

# **Commanding Your Life**

## **Meditation for Creating Your**

# **Spiritual Sanctuary**

Read by  
Beverly Fells Jones  
The Silver Fox of Consciousness,  
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## **Background**

The Spiritual Sanctuary is not, strictly speaking, a place. However, we all know how difficult it is for the human mind to conceive a field of heavenly energy in the abstract. That is why you are using a technique for raising your consciousness towards this field of divine energy. Speaking to the Creator of All That Is can be easily achieved in this place of peace and tranquility.

## **Determine What You Want**

Before accessing this meditation, it is essential that you create a visualization of your Spiritual Sanctuary. You will only be able to contact it if you can see it clearly in your mind. It is up to you to create your own way of imagining this sacred place. Some people visualize it as a cathedral or a church; others as a chapel, temple, a synagogue, enclosed gazebo on a beach or some other kind of building dedicated your particular faith. Whatever you feel is appropriate for your sacred space is what you should visualize.

Before starting the recording there are a number of things you need to do. First decide on one or two issues or problems for which you want answers. You could decide what you may want to manifest in your life or who needs to be healed or requests for your family. Examples could be:

1. You have a project that needs to be completed but you are not sure about how to proceed and you would like to find the answer.
2. You have family or marital issues that need to be addressed.
3. You have issues at work that are causing you concern and you want to find a solution.
4. You are looking for your ideal mate.
5. You want to increase your income and decrease your outflow so you want to ask for the best way that is for your and others highest and best good.
6. You want to find your purpose or path in life.
7. You want healing for yourself or others

Always make sure that whatever you ask for is beneficial to someone other than yourself; it does not harm another and that it is for your highest and best good. No negative thoughts are to be brought into the Sanctuary. Always think of what you want not about what you don't want.

Within the recording you will have 1 minute to visualize your desire or you may pause the recording to have more time.

## **Preparation for Entry**

There are two planes of existence: The **objective** and the **subjective**. You are currently in the objective plane where decisions are made based on what is around you. When in your Spiritual Sanctuary you will be in the subjective plane where you are connected with the God of Your Heart.

Listen to the recording when you are in a position to give it your undivided attention while having your eyes closed. Do not play this while driving or operating any machinery.

Prepare yourself in an appropriate manner to symbolize your desire to be as pure as possible when entering your place of solace. The more your actions and thoughts express your humility and respect toward the Divine, the more you bring together the ideal conditions for a conscious harmonization within your Spiritual Sanctuary. You may consider having a special place where you will sit when you enter your Sanctuary. You may desire to be able to set the mood with a ritual that works no matter where you may find yourself when you feel you want to enter your sacred space.

Some have chosen to clean their hands and face, light one or more candles, and/or play soft music. Others have just mentally rinsed themselves with love and celestial light, removing the cares of the day and then entered their Spiritual Sanctuary. You choose your best method of preparation however remember that you will approach your Sanctuary with reverence and humility.

Once your preparation is complete, turn on your recording and begin your journey to your Spiritual Sanctuary. This meditation is design to train you to use your Spiritual Sanctuary. It can be used whenever you desire to enter your Sanctuary with guidance and direction.