

## CONTENTS

Prayer for a United World . . . . .	vii
Foreword . . . . .	viii
If You Want His Answer ( <i>poem</i> ) . . . . .	xii
Devotion and Worship . . . . .	1
Meditations on God . . . . .	17
Expansion of Consciousness . . . . .	33
On Finding God . . . . .	49
On Material Concerns . . . . .	65
On Self-Improvement . . . . .	85
Christmas Meditations . . . . .	107
About the Author . . . . .	116

## **To Begin a Meditation**

Lock the eyelid-doors and shut out the wild dance of tempting scenes. Drop your mind into the bottomless well of your heart. Hold the mind on your heart that is bubbling with life-giving blood. Keep your attention tied to the heart, until you feel its rhythmic beat. With every heartbeat feel the pulse of almighty Life. Picture the same all-pervading Life knocking at the heart-door of millions of human beings and of billions of other creatures. The heartthrob constantly, meekly announces the presence of Infinite Power behind the doors of your awareness. The gentle beat of all-pervading Life says to you silently, "Do not receive only a little flow of My life, but expand the opening of thy feeling-powers. Let Me flood thy blood, body, mind, feelings, and soul with My throbs of universal life."

## To Awaken Mental Freedom

Sit still with a straight spine. Cover up your fidgety eyeballs with the sheets of your eyelids. Hold them still. Then loosen your mind from the consciousness of body-weight. Relax the nerve-strings that are attached to the heavy muscles and bones of your body. Forget the consciousness of carrying a heavy bundle of bones tied in the thick cloth of flesh. Rest. Free your mind from the consciousness of a beast of burden. Do not think of your body-load, but feel your soul untied from the constant material quality of heaviness. Mentally race in your fancy's airplane above, beneath, left, right, in infinity, or wherever you want to go. Feel and meditate on this, your mental freedom from your body. Dream, dwell, and feel this body-aboveness when sitting still; the consciousness of freedom will constantly increase.



## Universal Prayer

May Thy love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy love in all hearts.



O Father, receive Thou the fervor of my soul, the devotion of incarnations, the love of ages that I have kept locked in the vault of my heart.

Divine Father, in my temple of silence I have made a garden for Thee, decorated with the blossoms of my devotion.

With aspiring heart, with zealous mind, with flaming soul, I lay at Thy feet of omnipresence all the flowers of my devotion.

O Spirit, I worship Thee as beauty and intelligence in the temple of Nature. I worship Thee as power in the temple of activity, and as peace in the temple of silence.

## I Will Wait for Thee

In the center of my heart I have a mystic throne for Thee. The candles of my joys are dimly lighted in the hope of Thy coming. They will burn brighter when Thou appear-est. Whether Thou comest or not, I will wait for Thee until my tears melt away all material grossness.

To please Thee my love-perfumed tears will wash Thy feet of silence. The altar of my soul will be kept empty until Thou comest.

I will talk not; I will ask naught of Thee. I will realize that Thou knowest the pangs of my heart while I wait for Thee.

Thou dost know that I am praying; Thou dost know that I love no other. Yet whether Thou dost come to me or not, I will wait for Thee, though it be for eternity.



I will drive away all despondency in order to make a mighty effort to feel God by meditation, until He finally appears.

## My Offering to Thee

Each morning I offer my body, my mind, and any ability that I possess, to be used by Thee, O Infinite Creator, in whatever way Thou dost choose to express Thyself through me. I know that all work is Thy work, and that no task is too difficult or too menial when offered to Thee in loving service.



Divine Mother, with the language of my soul I demand realization of Thy presence. Thou art the essence of everything. Make me see Thee in every fiber of my being, in every wisp of thought. Awaken my heart!

Beloved Father, my wordless chants of yearning for Thee will sing in cadence with my heartthrobs. I shall feel Thy presence in all hearts. I shall watch Thy hands working in the law of gravitation and in all other natural forces. In the tread of all living creatures I shall hear Thy footsteps.