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THE SCIENCE OF MEDITATION #2

Have you a vital problem? Do you sit down to have your meditation, and do you let the outer in? Are such thoughts as, "Now I must decide. If I accept this, such and such will be the case. The advantages will be this and this, the disadvantages, that and that." Do you continue through your silence to argue for and against? Then you are not listening for the Voice of Spirit, and you will not hear it.

(What must I do to experience a true meditation?)

Drop your thoughts.

Keep still mentally.

Listen for the Voice of God.

Do not take into your meditation arguments and set opinions.

Meditate upon the Presence and Power of God as your Wisdom, here, this moment.

Remember, all argument must cease.

—Nona L. Brooks

". . . in order to receive. . . wait and listen for the inner voice." This inner voice is not an audible sound, but a spiritual pronouncement in the soul.

It is the Infinite making Its thought, will and plan known to Its own individualization, your own soul.

The following application may be found helpful in getting true light from the Divine Mind that will convince us that we have already received our good:

I live, move and have my being within God's Omnipresence. The still, small voice of His Omniscience guides me and makes me aware of all that I need to know in every circumstance of my life. Through the council of the Divine Mind, I am shown the spiritual answer to every problem.

—Irwin E. Gregg

Meditation is a listening.

—Max H. Ballard