

## **Patterns Set With Conscious Intent**

*“Whatever the mind of man is focused on and held in consciousness, he will become,” the Source says. This reading tells a young man how to apply conscious intent in meditation and prayer.*

Question: Please give in detail, outline instructions of the most effective methods or prayer and meditation for me to use now.

Answer: There are a number of facets of prayer and meditation, attunement, that make for effectiveness. The most important of these is the selection of a particular regular and a disciplined time given to the feeding, the care, the development of the spiritual body. Should match the time given to the feeding, and care, and development of the physical. Then by setting aside such a time, exercise first the physical body that it may be set aside, having then removed in this way cares, stresses in the physical. Then focus, focus the thought, the mind, on the ideal, a particular ideal as would be attained in the self.

And be aware of this: That whatever the mind of man is focused on and held in consciousness, he will - without any shadow of doubt - become.

Then, if there is the selection of that I would be and that ideal is held in consciousness without wavering for a time at the beginning of each day, will become an influential factor of the entire day. The difficulty, if there is one, then will be in the focusing on that ideal and holding it with singleness of mind, that is without thoughts of the mind and wandering here and there to other things. And so there has been given from these records the suggestion of calling upon the name of God, a name repeated again and again in consciousness to assist in brushing aside other thoughts, images, such that would interfere. Focusing the mind then, the thoughts, the intent and purpose, on a single ideal. Use creativity and imagery for such imagination. Remove any such interference at all from the mind. Enter into a time of total stillness, only for the development.

Now, prayer always is a part of this. Used in this manner. That the beginning of the time and the setting of the ideal is in itself a statement of prayer. Then, the returning of the thoughts to this time of the setting of the intent of the day throughout the day, each day, is being constantly in prayer....

....Then pursue that already given and described. These, then, the ideal beginning of each day. Centering the self and ideal and purpose, opening and letting this be the focus of the day, the setting of intent.

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