



The Jesus Meditations

By Silvia Hartmann

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The 1st 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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