

Formula For Christian Meditation, by Dr. Moses

1. Preparation

1. Drink some pure water, wash your hands and face.
2. Incense, if desired
3. Soft music, if desired

2. Head & Neck Exercises ([watch my old video when I still had hair](#))

1. Forward and back (count to 12)
2. Side to side (ear to shoulder) (to 12)
3. Twist: Rotate and look over your shoulder (to 12)
4. Circles (3 x in each direction)

3. Sit or Lie Down Comfortably

1. Keep the spine straight. You may use pillows for your knees and the back of your neck.

4. Nostril Breathing

1. 3 times: In through the right nostril, out through the mouth
2. 3 times: In through the left nostril, out through the right nostril

5. Say the Our Father

1. Slowly, imagine each spiritual center being cleansed with light, feeling deeply into your body as you pray.

6. Surround Yourself With Protection

1. "As I open myself to the unseen forces that surround the throne of Grace, Beauty, and Might, I surround myself with the protection of the thought of the Christ."
2. Surround yourself with a bubble of pure, white light.

7. Choose Your Affirmation

1. For example, "Jesus I Love You," or, "One."

8. Clear Your Mind, Let Go of Ego: 10 Second Breathing

1. In & Out Through the nose
2. 5 Seconds Inhaling: Acceptance
3. 5 Seconds Exhaling: Letting Go
 1. Continue this breathing throughout the meditation

9. Repeat your affirmation gently every 5 to 60 seconds.

1. Most of your meditation will be simply breathing and gently repeating your affirmation.
2. Let your breath help you with a gentle rhythm for your affirmation. When you get distracting thoughts, very simply and very gently return your attention to the affirmation and to your breathing.

10. Ask Questions and Test Any Decisions You Have Made

11. Pray for others.

1. Lift them up into the light. Fill them and surround them with light. God knows what they need, so there is no need to ask.

12. Give thanks for your meditation.