

Meditation

Reading 0401. Meditation

Question: I do not feel that I am reaching anything in meditation. Is this because I'm not persistent? What should be my thought, attitude toward meditation?

Answer: Not only coming faithfully at the same time each day, but teaching the mind, training the mind to enter those levels where meditation can come. Take one of these who might describe those methods as have been given from these Sources for entering the levels, for finding the top of the mountain, for setting self apart and alone, calling the name of God until He might be seen and heard, until the meditations becomes meaningful in each time that you set the self apart. Not merely a resting. Not a boring setting aside of time. But an entry into a new and beautiful world.

© 2008 The Paul Solomon Foundation