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THE SCIENCE OF MEDITATION #1

Meditation as prayer is thinking about God. In this reverie of the mind all phases of spiritual truth may be perceived and demonstrated.

Meditation on the presence of God is the true prayer of communion which brings added power.

Meditation: God-consciousness is here, working in and through all the processes of life. It is flooding my mind with spiritual light and understanding, and I am receiving guidance.

God-consciousness is now establishing its wholeness throughout my body temple and I am well and strong with its well-being.

God-consciousness is making me aware of its own consciousness of "all sufficiency in all things" which enables me to achieve and prosper in His Name.

—Irwin E. Gregg

Meditation leads to demonstration. We are not here to demonstrate things. We are here to know God. A realization of the Omnipresence of God always results in demonstration. Cause and effect are one. You cannot touch Cause without experiencing the immediacy of that Cause as effect (demonstration).

—Max H. Ballard

Because God Is, I joyously proclaim:

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The power of God to guide me,  
The might of God to uphold me,  
The wisdom of God to teach me,  
The eye of God to watch over me,  
The ear of God to hear me,  
The word of God to speak to me,  
The hand of God to protect me,  
The way of God to lie open before me,  
The shield of God to shelter me,  
The host of God to defend me,  
The Christ (of God) with me.  
Christ is before me,  
Christ behind me, Christ within me,  
Christ beneath me, Christ above me,  
Christ at my right, Christ at my left,  
Christ in breadth, Christ in length, Christ in height,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks to me,  
Christ in the eye of every man who sees me,  
Christ in the ear of every man who hears me.

—Prayer of Saint Patrick