

AS LONG AS YOU ARE POSITIVE THAT YOU UNDERSTAND THINGS CORRECTLY.....YOU ARE A CLOSED MIND.

There is one practice which is essential in one form or another to Waking up and that is a practice which causes you to become still. And it is the equivalent of the biblical instruction to go into your closet and to pray to thy Father which is in secret, which means which is in the silence . . . which is in the absence of your busy ego thinking.

And so the practice of becoming still, which is generally described as meditation, is essential as I said, in one form or another. I would encourage you not to use any form of meditation which involves posturing such as yoga unless you are already highly skilled at it and have gotten to the place where you're not having to get past your body and its complaints about the postures. It is not complicated to Wake up. It does not require a rigorous exercise or physical process.

It simply requires becoming quiet. To be conscious is not the equivalent of thinking. It is quite possible to be absolutely totally conscious with no thought whatsoever.

Now when one becomes still, one becomes definitely established in the moment of conscious experience that he is in. The process of meditation pulls you out of the future and the past. It allows you to be totally present with everything in the now and the now is the holy instant. . . the now of conscious experience. You Wake up by moving through dead center of the moment of conscious experience that you are always in. If you understand that, you will not see yourself as moving toward your salvation and that maybe some day, some time--some life time, you will achieve it.

Its right smack dab in the middle of the moment you are in at this moment.

~Raj/JESUS

Conducted by the Northwest Foundation for ACIM