

Fountain Meditation — Prayer and Breathing

This wonderful technique is taught by many Christian preachers as a way to commune with the Lord.

How to Practice

First, pray to God that God will bless your meditation. Pray to God that the Lord will use you as an instrument of love and blessing to others as you develop and grow in connectedness with God. Pray that you never meditate selfishly, never seeking only personal benefit. Pray that you never use meditation as a means of hurting others or gaining an advantage over others.

Now, imagine and feel that a point six inches above your head is a *spiritual fountain*. As you do a nice, long exhalation, feel this fountain of God's light and love showers over your being as you bring your awareness down from the top of your head all the way down to your tailbone or, even better yet, down to your feet. Feel that, as you exhale, you are being showered by God's love and light pouring over your being, from head to toe, as you make your exhalation. Wonderful, isn't it?

Now, as you inhale, feel you're starting from your tailbone once again. Feel, as you inhale, that energy is going up the center of your spine all the way up through your brain to your forehead and on up to the crown of your head and coming to rest about six inches above your head where this gorgeous, glorious fountain is located.

Repeat this fountain meditation for at least 12-15 breaths — provided you are perfectly comfortable. In time, it will become extremely enjoyable. Now exhale lightly and do not think about the breath any more. Simply allow this fountain of love, light, and spiritual energy and awareness to pour over you for the remainder of your meditation time. Enjoy the fountain meditation at least fifteen minutes more.

Benefits

This is a beautiful way to center and gather your awareness. Now you can better focus your mind on the Christ or God the Father.