

Guided Christian Meditation

Be Still Meditation CD Transcript, Additional Instructions and Encouragement

Welcome to the Be Still meditation practice! I hope that this meditation practice and music will help you to feel God's presence and, as a result, that you will develop a deeper relationship with God.

The benefits that you will receive from practicing meditation and learning to be still are to:

- Experience God's love and presence
- Feel peace
- Release anxiety
- Open your mind and heart to new possibilities
- Respond to life and situations instead of reacting
- Gain clarity

The transcript is included as a quick reference and to clarify the instructions for breathing. The reason that I chose a meditation centered on breathing is that the fastest way to focus on the present moment is through the breath. When we focus on our breath, we are focused on right now. Anxious and cluttered thoughts can be cleared in the fastest way possible. Deep, cleansing breaths can immediately relieve feelings of anxiousness or fear. If you have any questions, please don't hesitate to email me at support@guidedchristianmeditation.com.

*******Please read the instructions for Cut #3. These are additional notes not on the CD or Downloads*******

Learning to quiet the mind can be hard. Many new endeavors are not easy. However, with practice, something that was once hard can become easy. I know for me, this was certainly true. It was extremely difficult to be still and quiet my mind. That has become easy for me now.

Wishing you peace, clarity and a closer relationship with God,



My Transformation Story – Cut #1 Transcript

The practice of meditation has transformed *all* aspects of my life. After hearing testimonies from great spiritual teachers about the importance of meditation, I decided to try it one day out of sheer desperation!

It seems that I had always been in high stress, fast paced, demanding sales and management positions which seemed to control me. One particular position I held had reached a total point of insanity. I was fortunate to be working out of my home at the time. As my pain threshold reached the point of exasperation, I announced out loud, “Enough of this madness!”

After declaring this, I decided to find the meditation CD that a friend had given me years before. I found it and popped it into my CD player. There were two versions, a ten minute and a twenty minute one. Since my concept of meditation was merely getting quiet and doing *nothing*, I felt that I could only devote ten minutes of my time but no more.

While my mind wondered at first, I focused on the instructions given. You see, there’s a reason they call it *practicing* meditation because it takes practice!

I experienced immediate results in practicing meditation for just ten minutes each morning for the first week. Number 1 – I was more calm – Number 2 – The insane conference calls I had to attend each day almost magically stopped – Number 3 – I began to *listen* more and *hear* more what people were really saying and I became less *reactive* to situations.

The next week I moved to the twenty minute version. My outlook had changed from, “I can only afford ten minutes,” to “I can’t afford *not to do this and make time for twenty minutes!*”

More changes took place. I became even more calm. My thinking became very clear. Decisions became easier. I listened even more and heard even more what people were saying. This led to understanding people and why they said the things they said. I became less judgmental. I became very clear of what I wanted in my life. I found that I seemed to have more time and accomplished more.

All of these benefits came about because my relationship deepened with God. Several years ago my pastor gave a sermon on prayer. He dispelled all myths of prayer being complicated or having to go through rituals or asking for forgiveness. He simply explained that prayer was talking to God just like I am talking to you now.

From that moment on, I began to pray, or talk to God more often. The Bible says in the book of James, chapter four, verse eight: “Draw near to God and He will draw near to you.” Our relationship with God is no different from any intimate relationship that we have in our lives. When we care about someone or love someone, we want to spend time with them. God created us to have a relationship. While I felt closer to God through prayer, I was doing all of the talking! Imagine in a relationship if all you did was talk and ask for things. It would be a pretty one-sided relationship!

Meditation allows us the opportunity to listen to God. In Psalms chapter forty-six verse ten it says: “Be still and know that I am God.” We will be using this verse as the foundation of our meditation practice.

So many times when someone is going through a tough time, whether it's an illness, a death of a loved one, or a really challenging problem, as a friend, we may not be able to offer words, but we can offer our *presence*. More often than not, our mere *presence* is the greatest gift that we can give someone. It is also our greatest gift that we can give to God; our presence.

It is in the quiet and stillness that God does His work through us. It is in the silence that all creation takes place.

There is no right way or wrong in practicing meditation. The ultimate goal is making conscious contact with God.

The object in the beginning is to clear the clutter from our minds. It has been stated that we have upwards of 50,000 thoughts per day. On top of that we are exposed to as many as 5,000 advertising messages a day that marketers throw our way. By clearing these thoughts and messages we are creating space to receive peace, guidance, joy, love and fulfillment.

The Bible verse will provide us a means to focus. But, ultimately, we will be focusing on the space between the words. There's an expression of, "Reading between the lines." We will be *resting* in the space between the words.

If you have never practiced meditation, this is a very simple technique that will act upon the simplicity of these eight words:

- To practice being still
- To be in God's presence
- To know God in a deeper way by spending this time with Him
- To know that with God we can handle anything because He is in charge

As you continue to practice, you can adapt this meditation. What do I mean by that? For me, in the beginning, it was hard for me to just be still and focus on the space. I was allowing all kinds of thoughts to permeate from to do lists, emails I had forgotten to send to even what I was going to make for dinner! I really had to focus on nothing and clearing my thoughts.

What helped me relax was imagining myself with my arms outstretched on top of water in a pristine swimming pool and savoring the feeling of being weightless. The water was a perfect temperature and there were no sounds or distractions.

As I began to enjoy this process and stopped the permeating thoughts, I found that I was able to start to feel thoughts that I wanted to express. They were mostly thoughts of gratitude. Instead of thinking of nothing, I began to thank God for all of the wonderful feelings, people, or events that were coming into my life since I began to be quiet.

As I continued my practice, ideas started flying at me while I meditated. I just allowed the thoughts to come because they clearly weren't coming from me!

As *you* continue to practice this technique, you can make this your own process with the ultimate goal of making conscious contact with God.

My sincere desire for you is that you will begin to experience God's presence in your life by sharing your presence with Him. You will experience joy like you have never known and if you've felt lost, you will remember and will feel lost no more.

Let's begin the journey.

Preparation Instructions - Transcript

The first practice is 9 minutes and 22 seconds in length and the second practice is 14 minutes and 35 seconds.

You need to find as quiet a spot as possible that will be free from distractions. Also, if you have pets, they tend to want to participate. If needed, close yourself off from them for this time.

I recommend that you find a comfortable chair to sit in where your back can be straight. If you want to sit on the floor, that's fine. By sitting up straight, this allows the air to flow the most freely. Having studied singing for forty years, there are keys to proper breath. Make sure your shoulders are back and drop them down to the sides. Put your arms by your side and place your hands palm side up on the tops of your thighs next to your hips. Take your thumb and index finger and place them lightly together to form a circle. This is an imaginary connection that you are forming to receive a spiritual flow to and from your heart.

When you sit up straight and drop your shoulders, this allows the air to flow in the most efficient and effortless way. If you collapse or slouch the shoulders, your air flow will be restricted.

As we focus on the words we are also going to focus on our breathing. We are fortunate to have our wonderful heart which pumps the blood through our bodies, however, it is up to us to circulate oxygen through our bodies through our breath. Our lymph system cleans out toxins but it depends on oxygen to do that. I'm sure you've heard the expression, "A cleansing breath." That is true. Especially when we do deep

abdominal breathing, we are bringing needed oxygen to our lymph system to clear away the toxins in our bodies.

Let's begin.....

PLEASE READ – Additional Instructions for Cut #3 Be Still Short Version Meditation

This meditation is for those who need to learn how to focus and quiet the mind. For this reason, there is more instruction given. As you learn to quiet your mind, you may want to practice using Cut #4. There is more time given for the breathing and less instruction on Cut #4.

In the beginning of Cut #3, I mention to take a deep breath through your nose to a count of 8 and exhaling to the count of 18. This is for the initial deep cleansing breaths. Also, the instructions are to hold on the inhalation. This is an ever so slight hold and is not meant to be held for more than two or three seconds.

Breathing to these counts is meant to center you for the practice. Do not be concerned about counting throughout the practice. Just inhale, or breathe in, when instructed and exhale, or breathe out, when instructed.

The focus, ultimately, will be putting your attention on the space between the words. This space of stillness is where you will let go of thoughts and experience God's presence.

Meditation Practice – Cut #3 Transcription

Now that you are in a quiet place, get into your comfortable position, back straight, shoulders down, with your palms in your lap face up and your thumb and fore finger lightly touching.

We are going to take in a deep breath through your nose and from deep down in your abdomen and hold for eight counts. Don't force with any breaths that you take. If you can't breathe through your nose, then breathe through your mouth. Gently hold then release slowly through your mouth to the count of eighteen. If you can't hold for eight or release that long, just release until you have expelled all of the air. Again, don't force and do what feels good.

We will repeat this for a total of three times. Breathe in (count to 8) hold – Breathe out (count to 18). Breathe in – hold. Breathe out. Breathe in – hold. Breathe out.

Allow your breathing to return to a normal pace. If you feel light headed it's probably because you are not used to having that amount of oxygen. Again, don't force. Allow your breathing to return to normal and focus on your breath.

Now I want you to imagine the word – Be – See the word in your mind's eye – you can make it any font style that you want, just focus on the word be. Now focus on the word still – Be still – now back up and see the space between be and still and rest in that space.

While in this space, take a cleansing breath. Inhale, hold – exhale. Inhale – hold.
Exhale.

Allow your breathing to return to normal.

Now focus on the word still then move to the word and – then slip back between the words still and the word and - rest in that space focusing on breathing normal. Feel God' presence as you rest in this silence.

Now we're going to breath in - hold – breathe out. Breathe in - hold – breathe out. Allow your breathing to return to normal. Soft, gentle breaths.

Now focus on the word know. See the word know in your mind. Now drift back to the space between and the word know - put all of your attention on this space. Feel the weightlessness, feel the lightness.

Breathe in – hold. Breathe out. Breathe in God's presence – breathe in – hold. Breathe out. With each breath you are letting go of all thoughts that are cluttering your mind. You are allowing space to receive God's Spirit.

Now focus on the word that – Be still and know that – Feel weightless as you fall back into the space between know and that and float in this space.

Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Let your breathing return to normal.

Now focus on the word I – See the word I – now slip back into the space between the word I and that – You are making conscious contact with God – Breathe in – hold. Breathe out. Breathe in – hold. Breathe out.

Now focus on the word am – Be still and know that I am – Now go back to the space between I and am and rest in this space. Don't allow any thoughts to permeate.

Feel the lightness between the space of I and am. Now breathe in – hold. Breathe out.
Breathe in – hold. Breathe out.

Now focus on the word God. Be still and know that I am God. Feel God's incredible presence as you slip back between the word am and God. Breathe in this presence – hold. Breathe out. Breathe in – hold. Breathe out.

You've now concluded this meditation practice. Using this verse and this technique will allow you to get quiet any time that you choose. You can even use verses that have a special meaning to you. May you not only feel God's presence during your practice but throughout your entire day.

Meditation Practice Cut #4 Transcription

Now that you are in a quiet place, get into your comfortable position with your back straight and your shoulders down, with your palms in your lap facing up and your thumbs and forefingers lightly touching. Close your eyes.

We're going to take three deep, cleansing breaths. Breathe in – hold (count of 8). Breathe out (count of 18). Breathe in – hold (count of 8). Breathe out (count of 18). Breathe in – hold (count of 8). Breathe out (count of 18).

Now I want you to imagine the word – be. See the word be in your mind's eye. Now focus on the words – Be still – now back up and see the space between be and still and rest in this space.

While in this space take a cleansing breath for eight counts, inhale – hold. Exhale for. Inhale – hold. Exhale. Inhale – hold. Exhale. Inhale – hold. Exhale.

Allow your breathing to return to normal.

Now focus on the word still then move to the word and – then slip back between the words still and the word and - rest in that space focusing on breathing normal. Feel God's presence as you rest in this silence.

Now we're going to breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Allow your breathing to return to normal - Soft, gentle breaths.

Now focus on the word know. See the word know in your mind. Now drift back to the space between and the word know - Put all of your attention on this space. Feel the weightlessness, feel the lightness.

Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in God's presence – hold. Breathe out. Breathe in – hold. Breathe out. With each breath you are letting go of all thoughts that are cluttering your mind. You are allowing space to receive God's Spirit.

Now focus on the word that – Be still and know that – Feel weightless as you fall back into the space between know and that and float in this space.

Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. If any thoughts enter your mind just focus on the word God and let the thoughts float away.

Now focus on the word I – See the word I – now slip back into the space between the word I and that – You are making conscious contact with God – Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out.

Now focus on the word am – Be still and know that I am – Now go back to the space between I and am and rest in this space. Don't allow any thoughts to permeate. Feel the lightness between the space of am and I. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Feel God's presence in the stillness.

Now focus on the word God. Put all of your attention on the word, God. Be still and know that I am God. Feel God's incredible presence as you slip back between the word am and the word God. Breathe in this presence, rest.

Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out. Breathe in – hold. Breathe out.

Be still and know that I am God.

You've now concluded this meditation practice. Using this verse and this technique will allow you to get quiet any time that you choose. You can even use verses that have a special meaning to you. You'll find that after being quiet, this is a perfect time to pray to God, now that you have listened. Express your gratitude or concerns for yourself or for others and carry this feeling of God's presence throughout your entire day.