



## **The Jesus Meditations**

*By Silvia Hartmann*

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*The 1<sup>st</sup> Meditation:*

## **Jesus Christ In The Garden**

*And Jesus said,  
“Suffer the children to come to me, for theirs is the kingdom of heaven.”*

Be calm now  
be still.

Be at ease.

Breathe deeply.

Breathe in the life giving, life sustaining air  
and breathe out all your worries and your cares,  
and let the world take it all  
as you grow still and calm within ...

Close your eyes,  
and close your eyes again,  
and now, begin to feel your self  
stepping into another world  
the world beyond,  
the world of spirit and of prayer,  
the world of angels ...

Here, you are light as light itself  
and you are young  
and you are strong  
in spirit and in mind

and in your heart and soul  
all combined this day  
you step into another place  
another time, a time of green  
and it may seem  
as though this is a place  
that lies between the earth and heaven,  
and here, you see a house  
that is your own.  
It's made from fine white stone, from marble,  
and it has no decoration, but it is beautiful,  
and it is yours.

And you may step inside,  
and there you might find  
a pool of sparkling water,  
that is deep turquoise, full of life  
and now, it is the perfect time for you  
to divest yourself of your garments,  
the ones you have brought  
from your earthly life,  
divest yourself of each item in turn,  
take off all your decorations,  
take off all your ambitions,  
take off your pride,  
take off pretence,  
for all those things just get in the way  
when we want to be pure of spirit  
and step into  
the love of Jesus Christ.

And now,  
with all your earthly things divested,  
you step gently and reverently  
into the sparkling pool of water,  
and there, submerge yourself,  
and when you arise, you are clear  
and bright and fresh,  
and on the other side of the pool,  
where shallow, easy steps lead up  
you will find  
a garment for you that is simple,  
and white, and soft and loving,  
and you slip inside,  
and as you walk forward through the house,  
you can see ahead of you

wide open doors,  
flung wide,  
so you can see beyond  
there lies the garden.

And so and dressed in white  
and light as angel wings,  
you walk and step upon  
the soft green grass  
and you can feel the energy  
tingling through your feet  
and rising up into your body,  
and above you is  
a blue eternal sky,  
and this may be indeed,  
a small piece of heaven;  
and yet it is your garden,  
and you know  
who you came to meet this day,  
and you are filled  
with much excitement,  
with delight,  
with expectation,  
and perhaps you are a little nervous,  
for today,  
you will meet Jesus.

He will come to you,  
as he does come to all  
who seek to know him,  
who want to be with him,  
who want to know him better,  
to have a deeper,  
more meaningful,  
more personal relationship.

You might not know this,  
but he is filled  
with as much excitement as you are,  
for too few people take the time  
to come and meet him here,  
or anywhere,  
and look into his starry eyes,  
and feel his power for themselves,  
his love and his compassion,  
shining brightly,

shining brighter than the sun itself,  
shining with a light that is so bright,  
and yet it gentles, soothes the eye,  
it gentles, soothes the skin,  
it gently soothes  
the heart and soul the same.

It is a light of love and pure compassion,  
and you can sense it now already,  
as you can sense  
the presence of Jesus,  
in this your garden,  
and you stop and look around ...  
and guided by your heart and by your soul,  
and guided by a strong attraction  
you move forward now,  
through this beautiful garden,  
where birds sing in the trees in many colors,  
where flowers bloom  
and grasses grow and sway,  
where foliage applauds,  
and there, the shine is brighter, whiter,  
wider than you ever thought,  
and there he is,  
and there he stands,  
and as you look upon him,  
you are quite in awe because  
you never knew  
how beautiful he was,  
you never really knew  
how much more he was  
than just a man,  
for he is now indeed  
the Son of God,  
and he is not a man,  
and yet he does remember  
what it was to walk the earth,  
to suffer, love and live ...

He looks upon you  
and here now you must stand your ground,  
and you must know  
that you are so beloved  
and that you are welcome here,  
that most indeed,  
that Jesus waits for you to come to him,

that he has waited for so long,  
and always hoped and always dreamed,  
that you would come to him in this way,  
without pretence,  
without anything  
that could stand between you now,  
and that includes  
the feelings that you are not worthy,  
you walk the earth  
and by that very fact,  
God put you here –  
of course you're worthy,  
more than that,  
you are welcome.

And so Jesus extends his arms to you,  
holds out his hands in greeting,  
and now, you cannot help yourself -  
you must rush to him.

And you can't shake his hand,  
you must put your arms around him,  
and let his arms enfold you  
and now you feel an embrace  
like you have never felt before,  
an embrace that embraces all of you  
through time and space -  
every aspect, every deed,  
every moment of your time -  
past present and future, and beyond  
and all is held,  
and all is loved,  
and you can feel this truth  
beginning now to melt your heart,  
to warm your heart,  
to enliven your soul,  
to raise you, lift you up.  
And so you grow and grow  
within the strong embrace  
of love and light  
and you become so huge  
and become so bright  
for Jesus is much bigger  
than you ever thought,  
and being held by Jesus  
you begin to understand

that when he takes your hand  
you are much bigger  
than you ever thought as well  
and so you grow and rise  
in each other's embrace,  
until  
you feel  
alight,  
delighted,  
so light,  
so easy,  
and so joyous,  
and now, the embrace begins to change,  
as you sway and gently move,  
move like the breeze  
and easy like the wind,  
like dancing sunbeams,  
and you are dancing together,  
you are dancing with Jesus,  
and he is dancing with you,  
and this is nothing but a joy,  
a joy and a meeting,  
and with every movement,  
with every delight,  
with every exciting experience,  
and with every living breath  
that you are taking still,  
connections and knowledge  
streams from you to him,  
from him to you -  
this is a dance of love  
and friendship and support,  
compassion and of understanding,  
and you begin to know  
just how precious you are,  
how important you are,  
how marvellous you are,  
and how blessed you are  
to be here and to be able  
to dance with Jesus Christ himself.

Now take your time and dance together.

Sing together.

Be as deepest loving friends would be

and share your lives  
and share your stories,  
be delighted,  
walk the garden,  
love the world,  
and when you are  
then ready to return,  
know that is not a farewell,  
for Jesus is always with you.

*And Jesus says,  
“Yes, I will be always with you, until the very end of time.”*



*The 2nd Meditation:*

## **The Forgiveness Of Jesus Christ**

*And Jesus said,  
“Suffer the children to come to me, for theirs is the kingdom of heaven.”*

As we walk the earth,  
as we live our lives  
we try to do our best.

We try so hard  
to be the best people  
that we can be.  
We try to love others,  
and we try to do the right things.

And yet, in the worlds we live in,  
this is not always easy.  
Sometimes it is downright impossible.  
And we find that we have done  
or have become the kind of people  
we wish we were never.

We become sad and angry at ourselves,  
and we become sad and angry,,  
we lose that important connection to the light.

We begin to judge ourselves,  
we begin to judge others,  
and love leaves our heart,

and our souls tarnish, and darken.

But there is ultimate forgiveness  
in the love of Jesus Christ.  
And when you are ready for this forgiveness,  
simply now close your eyes and breathe deeply.

Breathe in hope,  
and breathe out judgement, pain and fear.

Breathe in love,  
and breathe out jealousy and envy.

Breathe in joy,  
and breathe out sadness and your fear.

And with every breath you take,  
each breath a blessing from the Lord  
who created the Universe itself,  
fresh breath, bright air  
that powers you through life,  
with every breath you take  
you become lighter,  
and calmer,  
and you begin to feel more and more  
the support of all the world  
that is for you  
that has been yours  
through thick and thin  
through up and down  
through all your times  
and times to come  
and now we are ready  
for a very special meeting.

And now we are ready  
to close our eyes  
and open them in that other place,  
that place of green  
with the blue blue sky up above  
that is endless and speaks of infinity;  
and here we step into that other place,  
and here we see our house,  
and it is white and made of finest marble,  
and on this day,  
we walk inside,

and there we find  
a secret room,  
and inside the secret room,  
there is a soul pool,  
a still pool,  
a pool of darkest blue  
that seems to have  
stars dancing inside of it

And you step towards the pool  
and look inside  
and see no reflection  
all you see is midnight blue  
and stars, and these stars  
are dancing in the water deep and rising,  
and it is fascinating to watch this,  
and very soothing indeed,  
and then you can begin  
to sense that feeling,  
that feeling that lets you know  
that Jesus is on his way,  
that he has arrived,  
that he is getting closer,  
you can scent it,  
you can feel it tingling,  
you can feel  
the lightning and expanding  
just knowing that presence  
is coming towards you,  
and you feel so much lighter already,  
and so much better already,  
and all your fears are beginning  
to drain away from you,  
for they cannot be in the same place  
where there is love and light,  
and Jesus' presence is getting stronger,  
his presence is getting stronger still,  
until it is like a wind that rushes you,  
that brushes you, that embraces you,  
and now he steps into the hall  
where you stand looking at the pool,  
and here he joins you  
and all is flooded with his light  
that casts no shadow here,  
that casts no shadow.

And he knows why you are here today.

He knows that there are things  
that you have been carrying for a long time  
burdens of guilt and burdens of shame  
and other burdens that have no name  
and yet they are so painful  
and so dark, and burdensome,  
and they make it nearly impossible  
to be light and rise and bright and shine  
as you know that you should shine  
and you have tried  
to rid yourself of these burdens  
in so many different ways,  
and yet they never went,  
they were always there,  
and they were such a weight  
and they are such a weight still,  
they are still such a weight.

And today you have come in hope  
that Jesus might tell you what to do,  
but Jesus loves and smiles,  
for he is light and made from light,  
he knows  
that there is nothing done with suffering,  
and he offers you  
to take your burdens on this day,  
for he has waited for a long time  
for you to come,  
to bring these burdens  
as a gift of trust and love,  
for who else  
would you give these burdens to,  
who else could you trust  
with giving these burdens to ...

And for a moment you are overcome  
with the wondrous desire  
to simply reach inside your soul,  
and take those things and as you do,  
it becomes real,  
and you reach inside your soul,  
and you take your first burden,  
and you pull it forth,  
and let it go and pull it out of you

and hold it out in outstretched hands  
to Jesus ...

And he reaches out his hands to you,  
and his hands touch yours,  
and as they do,  
the burden begins to transform  
into a sparkling light,  
and it slides through your fingers,  
falls away through your fingers  
and falls into the pond  
where it becomes nothing  
but shining stars  
that sparkle oh so brightly.

And Jesus looks at you and smiles,  
and you are struck with awe  
how could this be,  
and yet you know how this could be,  
and yet you know you can be free  
from all those things,  
and now, these things begin to pour from you,  
they begin to fall from you,  
rush forward over your guiding hands  
and the hands of Jesus,  
these burdens, these shames,  
these terrible things  
made from nothing but darkness  
transform into  
wondrous sparkling beings of light,  
that bless and shower into the pool below.

And so the flow continues  
until you are all done,  
and all the burdens have now gone,  
have been taken and transmuted,  
and you are so filled  
with lightness and with joy,  
you feel as though there are  
now spaces of expansion,  
that give you freedom,  
give you lightness,  
give you wings,  
that will bring you many things  
in the days to come,  
the nights to come,

and you are filled with gratitude,  
and Jesus is filled with gratitude too,  
for you to come to him like this,  
for you to let yourself be helped by him,  
that is his greatest joy and proof of love.

And so the two of you now take some time,  
and hand in hand you walk the gardens,  
and hand in hand you share your hearts,  
like friends and lovers do.

*And Jesus says,  
“Yes, I will be always with you, until the very end of time.”*



*The 3rd Meditation:*

## **The Healing Of Jesus Christ**

*And Jesus said,  
“Suffer the children to come to me, for theirs is the kingdom of heaven.”*

And there comes a time  
when all of us need healing.

And this is not the kind of healing  
that is achieved with chemicals or potions  
I am speaking of today,  
It is the kind of healing  
that cannot be brought about  
by knives or bandages;  
it is a healing of the spirit,  
a healing of the soul,  
to make us whole  
in a whole new way,  
in a different way,  
at a different level.

And there is one  
who can aid us in our healing  
like no other.

And there is one  
who awaits our call  
to come to us,  
and he waits so patiently;

he waits so lovingly,  
and yet, he waits.

And now the time has come  
to end his waiting,  
for we too have waited for such a long time  
to find the kind of healing,  
that only he would have to give,  
that only he  
would have to give.

Now on this day and at this time,  
now here you close your eyes,  
and close your eyes again,  
and you step into that other world,  
that meeting place of mind and body  
and of spirit,  
where all things are,  
and all things are revealed,  
and here once more,  
you see your house,  
its made of fine white stone  
and it awaits you,  
in a land of green beneath a blue, blue sky.

And so you step inside your house,  
and on this day, you see a gentle, gentle place  
that is designed for a person  
who is tired and sick in spirit,  
to be as comfortable  
as any soul could hope to be,  
to see this place of rest,  
already takes you forward,  
draws you in,  
and you make yourself comfortable,  
as comfortable as any soul could be,  
with small adjustments here and there,  
and finally you have found  
the perfect place  
and the perfect way  
of simply just reclining,  
and letting this wondrous,  
comfortable support  
take all the strain relieve you  
of all that remains of gravity,  
and now you sigh deeply,

and you breathe deeply  
of the fresh and wondrous air that is here,  
and you close your eyes,  
and now, you wait ...

And now you know  
it won't be long  
and you begin to sense  
a feeling of excitement  
and then you begin to sense  
a feeling of his presence,  
it is like a light that is felt,  
it is like a music that is felt,  
it is like a joy that is felt,  
it is like love that is felt,  
and this already raises you and rises you,  
delights you and surprises you,  
and it makes you excited,  
and it gives you hope,  
that here you find a healing now  
like you have never found before

And even though your eyes are closed,  
you can still see and sense  
the brightness of his presence  
becoming stronger,  
becoming more powerful,  
beginning to take your breath away,  
but breathe you must,  
and breathe in deeply of his presence,  
for that alone is healing  
in the most wondrous way,  
and with your breath,  
his presence is carried already  
into every cell and every atom of your being,  
into every layer of your spirit,  
into every coil,  
into every space that lies between ...

And now you know  
that Jesus has entered the room,  
and now you know that he is there,  
and even though your eyes are closed,  
you can see him,  
you can see his face and you can see his smile,  
and you can feel

how delighted he is  
that you have come to him,  
for he has waited so long,  
and he is filled to overflowing with the healing  
he has long wanted to give to you,  
and you are overflowing  
with your desire to take it,  
and both of you are quite aware  
that this is perfect,  
and that both of you  
are now a gift to one another,  
receiving and giving both are being  
a wondrous gift of love ...

And so you wonder  
if you need to show him where it hurts,  
if you need to tell him where it hurts,  
but Jesus knows,  
he knows you better  
than anyone else,  
and with his loving hands of light,  
a touch that is  
the most extraordinary sensation,  
that ripples now through your entire being,  
he touches now  
the oldest, darkest places of hurt,  
and for the first time,  
they are now filled with light,  
and you can feel  
new life and light  
entering into those places,  
that thought they were lost,  
that thought they were forlorn,  
that thought they c  
could never be healed forever,  
and yet, here it is,  
you can feel the light  
flowing into these places,  
and filling them and overflowing,  
flowing through your entire body,  
flowing and healing in a wonderful way,  
in a way that is filled with life and light,  
with laughter and with ease,  
and there is not  
one little bit of darkness  
that has the slightest hope of now remaining,

as the healing power of Jesus  
washes through you,  
enters into you,  
flows through you  
and out from you,  
and ripples through  
the entire world ...

And so you feel the healing,  
and so the healing happens,  
and there is all the time  
in all the worlds  
to take the time you both need,  
to make this healing  
more than just a healing,  
to make it into an enlightenment  
that lifts you, raises you  
raises you and surprises you in many ways,  
in the days to come, in the nights to follow ...

*And Jesus said,  
"I am with you always, until the very end of time."*



*The 4th Meditation:*

## **The Blessing Of Jesus Christ**

*And Jesus said,  
“Suffer the children to come to me, for theirs is the kingdom of heaven.”*

And so there comes a time  
when we think beyond ourselves,  
when we begin to realise  
how blessed we are,  
how blessed we are  
to know the love of Jesus  
how wonderful it is that we can  
feel the love of Jesus in our hearts,  
and touch it with our minds,  
we feel it resonate our souls  
and then we wish that others  
could feel such blessings just the same.

And on this day,  
as we relax and close our eyes,  
and step into this other world  
the world of green, and blue eternal skies  
that other world that lies between  
the here and now  
and there and then,  
that world of angels and of spirits and of light,  
and on this day,  
and as we step into the green and blue,  
before us lies our house,

it is made of white and finest marble,  
and on this day, we're not alone,  
for here and in our house,  
we will invite the ones we love the most,  
and we will go to Jesus for his blessings.

So now, see which people  
you have chosen on this day to be here,  
who are your loved ones?

Look around.

And don't be too surprised  
if your loved ones appear  
in a slightly different shape or size or form  
for this is a world in which their spirit talks and walks,  
and this might look quite different from the form  
that they have in the flesh,  
and it is right and good;  
it is the way things are.

And if you have some people  
that you love but they're not here,  
invite them now,  
invite them and ask them  
to step into your garden,  
step into your house, and take your time;  
invite as many as you will,  
for the love of Jesus has no bounds;  
it has no time, no space,  
and he will be delighted if you bring just one  
or if you bring a hundred, it's the same –  
it is the thought that counts.

And when now  
all the ones are well assembled, and excited,  
now take them by the hand  
and lead them through your house  
and out into the wondrous garden,  
and keep on walking,  
lead them through your garden step by step  
until you come to a great rose garden,  
with roses all around,  
and raised central space,  
and you know that this is  
where Jesus will stand

and give his blessings  
when he comes

So you ask all your friends  
to stand around the central space  
and hold hands together,  
all the people that you love,  
now holding hands,  
and forming a circle,  
and the circle is as large  
as as many people are within it,  
and it is as small, as few people are in it;  
but it is a circle non the same,  
and it is the thought that counts,  
not the number.

So you stand and hold hands,  
and you can feel your loved ones  
either side and all around,  
and you can feel that now already here,  
that in this circle you are exchanging messages,  
that you are becoming closer,  
and as you stand and wait,  
you feel a sense of love  
beginning to grow,  
at first in spirals,  
rushing through the circle,  
through the arms,  
from one side to the other,  
from the other side to one,  
swaying,  
ebbing and tiding like an ocean,  
and you can feel  
that in the center of the circle  
a great focus of love is being born,  
and yet you are still waiting ...

You are swaying,  
and you are feeling  
all your loved ones,  
and you are thinking of  
your love for all of them,  
and this love lights up your heart,  
and it lights it up more and more  
the more you think about  
how much you love them.

And as this happens,  
the love in the center of the circle  
becomes brighter and brighter still ...

... until that moment  
when the light begins to shine  
in that particular beautiful white,  
that soothes the eyes  
and calms the spirit,  
blesses and nourishes  
the very soul,  
and it is then  
that you can feel him,  
he has come,  
he has heard the call of love  
and he has come,  
and he is so delighted  
that you are all here,  
that you are all here  
to receive his blessings,  
for he is filled with blessings,  
and loves nothing more,  
than to give his gifts  
and receive yours in return.

And now you feel him,  
and the others feel him too,  
and you can feel  
their shock and their surprise,  
for many of those  
have never felt anything like this,  
but you have and you recognise this,  
you recognise that feeling  
that comes  
when Jesus enters into the room,  
that light,  
that rising,  
that growing stronger,  
growing taller,  
and having all  
the bindings, cares and everything  
just lifted away from you  
so you can be free,  
so you can be  
who you are meant to be

in love and light.

Jesus is in the center of the circle now,  
and he raises his hands,  
and he raises them up high,  
and he creates a fountain of blessings,  
that sparkles down  
and encompasses all and everything,  
himself included,  
and everyone receives  
these showering diamond gifts  
of sparkling, living light,  
those blessings are so fine  
and so precious  
more precious each one  
than all the jewels in the world,  
and people are so filled with joy,  
and so delighted,  
that they let go of each other's hands now,  
and each one begins to dance,  
so all of them are dancing,  
showered in this loving, finest light,  
and Jesus dances too,  
he dances with everyone,  
all at the same time  
for Jesus is very fast  
and made of light,  
and he is for everyone,  
he is for everyone,  
and for many of these loved ones  
that is the first time  
that they have had an experience  
of someone  
who is as wonderful as Jesus,  
taking an interest,  
taking a care  
and giving their blessings,  
and so all dance,  
all are filled with joy,  
all are filled with love,  
and that  
is the blessing  
of Jesus.

Now take your time  
and dance,  
for this is your blessing above all,  
this is your blessing above all,  
and let the endless blessings of Jesus Christ  
rain upon you,  
and make you  
sing and laugh and dance,  
like you have never sung  
or laughed or danced before,  
and let them light the flames  
of joy and gladness in your heart,  
of love and light,  
and take it back with you,  
so you may spread it out far and wide  
there in the world of people  
where it is needed  
the most.



*And Jesus said,  
“I am always with you, until the very end of time.”*



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