

Upper Room Meditation

Da'at

- Sit in a place where you will not be disturbed. Bring your attention gently upon your breath, allowing your body to find its own natural rhythm of breath. As you breathe, relax, yet remain completely alert, letting go of all tension, stress, or negativity to just be present in the moment.
- When your body is relaxed and your mind is calm, envision the spiritual sun within and behind your heart and envision your whole body becoming light.
- Then imagine that there is an upper room above you – a room filled with light, as though there is a luminous assembly of holy prophets and apostles, sages and saints, in sacred discourse. Feel yourself becoming lighter and lighter, and envision that you ascend into this upper room in a body of light, to sit among the holy ones gathered there. The upper room appears as a vast chamber. The Lord and Holy Bride are in the center. Above the image of the Lord and Bride is a presence of white brilliance – a light-presence of diamond-like light. Around the presence of the anointed is the sacred circle of the twenty-four holy elders. Around the sacred circle of elders are circles upon circles of apostles and prophets, saints and sages, and even holy angels of God. The Lord is silent and the Holy Bride is giving teachings on the holy mysteries. Envision yourself among them. Open your mind and heart to the divine presence and power in the upper room – look and see, listen and hear, and see what knowledge you receive from the luminous assembly.
- When you feel it is time to leave the luminous assembly, envision yourself descending as you ascended, seeing yourself once again in the body below with the spiritual sun shining in your heart. Let the energy settle and allow yourself to ground fully before departing the place of meditation, contemplating your experience of the upper room. Close the meditation with prayer, giving thanks to the divine for your experience and what you have received – give praise and thanksgiving to God.