
THE SCIENCE OF MEDITATION #3

The Wisdom that cometh from above is first pure, then peaceable,
gentle, and easy to be entreated, full of mercy and good fruits,
without partiality, and without hypocrisy.

—James 3:17

True Prayer Always goes beyond words. It is really a communion with Omnipresence. The language of the Spirit is ideas. Words are not a major factor. There are time when the soul is in a state of yearning, or prayer, when it does not know what to say or even what to pray.

These seasons are maturing periods of the soul. The yearnings felt within are the urges of the Spirit crying out for fuller expression. Such simple statements as these may be used to affix attention upon God.

God is.
God is here with me now.
God is peace.
God is good.
God is creative.
God is informative
I am in God and one with Him.

Such simple statements woo the mind away from its material concepts and cause it to rest the attention to God.

—Irwin E. Gregg

Steadfastly facing Thee, there is no evil on my pathway.
Steadfastly facing Thee, there is no matter with its laws.
Steadfastly facing Thee, there is nothing to fear, for there shall be no power to
hurt.

Steadfastly facing Thee, there is no loss, no lack, no absence, no deprivation.
Steadfastly facing Thee, there is neither sin, nor sickness, nor death.

—Emma Curtis Hopkins