

Meditation

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How do you look at meditation? Do you look at it as a chore that has to be done in order for you to be a truly spiritual person? Or do you see it as a gift? A gift that was given to us before we arrived here on Earth. For it truly is a gift granted to each and every one of us when we make the decision to incarnate here on Earth.

When looked upon as a chore... how often do you feel like meditating? Is it just one more thing that you have to cram into your already busy day? Probably so. However, if you look at it for what it truly is... A GIFT... a gift from the universe, then you will be much more likely to use that gift whenever possible.

The thing we must remember when we utilize this gift is that it can be used at ANY TIME... ANYWHERE... ANY PLACE. Meditation is just 'tuning in.' Tuning in to the Universal Love that is available to all of us at any time. We do not have to designate a special place... or set aside 30 minutes... or set up an altar.. or set in an uncomfortable position.. or make sure that we will be undisturbed for a given amount of time. All of that is very nice 'trimmings to the tree.' The important part that we must not forget is 'The Tree' i.e., but our intent.

What is our intent when we meditate? When we pray, we are talking to God. When we meditate, we are listening for answers. We can receive those answers while we are in the shower. We can receive those answers in the car on our way home from work or while stopped at a red light. It only takes a second. If we tune in and our intent is clear, we will definitely receive our answers. And the more we show our gratitude, the more answers we will be given.

Answers come in many different forms. We can receive direct images. We may even hear a voice inside our head. Or it may be as simple as a book being opened to a certain page.. And while reading that page you note that your question is answered.

I would like to share with you an answer I received concerning the beginning of time on this planet and the concept of original sin. I was asking about the duality we face everyday when we deal with the concept of Light vs. Dark... Good vs. Evil. During one of my meditations, I was taken to the beginning of time on the planet Earth. I was floating above the ground perhaps as high up as a very tall tree. As I looked down at the ground, all I saw was a bubbling quagmire. The air was heavy and dank. The smell of mold and decay was everywhere. The dark forces and vibrations emanating from the swampy earth were overpowering .

As I looked up to the sky, I witnessed entities appearing from out of the atmosphere. I was told that these beings were what modern religion refers to as the "Fallen Angels." Religion taught that these fallen angels had made God very angry and that they were driven from Heaven. Quite the contrary I was told! These beings were coming to Earth

by way of their own Free Will. They had agreed to take on the challenge of bringing Love and Harmony and Balances to the planet. Their task was going to be enormous to say the least. Their sacrifice was beyond measure. They were taking on an entire planet that knew no Light. There were so few of them compared to the total darkness. I was in total awe! I cannot describe the emotions that were going on inside of me. I was feeling the total darkness and emptiness of the planet but at the same time feeling the total Light and Love of the Angels. I was told that they have made great progress or Earth would not have survived thus far. Many souls have joined them in their quest to spread the Light. Not all have been able to avoid the quagmire. I was told to pray that the lost ones find their way home. It is never too late.

While receiving this message, I felt that perhaps thirty minutes or even an hour had gone by. When I looked at the clock, only two to three minutes of linear time had passed. So you see, it doesn't matter how much 'time' you spend in meditation... what matters is that you spend 'time'. Remember that an answer can be received in the blink of an eye.

Don't be too busy creating the 'correct' space and time to meditate that you miss it.