

A Holy Person — Relationship

This is another form of *positive-positive* meditation. The object is a *positive* one and the attention is considered *positive*. You can use a picture or a statue of someone you love. A picture is still considered a positive object because it occupies time and space and you can focus the mind on it.

How to Practice

If you are a religious person, strive to use your developing meditative powers in *positive-positive* to adore and commune with the *Lord of your heart* through a focus on Jesus, Buddha, Krishna, Mary, or one of the saints. In a month or two, if you love this method and it becomes your main way to experience meditation, it will be easy and natural for you to maintain the positive object — the picture, the form of a loved one — in your mind's eye as you close your physical eyes and meditate on the retained positive object that you hold within your awareness, within your capacity of visualization.

When you notice when your mind has wandered away, and you patiently, lovingly, bring it back to the Holy One no matter how many times it wanders away. You bring your mind back and you keep it, as steadily as you can, on the object. That's it, a positive object with positive attention.

Benefits

Your mind, and your will, and your emotional flow will get stronger and stronger through this practice. Your mind will begin to feel so clean and alert and alive during the day. You'll marvel at your heightened level of awareness and also of well-being.

You may also discover that you gradually take on the attributes of the Holy One you meditate on. You may discover more faith, compassion, love, goodness and inner power.