some bitter herbs onto a small piece of bread. But this time, before we eat, let us dip the herbs into the sweet brown apple mixture.

(Lifting the shank bone of the lamb)

This roasted shank bone represents the lamb whose blood marked the houses of the children of Israel, signifying their obedience to God's command.

(Lifting the egg)

Likewise, roasted egg has been added to the Passover. The egg is regarded as a symbol of mourning, reminding us of the destruction of the second Temple. It is also considered by many to denote new birth and eternal life, since the shape of an egg shows no beginning and no end.

Exercise "Praise the Lord":

Begin a medium meditation: call to mind all the good things that

happened today, yesterday and in the past. Thank God for all.

Visualize your whole body thanking and praising God. Allow your body to get involved – sing, praise with your hands lifted and kneel.

Chapter 8

Sixth Meditation: “Humanity”

Lord, show me the way, give me a better understanding of life.

Meditation key:

¹³ *“You shall not murder.” Exodus 20 (NKJV)*

Killing is a crime against God and humanity. Meditate on asking God’s help in eliminating crime in our society.

To meditate on Creation and the Creator’s work, sometimes we need to look on how and where we came from. Since I am a scientist, I find that most people immediately assume that I believe in the theory of evolution, which is not true. I found out from my work experience that scientists can be very wrong about some theories; science is constantly evolving and correcting itself with new findings and every theory must be proven in the laboratory. On the other hand, the Word of God does not change.

It is very important in our meditation when we invite Jesus to come in we need to know and feel that we are special and loved by God. We were indeed created as perfect human beings in God's image, from Adam and Eve. We have fallen into sin and we stand in need of God's mercy in our meditation. We are not in the universe just by accident as some evolutionists perceive. We are created as part of a system. God loves his systems and his unique design of each system. If the universe is a masterpiece symphony composed by God, then God loves His composition-regardless of the outcome. There is nothing we can do to deserve His love. It is founded in love of His creation.

As to meditating on other creations we are supposed to be stewards of the Earth. In this time of history we are about to destroy our planet. Is it fair for all animals, birds and fish to be also destroyed? Or is it true what the Bible says that this destruction is the work of the devil and that really we are not evolving into better beings at all, but de-volving. So I will share with you my belief.

A healthy Christian belief system incorporates the view that God created us.

When we come before God in meditation, we come confident that we are His loved creation. This why I share with you my beliefs and how they have changed over time.

Here is what I believed at one time about creation:

Since God is perfect, His plans, designs and thoughts are a reality. This means when God designs something there is no difference between the blueprint and the actual construction. However, God may choose to have a time difference between the blueprint and the construction to allow things to live and come to reconciliation.

God created (or thought out or designed) the universe in six earth days and on the seventh he rested. The execution time can be different from the designing or planning time and the execution time could be the evolution time domain. God can change time and order as he pleases. The Bible was written for every generation, and people from 1000 BC needed to understand it as well as the people of 500 AD or the people of 2006 AD. The Bible is not meant to be scientific or just for the scientist, it is also for the uneducated person. Of course the Bible would not mention the word evolution because no writers of that time would understand.

However, if we look at evolution, we can see that the Ice Age and cyclic weather has affected the Earth, proving that everything has order and is not random. It seems that every change in evolution must have been with God's consent. Christ's ministry work of three years caused an abrupt change in evolution; Christ transformed individual lives, human behaviors and societies in general. For example: Christ healed someone by commanding his withered hand to stretch and to be whole (Matthew 12:13, Mark 3:5, Luke 6:10). Another example: Jesus fed five thousand followers (Matthew 14:13-21, Mark 6:30-44, Luke 9:10-17 and John 6:1-15). There is only one explanation: these changes happened abruptly and at once. The fish and the bread were created abruptly and at once. The withered hand was given new muscles, nerves and physical structure at once. Thus, we can say Adam and Eve were created abruptly and at once: this was an abrupt change and does not follow the evolution process [ref. 15]. Just as Christ used His creative power, healing instantaneously by stretching an arm or a hand, humans were not created through an ages-long process of descending from apes but suddenly. Christ's Second coming is prophesied to be abrupt and cause a physical change of our bodies-definitely an evolutionary change. It seems God works

in evolution directly and abruptly and nothing is at random. Some scholars believe that everything happened at random and many also do not believe in God. This is an unhealthy belief-and depressing.

In contrast to my previous belief, I have changed my mind on some issues, now I believe the evolutionary theory has too many flaws and breaks in the linkage between species. The time domain is questionable and the theory that life evolves from a lower form to a higher form is also questionable. In my opinion, since the world has chosen the devil, the world is de-volving not evolving. The only thing that will stop that process completely is Christ coming back. That is why God said He will shorten the time and He will come soon. All we need is to read the book of Revelation and understand what is happening and will happen. That change will happen abruptly “for you know very well that the day of the Lord will come like a thief in the night.” (1 Thessalonians 5:2) But Christ’s ministry has changed the world, and we will continue to see abrupt changes in the world. God’s creation of Adam and Eve, the fish and bread in Jesus’ feeding miracle, Jesus changing the water to wine (John 2:1-11) or the manna sent from heaven: with

all these miracles the time domain was adjusted. This means God created something that takes time to make by nature. So, what if you could do a carbon dating on Adam and Eve, or the fish and bread in Jesus' feeding miracle or the wine at Cana's wedding or the manna sent from heaven? I think you would find that the time was adjusted and the dating would show that all these creations have a certain age and have been created, as by natural processes, a long time ago. In other words, they are created old to start with, even though they were created instantly. God is capable of creating anything and everything. In all of these creations, since they were created instantly, they are new and complete-God made a ready-made creation. Additionally, if we look at 2000 years of history of miracles, and even at the most recent miracles¹⁶, when someone is healed from cancer or from having a tumor, the carbon dating of the new tissue that replaced the cancer or the tumor match the age of the person or mature tissue. Thus, and again, God created something instantly with time – adjustment, though now it is old to start with. Also, most recent 2007, The Miracle of Damascus [Our Lady Of Soufanieh] Mrs Mirna Nazour - APPROVED By Catholic And Orthodox Bishops, a small four inch Icon of the Virgin Mary

¹⁶ see <http://www.unsigned.com/moreinfo3.html>,

and the Christ child has poured out over 60 pounds of pure olive oil since 1982, the question is what is the carbon dating of the olive oil pouring out of the icon? You cannot use the natural age to determine the creation age. Meaning we really can't know scientifically since God can adjust the time to start with. In the beginning nature and its laws did not even exist, so how can you demand that the laws of nature or the natural age of creation be used as measuring tools for the age of creation (as perceived by the evolutionist), if the laws have not matured or if natural law currently contradicts the facts about miracles (too many holes in the theory!!!). Thus, for now, I believe in abrupt instant creation by God and as a true scientist and a meditation specialist, I have totally discounted the theory of evolution. In other words we are a creation that creates so show me an animal that cooks. You will understand my point of view when using meditation for healing (see chapter 9) and experience abrupt healing by God. Also, it seems God has created the universe with time-adjustment to start with and the time domain by creation theory is correct and we have a young earth see ref [13, 14]. To support this theory; if the universe started with the Big Bang, why then would God spend billions and billions of years with an empty universe? Why can't

He just start with a ready-made universe which is rooted from a white hole see ref [13]. That explanation is consistent with miracles and consistent with the book of Genesis. And theologically, it really does not make sense that God would wait that long to create humans, when Heaven and Earth was His first priority (Genesis 1:1) and the creation of humans was tops in God's priority list since it is on His own image at stake. "For a thousand years in God's sight are like a day that has just gone by, or like a watch in the night" (Psalm 90:4). This Bible verse literally means God makes time – adjustment and a ready-made creation. Physically, a thousand years would elapse in one day just as we see that created tissues in miracles have the same age as the person: a fast forward phenomenon. In short, or in other words, I take the Bible at face value without questioning it – which brings me peace and tranquility.

It is wise to believe what I used to believe or what I believe now because they are both healthy belief systems that lead to God. One may also combine both systems for another healthy belief system. I believe that in all cases, God is forgiving of our weaknesses and inability to grasp His power to create and understand it all.

However, it is important in our meditation to have a healthy believe system toward God.

About the Trinity:

I was inspired at a Catholic retreat to write the first part of a poem on the Trinity. Twenty years later, I was inspired by a Lutheran retreat to finish the second part of the poem. Since my education is not in literature, to finish the poem was quite an accomplishment for a person like me.

Christ is the Key

The universe is a masterpiece symphony composed by God,

the Holy Spirit is the conductor and

Christ is the Key.

We are to continue to live in this universe using

Christ as the Key and be accountable

for keeping the universe's harmony.

For Definition and Commentary for expansion of the meanings of the poem see appendix A.

Theology of the Trinity:

The early apostles believed that God the Father is the Expression of the Source, Jesus Christ is the Expression (or the Word) of the Father and the Holy Spirit is the deliverer of the Expression or the giver of life this means that life from the Father or from the whole expression of God proceeds from the Source. Every expression or person of the trinity is a full expression of God thus each are God and of one God. They cannot function without each other. The three expressions must exist all at the same time from the beginning as one, as stated in the Nicene Creed:

“We believe in one God, Father Almighty, Creator of heaven and earth, and of all things visible and invisible, And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before ages: Light from light, true God of true God, begotten, not made, of one substance with the Father, by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; who was crucified for us under Pontius Pilate, and suffered, and was buried; who rose again on the third day in accordance with the Scriptures, and ascended into heaven, and enthroned at the right hand of the Father, who will come again with glory to judge the living and the dead; and of whose kingdom there shall be no end. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified, who spoke through the prophets. In one, holy, catholic and apostolic Church. I profess one baptism for the remission of sins. I look forward to the resurrection of the dead and the life of the world to come. Amen.”

There has been some confusion in the history of Christianity about the Holy Spirit proceeds from the Son because Jesus breathed on the apostles thus delivering the Holy Spirit. Currently from scientific knowledge the breath comes from within the Lord Jesus where God the Father dwells. As Jesus said the Father is within me. Also the mind of Jesus where the Father dwells instructs the breath. Therefore the early apostles told us the truth they received from the Holy Spirit which is: the Holy Spirit proceeds from the Father or the Source. Also from scientific knowledge the breath and the Word or Expression of Christ causes air vibration and different light reflections so the Holy Spirit delivering Jesus Words and Expression differently to each of the apostles and each has a different light from the Lord. Though, it is the same light but delivered by to Holy Spirit differently to reflect each ones experience of Christ as seen in the four gospels. In the abstract we have the Source the Expression and the Deliverer or the Giver of the Expression that is Life itself. This becomes the greatest mystery of life. Remember, the creed is the Christian identity: When we say our creed we are identifying ourselves with the all Christians in the past present and future all the way to the apostles. I vote to have a unified creed for all the churches and use the

Nicene Creed as defined by the early apostles.

String Theory and the existence of God:

Physicists discovered string theory as the building block of the universe. They realized that the universe is a cosmic symphony. It is like an orchestra (Psalm 103 v.20-22). They also discovered that our universe is chosen from one of several possible universes and they found there is no unique solution. This strongly indicates there is a designer or a God that selected our current universe that we live in and made the choice for our existence. So they just proved the existence of God indirectly, without trying to prove it, and these mathematical equations could be better understood by introducing a selecting function, GOD. A TV program by NOVA “The Elegant Universe” uses a loaf of bread to illustrate how our universe may be just one of many parallel universes that could exist in multiple dimensions and explores why we might not be able to see or experience parallel universes. However, you still need the selecting function “GOD” to select our universe, and if it was a random process you still need God to pick that process. This time what the evolutionists claim does not pan out if they say Mother

Nature or natural processes selected our universe. Obviously, nature and its laws did not yet exist since the universe was not yet selected and was still “on the drawing board.” Otherwise, if our “natural laws” were used as a selecting function, then all possible universes would be identical. But it is easy to determine from mathematics that each universe must have its laws, so you cannot use one law of nature. Math is not biased, so you may find that each of the universes or solutions had an equal chance of being our universe. The bottom line is:

You need GOD to select our universe and its law; only then He would change the mathematics to physics by creating the selected current universe. So God is the judge of the outcome, knows the future of the outcome and so He loves His selection.¹⁷

Visualize the Trinity, the three expressions of God in the baptism of Christ. Each expression is God and yet they are one God.

Because God is perfect, by induction, the expression of Himself

¹⁷ Even though this is considered a proof of the existence of God, string theory can only be proven by restarting the universe. Thus, there is no alternative we need faith to believe that God exists.

must also be perfect – thus the expression of God is God, making a perfect expression of Himself¹⁸. God uses three different expressions of Himself to communicate with his creation. A leap of faith was required in the Old Testament to believe in God and a leap of faith is required in the New Testament to believe in the Trinity. God continues to reveal Himself; and when Christ comes back there will be more revealing. Because the nature of God is to create, therefore He will create, every second a new star, a new planet new trees and flowers a new baby. God loves to create and did everything out of love and because of love.

Meditate and thank God for his beautiful creation.

Types of meditation: Studying the history of mankind with the Bible. See Ref 17 for History of Spirituality.

Meditate on helping our environment, your church, long and short range planning, globalization, peace and prosperity on earth.

The above meditation uses light meditation.

¹⁸ This definition of the trinity is meant to be consistent with the Athanasian Creed, <http://www.ccel.org/creeds/athanasian.creed.html>. When we look at God as a person, it is the expression of His existence so we use person and expression interchangeably.

Healthy emotions require healthy relationships. We bring all our relationships to our prayer and meditation. Nothing is excluded. We realize that we constantly create suffering by exercising our authority at the expense of others. We experience interior suffering when we are aware of suffering inflicted by nation upon nation or class upon class, or the injury that humankind is perpetrating upon the earth's ecosystems, or the abuse in relationships. We might re-experience the pain from early childhood traumas or family crises. We need Jesus. We need forgiveness for trespassing upon others. Our own peace is not possible without addressing peace in the world of relationships. The divine hope calls us because it promises such a universal peace.

Our prayer and meditation are most meaningful when we bring all our relationships into the realm divine healing possibility.

Meditate and visualize yourself sharing another's suffering, or

Exercise "Jesus":

In a medium meditation, allow Jesus to enter into you with each inhalation. Visualize him as he is, not only as a teacher but also as a loving friend. See him speaking to you from the spirit of the

gospel, especially in the Beatitudes or the Sermon on the Mount (Mathew 5). Allow the real Jesus to fill you with his being, humanity, and divinity. With each exhalation, allow all within you that is not like Jesus to be released. Simply let it go, relax, and breathe it out of your life. It will happen almost naturally, and that brings great peace. Allow Jesus to naturally and peacefully flow out from you to all the world, beginning with those you know who are most in need of his love and mercy. To conclude give Christ all the glory.

Reading meditation on God's Love: (John 3:16-17)

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

Footnotes:

a. (John 3:16) Or his only begotten Son

We are created in the image of God, He is the creator and we do create. From engineering perspective, if we create something and saw that it was good then we love our work and we are proud of it. And so is God: from Genesis 1-11, we can conclude that God loves

His creation from the start and is proud of it. (See Appendix B for Easter Sermon on Gods Love.)

A healthy believe system view that God created this universe and loves His creation so God loves us and we live with that feeling of love.

Meditate and think how much God loves you, how much he loves the world the world and all of His creation. You need to visualize Jesus picture in people and all creation. For you are special to God you are an important part of His creation. His creation is complete with your existence not without it. And indeed with the coming of our Savior Jesus Christ, God proved He truly loves us.

It is a scientific knowledge that everything in the universe behaves uniquely and nothing is at random. When you press on something the curvature is unique and it is a law of physics that for every load there is a unique curvature. Plus one cannot duplicate curvatures in the universe. God created everything special and one should find beauty everywhere. So if one looks at a bouquet of roses he or she should realize they are not the same flowers each has a different curvature. We should meditate on the universe and its content realizing it Gods hand in everything including ourselves. Every one of us is unique and has something to contribute and our contribution is needed in the world. We only need healthy

competition and not destructive: full of bullying, hate, intimidations, humiliation, discrimination, coveting and persecutions. Also it is a law of physics that every complex system requires a negative feedback loop for stability. So God's voice is our feedback, the voice that tells us right from wrong is from God. (See Appendix C for the law)

Chapter 9

Seventh Meditation: “Body and Mind”

God, keep my body healthy.

Meditation key:

¹⁴ *“You shall not commit adultery. Exodus 20 (NKJV)*

Geometry defines the body and anybody can be defined by its geometry. When praying for healing, be specific and visualize the geometry of the body or the organ in your meditation. It is necessary when praying for healing to be specific, and to pray with forgiveness from us and from God. This forgiveness must be toward to the sick person including forgiving his or her family of any wrong doing. The surest and quickest way of healing happens when we forgive others and ask for God for forgiveness.

Visualize God’s Healing Light shining on your body or organs and picture yourself healthy. Or visualize Christ’s forgiveness: Christ laying his tender loving hand constantly on you or on the wound or organ, and living water flowing through and penetrating the wound

or the organ. To help understand the value of these concepts, realize that it is a fact that some viruses and bacteria are transmitted by touch and sometimes can even cause immediate death. Christ's touch does exactly the opposite - and it is biologically possible to transfer a potential healing organism.

One can combine these visual techniques during relaxation or near sleeping, after taking medicine, after having communion or while fasting.

Visualize Christ forgiving you by giving you living water in a cup. Then drink it and feel the water penetrating and touching and healing your body.

If you are praying for another person, visualize him or her drinking the living water. Or picture a cup of wine the blood of Christ - penetrating the body or organ or wound in you or the person you are praying for. Or, visualize eating the bread the body of Christ - to heal the body or the stomach. Jesus is always moved to heal the sick from disease or illness and forgive their sin because of the faith of the friends and family of the sick person (Mark 2:5).

Losing weight can be accomplished using these techniques,

combined with affirmation. Visualize using the healing handkerchief of the apostles (Acts 19:11-12).

A miracle happened in November 2005. The following is a good example of praying with visualization: My uncle, who lives in San Diego, was in the hospital with heart failure and needed immediate heart surgery. His son, my cousin, called me that night in Seattle. He told me his father's lungs had collapsed and the doctors could not do the surgery with this condition. The prognosis was that his father would not make it. I told him I would pray for his father. I am sure that most of the family was also praying that night. When I prayed, I forgave my uncle for not talking to his brother for years, for fighting with my father for years, all because of a family dispute, I asked God to forgive him and visualized Jesus touching my uncle's lungs and commanding him to breathe normally again, over and over again. When I called my cousin in the morning, he said the doctors did not understand what happened. His lungs were back to normal and they had scheduled surgery for that afternoon. The surgery was a success and my uncle recovered fine. I know many people prayed for my uncle and God answered our prayers collectively. On the other hand, my prayer was similar to the

woman touching Christ's garment, (Mark 5:21-34), whose healing was granted because of her faith in His power. This was not the first time I prayed that way. When my niece was 9 years old she had a cancerous tumor in her lung; we all prayed. I visualized Jesus snatching the tumor from her lung; the doctor's hand during the surgery became Jesus' hand. I visualized it was Jesus doing the operation (not the doctor) and removing the entire tumor – leaving no cancer tissue behind. In other words, I visualized the perfect operation. The results were outstanding; she is now 24 years old and is still cancer free. I saw on the TV news recently (December 2005) a story about a baby who had leukemia. His mother prayed and focused on Jesus doing the healing. She laid her hands on the baby, visualizing them as Jesus hands. The result was a miracle, and the baby was healed completely. I truly believe when a person visualizes and has an attitude of forgiveness with God and combines that with prayers from both right and left hemispheres of the brain, the energy level is elevated. The prayer becomes full of faith and power and God will have to come to the rescue.

Use the John Main technique if you are tired and disoriented to rejuvenate your body. To deal with depression, converse with

Christ and accept His love and visualize living water on the emotional pain. You may need to scream at God in your meditation. It is important to know that God can heal you by any means, including your faith, medical interventions, exercise, therapy, etc.

I had a pain in my arm and in 1½ hours it was gone. I imagined living water, the water of life, penetrating my arm. Also, I imagined Jesus' tender loving hand using my hand to massage the arm. In a similar situation, I was doing a NEURO-THERAPY¹⁹ session with a friend that had hurt her arm. When she was with Jesus in the session, I told her to let Jesus heal her arm and visualize living water flowing from Jesus hand to penetrate her arm. It worked; and after the session she said she felt heat in her arm and it felt a lot better.

Headaches and pain have left me because of meditating. Even when taking medications for severe pain I still meditate to expedite the healing process. Most of the time, I get rid of my headache in 30 minutes. If you think about it, if you had a headache

¹⁹ NEURO-THERAPY is suggested for deep meditation. This is not to limit the reader to one technique, other techniques maybe suitable.

and took medicine and your head is still aching and you went to bed, most likely the headache will go away by morning. Thus, the subconscious healed you from your headache at night. If you use NEURO-THERAPHY you can tap into that power during the day – especially if you let Jesus do it.

Abrupt Changes:

Sometimes God will heal abruptly, sometimes in 30 minutes, sometimes in hours and sometimes in days. One day in May 2006, I had a headache that would not go away. I took medicine, relaxed and still the headache would not go away. I fought all day long without taking time to meditate as I was busy. I went to bed at the end of the day very upset. So, I did my bed-night meditation and as I started to visualization Jesus²⁰ and before I could talk to Him, here is what he said: “Looks like you can’t get rid of this headache,” I saw him going to the root of the headache, put his figure on that point, and an abrupt change happened immediately. I

²⁰ I was trying to visualize Jesus to heal my headache. It is very hard to visualize when you are sick. Suddenly a man dressed in black robe at distance of 50 feet appeared. He was standing on the side and I could not see His face as only profile was shown. I noticed he was busy creating humans. He had his arms stretched and under his pointing finger a human appeared below. I recognized who He was, God. I started waving my hand to have him come to me and he came and said “Looks like you can’t get rid of this headache.”

felt the tingling healing (living water) from that point in my brain propagating through my entire body and the headache left me instantly. I spent time afterward thanking Jesus. In contrast, one time I felt my mental illness was coming back, usually the only thing I can do is increase my medicine and wait for days, maybe a couple of weeks before I feel better. Part of the problem is my thoughts are racing, exhausting the inner brain to cause the illness.

I decided that day to meditate by having no thoughts, no energy, and believing Jesus is present, His tender loving hand is constantly over my head. This exercise went back and forth all day long. But, I believe I succeeded in having no thoughts and no energy for at least four hours. Consequently, I have given my mind a break and the brain began its own healing with God. The result was outstanding and I was healed in the same day and did not have to wait for weeks to get better. As a precaution I did increase my medicine for that week. I thanked God for saving me from the mental suffering and in showing me the way. Since then, I have used this type of meditation for my illness and had no problems for over a year.

Always remember the woman that touched the Jesus garment; she

was healed. In meditation you must have similar faith.

One time I had a bad flu or a cold. My throat felt like a piece of Rock, and it hurt. I put my hand on my neck and closed my eyes and pretended it was Christ's hand. I kept it there for five minutes and meditated. While I was not healed immediately, I did feel a lot better and I could rest.

I woke up one day with pain in my left leg. The pain became worse as the week continued and I was not able to walk on it. During the week I tried messaging my leg and meditation and I was not able to get rid of the pain. Finally, I sat on the couch and visualized the same God that healed my headache instantly and visualized Him putting His finger on the root of the pain where it hurts most. I started feeling living water going through my leg and afterwards I was able to walk on it. I had little pain afterwards until it was completely gone in three days.

One day I was coughing continuously, I visualized hot living water going through my chest and the cough was gone in minutes permanently.

Another example: For a few days, I was scared, worried and

doubting my future. This was because my company's name had not yet been posted on the internet as a recipient of a government contract for one of my important engineering designs.

Every day I was checking the internet and it did not show up. After a few days I immediately I started to meditate with all three types of meditation. I visualized Christ holding a cotton ball in his hand. I called it a fuzzy-wuzzy that was very comforting. I visualized Christ going through my head, Christ inside my brain and drying up the worries Christ drying up my tears, then moving down to my heart and repeating the healing. This meditation went on for half an hour and it eased the pain and gave me courage. I began to believe that everything would be okay.²¹ All this caused me to face the facts, regardless of the outcome.

When negative energy is attacking the spirit and the soul, imagine the demons being pulled out by Christ and thrown in liquid: a lake of burning sulfur as in the Book of Revelation (Revelation 20:10). Hear the voice of Jesus commanding healing.

What do I mean by the word "demon"? A negative thought as a

²¹ Read Jeremiah 29: and Romans 5:3-4

person that possesses or overwhelms you is a demon. Or simple, basic awful evil, or an evil spirit that can manifest itself into an illness or a disease – these are demons. Christ has authority over demons.

Exercise: Visualize the person you wish to pray for wearing a veil or a mask on their face as a symbol of their demon. Perhaps this is a person you are angry with or a person that you recognize to be possessed, or person whose illness or disease you can identify. Forgive that person first, and then visualize Jesus full size or just an arm and hand of Jesus - pulling the veil or the mask off and throwing the veil or the mask into the lake of burning sulfur. See that person becoming true and good in nature and ultimately healed. You may need to do it over and over again as a constant visual prayer as that person may have more than one demon.

All of the above meditations are done with deep, medium and light meditation.

Living Water Exercise: (Read John 7:37-52) In a deep meditation visualize the following:

Imagine that your feet are becoming completely clear like an

empty glass. Now, your legs are becoming completely clear and you can see right through them. Your hips and stomach, completely clear now. Your chest and back completely clear now. Your shoulders, arms and hands, your neck and head completely clear. Your entire body becomes completely clear like glass; you can see right through it, empty.

Now imagine: Above your head is a waterfall flowing with Jesus' living water; his healing water is falling down gently, entering your head and starting to fill your body.

Let that water penetrate down into that crystal clear body, filling every part of your body with that healing water. Concentrate on your body, fill that healing water into your body, let it penetrate.

Scan your body, checking for any place that doesn't have any water, and fill the healing water there; fill your entire body with that healing water.

Concentrate on your body; let that water flow down into your body, filling every part of your body with that healing water. You are relaxing, soothing, calming every muscle, nerve and organ in your

body.

Concentrate now, concentrate, let that healing water flow now into your head and neck and shoulders.

Concentrate on your head and neck and shoulders, filling your head and neck and shoulders with that healing water. Concentrate on your head and neck and shoulders filling with every bit of that healing water.

You are relaxing, soothing, calming and healing every muscle, nerve and organ in your head and neck and shoulders.

Now take your mind back to your feet, see your feet coming back to normal now, your legs coming back to normal, your hips and stomach, your chest and back completely normal now, your shoulders arms and hands, your neck and head completely normal, your entire body, completely normal now.

Light exercise: (Read John 8:12) Repeat the water exercise above with soft bright white light coming from God or the Holy Spirit instead of healing water; it is very peaceful and soft, slowly penetrating your body. In a meditation you can use either exercise

or both exercises as in the attached CD.

Practical Example:

Sometime, without going through a deep meditation, I visualize living water or a soft light from God penetrating my body. Most of the time within 15 minutes my body starts to feel great and healthy. I start having tingling good feelings inside my head. Occasionally, I get a strain headache from concentrating. I just relax the tension and it goes away. Afterwards, I always turn to prayers of thanksgiving. Many people would say that is mind over matter. However, most people try different methods to overcome pain and they work some of the time; so this is the method I used.

Exercise “Clean Mind”:

Start in a medium or deep meditation and breathe deeply and be aware of your negative thoughts. Visualize Christ dazzling with white light. Let his light burn up the negative thoughts for 10 seconds. Know that where there is light there is no room for darkness. Feel your head and emotions cleaned up. Give thanks to God and start a John Main meditation [7].

Other techniques: Imagine Christ pouring anointing oil on the top of your head and forehead. The oil anoints the brain and healings, blessings and wisdom start to occur.

Another technique: If somebody has an eye problem, visualize Jesus picking up clay and putting it on his or her eye for healing.

Another technique for pain: Visualize Jesus putting a syringe needle in the area where it hurts and slowly sucking up all the pain, and then throw the syringe into the lake of burning sulfur.

Another technique: Visualize a towel soaked with living water placed at the back of your head and neck. Visualize the water penetrating and relieving the pain.

An example: A Frisbee once hit me in the forehead. I visualized living water penetrating my forehead and immediately the pain was gone. Some people were successful using a bird or a dove (the Holy Spirit as a dove) pecking on the back of their head to relieve pain. However, the following technique works most of the time: In your mind find the root of the pain in the headache where it hurts most then visualize Jesus putting his healing finger on it and relieving the pain. You may need to do that for some time before

you will feel OK. If it is an area of pain, you may need to visualize living water penetrating and visualize a wet towel with living water drying up the pain.

If you have a skin burn, visualize Jesus blowing his breath on it and healing the wound.

Musical Healing Technique: In a medium meditation, relax and listen to a song or music of your choice, preferably classical music or Christian songs or Christmas music. As you relax visualize and feel living water from our Lord Jesus Christ pouring on you and penetrating and healing your body. Use the tempo of the song or music to feel the water falling and flowing. When you have done this several times it will become automatic and your body will feel the healing on the tempo. This technique can also be used with the soft light exercise from the Holy Spirit. Also, visualize Jesus tender loving hand messaging your pain or illness and living water moving on the pain or illness. Use God's figure to touch constantly the root of the pain or illness.

Technique I used for Healing my Eye: On May 17th, 2006, I was watching the Norwegian 17th of May parade in Seattle/Ballard. I

was standing in the sun, not looking at the sun, for at least for an hour. Afterwards I noticed a circular black spot in my left eye that would not go away for days. I realized something is wrong with my eye. I started to visualize Jesus finger touching inside my eye and healing the spot. Though there was no abrupt healing, on May 23 the color of the circle started to fade away. I decided to go to the doctor on May 24 to know what the problem is or was. The doctor said it is “central serous retinopathy = fluid cyst self limited.” He said it is a good sign the color has changed and meditation can help since it could be stress related. He also said it should go away in three weeks. Several hours later, that same day and after the dilation has gone, an abrupt change happen and the spot, praise the Lord for He is Good, was practically all gone only a very light coloring remained.

My accident in June 2010

I had a car accident in June of 2010; I had a whip-lash with a torque. I received a laceration from the seat belt and when I ate my throat hurt I could not eat without pain. The accident happened on Wednesday. I did my meditation on Thursday and visualized Jesus loving hand on my neck when I felt living water flowing on my

neck. I woke up on Friday and the laceration was gone and I had no pain and my doctor was surprised. This was what they call in medicine acute pain. Obviously with whip-lash there was chronic pain that came in the later days in the back of my neck when they told me in the hospital at physical therapy it will take one year to go away. Well with meditation, pain medication and physical therapy it took three month and it was recorded.

A woman healed from stage four Breast Cancer in 2012:

A friend of the family had stage four breast cancer that was terminal. She told me this at work and I told her, "I need to bring you my book on meditation." I visited her at her house and told her, my doctor mention to me to help you with pain from the chemotherapy. I gave her the book and the CD and counseled her for an hour. Before I left I gave her a hug and told her, "Let living water flow from me to you." I asked her at work the following few days on how she is doing she said she falls asleep easily with my meditation CD. I told her to keep visualizing living water going through your body. Weeks later I saw her and she said I went to the doctor and discovered the cancer is in remission. After consulting with Dr. Martin Johnson, MD, he said the healing was

attributed as a combination of many things including 12 rounds of chemotherapy, prayers from me and others, her prayers as she put her faith in God instead of the doctor, living water meditation and my prayers of visualization. I learned that living water is transferable.

Reflection on the Apostles

I can easily conclude that Saint Peter did not suffer crucifixion because of the healings I experience from Jesus. Jesus did suffer crucifixion because He surrendered His power to the Father. However, the apostles had different suffering than pain (1 Peter 4:12-19 and 2 Corinthians 4:8-10) because I did and it is part of Christian growth and endurance (Romans 5:3-5). I consider myself as one of His apostles since Jesus appeared to me when I was 7 or 8 years old with a message of visualizations. That I did not understand until later and now I am bringing you something new. I don't suffer pain but a mental illness and it is a thorn in the flesh like Saint Paul had.

Note: For light meditations, most doctors encourage walking. It is healthy and is good for the heart and has many benefits. Also it lets you sort out your thoughts and your problems. Deep meditation was found to be good for healing psychosomatic illness; Science

News magazine (November 3, 2004 page 310) states that meditation helps mental disorder patients. It gives them gamma activity, gradually expanded across the brain which reduces the mental disorder symptoms.

Overall, meditation is good for the body and the mind. I believe that most mental health problems in the world today are because people drive cars and do not walk and also do not meditate. It is a result of the industrial revolution. Imagine in the old times, when the farmers went home, he or she would sit on the porch and meditate while watching the field and the mountains. Or they simply go home and spend time with their family and time was not of the essence. All these behavior changes in the world, in the last century, have contributed to deterioration of our well being. I believe we are born to walk and meditate.

In contrast sin makes us sick. Jesus heals body and soul. Very often we don't think much about the connection between sin and health, between our spiritual and our physical condition. The reactions of the religious authorities in John 5:1-15 also don't seem to connect the physical and the spiritual, except for them the spiritual dimension is missing entirely. They consider only the physical aspect of sin; it's just a matter of breaking the Law, rather than dealing with what's in the heart. They don't seem to notice or care that the man has been healed and walk again after 38 years of being paralyzed. All they care about is that he is breaking the law by carrying his sleeping mat on the Sabbath. Meditation can be used to bridge this gap between our spiritual and our physical condition and allow Christ to heal the body and soul.

Finally: when you use Jesus tender loving hand to lay on your body or using living water from the Holy Spirit to flow in your body you are praying with your body Amen

*A heart at peace gives life to the body,
but envy rots the bones. (Proverb 14:30)*

Chapter 10

Eighth Meditation: “A new Beginning”

Thank God for the Good Shepherd

Meditation key:

¹⁵ “You shall not steal. Exodus 20 (NKJV)

Stealing something without paying for it! Ask God to help those people to live an honest life. If you steal, try to return the item, and ask God’s forgiveness - and start a new beginning.

Any new beginning must use some of the old basic scale. God’s work is not a trial and error. This means that God will always help those who do not destroy the past, but find way to restart the future – using some of the old. For example, when it is time to be independent, when leaving your mother and fathers house, one always needs his or her belongings to take along. Thus, when you meditate on the future have realistic expectations. Always meditate on God’s power first, the outer space, the stars, the atoms and

more. Always acknowledge God's wisdom and power to help you restart a new beginning in your life.

Visualize heaven (NIV): It is real and is the ultimate new beginning. Please read "In Light of Eternity, Perspectives on Heaven" by Randy Alcorn [11].

Are we really supposed to think about heaven? Yes! See John 14:2-3, Colossians 3:1-2. Is heaven a real place? Yes! See (John 1:32, 6:33; Acts 1:2). Angels (Matthew 28:2; Revelation 10:1) and humans (2 Corinthians 12:2; Revelation 11:12). Light, water, trees and fruit (Revelation 22:1-2), people and animals (Revelation 19:11, Isaiah 35, 65:17-25) What is heaven like? Heaven is both a country (Hebrews 11:14-16) and a city (Hebrews 11:16; 12:22; 13:14; Revelation 21:10-14). Heaven is and will be a place of great beauty. (Revelation 21:19-21).

Will heaven be an eternal naptime or vacation? Or will we have activities and responsibilities? The idea of endless floating on clouds doing nothing but strumming a harp is nowhere in Scripture. In heaven, we will serve God (Revelation 7:15). Service is not passive, but active. It involves fulfilling responsibilities,

carrying out duties, expending effort, and having energy and creativity to do work well. This will be work with lasting accomplishment, unhindered by decay and fatigue, and enhanced by unlimited resources. It will be like the work Adam and Eve did in the Garden of Eden (Genesis 2:15), before sin brought the curse on the ground, with its thorns (Genesis 3:17-19).

Who will be in heaven? (Though there may be others in heaven that we don't know about yet). We know the following will be in heaven: God himself (Deuteronomy 26:15; Matthew 6:9); all God's people – covered by Christ's blood – from earth who have died (Revelation 4-5; Luke 16:22, 25; Hebrews 12:23); righteous angels (Luke 2:15; Matthew 28; Hebrews 12:22). In heaven we will exercise leadership and authority, making important decisions. We will reign with Christ our leader (2 Timothy 2:12; Revelation 3:21;22:5). This implies specific delegated responsibilities for those under our leadership (Luke 19:17-19). We judge or rule over the world and judge and rule over angels (1 Corinthians 6:2-3).

Will there be animals in heaven²²? Yes, Elijah was taken up to

²² Having animals in heaven is not necessarily accepted by all Christian Churches. What is in heaven is not completely known. However, the most important thing about meditation in this chapter is to visualize the infinite: beauty, good feelings,

heaven in a chariot by horses (2 Kings 2:11). There are lions, lamb, ox, etc in heaven (Isaiah 65:17-25). Other animals may, as well, be there.

Will we (or loved ones) become angels when we go to heaven? No. Angels and human beings are entirely different creatures (Hebrews 2: 14). Jesus said after our resurrections we will be like angels in that we will not be married (Matthew 22:30). Death involves relocation to a different place and transformation into better humans (Romans 8:23), not into nonhumans.

In heaven, will we be disembodied spirits floating in the clouds, or will we have bodies? Eventually all believers will have resurrected bodies (Job 19:25-27; Isaiah 26:19; Daniel 12:2-3; 1 Corinthians 15:12-58; Philippians 3:21; 1 Thessalonians 4:16-17; Revelation 20:4-6). Jesus had a physical resurrected body which allowed him to walk, talk, and eat (John 21:1-14). We're told his body is the prototype, and our bodies will be like his (1 Corinthians 15:20, 15:48-49; Philippians 3:21; 1 John 3:2). After his resurrection, Jesus invited the disciples to touch him and said, "A ghost

beautiful plans, eternal peace and love, God has prepared for us in heaven. It is not to tell the reader what is exactly in heaven.

[disembodied spirit] does not have flesh and bones, as you see I have” (Luke 24:37-39). We will have real “spiritual” bodies with physical substance (1 Corinthians 15:42- 44). Christ’s resurrected body had an ability to appear suddenly, apparently coming through a locked door to the apostles (John 20:19), and “disappearing” from the sight of the two disciples on the road to Emmaus (Luke 24:31). Christ ate food in his resurrected body, and he and we will eat and drink in heaven (Luke 14:15; 22:18). Yet there will be no hunger or thirst in heaven (Revelation 7:16). It would seem the resurrection body does not need what is now essential – food, drink, oxygen, covering, etc. but that it is nonetheless fully capable of enjoying some or all of these things (and no doubt many more). In the ascension, the return of the risen Christ to heaven (Luke 24:51; Acts 1-9), it indicates our new bodies can rise against gravity and travel to outer space possibly not affected by hot or cold or radiation.

Will we know everything in heaven? In heaven, we’ll see clearly (1 Corinthians 13:12), but won’t know everything.

Once in heaven, will people know those they knew on earth? In heaven, will we have our own places to live? Jesus described as

having many rooms or dwellings (John 14:2-3). When we are in heaven, we will welcome others into our dwelling places.

God tells us to set our heart and mind on heaven (Colossians 3:1 – 2). But God has “set eternity in the hearts of men” Ecclesiastes 3:11). There will be feasting in heaven and we will eat. In heaven we will have our five senses. Also, God the person and God’s place are closely connected (Luke 15:18). When you think of heaven visualize your new home.

To put things in perspective, as I have said before, God’s work is not a trial and error and this universe is part of a system of a new combined universe that is yet to be revealed. Possibly new dimensions will be added or they may exist already and we need the new body to travel and live in them. From living currently in this universe we have three conclusions to observe. This first conclusion is in order to live in this universe we must live forever with a new body that will be given to us by Jesus Christ. Even if we travel in the time domain on a ship from star to star we must spend time in the stars so we must live forever. Also to say this universe has a finite time cycle may not be the case only when we get there in time we will find out. Another word to say we have an

open universe or a closed universe may not be the case as the scientist has concluded from the big bang theory. I believe that the universe is in perfect balance and it will come to a halt at the end of the universe time by God and we will occupy it forever as God will continue to reveal Himself. My reasoning is God will not get tired from His creation as He is perfect and pleased with His creation Genesis 1. The second conclusion is we need God with us to tell us know what to do. That is we need Jesus Christ the owner of this universe to be with us when we travel in the universe.

Because what are we going to do when we get to a different planet, just plant a tree. That is not likely the intent of God's creation. So it is a mystery that will be revealed by Christ when He comes back.

Finally, the third conclusion from what we observe in this planet is not everybody can be trusted with the universe, few are chosen.

Since I am created in the image of the creator He creates me and I can create a robot. Now if something goes wrong with the robot I will try to fix it, if it continues to go wrong hopelessly I will dispose of it to the garbage. So is God He has been trying to have us come to Him since Adam and Eve if we continue to resist He will dispose of us to hell.

A simple example of our weakness to occupy the universe without God's help is imagining the weather on Earth. With all our technology and computers and time history of all the work of the scientists past and present we still cannot tell the weather. How can we do that to every existing and yet to come planet in the universe? That is impossible especially when we start asking also about the composition of these planets and the dynamic changes that constantly happening. We need Gods help!

A final word to keep in mind: in heaven we will have additional senses as in Christ's new body. So it is not possible to imagine heaven or what it is really like. All we have is what is described in the Bible.

Chapter 11

Ninth Meditation: “New Birth”

Where there is a seed there is the possibility of having fruits.

Meditation key:

¹⁶ *“You shall not bear false witness against your neighbor.*

Exodus 20 (NKJV)

Honesty and truth are basic needs - to witness and tell the truth about others and give correct testimony on God’s work in your life. This is the true seed that will cause new birth. We must plant it (truth) and give God the glory.

It takes nine months to “birth”. So things must take their time for new birth. When solving an unsolved problem in mathematics, physics or chemistry etc., the solution must take its time. Learning to meditate also takes time. Do not be frustrated. God will answer your prayer. This is true for any unsolved problem. Many meditations are required. For a born-again Christian, it takes the baptism of the Holy Spirit with your belief and commitment.

Rebirth and being born again is what Christ requires. We need to meditate on the moment we were born again. As the newborn babe takes the breath of air for the first time so are we to breath - the breath of life from the Holy Spirit for the first time and commit our life to Jesus. Christ said unless we are born again by the Holy Spirit we cannot enter the kingdom of heaven. This process of rebirth may take time for some people, for some it happens early. You have to pray for the Spirit of God to dwell in you. I was born again when I was twenty years old. You will know you are born again when you decide to make a lifetime commitment to Christ and accept him as your personal savior. That's exactly when it happens, so we must meditate on that moment when we were filled with the Holy Spirit and took our first breath of life as a babe. You may have heard people define Christianity as a way of life. This is true and it starts after making your commitment to Christ to be born-again. The Salvation Army prayer known as the serenity prayer authored by an American theologian Reinhold Niebuhr:

*God grant me the serenity to
Accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.*

By God's mercy he gives us a new birth. I Peter 1:3-9

*Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy he has given us a new birth into a living
hope through the resurrection of Jesus Christ from the dead,
⁴and into an inheritance that is imperishable, undefiled, and
unfading, kept in heaven for you, ⁵who are being protected by
the power of God through faith for a salvation ready to be
revealed in the last time. ⁶In this you rejoice, even if now for a
little while you have had to suffer various trials, ⁷so that the
genuineness of your faith – being more precious than gold
that, though perishable, is tested by fire – may be found to
result in praise and glory and honor when Jesus Christ is
revealed. ⁸Although you have not seen him you love him; and
even though you do not see him now, you believe in him and
rejoice with an indescribable and glorious joy, ⁹for you are
receiving the outcome of your faith, the salvation of your
souls. (NRSV)*

***When you surrender your life to Jesus, you never know what
adventures he will give you. It is the greatest thing that ever
happens. Trust in God and let Him surprise you!***

Chapter 12

Tenth Meditation: “Growth”

Lord, I surrender my talents to you

Meditation key:

¹⁷ “You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor’s.” Exodus 20 (NKJV)

Use tools and education to reach your goals..

Tools and education are essential for growth. I used meditation to study in school. For example, going mentally through the class notes in a state of mind concentration, I scored 125%. However, in those years I did not learn to involve God in these techniques. It is recommended to involve the Holy Spirit in your meditation. Such as: when you are in a study room, in your meditation, the light in the room is from the Holy Spirit. Self-hypnosis techniques have

been used for various functions such as conditioning yourself to pass a test or to mentally rehearse a business meeting, going over a speech or memorizing. These techniques lack the Holy Spirit, the comforter, which includes the prayer element. It is more likely you will feel much more confident using prayers.

My neighbor climbed Mt. Cruiser²³ and used self - hypnosis to visualize succeeding. It is like a thumb 1500ft high and it worked after she tried three times. The self - visualization helped her to conquer. What if you visualize Christ climbing with you? Would that help?

Not every problem has a solution, but every problem has a remedy.

I have a story about an invention I made. But before I tell it, I want you to know that Christ was always with me in my footsteps, standing beside me and helping me with the invention and the problem I encountered. The invention name is SSUE for “stable surface in an unstable environment.”

The SSUE invention [12]:

²³ Mt. Cruiser is located in the Olympic mountain range, Washington State.

The purpose of this invention is to offer a novel technical solution for landing a helicopter or a VTOL aircraft in rough seas on a Coast Guard Ship or a Navy vessel. However, the invention has other uses such as tracking the sun for solar energy systems or algae bio-fuel systems and bioengineering in prosthetic for more SSUE applications see www.facsystems.com/ssue.pdf

On a Coast Guard Ship the SSUE would increase the frequency of take - off and landing, since refueling is from a ship, resulting in saving lives. It also can also be used to keep a windmill or current-mill vertical if the windmill or current-mill is floating on a buoy in deep water, as an energy solution. The solution is a reversal variation of a device called the BILLY BOARD, which is a device to enhance balance by creating an unstable surface. The proposed reversal device is a Stable Surface in an Unstable Environment or SSUE. The SSUE is a cylinder cut in an angle where the top is the landing surface. The cylinders rotate in such a way to keep the landing surface stable. In 1991 I was introduced to the Billy Board by its inventor Professor Billy Harz from the University of Washington. The Holy Spirit gave the idea to reverse the mechanism by introducing moving cylinder parts with motors

that are controlled by a processor. The processor is connected to a sensor that gives the necessary stability angle to make the surface stable. However, I did not know until nine years later that it could be used for landing or take-off of a helicopter. The application I had in mind was for motion sickness and for building bridges on water.

I started praying since the task seemed immense, and realized in addition, I had a problem with the wires or hoses getting tangled and twisted inside the SSUE. After several government proposal submissions in the early 90's, I did not obtain a contract. I decided to put it on hold. However, all along I was trying to solve the wiring problem through meditation.

After nine years, I made a friend that worked in human factor research. I told him my idea and he said it could work for a helicopter platform and I should find a contractor to build it. So, I put a proposal together. At the same time my prayers were answered: the problems with the wirings or hoses getting tangled and twisted were solved. The solution made my proposal very strong and also eliminated a motor. I met a person from Boeing in a Christian retreat. He put me in touch with the person in the

proper division of Boeing. To make a long story short, I went to Arizona for a demonstration, where I visualized Christ in the meeting. Boeing department heads were impressed in the meeting and said, “This is the best invention ever to come to us from outside”, and forwarded my proposal to the deepwater division. Well, a year later, I got an email from the vice president saying the SSUE was approved by several departments and that it will work. However, since it is part of the ship instead of the helicopter they could not provide funds.

So I use the Boeing letter to contact the US COAST GUARD. They said they were awarding a deepwater contract and I should be in touch with the contractor- THANK GOD! Two large defense contractors asked for a demonstration in a deepwater consumer fair. I traveled to Washington DC and had a successful interview. Now, I am working with one of these contractors.

All this seems unbelievable, but the truth is that I visualized Jesus in every moment, especially during writing the proposal, while doing the drawings, while doing the calculations and during the meetings. Visualizing Jesus was the key element of success and Christ deserves the credit.

While I was waiting for the award of the contract, I constructed a small model. I also started the computer program. I got discouraged; I had a major problem in the computer program. I thought it cannot be done and this invention can never be built. I prayed about it and in a deep meditation the Holy Spirit gave me specific insight which enabled me to solve the problem.

My wife and I had taken a risk financially: we were running dry. We spent our savings on my wife's education, the SSUE model, travel to meetings, patent lawyers and living expenses. My faith was strong, I knew that God is in the midst of all that and getting the Navy contract seem to be one answer. God knows what is best for my country and me.

But I did not get the Navy contract for 2004 and was unable to learn why.

After submitting my proposal a number of times and negotiating the red-tape, the contractor decided to pursue it on their own for the Navy, with no luck. The Navy told them it is because there is no money. This is a story still in progress. Though I am out of the loop, God's plan is the best plan.

How do I know it is the Holy Spirit that gave me the SSUE idea?
When meditating on finding this idea, I thought if it is really a good idea for the benefit of the people it must be from God. Because God is the ultimate good he would share his goodness with the chosen inventor. So, it was not because I was so smart - it is because I am obedient to God. And He knew when He gave me the idea that I would carry it through for at least 15 years until the patent was awarded in 2006 and 2007 (US Patent No. 7,040,247 and Patent No. 7,299,762). But now it is in public use and I am ok with that.

Geometrical Harmony in the Universe

In 1981 to 1984 I was studying to obtain my masters degree in civil engineering in the structural branch at the University of Washington. In the fall of 1982, I took a class CESM 575, on Variational Calculus application in civil engineering from Professor Colin B. Brown. Professor Brown asked if we can find a new application using Variational Calculus. On November 29, 1982 I did a project on finding the Exact Earth Pressure on Walls. Professor Brown was thrilled with my findings but disappointed in not solving all applications for wall movements. I have continued

on my own solving many other problems in the following years such as the exact pressure of the soil in its natural condition. I have used meditations in finding all solutions. Where I would remember and present the mathematics in front of Jesus in my meditation, then I would try to find answers in his presence. There was one problem I could not solve which is the pressure on a wall with friction on the wall. After 22 years of exhausting work I did my meditation and called upon the lord saying “Lord it has been 22 years what is the answer?” This time the lord responded and said it cannot be done this way there is geometrical harmony in the universe and stated the problem in my equations. I jumped out of bed and went downstairs and wrote everything He told me plus my own interpretations. I was very happy and thanked the Lord and went back to bed. The next morning I reviewed what I wrote down and I found out when harmonizing one thing to another the results match the experimental results. The Lord is good and has given me new understanding in engineering.

**Solving the Exact Solution for Beam/Column/Plates
Contact Shear /Slope Stability/Arching/Arching of
Beams.**

With the ability of remembering the mathematics in my meditation I presented problems to Jesus in which he would give me hints. I solved exactly the Elastic Beam/Column/Plates and buckling solution for a point load that has not been solved by the best known mathematician in history. Furthermore I gave the contact shear equation, slope stability curves, arching charts and the arching of beams <http://facsystems.com/prod01.htm> . One of the solutions has a useful application in windmill towers. The flexible windmill tower combined with the SSUE invention (www.facsystems.com/ssue.pdf) present a future energy solution. I give the credit to Jesus the owner of our planet and the universe.

The EXOSORT Invention

Back in 1987 I obtained a patent on an external searching algorithm for computers. I thought about expending the algorithm to a sorting routine. I told the idea to my brother in law, Ben Cliff Reagan, where we worked together on a new sorting routine and I applied for a patent in 1987 when I ran out of money to pay the lawyers and the patent was not issued. The name of the algorithm was given by my father Alexandre Choukri Chouery: EXOSORT meaning Exodus + Sort or sorting by exiting. I asked the Lord in

prayers on how to improve it and if He can help me since His name is on it (Exodus from the Bible). In 2001 the algorithm matured but it was different than the original routine. It is very fast about 80% faster for 10,000,000 records than what is currently in used. I did not tell anybody about it because I thought it was not the time and I don't have the money to patent. In 2013 I showed the algorithm to a company called Intellectual Venture. We made a contract and they applied for a patent hopefully it is issued 2015. Glory to God

Chapter 13

Christ's position on human needs related to meditation

Brief history of deep meditation:

The early history of meditation actually begins before any recorded history exists. In the religious and healing ceremonies of all primitive people on the face of the earth, there exist the elements essential to place the subjects into a trance or a state of mind concentration. It is assumed by the study of ceremonies of aboriginal people who still exist in Africa, Australia, and elsewhere that even before history was recorded, inductions or hypnosis were accomplished by rhythmic chanting and monotonous drum beats, together with strained fixations of the eyes accompanied by apparent unconsciousness of the rest of the body.

Meditation techniques always existed and discovering them is what takes place throughout history as in the Judeo-Christian tradition.

Human needs:

The following is Maslow's Hierarchy of Needs written by:

William G. Huitt [3]

“Abraham Maslow (1954) attempted to synthesize a large body of research related to human motivation. Prior to Maslow, researchers generally focused separately on such factors as biology, achievement, or power to explain what energizes, directs, and sustains human behavior. Maslow posited a hierarchy of human needs based on two groupings: deficiency needs and growth needs. Within the deficiency needs, each lower need must be met before moving to the next higher level. Once each of these needs has been satisfied, if at some future time a deficiency is detected, the individual will act to remove the deficiency. The first four levels are:

- 1) Physiological: hunger, thirst, bodily comforts, etc.;
- 2) Safety/security: out of danger;
- 3) Belongings and Love: affiliate with others, be accepted; and
- 4) Esteem: to achieve, be competent, gain approval and recognition.

According to Maslow, an individual is ready to act upon the growth needs if and only if the deficiency needs are met. Maslow's initial conceptualization included only one growth need—self-actualization. Self-actualized people are characterized by: 1) being problem-focused; 2) incorporating an ongoing freshness of appreciation of life; 3) a concern about personal growth; and 4) the



MASLOW'S Hierarchy of Needs

ability to have peak experiences. Maslow later differentiated the growth need of self-actualization, specifically naming two lower-level growth needs prior to general level of self-actualization (Maslow & Lowery, 1998) and one beyond that level (Maslow, 1971). They are: 5) Cognitive: to know, to understand, and explore; 6) Aesthetic: symmetry, order, and beauty; 7) Self actualization: to find self-fulfillment and realize one's potential; and 8) Transcendence: to help others find self- fulfillment and realize their potential.

Maslow's basic position is that as one becomes more self-actualized and transcendent, one becomes wiser and automatically knows what to do in a wide variety of situations.”

Maslow believes that the only reason that people would not move through the needs to self-actualization is because of the hindrances placed in their way by society. For example, education can be a hindrance, or it can promote personal growth.

The following from *Toward Wisdom* by Cophorne Macdonald [4] “*Wisdom is not one thing; it is a whole array of better-than-ordinary ways of being, and living, and dealing with the world.*”

Because of this, and because individual wise people express wisdom's characteristics in different ways and to different degrees, this chapter's question has no brief answer.

Short statements about wisdom can be helpful as long as we realize that each expresses only part of the truth. Each statement helps clarify some aspect of wisdom, but none tells the whole story. We could say, for example, that wisdom involves:

- seeing things clearly; seeing things as they are
- acting in prudent and effective ways
- acting with the well-being of the whole in mind
- deeply understanding the human/cosmic situation
- knowing when to act and when not to act
- to handle whatever arises with peace of mind
and an effective, compassionate, holistic response
- to anticipate potential problems and avoid them

Maslow's writings tell us much about the nature of wisdom.

Maslow's self-actualizers focused on concerns outside of themselves; they liked solitude and privacy more than the average person, and they tended to be more detached than ordinary from the dictates and expectations of their culture. They were inner-directed people. They were creative too and appreciated the world around them with a sense of awe and wonder. In love relationships they respected the other's individuality and felt joy at the other's successes. They gave more love than most people and needed less. Central to their lives was a set of values that Maslow called the Being-Values, or B-Values: wholeness, perfection, completion, justice, aliveness, richness, simplicity, beauty, goodness, uniqueness, effortlessness, playfulness, truth, honesty, reality, self-sufficiency."

Christ tells us, that the last need on the list should be your first concern. Thus, we need to turn Maslow's Pyramid upside – down.

The first need is to believe in Jesus Christ, get baptized and start with transcendence. Help others first. Thus the order becomes:

1- Transcendence: Christ tells us – “love your neighbor as yourself” (Matthew 19:19)– help others “⁴⁰And the King will

answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’ (Matthew 25:40) (ESV) – enter Sainthood.

2- Self-actualization: Apostolic action – tell the world you are Christian, see your potential. He said to them, “Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.” (Matthew 17:20) (NKJV) – become an apostle.

3- Aesthetic: Never cease to pray for yourself and others. You will find harmony. “I give you peace, My peace I give” (John 14:27)

4- Cognitive: Study and meditate on the word of God.

5- Esteem: Christ tells us: “He said to them, “Is a lamp brought in to be put under the bushel basket, or under the bed, and not on the lampstand? (Mark 4:21) (NRSV). Thus, God will give you recognition for his glory. He will take you to Caesar to witness.

6- Belongings and Love: You are a child of God: “¹Everyone who believes that Jesus is the Christ is God’s child. And everyone who

loves the Father loves his child.” (1 John 5:1) (WE) – “You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name.” (John 15:16) (NRSV)

Belong to a Christian Church.

7- Safety/security: You have a guardian angel to protect you–
“Behold, I send an angel before you, to guard you on the way and to bring you to the place which I have prepared.” (Exodus 23:20) (NASB) I send you the Holy Spirit to comfort you – “²⁶But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” (John 14:26). (NIV)

8- Physiological: Christ tells us do not worry about food and clothes.

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly

Father feeds them. Are you not much more valuable than they? ²⁷Who of you by worrying can add a single hour to his life^[a]?

²⁸”And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ – Matthew 6:25-31 (NIV)

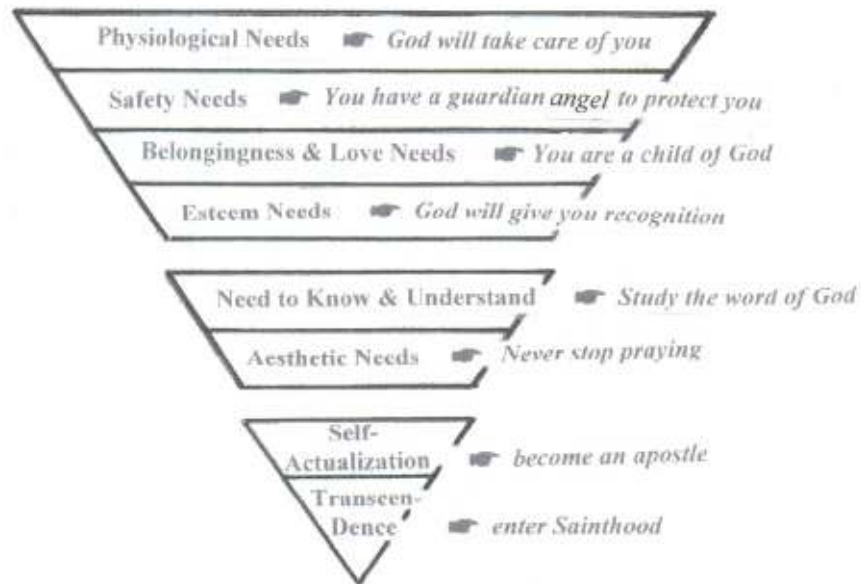
So Maslow’s Pyramid is the pattern of this world but Christ world is not the same and Saint Paul asks us not to conform to pattern this world.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.-Romans 12:2 (NIV)

Through meditations and prayers, I believe that people could move

through the hierarchy of needs dynamically. So, with Christ, going up and down in the upside down pyramid is much easier.

In the Cursillos movement, I gained a new understanding of basic Christian truths and the desire to serve the Church. I learned about the three-legged stool a Christian sits on. The legs are Piety, Study and Action. Piety is prayers, meditations, fasting, charity and good works, Study is study in Christianity including studying Christian books and the Bible and listening to preaching, lectures and



JESUS' Hierarchy of Needs

(Maslow's pyramid is upside down)

sermons. Action is for apostolic action or doing work similar to the apostles. If one leg is longer than the other the Christian stool will fall. You must keep the legs in balance. To put Jesus in control we visualize him and he is the common thread in all three to keep the stool balanced.

Sometimes God takes you on a special journey to witness and tell the world who Christ is and that you are a Christian. Just remember when you get to go to Caesar don't forget to tell the world, "I am a Christian".

It is required to not only follow your dreams but follow and complete your journey.

Imagination (from *Come to the Quiet*)[5]

It's also good to remember how the thought process actually works. It has been said that we think in pictures. In other words when I think of Jesus, or any person at all, I see a picture or an image of them in my mind. When we think of mathematical formulas, we see pictures of the numbers and letters in our mind as we work the formula. This is called

“imaging.” It is a simple use of the imagination. Recall, that in the West St. Bonaventure said to meditate with “vivid representation” in one’s mind. This is a simple use of imaging, or the imagination. It is this creative use of imagination that constitutes genuine meditation. Only later will passive contemplation, beyond all images and forms be entered into naturally, without contrivance. So, the use of thought is not relegated to some abstract and speculative use of the mind. Thought is manifested in images within the mind, and has a profound effect in actualizing images and mental forms within real life.

It is because of this connection that meditation has played such a central part in any religious or spiritual awakening. As the Old Testament encourages, “Meditate on the law of the Lord day and night.” As we have said, meditation consists of the positive use of the thoughts and images of the mind to focus on God, or the things of God. The New Testament is filled with injunctions to experience “the spiritual renewal of the mind” by filling the mind with “all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous, or worthy of praise.” Other religions of the world likewise emphasize filling the mind with positive and

wholesome images.

But it is not only the positive things of God that affect the mind. Negative things also affect the mind, As disordered senses and emotions run wild, they entrap the thoughts into equally disordered patterns. The mind is imprisoned by the disorder of the senses and emotions. This is negative. Anything that is negative is ultimately destructive if left unbalanced and unchecked.

Visualizing works because visualizing specific moments, images, pictures, activities outcomes creates patterns in our brain. The more we do it the more the patterns become ingrained in us. When we use affirmation along with visualization the message directly goes to the subconscious mind which in turn conveys it to God. And man can reach any heights since the technique involves Jesus. Many athletes all over the world have used NEURO-THERAPY to excel in their own field. Why not excel in your spiritual life using deep meditations? Athletes, well-known scientists, inventors and discoverers have attributed their success rate to their power of visualization. For example, visualize climbing the mountain before you start.

To review this book:

This book is a practical guide for seekers to improve and expand their experience of meditation and contemplative prayer.

Three ways to meditate in the right hemisphere of the brain include:

Light Meditation: It is to visualize Christ's face or person dazzling with white light and radiant as in the transfiguration. This can also happen while talking to people or listening to them. As a child has a security blanket, you need to treat Jesus as our security blanket.

Medium Meditation: This is a very traditional meditation. We can close our eyes and do a breathing exercise and use one of the ten ways to meditate in this book.

Deep Meditation: This is the kind that needs quiet, the body fully relaxed. We can use this technique of Neuro-Therapy for prayers and asking for healing of others and ourselves. In this type of meditation you will hear messages from the Holy Spirit. You will be able to organize your mind and solve problems.

There are different techniques to meditation. They are discussed in Chapter 2 and can be adapted to the three types of meditation. They are consolidated into the three types of meditation as named above. I do not think that one type is better than the other. We need them all for different applications and situations in our lives. And God accepts them all. First we need to explain why we need to meditate and what the different meditation's benefits are.

As most experts say the world is a left hemisphere or verbal. Expand to pray with all your brain with the left and right side of the brain, Trust in God and He will surprise you.

Chapter 14

Closure

Amen

Giving

I was living in Richland, WA in 1976. My neighbor was a teenager, his family was on welfare and they were poor. One day the boy knocked on my apartment door after hearing me playing the guitar and said to me, “A friend of mine is going to give me a guitar; I wonder if you have a start - up book that I can use to start playing the guitar?” I said, sure I’ll find a book and when you get the guitar come and knock on my door and I’ll give it to you. Well, I had several books and I already knew how to play the guitar and didn’t need any of them. But, I said to myself I am not going to give him the book that has Elvis Presley’s picture on the cover. I was emotionally attached to that book. Well, time goes by and my mom and dad came and visited me from Seattle and as usual Mom cleaned the apartment. All of my books and school books were everywhere, including the music books. Despite the mess, I knew where everything was. When I went on an errand that day, my

mom decided to put all the books away. Mom and dad left the next day and I didn't know where things were. Sure enough, after they left, the boy knocks on the door asking for the book I promised him. I went to the closet and stood in front of the books puzzled where to start so I started on the top shelf and pulled some books and looked using both hands. I quickly realized the boy was still at the door waiting so I said "Lord help me" but this time the Lord surprised me and a force moved my left hand from the top shelf to the middle shelf and used my hand to pull the guitar book with Elvis Presley's picture on the cover. In a shock, I quickly went to the door and gave the boy the book. It was God's hand in action, ensuring me his presence and teaching me how to give to the poor. His message was "If you want to help don't go halfway but please go all the way." I am sure Christ had a plan for the boy. Later I heard the boy belongs to a Christian church and was kept off the streets. I really can't say that what I did helped the boy but definitely Christ showed me how to give and He hears everything you say.

Preparation for my Father's Funeral

On December 17th, 1988 a week before my dad died I was working

overtime in a consulting civil engineering company. While working in my cubical I started hearing a beautiful Christmas song with several sopranos' voices, one lead soprano and guitar music. The voices did not seem human: the perfect pitch and hitting the timing with the chords were absolutely perfect. There was much sopranos climax with words I never heard before and honestly I could not remember. I am an experienced musician and know the difference. I was astonished, lifted and could not believe what I am hearing. So I went down stairs to the basement there was another employee working. He was a draftsman and I asked him: do you hear music? He smiled and did not respond and slowly shook his head. I was little frustrated and went back up stairs and called my wife. I said "Bernice you cannot believe what is happening at the Seattle Center."²⁴ I told her I am coming to pick you up we must go to this concert. Meantime the singing did not stop. I took my car and shut the door and realized there was no change in volume. I lowered the window back and forth and still there was no change in volume. I started to drive and when I got to Queen Anne Avenue I saw, on the left side, it was barricaded and there was a band

²⁴ The Seattle Center is near my office and holds many musical concerts and activities.

playing guitar and several women singing. I turned right on Queen Anne Avenue and saw in the back mirror the barricade disappeared and the voices and music stopped abruptly when I got to 1st Avenue. I still thought that the band was there and did not believe the reality that I was hearing angels. When I pick up Bernice I told her I do not know what is happening. So we went to the nearby grocery store and asked if there is something going on at the Seattle Center but nobody knew what I was talking about. So I decided to forget about the incident and went home.

A week later, on December 23, 1988 one day before Christmas Eve, my sister called me and said our Father has died. I immediately left Seattle and went to Federal Way where the family was mourning. They told me the funeral home has already taken my dad to the morgue. Bernice was already there and was five month pregnant with Alexis; Alexis would bare my father's name Alexander. It was going to be a big Christmas celebration at my parents house because all the families were going to be there and my dad was looking forward to it. I understand my dad was sleeping in bed and had a heart attack and they found him laying in bed with our Christmas card laying next to him.

The card was from me and Bernice telling him, for the first time, that we will name our daughter Alexis. At the time no one could do anything and they were all in tears. However, the face of an angel appeared in my mind and a surge of energy came upon me and I took the challenge to take care of my father's funeral preparation.

My brother told me he cannot handle it and he is a year older than I. This was very hard to do finding a priest at Christmas was a miracle. My old friend Fr. Kramas, who was planning to have the Christmas holiday with his family agreed to disrupt his vacation and attend to my father's funeral. Doing the financial and contracts with the funeral homes, selecting the burial stone was all to be done at the Christmas holiday. I truly believe that it was God's doing in preparing me to be the family leader in this time of sadness. Also I believe he gave me the opportunity to experience heaven at a glance. Hearing angels and experience true music were God's way of assuring me where my dad will be after his death, heaven.

Three months after my grief I took my guitar and tried to remember the words but the melody was there. I composed the song "Echo the Words" which became immediately a great success

in Ballard 1st Lutheran church. However, the choice of words was not to my satisfaction and I spend ten years perfecting the words. Now it is ready for publication.

I believe God give me the opportunity to be in a different place and hear the angels. God was assuring me that heaven exists and that is where my father will be. The Lord is good.

The Call to Write This Book

How did God ask me to do this Book?

I was exploring the new meditation I learned in PSI World²⁵. I thought there is something wrong with the system because they are teaching me to believe that I am going to be Jesus Christ. So I decided to visualize Jesus in my work shop in my virtual house. At the minute I decided to visualize Jesus I felt living water entering my feet and went all over my body while laying in bed. This was the first time I felt the sensation of living water. Suddenly Jesus appeared as in the face of the shroud, reflecting on His first

²⁵ PSI World is a nonprofit organization committed to leaving this universe better than we found it! Their life long goal is to utilize our resources in such a way as to give each person on this planet an opportunity to live their lives in liberty. PSI is not a religious group, but have techniques to offer.

appearance to me of the handkerchief when I was 7 or 8 years old, and I was able to communicate with him in my meditation. When I was done the Holy Spirit told me in my heart to write a book on meditation and my answer was NO! I do not know how to write. However, every time I did a meditation I realized the value and did not know what to do. Jesus knows I understand what needs to be done and what kind of book He is looking for. So I started praying and told God I do not know how to write a book, He never gave me any information.

After weeks of denial I started to figure it out and started an outline which took ten years. Now I believe when God wants you to write a book He does not leave you out of the equation and the society. I would have lost out on the experience. His plan is for me to experience deep meditation before writing and that is why it took many years.

The Burden

After working on the book for 27 years doing the best I could, the book was ready to be sold. I was walking with my wife to watch the sunset and were near the Ballard by Calvary Lutheran Church a

few blocks from my house. A vision from the lord appeared where He had the open book in his hand and He closed it. This happened in a flash and I immediately was relieved and realized the bulk of my work was done and Jesus just gave me a sign of completion. My worries about the book disappeared. The Lord is in charge.

The Call to Teach Meditation

After solving many engineering, computer unsolved problems and creating new inventions, I was in my office in 2007 thinking that I may have to stand up and lecture from university to university about my solutions. So I said to myself this is not what I want to do Lord, I want to stand up and talk about God. Then I heard a voice from outside saying “That’s what I want you to do.” I knew then that that is the voice of the Lord He is the only one that can know my thoughts. Additionally, His voice was sweet and loving and had power since I felt the existence of light. In the same year I was asked to be a deacon by Father Samir Abu Lail and specifically to help in homilies. My life shifted gears and what I thought is the Lords call to preach started to happen. Also, Pastor Erik Wilson Weiberg recommended becoming a spiritual director in order to teach meditations in church. In 2010 I was accepted to study at St

Placid Priory with Sister Laura Swan, OSB and Sister Mary Giles Mailhot, OSB. I turned 60 in 2010 and I started to worry about my age and if I have enough time to do Gods work. In lent of 2010 I received a vision I was closing my eyes to sleep when suddenly I saw lights there was a beautiful cloud with shining rays of lights from it, my whole body was pulled to the light, I felt I was paralyzed, and I heard the voice of the lord again. Three times in Arabic He said the days are plenty, the days are plenty, the days are plenty, take your time. In 2011 I started to take a class from Sister Lucy Wynkoop, OSB also on traditional meditation class “Tending the Fire”. This was the nuns recommendations and I finished one year of spiritual direction class.

My First Encounter with Jesus Appearance

I was seven to eight years old around my first communion. Now it is called solemn communion. My brother and I heard in school about Veronica المنديل (where Jesus face appeared on the handkerchief.) As usual, during the time, we were playing in the balcony of our apartment located on the 4th floor of the building in Egypt. My brother and I were talking about Veronica and how wonderful if we could see it. I wished so much to see the face of

the Lord. Suddenly the face of the Jesus appeared on the left side of the balcony. Like the sun, where the sun was on the right. His face appeared about the size of an icon area and His expression was shining with light. تقاطيع وجهه مثل الشمس and the handkerchief was shown below beyond the rail of the balcony. I told my brother look look and my brother did not see anything he called me a liar. So I kept quiet and kept the miracle to myself for years to come and never told my parents. I knew this is a miracle where Christ was silent; He is to prepare me for my apostolic work in the future when I understood the vision meant visualization. When I saw the face of the shroud in 1975 I immediately connected it with the miracle and the handkerchief. The meaning of this miracle is very dear to me as I am consoled that before my illness at the age of 24 Jesus appeared to me. It happened when I was fully healthy at a young age God appeared to me confirming everything that happened to me in my life was a reality and not psychotic. In general psychotic episodes have a negative dimension with much depression and sometime paranoia. All my experiences with the Lord were of positive dimension and I was fully healthy when they happened. This can be reconstructed in the life of the believer by following my meditations techniques. I do believe the Lord has

given me this illness to change the course of my life. For the believer, the truth is to be interpreted only by faith. For the non believers they can always dismiss the truth. Most of my experience with the lord were in my head but only few times were from an outside source with no explanation other than they are miracles. I realized later the message of this apparition is visualization and not to prove whether Veronica is true or false. I was at awe all my life. For something like that to happen to a child I cannot help it.

Encouragement

After making a life commitment to Jesus at age 20 and wanting to be like ST. Peter or St. Paul, in the following years I was wondering how I was doing and how well I kept my commitment, especially in prayer, witnessing and studying the word of God. I am not an evangelist or a missionary but I believe if I successfully influence only one person in my entire life that person could in turn influence others.

I wanted to know how I was doing and is Christ always the leader in my life? So I prayed to God to somehow tell me. One night I when I was 22 years old I was sleeping and I had a vivid dream

you can say a vision. In the dream I was maybe 30 years old when Christ touched me (That was the age I started this book). I was in my high school church, A very small church which is located in the school premises (I grew up going to the Greek-Catholic school and we attended mass in this church every Thursday for 12 years and most of the time with Father Shedoodi he had a lazy eye).

In the vision we were having mass in church that was full and Fr. Shedoodi, who had an excellent voice, was at the altar chanting. Normally, when I went to church as a student my class always sat in front. In the vision I was standing in the last pew on the right hand side by the aisle, as the whole church was standing. Suddenly, as we were praying, at the altar Fr. Shedoodi disappeared and the Bishop (مطران) appears instead while the Pope and the Patriarch appeared and were sitting on a bench on the right hand side of the altar and the Bishop attempts to continue the service. Instantly, the clergy disappeared and was replaced by Christ. Christ was at the altar dressed as a priest and His body was dazzling with white as described in the Transfiguration. The whole church was surprised and in awe. There was no chanting and Christ started to march slowly from the altar in the middle aisle. He walked all the way to

the back of the church and put his hand on my shoulder and He said “Farid, keep up the good work”. The minute He put His hand on my shoulder I was about 30 years old and had a beard. I immediately woke up and the vision ended. I kept feeling his hand on my shoulder even after I woke up and felt the effect of the dazzling light on my shoulder. I started to pray all night. Occasionally even now, when I think of the dream, I still tend to lower one of my left shoulders feeling the effect of his hand. Please note: in the previous release of this book God was blanking a part of the vision about the Pope and the Patriarch until this release He showed me the complete vision.

My wife is a Saint

My wife, Bernice Joan Furdal Chouery, is a member of Evangelical Lutheran Church of America (ELCA). She is 6 months younger than me. She attended the Cursillo in 1978 and now we both have surrendered our lives to Christ. She also took PSI a seminar in 1979 with me. Bernice visualizes Jesus in her life. Before we got married I took her to my doctor to understand my illness. She married me, out of love, with my illness but did not quite realize the impact of the illness on our marriage until later.

We have been through a lot of difficulties because of my illness and our financial problems. She has been a councilor, nurse, caring friend, and helped ease the suffering of my illness. Our marriage is approved by the Archbishop Cyril Bustros of the Greek Catholic Melkites Church. We were married at Ballard First Lutheran Church in 1978 by Pastor Malcom Unseth. My daughter Alexis Kristina Fredericka Furdal Chouery was baptized Lutheran. We are a good team serving the Church and Christ. There is a fountain of love in our marriage, SHE IS A SAINT.

*May the Lord give you encouragements in your life as
He gave me and may you see yourself in your church
receiving the same encouragement from Christ.*



Please Remember Farid Chouery spent 27 years on searching for meditations for the Ten Commandment how about the rest of the Bible?

Comments on web page

www.visualizejesus.com

The guided deep meditation in the attached CD is basically an example. It is suggested you do it on your own without the CD. The reason is to use your own tempo such as having a long conversation with Christ or take your time with the healing water or the peaceful light from the Holy Spirit. Additionally, the final exercise of no thinking no energy while laying on a hammock, if the time spent is short it will cause the person to be alert and wide awake. On the other hand, laying down for a long time will cause the person to fall asleep. The CD serves a new beginning and suggestions for your own deep meditation agenda. In addition, there are two small symphonies at the end to help stop thinking; they are a suggested music for your relaxation and visualization.

**WARNING !!! DO NOT EXERSICE THE CD OF DEEP
MEDITATIONS WHILE DRIVING OR USING MACHINARY**

FINAL NOTE

If you experienced a miracle, a vision, or guidance using any of the meditations techniques in Chapter 2 when meditating with any of the suggested 10 ways to meditate, please send us an email at farid@visualizejesus.com and we will post your email on the blog (visualizejesus.wordpress.com/) with your name if you permit unless anonymous is preferred. Indicate the technique number and the chapter(s).

APPENDIX A

Definition and Commentary for expansion of the meanings of the following poem:

Christ is the Key

*The universe is a masterpiece symphony composed by God,
the Holy Spirit is the conductor and
Christ is the Key.*

*We are to continue to live in this universe using
Christ as the Key and be accountable
for keeping the universe's harmony.*


COMPOSE, COMPOSER: To form in combination; make up; constitute [e.g. mortar is composed of lime, sand and water]. To put together; put in proper order or form. To create (a musical or literary work). To adjust or settle; reconcile [to compose differences] To put (oneself, one's mind, etc.) in a state of tranquility or repose; calm allay. To set, or arrange (type). To set (a piece of writing) in type. *** A person who creates (composes), especially one who composes music.

God is pleased with his composition. He loves his creation and

composition and so He loves the world.

CONDUCT, CONDUCTOR: The act of leading; guidance. The process or way of managing or directing; management; handling. The way that one acts; behavior; deportment. To show the way to; lead; guide; escort. To manage, control, or direct. To be the leader of; direct (an orchestra, choir, etc.). To behave (oneself) to be able to transmit or carry; convey [iron conducts electricity]. To be or mark the way; lead. To act as a conductor. ***A person who conducts; leader; guide; manager. The director of an orchestra, choir, etc. The person who directs a group of musicians. The person who has charge of the passengers and collects fares on a train, streetcar, or bus. Substance or thing that conducts electricity.

The Holy Spirit conducts the Word of God, conducts love, peace, comfort and harmony. The Holy Spirit gives us direction and guidance with its light, wisdom and fire. The Holy Spirit is the conductor.

KEY, CLEF: In French clef, clé means key, as the symbol  for the G clef. Music sheets cannot be interpreted, played or read without a clef. Clef is the symbol at the beginning of a staff that indicates which lines and spaces represent which notes. In music the key is also the keynote of a scale, a system of related

notes or tones based on and named after a certain note (keynote, tonic) and forming a given scale; tonality. The main tonality of a composition, controlling; essential; important [a key position]. Key also means the key used to lock or unlock a door, a closet, a cabinet, a safe, etc. Use the key to secure or guard. Something that completes or holds together the parts of another thing, as the keystone of an arch or a roughened surface forming a secure base for plaster. Any of a set of levers, or the disks, buttons, etc. connected to them, pressed down in operating a piano, accordion, clarinet, typewriter, linotype and keyboard. A device for opening or closing an electrical circuit. A place so located as to give access to or control of a region [e.g. During the Civil War, Vicksburg was the key to the lower Mississippi.]. A thing that explains or solves something else, such as a book of answers, the explanations on a map, the code to a system of pronunciation, math equation, the solution, etc. A controlling or essential person or thing. Tone of voice; pitch. Tone or style of thought or expression [e.g. in cheerful key] Relative intensity of feeling. The tone of a picture with regard to lightness or darkness or intensity of color. A logical device, usually an ordered, contrastive listing of significant character of a group of organisms (such as plants), used to identify unknown

individuals for taxonomic classification. Key fruit. A dry, winged fruit, as of the maple, ash, or elm, containing the seed or seeds; samara.

Follow Christ, He is the Key (the Clef)

HARMONIC, HARMONY: Harmonious in feeling or effect; agreeing. In math: designating or of a series of numbers whose reciprocals are in arithmetical progression. Of or pertaining to harmony rather than to melody or rhythm. Pertaining to an overtone. *** A combination of parts into a pleasing or orderly whole; congruity. Agreement in feeling, action, ideas, interests, etc. peaceable or friendly relations. A state of agreement or proportionate arrangement of color, size, shape, etc. An arrangement of parallel passages of different authors, especially of the Scriptures, so as to bring out corresponding ideas, qualities, etc. Agreeable sounds; music. The simultaneous sounding of two or more tones, especially when satisfying to the ear. Structure in terms of arrangement, modulation, etc. of chords: distinguished from melody, rhythm. The study of this structure as in symmetry.

Love God, love your neighbor as yourself, love and take care of the environment, look for peace and harmony, realize and discover the universe's composition.

APPENDIX B

Easter Sermon March-2008



Today is a great feast God's promise fulfilled. It is fulfilled at Easter.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

First I will tell you about God's Love. Secondly about God's gift to us by sending Jesus to save us and sacrifice himself.

When you were a child and you went to the beach you built a sand castle. How proud you were of your creation, if you did not like it you tore it down and built another one until you were satisfied. Then you say Mom, Dad see what I built. When they give you their praise you feel proud. You become upset when someone steps on your castle; you feel hurt and can't believe someone would do that.

So is God, he took the dirt and built His castle and that was us he built us in his image and he loved his creation. We cannot earn his love, he love us because we are his good works.

I do not know of anyone that created something and saw it was good and was not proud of their creation and love their work. When you were a child and drew a picture how happy were you when mom and dad hung it on the wall. When you make a poem it is never pleasing unless it is said and if people like it they will publish it in books. If you painted a chair and you chose the color and like your work, you keep looking at the chair over and over again. When you cook a meal your work is not accomplished until

you invite people to have dinner with you. How happy you are when they say it is delicious, sure your work was worth a while.

The most misunderstood chapter in the Bible, the book of creation in Genesis 1, has caused great controversy between science and religion. I assure you the very first chapter in the Bible is not about how God created the universe; it is about God's love for His creation and assigning people to take care of it. So I will read Genesis 1 to shine some light:

Verse 1 In the beginning, God created the heavens and the earth.

Verse 3 And God said, "Let there be light," .. And God saw that the light was good (1).

Verse 9, 10 And God said, "Let the waters under the heavens be gathered together into one place ... God called the dry land Earth, and the waters ...he called Seas. And God saw that it was good (2).

Verse 11,12 And God said, "Let the earth sprout vegetation, .. The earth brought forth vegetation, plants yielding seed according to their own kinds. And God saw that it was good (3).

Verse 16, 17 18 And God made the two great lights ... to give light on the earth, to rule over the day and over the night, And God saw that it was good (4).

Verse 20, 21 And God said, "Let the waters swarm with swarms of living creatures, and let birds fly above the earth ... And God saw that it was good (5).

Verse 22 And God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." ... And God made the animals of the earth according to their kinds .. And God saw that it was good (6).

Verse 26 – 31 Then God said, “Let us²⁶ make man in our image, after our likeness. And let them have dominion over the ... earth.”

And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” .. And God saw everything that he had made, and behold, it was very good (7).

Note: in the last declaration that “it was good” included the writer of Genesis 1. Meaning God and men saw it was very good. Seven times he saw it was good until He was satisfied *the complete number 7*.

Also remember God took 6 days to create the universe He took His time. He is God he could have just created the universe with *one word* but because He took time. When you take your time with your creation you become attached to it, and so He was careful about what he wanted *that make it for sure that He loves His creation.*

So just like us human who are created in God’s image, we love our creation when we see it is good just as God loves His creation.

We do not earn this love, it comes with the territory.

After man has fallen through Adam and Eve God has always sent someone to remind people to love creation and love His work. In all history of humanity tribes, countries, cities, nations, God has sent someone to tell people to love creation, unfortunately many

²⁶ I believe the word ‘us’ means the Trinity. In order to be in the likeness of God the Trinity must dwell in us. One can see the connection from the Trinity analogy by Saint Gregory of Nyssa (Book on Christology of the Fathers edited by Edward R. Hardy – ‘An address on Religious Instruction’ Edited and translated by Cyril C. Richardson)

religions²⁷ were developed saying we have the right *answer*. But the right answer is to love God and His creation.

And so God comes 2000 years ago by himself in Jesus Christ and tell us the same message only a little different: love each other, Love your neighbor as yourself, love your enemy. If you hate somebody you may hate what they have done but you should not hate the creation itself. If you do you are committing a sin against God.

I do not know why people don't understand that Genesis is all about loving God and His creation.

If you love the creation, even if you don't know about God, then by induction you love God because you love his work.

Only man can look at a sunset or beautiful mountains and think it is beautiful and be at peace. This is true because man is a creator and can appreciate creation. Animals don't have this capability; man can praise God for his work. Have you thought about to praise God for his work when he give this peace?

Don't forget to say thank you and praise God for His creation and given you peace. God will be pleased and will give you more peace.

Christ sacrificed himself "on behalf of all -- and for all." And sent His disciples, and therefore the Church, "into all the world to preach the gospel to the whole creation." Mk 16:15. He is the *Savior of the world*.

²⁷ We mean by religion is a system of regulation codes and requirements used to get God to love you or when they are fulfilled God will love you or Mother Nature will love you etc... .

So God make His promises because he is faithful with his love and sent His son Jesus to get us out of the rot.

We know He loves us so much that He had to rescue us; after all we are His creation, His work.

We know there will be a day when God will sit on his throne and say these are the people that loved me I will make them live forever, and these are the people that did not they go to the waist basket.

But God also knows we fell short and we need an advocate and defender on Judgment day, when we face God in this final judgment. We need His son Jesus for whoever believes in Him shall be saved.

God *gave* Jesus! He gave Him freely. He gave Him, not because He was obligated to do so, but because He wanted to do so, He wanted to reveal His infinite love.

Believing in Jesus is believing in God's love when he proved his faithful love by leaving his throne and taking our flesh and lived with us with all our pitfalls. On the cross He suffered and died so that with his blood we can be saved.

You have to know when Christ left his throne. He left it on the cross because the Father wishes to have him suffer as a human being ... God does not suffer and Christ was tempted but accepted the Father's will at the garden of Gethsemane. And the cup that Christ did not want was exactly this losing his throne temporarily and suffer as a human being. I do not know which one was harder for Christ to accept.

If you have power would you want to lose your power ... even temporarily? I don't think so most people would say no I like being on top... By Christ losing His throne *demonstrates the grace and Love God has for each of us.*

"How much did God love? So much that He gave His only begotten Son. So much as St. Paul said Chapter 2 verse 7 that He emptied

Himself; He gave Himself. The amount of the love is indicated by the amount of the gift. That means no less than an infinite love.

"Love without limit!

God's faithful love was fulfilled today at Easter the great feast of reminder of God's Love and Mercy.

Today's gospel speaks of a profound and blessed mystery, a mystery which becomes more profound and more blessed as we, poor, miserable, sinful creatures of the dust, pause to consider this wonder.

This means not merely did our Lord Jesus Christ love the world. Our Lord Jesus Christ came and by His death and atonement changed the God's being upset toward mankind's arrogant behavior, disobedience and disrespect to His creation. Christ changed God's anger into love on the cross. That is why God sent Jesus as our advocate for the judgment day.

خلة ربنا يحن علينا

In the beginning of my homily I have clarified to you that the first chapter in the Bible is about God's love for the universe and so is the last paragraph in the Bible which is about God's reward for those who love him through Jesus Christ. Everything in between the first chapter and the last chapter of the Bible is about *God's love*.

I will read to you the last paragraph:

Revelation 22 verse 12-16

"Behold, I am coming soon! My reward is with me, and I will give to everyone according to what he has done. I am the Alpha and the Omega, the First and the Last, the Beginning and the End.

"Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city. Outside are the dogs, those who practice magic arts, the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood.

"I, Jesus, have sent my angel to give you this testimony for the churches. I am the Root and the Offspring of David, and the bright Morning Star."

In conclusion let us Love God and His Creation and praise him for His good works "God's creation is Gods intention" Remember God took his time with his vision and was attached to his creation.

Lets us do what God asked us to do in Genesis I verse 28 where He asks us to take charge of the Earth and have authority but it must only come with love and respect for God and His Creation.

For He has given us the gift of a new life in Jesus Christ.

Glory to His Name! Amen

المسيح قام

Christ is Risen

APPENDIX C

FIRST LAW OF PHYSICS

By Farid A. Chouery, PE, SE
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We have a new law of physics by Farid Chouery

**“To every load or weight there is a unique
deflection curve”**

Presenting: we live in a unique universe,”

God created everything special and all behaves uniquely. When we press on something the curvature is unique. We should find beauty in everything and feel privileged to live in this universe.

What is the meaning of a unique deflection curve?

In mechanics one can easily find there are no two sets of loads that give the same deflection curve. So for an example one can clone a DNA for sheep but the behavior would not be the same. Thus, they possess a different soul and spirit. This is similar to identical twin they possess a different soul and spirit. You may look at a bouquet of flowers and say they are all the same roses but in reality they are not each possesses a different curvature. It is no matter how you express mathematically the deflection curve for the same load the curvature would be the same because it is unique and that bring us to a unique universe. How about our existence? It can be easily concluded that we are all unique and should not have a low self esteem but very high self worth. There are none alike; we are too

²⁸ Quote and text are from an upcoming book by Farid Chouery copyright 2011
“We went to the Moon but we did not solve the ancient bow and arrow problem”

valuable to ourselves and to each other. Galileo showed the earth is not center of the universe and Man used to have great self esteem thinking we are in the center of the universe. So self esteem was taken away from us at that time and now it is restored and will never be taken away from us. Now we say I am something I am dynamically unique since every minute 30,000 cells change in my body. There is only one me in the entire universe.

How about replicating deflection curves in the universe? If so then these criteria must be met:

- 1- Topography must be the same to have the same gravity
- 2- Gravity must be the same or the mass composition below the beam must be identical
- 3- Gravitation influence from the universe from all stars and planets to the beam must be the same
- 4- Temperature must be the same
- 5- Exact location of the load on the beam must be in the same location
- 6- Beam shape must be identical
- 7- The beam span must be identical
- 8- Beam composition must be identical
- 9- The loads mass must be identical
- 10- Beam Reactions must be in the same place
- 11- Beam Slope must be identical
- 12- The atmospheric pressure must be identical
- 13- There should be no vibrations, the Universe has to stand still no Super Nova effect, the wind has to stop blowing, the waves in the ocean must stop the tectonic plates has to stop moving, no volcanic activity, no cars moving, no breathing because of vibration presents different deflection in the vibration gradient in each beam. Even if it happens the gravity is not the same.

- 14- The residual gravitational force from any star or planet has to be the same
- 15- Magnetic field to match
- 16- Electric field to match
- 17- Contact shear must be the same underneath loads and reactions
- 18- Gravitational wave effect are not be the same
- 19- Add your criterion

So one can easily conclude that is impossible to replicate deflection curves in the Universe. From an engineering perspective one can say they are close enough but from philosophical perspective they are not the same, and how about the deflection point distance when surveying a distance? That presents a problem because the measured distance will vary in two locations points by the number of atoms at the tip. Having the same distance is not likely but probable in the universe with low probability number.

From this law of physics we can conclude every human is unique in the entire universe. But every minute 30,000 to 40,000 skin cells change in the body so we not only unique we are dynamically unique. All life is dynamically unique.

One may call that the universe is at random. That is not possible because even at randomness one could not get everything to be unique and that proves the existence of a creator that is so jealous of His work that wants everything to be unique. What it means is that God has a data base that can tell the number of hairs on your head and has His Hand on everything. Some people says that the universe is unique is a given but now we have a proof to confirm our intuition.

I do not think there will be a time where a human would say I think I understand what is happening in environment or the universe. What the bleep do we know?

Three conclusions we can observe from the current universe:

- 1- We must live forever and have a new body to occupy the universe
- 2- God has to be with us physically to tell us what to do
- 3- Only trusted people can occupy the universe – The instability hypothesis: instability always happen from small things.

Note: The current universe has a problem with second law of thermodynamics. It notes that every system—whether closed or open—at least *tends* to decay. The universe itself is "running down," heading toward an ultimate "heat death," The Bible speaks of a new universe or a new heaven see Revelation 21:1-6 (NRS), the universe is heaven see Deuteronomy 1:10 (ESV), Psalm 8:3-4 (ESV)).

Proof of unique deflection:

The Law: To every load there is a unique deflection curve.

We will investigate a beam

First of all if one changes the beam composition or geometry to produce the same deflection curve then the beams are already unique in materials. That is understood in universe to have uniqueness in materials. It is possible to have a close enough behavior with two different compositions by making $P_1/EI_1 = P_2/EI_2$ in a beam with a point load at some distance from the reaction. But to mach it identically that would be impossible for lack of matching too many parameters such as gravity, vibration, location of load, temperature, slope, shape, composition of materials etc.

We will investigate two beams with a point load and try to match small deflection with the point load in a different location having the same composition.

Two beams of distance L with a point load in the center and one at b distance at the other. Ref: American Institute of Steel Construction manual (AISC) see Beam Diagram and Formulas Table

Deflection 1: $P_1 x(3L^2-4x^2)/48EI$ #7 AISC

Deflection 2: $P_2 b x (L^2 - b^2 - x^2)/6EIL$ #8 AISC

Where EI is the elastic modulus and moment of inertial, $x > b$ or $< L/2$ and P_1 and P_2 is a point load on each beam.

This must happen for every x. To match, make x cancels out by letting $P_1 = 2b P_2 /L$ then when cancel and solve for b the result is b must be L/2. And thus $P_1 = P_2$

If the load is not at the center the result is the same and the solution is the loads and location will also be identical. So you cannot have two sets of load at different location with the same deflection curve.

Now every load can be decomposed to point loads thus it is true for any load. If it is not a beam or a mass of material with variation it can be done with a free body diagram. Large deflection gives identical solution. If the beam is inelastic or plastic similar proof can be obtained following the stress strain curve of incrementally elastic. And the law is universally true.

**EVERYTHING IS UNIQUE AND
LOVED BY GOD (Genesis 1:1-31)**

PRAISE GOD – Read Psalm 139:13-16

I will offer You my grateful heart, for I am Your unique creation, filled with wonder and awe. You have approached even the smallest details with excellence; Your works are wonderful; I carry this knowledge deep within my soul. – Psalm 139:14

Since everything God created is good, we should not reject any of it. We may receive it gladly, with thankful hearts. (1 Timothy 4:4)

A good meditation is to watch the water at the bay or the ocean and realizes every curve the water makes is unique and how infinite that is.

SECOND LAW OF PHYSICS

“To every complex system it requires a mandatory negative feedback loop for stability”

Recognized by most scientist

First we will discuss the instability hypothesis: instability always happens from small things.

What causes instability? You will find it is one thing or a choice of one of many possibilities. In general it is a small part in the system that causes instability.

So for the instability hypothesis, it is seen in all engineering subjects that the cause of instability is a small thing not something big. For example in an electric circuit one burned or reduced value resistor or one burned transistor causing instability in the output. In structural the

column instability happens by a load when exceeded by a small amount the column is unstable or buckles. Also, in structural one bolt can cause instability, so they require redundancies. This has happened before in collapsed bridges causing the domino effect of one bad weld or a bad bolt. A chair or a table becomes unstable if one leg is broken. In geotechnical the land slide happens when a small added value of weight causing the safety factor to be reduced from one. Slides also happen from water when pore pressure increases. In computers it does not take more than one bug in the program to crash the program. One bad chip or voltage spikes or transients, or heat can cause the computer to crash.

Whether or not the atmosphere has stability depends partially on the moisture content. In a car all it takes for the car to be unstable is one bad sparkplug. Oxygen (one element) causes corrosion. Instability in investment happens when a particular stock begins trading widely from highs to lows that are not within the normal range. In politics extremist revolts start by one person. In political elections, one false propaganda about the candidate can cause a land slide in the election. Wars can be initiated by one person. September 11, 2001 a terrorist attack by few people on the United States caused worldwide instability. Ben Laden was one person that started a terrorist group. Corruption in India has a terrible impact on the economy and causes huge social instability and riots. Local politics, tribalism and religious division can cause instability. **It does not take a lot to cause instability.**

In psychology and in medicine one syndrome can cause instability not many syndromes. What causes emotional instability? One of many things: a) overdependence on someone or something b) suppression of feelings c) human tendency to expect rather than accept d) environment e) one gene. One injury can cause physical instability. In any religion all it takes is breaking one

commandment to cause guilt and instability. In music one note off key or out of tune destroys the whole song or the musical piece. In transportation all it takes is one accident to cause a traffic jam. In food, one bacterium can cause instability in the stomach. If you eat a meal at a restaurant that serves bad tasting food or you got sick from the food, what are the odds you would go back and even thinking about it turns your stomach? What breaks a marriage: one affair? What makes a plant or a tree die: not enough water or sun? Instability happens when someone hacks into your bank account and takes all your money, even when it is a small amount. Instability or panic happens when the Bubonic Plague appears, 14 people had it on September 2015, and so unrealistic fear becomes instability. Also, breaking the law causes instability and fear; breaking one law will do it.

Water Scarcity May Cause Global Instability, U.S. Intelligence Agencies Say in Report March 2012. The rise of sea level by 10 inches in 2010 (a small amount by comparison) and continue to rise even a small increase can have devastating effects on coastal habitats and cause instabilities. Trace amounts of CO₂ could cause political instability, severe drought, famine, ecosystem collapse and other changes that make the earth a decidedly inhospitable place to live. So what cause instabilities: small things, the straw that broke the camel's back.

One can also realize from control system engineering, stabilizing a system is done through a negative feedback loop. For example, psychotherapy is considered a feedback loop to stabilize a patient. In medicine, medications, surgery and blood tests are considered a feedback loop for healings. In systems, is taking something from the output and giving it back to the input to stabilize the system. Some simple systems do not require a feedback loop due to the required limit being small. So every complex system must have an

input definition and an output definition and a mandatory negative feedback loop to stabilize the system see Figure 1.

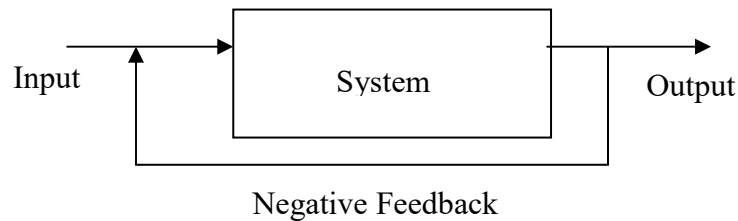


FIG. 1 - DEFINITION OF ANY COMPLEX SYSTEM

In an electric amplifier or the neurons in a humans brain (considered as an amplifier) if there is no feedback it will lead to distortions and the amplifier or the brain are not doing their job. Also, note too much feedback in an amplifier it will not do its job to amplify with a reasonable efficiency or it becomes less efficient or worthless. When neurons in the brain get too much feedback or no feedback from the use of too much psychoactive drugs or depressants, narcotics, alcohol or hallucinogens, then instability happens. So in a system the feedback has to be in balance to give the best results. So in any system what is the right feedback or the proper feedback?

The Perceptual Control Theory led to the Method of Levels in which the negative feedback loop is introduced by the therapist. The therapist works with the patient to resolve conflicts by helping the patient shift his or her awareness to higher levels of perception in order to allow reorganization to take place. I believe external negative feedback loops are not sufficient and internal negative feedback loops through meditation will expedite the healing.

Through Christian meditation the negative feedback loop is Christ himself, a higher power, and that becomes a primary feedback loop to stabilize the human system. Thus, the voice from within that

tells us right from wrong is remarkably from God. So God's voice is our feedback.

In my Christian meditation I get daily feedback from visualizing Jesus and talking to Him, mostly Jesus working with my fears and worries or helping me to solve problems and do His will. However, a vision, an apparition or a message from a miracle does not happen very often, only a few one. This kind of feedback is rare because it will cause a major change in someone's life and God knows that, as it did to me. So that means for the human system there are a variety of feedbacks not just one.

In review: fourteen possible conclusions from these two laws of physics:

- 1) God needs to exist to take care of this almost infinite behavior of creation and keep it stable otherwise it would be in chaos. Thus, the universe will not work or function without God. It is apparent that things are in balance from static and dynamic loads and obeys the laws of physics installed by God. It is inconceivable that the law of deflection would be different in another planet. If not than we have a chaos. So God is in charge. If you look at the universe as a complex huge system in constant unique motions then there must be a feedback loop to stabilize these complex sub-systems and it is mandatory for stability. These feedback loops are not from an accident. So God has to exist to give a feedback loop for every sub-system. Cannot explain it any other way. This finding is based on deflection and which is a hard science and systems which is also a hard science and they are both independent of time. So if there is a change in the time domain we find both findings will always exist.**

- 2) Scientifically to occupy the universe indefinitely we must believe in God to obtain the necessary feedback loop to stabilize the new human system and explore and live in the universe.**
- 3) God is jealous He did not make the behavior of two things the same.**
- 4) God is able to watch over the universe because of its uniqueness.**
- 5) God is almighty to create this universe and to Him is the glory.**
- 6) Nothing in this universe behaves at random and that is a clue that God exists and is jealous.**
- 7) This uniqueness in behavior cannot be by an accident but because of an intelligent design.**
- 8) God has to be omnipresent to be able to take care of the universe.**
- 9) It requires a miracle to have the present universe.**
- 10) We live in a unique universe.**
- 11) God must love His creation to be able to take care of it.**
- 12) We are dynamically unique.**
- 13) We should have a high self-esteem and high self-worth.**
- 14) From science, logic and philosophy God exists.**

APPENDIX D

ON THE SECOND COMMANDMENT

“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.” Exodus 20:4-6

Some people have a problem to discern since they have brain deficiency, emotional, or spiritual deficiencies and they cannot tell the difference between good and evil. Take for example, some people think it is forbidden to visualize Jesus, God or the Holy Spirit per the second commandment in the Bible. They do not realize it is a human dimension and it is natural to visualize and day dream. God will not judge people that visualize Him only if they visualize Him in vain.

Some of them are so literal of the Bible they carry the same mentality as ISIS²⁹ as being extremists and that is destructive to the human system. The argument against these people if they persist on calling the faithful to be breaking the law by visualizing Jesus, God or the Holy Spirit, they are no different than the Pharisees. The Pharisees were in a hurry to tell the paralytic man you are breaking the law by carrying his mat John 5:1-15. Who told the paralytic to carry his mat? It was Jesus. Who told me to write the

²⁹ Islamic State of Iraq and Syria or simply Islamic State is an Islamic extremist terrorist group controlling territory in Iraq and Syria, with limited territorial control in Libya and Nigeria. The group also operates or has affiliates in many other parts of the world, including Southeast Asia.

book Visualize Jesus: Ten Ways to Christian Meditation? It was God the Holy Spirit. Also, Jesus heals on the Sabbath, the Pharisees complained.(Mark 3:1-6) Jesus was breaking the Law. He does, however, defend his actions on the Sabbath in a manner similar to his earlier argument: the Sabbath exists for humanity, not vice-versa, and so when human needs become critical, it is acceptable to violate traditional Sabbath laws. In a similar manner the second commandment is made for people to go to Church or the Synagogue or a Mosque to worship. The question is did God brake His second commandment when He asked Moses to build the **Ark of the Covenant**, also known as the Ark of the Testimony, a wooden chest clad with gold containing the two stone tablets of the Ten Commandments as well as, according to various texts within the Hebrew Bible, Aaron's rod and a pot of manna and a golden lid, the *kapporet* (traditionally "mercy seat" in Christian translations) which is covered with 2 golden cherubim, is to be placed above the Ark or wasn't this for the Israelite to worship. So why does God think the Ten Commandments need a container other than to use for worship? Solomon worshipped before the Ark after his dream in which God promised him wisdom (1 Kings 3:15).

For some Christian churches the altar is where the priest presides and consecrates communion. A container with the outside walls depicting icons is similar to the Ark of the Covenant for the new covenant. For the Christians God appeared physically at the baptism of Christ as the voice of the Father as a dove of the Holy Spirit and Christ Himself. So there is no problem portraying each one of them in Church and as one God following the epiphany.

Why some people read the second commandment without reading the rest of the Bible, whether the Old Testament or the New Testament?

Scientifically, any person that thinks, meditates or prays to Jesus or God has some sacred being developed in the right hemisphere of the brain. We cannot help that, it is part of being human as in day

dreaming. God does not consider that a sin. In this book I talk about the jealousy of God and that image will change in time as God reveals himself. Jesus healed on the Sabbath for the good and glorifying God. I believe my book has the same quality as glorifying God. It is less clear however if the use of certain depictions of Jesus as a man violates this commandment. Some images are clearly not intended to draw our hearts and minds to worship idols (e.g., picture Bible images of Jesus). These images may not necessarily violate the second commandment.

For Martin Luther, the veneration of images was a matter of indifference and so Luther and the Lutherans follow Roman Catholic tradition and Eastern Orthodox tradition by removing the prohibition against graven images from the Ten Commandments. See link

<http://reasonablechristian.blogspot.com/2009/11/why-luther-deletes-second-commandment.html>

In the vision³⁰ I had in 1973, when I was 22 years old, Jesus appeared to me dressed as a priest and transfigured in the Greek Catholic Melkite Church of my school and there are all kinds of iconic images in this church, wooden and medal crosses, candles, priests, bishops, deacons, the patriarch, the Pope, the Bible and more. Thus, Jesus approves of these images including visualizations³¹, vestments of clergy, incense, chanting, candles, pews in the church, statues, priests, pastors, bishops, deacons, the patriarch, the Pope and the Bible. Other churches can interpret the vision to be the green light to have images, visualizations, statues, vestments, incense, candles, chanting, and pews in the church, clergy and the Bible.

³⁰ I went along for many years thinking this vision was only for me then when I started writing my book I realized that this vision is for every Christian Church. Father Samir Abu Lail reminded me in 2010 that Christ does visions for the Christian Church and for good reasons.

³¹ In the vision I was about 30 years old not 22, and that is when I started to write the book on visualizing Jesus, and Jesus said to me "Farid keep up the good work", so Jesus approved of my book before it was written.

Thy will be done on earth as it is in heaven. In December 1988 while driving my car, angels appeared to me playing instruments and singing a Christmas song which I had never heard before. I believe God approves of having musical instruments while we sing in the church.

This miracle and vision speaks to all Christians and it is not a message only for me. In short I care about the second commandment but it cannot come on the expense of healings or worshiping the true God.

Also Jesus gave us the new covenant that abolishes the old covenant that has the Second Commandment John 13:31-35.

31 When he was gone, Jesus said, "Now is the Son of Man glorified and God is glorified in him.

32 If God is glorified in him, God will glorify the Son in himself, and will glorify him at once.

33 "My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.

34 "A new command I give you: Love one another. As I have loved you, so you must love one another.

35 By this all men will know that you are my disciples, if you love one another."

New Covenant Theology (or **NCT**) is a Christian theological position which teaches that the Old Testament Laws have been abrogated or cancelled with Jesus' crucifixion, and replaced with the Law of Christ of the New Covenant. It shares similarities with, and yet is distinct from, Dispensationalism and Covenant Theology and attempts to eliminate the perceived weak points of the two. Some New Covenant theologians, however, understand some of the Old Covenant laws as reinstated under the New Covenant. It is clear Jesus is against ladders used to go to heaven or be saved. For example, other than Leviticus rules and the Ten Commandments, having a specific hair style or

certain cloth to wear will not get you to heaven all you need is to believe in Jesus; we are all sinners.

"For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life."
-- John 3:16

Acts 16:31 and after he brought them out, he said, "Sirs, what must I do to be saved?" [31](#)They said, "Believe in the Lord Jesus, and you will be saved, you and your household."

Romans 10:9 that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved;

We cannot use good works as a ladder to get to heaven it cannot be earned. However, it is not enough to say I believe in God and lead a life of bad or dishonorable works, because God will look at your whole life and see if the blood of Jesus can be used to wipe away your sins. See [Mark 3:22-30](#) and [Matthew 12:31-32](#) for unpardonable sin. My reason is: believing in God without communicating with Him is like not believing in God. In short who are you trying to fool?

James 2:14-17 (ESV)

What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead.

James 2:26 (ESV)

For as the body apart from the spirit is dead, so also faith apart from works is dead.

Matthew 7:21-23 (ESV)

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’”

So communicating with God is to find out His will and do it.

For that reason the Roman Catholic Church deviated from the scriptures because the apostles did the best they could and they saw it was important for the early Church at the time. Here are Catholic quotes by William Webster

“Roman Catholic theology does not embrace the interpretation of salvation and justification as that presented by Scripture and the Protestant Reformers. The Roman Church does teach that we are justified by grace through faith on account of Christ. What is missing, however, is the word *alone*. By omitting this word the Roman Church redefines grace, faith and justification in a way that undermines and invalidates the teaching of Scripture. This will become clear as we examine the specific definitions given these terms by the official Magisterium of the Church of Rome.” ...

“How does the Church communicate the merits of Christ’s mercy to sinners?”

The Church communicates the merits of Christ’s mercy to sinners through the Mass and the sacraments and all the prayers and good works of the faithful.”

Thus, communicating with God comes in a variety of means such as attending Mass, participating in the sacraments, good prayers and meditations and good work of the faithful. So when we do good works we are in communication with God and He will strengthen our faith and journey to do His will.

Also, Jesus said with God all things are possible. The verse comes from Mathew 19:16-26 (NIV)

¹⁶ Just then a man came up to Jesus and asked, “Teacher, what good thing must I do to get eternal life?”

¹⁷ “Why do you ask me about what is good?” Jesus replied. “There is only One who is good. If you want to enter life, keep the commandments.”

¹⁸ “Which ones?” he inquired.

Jesus replied, “‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, ¹⁹ honor your father and mother,’^[e] and ‘love your neighbor as yourself.’^[d]”

²⁰ “All these I have kept,” the young man said. “What do I still lack?”

²¹ Jesus answered, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.”

²² When the young man heard this, he went away sad, because he had great wealth.

²³ Then Jesus said to his disciples, “Truly I tell you, it is hard for someone who is rich to enter the kingdom of heaven. ²⁴ Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.”

²⁵ When the disciples heard this, they were greatly astonished and asked, “Who then can be saved?”

²⁶ Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

So Jesus made it clear that people from other religions can be saved, it is not impossible for God. But as I described in Appendix C to occupy the universe and the new earth indefinitely you must believe in God to communicate with Him otherwise you are taking a chance. But to be sure then follow Acts 16:31, Romans 10:9 and John 3:16.

In every religion that believes in God they need to seek this higher power to heal, solve problems, invent and have medical breakthroughs. There is no problem anymore to believe in God from a scientific point of view as in Appendix C the evidence of a Unique Universe due to a Creator giving constant feedback to His creation. Logically that is the only explanation. That becomes important in science to visualize God to allow breakthrough and miracles.

To reflect on God’s choice on visualizations:

God chosen me to do His will and write a book on meditations; He pick me since childhood with all my faults from a neutral denomination between the Catholics and the Orthodox, the Greek Catholic Church and I fell in Love with my wife, she is a Lutheran ALCA and I have been attending the Lutheran Church since 1978 where I became more neutral for the sake of all denominations. So God’s Choice was excellent.

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Farid Chouery is of Lebanese, Greek, Syrian, French and Egyptian descent. He is now living in Seattle, Washington with his wife and daughter. He does not claim to be a writer. However, he had a Christian call to write and produce this book and CD. Thus he obeyed the Lord. Farid truly believes it was the work of the Holy Spirit.