

A Spiritual Look at Meditation

Meditation has been practiced for thousands of years. Those who practice meditation know it can be transforming to your mind, which can lead to transforming your life. Regular practice of meditation gives us the opportunity to replace our busy, overburdened, unhappy lives with lives that serve us better. When we improve ourselves we become better friends, neighbors, employees, family members and parents. When your life is better, you can't help but reach out to improve the lives of others. This is a practice Jesus, our "wayshower" (way-show-er) taught us to do.

Growing up, meditation was not a part of my life. So, it really surprised me 12 years ago when my 14 year old came home and said that they were learning how to meditate in school. Years later I read the book, *A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle. He informed the world about being present in the moment. From his webinar on this with Oprah, I felt that he wanted people to begin being present in the moment by practicing meditation and I began my practice.

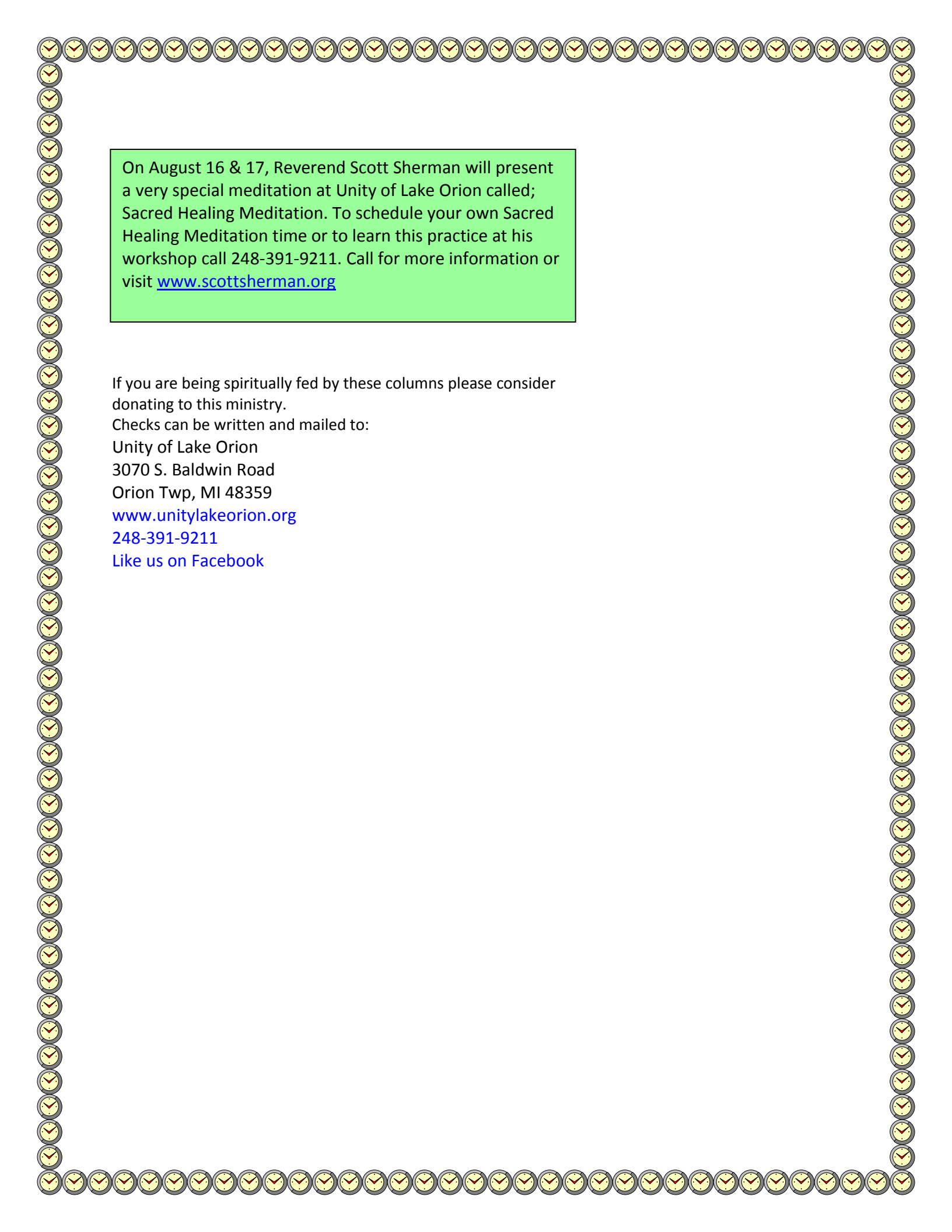
Unity churches have always practiced meditation during their services. Once I began attending a Unity church, I quickly learned the value of my meditation time. I now call on it daily as a time to step away from the thoughts that a busy person has swirling through their mind. I find a great peace in going into the silence. It's my - *be still and know time*.

It has been said that prayer is you talking to God and meditation is where you hear God. It's a time when you listen in the silence for God's still, small voice. During meditation, an innate awareness comes into your consciousness and enhances your life. Recently, during my own meditation, I heard the message, "*God's grace is in the knowing.*" To me, this message is saying know with all your being that God's energy exists. Just breathe that awesome awareness in. That awareness is the energy of pure love and joy that flows within us – that "knowing" is God's grace.

As you practice meditation, know that God only sends positive uplifting messages. If you hear a negative message it is not of God, but of ego. Ego is...*edging God out*. Our God is a loving God wanting only good in your life, so only thoughts that can improve your life will be sent your way. Practice meditation in your own space and know that support in your practice of meditation is just a Unity church away.

Be blessed in the knowing,

Linda La Croix
Prayer Chaplain & Board President
Unity Church of Lake Orion



On August 16 & 17, Reverend Scott Sherman will present a very special meditation at Unity of Lake Orion called; Sacred Healing Meditation. To schedule your own Sacred Healing Meditation time or to learn this practice at his workshop call 248-391-9211. Call for more information or visit www.scottsherman.org

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