

Active Meditation for Christians

using The One Command®

Specifically designed for you by Beverly Fells Jones

Think of something you wish to manifest in your life such as peace, tranquility, more money, a car, better health, or a relationship. After you choose what you want to manifest, have the idea in your mind as you begin the meditation.

Also after you have defined the idea of what it is you would like to manifest, create your command/s and then record this meditation with the commands that you have created. Close your eyes as you play the recording.

Keep your eyes closed during the entire process. When your eyes are closed, you access different portions of your brain than when your eyes are open. You have a deeper experience when your eyes are closed.

Do not listen to this meditation when you are not in a position to give it your undivided attention, such as while driving a car or working with machinery. Find a relaxing location to sit or recline.

GROUND – Close your eyes and begin to relax your body. Imagine sitting by a calm and relaxing river. The birds are singing in the trees and a gentle breeze lightly caresses you on your face. Listen to the water ebb and flow gently as it goes over the rocks on the riverbed. Envision yourself relaxing on a soft comfortable blanket. Slowly breathe in and out. As you connect with the magnetic power of the earth, you are aware of different areas of your body. Visualize roots coming out of the bottom of your feet, anchoring you with the earth. We are an electromagnetic being. Rooting yourself in the earth balances you. Relax. Hold this feeling in your consciousness. Whenever you hear or mentally say ground, you can, if you desire, instantly come to feel this peace and relaxation.

ALIGN – As the roots continue to go deeper and deeper into the earth you become even more relaxed and calm. You go deeper and deeper and relax more and more. Your shoulders are relaxed. Your arms are limp and your hands are resting comfortably as your roots grow ever deeper into the earth. Imagine your roots wrapped around the gold and silver of the earth as you draw their energy up into your feet, and you feel the warm water of the river caressing you and relaxing you. You are drawing all of the earth's energy that you need up into your body. Feel the energy from the earth surrounding your body, placing you in a bubble of warmth and relaxation. This bubble is reaching out into the universe, expanding in

all directions. Take a deep breath, breathing in love, and exhale, releasing all negativity. Go deeper and deeper into your relaxation. Feel the love of your creator holding you safe. Relax. Hold this feeling in your consciousness. Whenever you hear or mentally say Align, you can, if you desire, instantly come to feel this deep connection with your creator and to the love that is holding you safe.

THETA – Imagine a golden beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and deep into the earth taking you deeper and deeper and anchoring you with the earth energy you have brought into your body. With your eyes closed, follow the beam of light as you roll your eyes up as though looking out the top of your head lowering yourself into Theta. As you do this visualize moving your consciousness up into the beam of light, out through the top of your head, letting your eyes follow, out past the planets, the solar system, the black void of space to the white luminescence of the vital energy field of all that is – this is the place of all creation.

COMMAND – While holding the thought of what you desire to manifest, silently state:

I don't know how... *Command...* I only know I do now with the help of the Holy Spirit and I am grateful and fulfilled!

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I ask for these things in the name of Jesus Christ. (Rest in this place for a moment.)

EXPAND – While still in Theta, apply one of the simplest, yet most powerful tools for manifesting good in your life. Imagine what you desire in a bigger way, a greater capacity, an expanded version of what you asked that serves more good in the world than your original idea. (pause)

Expand your idea to become something greater than yourself. Allow it to increase its capacity to manifest. Here is where you receive direct knowledge from your creator. (pause)

Let your idea take on its own energy. Observe as it changes and becomes even more than you originally imagined. (pause) Let it become more beautiful and harmonious. Stay in the process until you know that it is done. Now that you are in this greater state of capacity move to receive.

Receive – Say Thank You in your mind. Experience the sense of gratitude and fulfillment emanating from you and coming into you from your Creator. Be grateful as to what you are giving as well as receiving at this moment. (Pause.)

Move your consciousness back down the golden beam of light, coming gently and respectfully back into your body. Imagine a new holographic image of your new life replicating itself in every DNA strand in your body. In every organ of your body, in every hair follicle of your body and in every particle of emotion in your body and your thinking. UNWIND – UNWIND – UNWIND AND LET ALL THAT GO and now REWIND IN THIS NEW UNDERSTANDING OF YOUR MANIFESTATION – REWIND – REWIND - REWIND!

Thank you. Thank You. It is done. It is so.

Travel back down the golden beam of light with your imagination, and when you return to your place on the rivers shore, imagine the same gold and silver beam of light extending now towards your feet. It travels along your roots through the earth, and you follow it with your mind, imagining all the different mineral layers that make the world. You instantly feel grounded and steady as you continue your relaxed state. Now travel back up to your body and take time to listen to your breathing. Breathe in and breathe out. Breathe in, breathe out

You feel connected to the earth, confident and calm. Sure of yourself and your abilities. You feel as though you have had a nice refreshing sleep. rested and ready Take a deep breath. Adjust your energy, let your body awaken, stretch, flex and move with this new understanding of reality. Take all the time you need to come once again fully awake and alert into your body, open your eyes, and return to the room.

As you go about your life you will begin to notice people and/or ideas will come to you, coincidents will happen as The Creator and your higher self begin to put things in place for you to realize what you want. As an idea presents itself act on it. Don't wait. Don't question, if inside of you it feels right. Some things take a short amount of time and others take much longer. In a journal, record your commands and then record what comes into your life.

Matthew 7:7-12:

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

"Just as you have believed, let it be done to you"
- Matthew 9:29

And It is so!

1

Ground

2

Align

3

Go to Theta

4

Issue Commands

5

Expand

6

Receive