Mediation Mastery

Part II

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Hey, welcome back! This is session number 2 of *Meditation Mastery*! We are really going to go through some powerful techniques. Before we dive in the deep end, I want to give you a quick visualisation tip:

Visualise that you are a farmer and you have to irrigate the field. Behind you is a huge reservoir and you have these locks in the field which is stopping the water from entering the irrigation field. All you have to do is open the locks and in flows the water automatically.

The field in front of you represents your goals and you want to irrigate it and make it hearty with your relationships, career, personal life etc. The reservoir represents your consciousness and the little locks are the body, mind and intellect. That stops this consciousness from irrigating the field and expressing itself. All we have to do is lift the lock and that is meditation and knowledge, that is the two – minute meditation.

After your meditation, you have to go out and execute and manifest it. Understand that in meditation you are watching and

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observing and during your day to day life you ensure that you ***execute*** *and your body, mind and intellect don't come in the way of your consciousness* ***and you just become a medium.***

Many great teachers always asked their disciples to write one important quote every single day

I want you to write that quote:

"My consciousness is the operator and my body is the machine."

The farmer knew he was just a medium. In your life you are the medium to express your consciousness. You have two choices, you can say:

- "I am going to generate the water and then bring it to my field."

(This is not good for you because you'll make life more difficult for yourself)

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- “I am going to lift the lock and let the water in.”

A lot of people don’t get any benefit from meditation because they don’t know how to open the lock, and if they know how to open it, they think it will open by itself and it won’t!

The way we meditate is to train ourselves to know and execute and our execution becomes a breeze.

Remember: “My consciousness is the operator and I am the machine”

We will cover more of this in the next session. Thank you and God bless.

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