

Essential Meditation upon the Risen One

Tifferet

- Envision within behind your heart the image of the spiritual sun and gather yourself into it. Let your whole mind and body be filled with this light-presence, all darkness or negativity passing away. From within the sun in your heart, see a ray of light shoot forth and magically appear in the space before you as the image of the Risen One.
- His inner robe is white brilliance, and his outer robe is amethyst. His body shines as though composed of sunlight and there is a rainbow aura surrounding him, the red band near his body and the violet band at the outermost edge.
- See the Lord smile upon you and let your heart pray. As you pray, see the Lord smile upon you, and see him bless you. Envision his blessing as streams of light pouring out of heart upon you, making your body, and heart, and mind shine brighter and brighter – like unto the image of the Lord.
- When your prayer becomes silence, open your mind, heart, and life completely to the presence of the Lord, making yourself completely transparent before him. As you chant his blessed name, envision the divine image of the Risen One dissolving into fluid light, pouring down into you through the crown center on top of your head, and reappearing in your own body of light.
- Adonai Yeshua, Yeshua Messiah
- Chanting, your mind becomes the mind of Christ, your heart becomes the sacred heart of Christ; your body becomes the mystical body of Christ; and you are at one with the Lord. There is light upon light in the space of the meditation, and that light is the light of the world. Abide at one with the Lord as long as you can. When you depart the space of meditation, walk in the world as the Christ-bearer.
- It is good to meditate in a special room set aside for it or in front of a shrine in your home. When praying and meditating, it is good to offer up incense and candles, all as one is inspired. Do as you like in this regard. After some time of daily practice with this essential meditation, then it would be good to try the transference of consciousness method.
- Basically, the meditation is the same, except the divine image magically appears on its own, when you chant the blessed name, instead of visualizing the image of the Lord dissolving into fluid light and pouring into you, envision yourself dissolving into fluid light and pouring into the image of the Risen One – projecting your consciousness as light up through your crown center into the presence of the Lord, thus uniting yourself with the Lord in this way. This can give one freedom to engage in inner-plane working and prepares one for the transference of consciousness at the time of death. There is not enough space to cite the great virtues of this practice or how it is used in conjunction with the wonder-working arts – but those who practice it faithfully will come to understand the greater vistas.