

BELOVED MEDITATION

GET YOURSELF COMFORTABLE- BUT NOT SO COMFORTABLE YOU WILL FALL ASLEEP.

CLOSE YOUR EYES

TAKE A FEW MINUTES JUST TO BE AWARE OF YOUR BODY IN THE POSITION IT'S IN.

NOTICE WHERE YOU HAVE PLACED YOUR HANDS- WHERE ARE THEY?

NOTICE WHERE YOUR FEET ARE-.

IT IS THE CHRISTMAS SEASON

IMAGINE YOURSELF INDOORS IN A ROOM ALONE AT THIS TIME OF YEAR

WHAT SETTING DO YOU FIND YOURSELF IN?

WHERE IS THIS ROOM LOCATED?

HOW OLD ARE YOU?

WHAT IS GOING ON AROUND YOU IN OTHER ROOMS?

ARE THERE OTHER PEOPLE IN THOSE ROOMS?

IF SO HOW DO YOU FEEL TOWARDS THEM

HOW DO YOU FEEL?

DON'T TRY TO CHANGE ANYTHING THIS TIME & PLACE IS COMING TO YOU NOW FOR A REASON. SO DON'T TRY TO SWITCH TO A DIFFERENT TIME.

ALLOW YOURSELF TO FEEL WHAT IT FEELS LIKE TO BE YOU AT THIS TIME IN YOUR LIFE.

HOW DO YOU FEEL?

WHAT ARE YOU DOING?

WRAPPING OR OPENING PRESENTS?

WATCHING TV?

WHY IS IT YOU ARE ALONE?

TAKE IN COMPLETELY WHAT IT FEELS LIKE TO BE YOU & BE IN THIS PLACE AT THIS TIME.

THE NEXT THING YOU KNOW YOU FIND JESUS IS IN THE ROOM WITH YOU.

TAKE IN WHAT YOU FEEL THAT HE IS RIGHT HERE.

WHAT DOES HE LOOK LIKE?

WHAT IS THERE THAT YOU EXPECTED, WHAT SURPRISES YOU?

HOW DO YOU FIND YOURSELF GREETING HIM?

THERE IS SOMETHING ABOUT HIS FACE THAT MAKES YOU FEEL SAD.

YOU JUST KNOW THAT HERE IS SOMEONE WHOSE BIRTHDAY IT IS, AND EVERYONE IS CELEBRATING IT, BUT THEY HAVE FORGOTTEN HIM.

YOU SUDDENLY REMEMBER A TIME WHEN YOU WERE FORGOTTEN OR LEFT OUT YOURSELF .

ALLOW YOURSELF TO REALLY FEEL WHAT IT'S LIKE TO BE IN HIS POSITION AND YOU WANT TO SHOW JESUS THAT YOU KNOW- WHAT IS IT YOU DO AND SAY TO HIM RIGHT NOW?

JESUS HOLDS YOU IN HIS ARMS TIGHTLY

AND AS HE DOES WHAT FLOODS INTO YOUR MIND & HEART ARE IMAGES OF THE PAIN AND SUFFERING OF MANY PEOPLE, ALONE, ABANDONED, IN PAIN. WHO ARE THESE PEOPLE?

YOU KNOW THAT JESUS HAS SHOWN YOU THEIR FACES BECAUSE HE DESIRES TO CARRY AND TAKE AWAY THEIR PAIN WITH YOU AND THROUGH YOU.

YOU ARE OVERWHELMED BY THE AMOUNT OF PAIN THAT JESUS CAN FEEL AND CARRY. IT IS MORE THAN YOU CAN HANDLE; AND YET YOU STILL KNOW YOU ARE FEELING THIS NOW BECAUSE HE IS INVITING YOU TO SHARE IN THE HEALING OF THIS PAIN AND THESE PEOPLE.

TAKE EVERY BIT OF THIS IN.

WHO ARE THE FACES IN YOUR OWN FAMILY?

WHAT GROUPS OF PEOPLE ON THE EARTH APPEAR?

IS THERE A KIND OF SUFFERING THAT POPS UP MORE FREQUENTLY OR SEEMS LIKE A STRONGER THEME?

ANYTHING YOU WANT TO ASK JESUS ABOUT ANYTHING YOU SEE- DO SO THROUGH YOUR HEART RIGHT INTO HIS HEART, AND ALLOW HIS SACRED HEART TO TALK TO YOU AND TOUCH YOU IN THIS VERY DEEP WAY.

AND NOW SUDDENLY A NEW FEELING COMES OVER YOU. THERE IS A LIGHTENING WITHIN YOU. AND WHILE YOU FEEL THAT JESUS HAS BROUGHT YOU DEEP INTO THE SUFFERING OF HUMANITY THAT HE FEELS, YOU ARE KNOWING THAT WHILE A PIECE OF YOUR HEART BREAKS.

NOW YOU FEEL NO LONGER ANY RESENTMENT OR ANGER TOWARDS THAT HURTFUL THINGS PEOPLE HAVE DONE TO YOU. THE BETRAYALS, THE DISAPPOINTMENTS, THE REJECTIONS, THEY FEEL ALMOST LIKE BLESSINGS, THE CHANCE FOR YOU TO TASTE WHAT IS IT THAT HE THE LORD GOD LIVED THROUGH IN HIS OWN EARTHLY LIFE AND EVERY MOMENT IN ETERNITY.

YOU FIND RISING UP WITHIN YOU SOMETHING YOU ARE VERY SURPRISED TO FEEL- A GREAT GRATITUDE FOR WHATEVER HAS BEEN THE PAIN IN YOUR LIFE, AND YOU FEEL TOTAL FORGIVENESS AND LOVE TOWARDS WHOEVER THE PEOPLE WERE THAT THOSE PAINS CAME TO YOU THROUGH.

THEY HAVE A BEEN A GIFT. THEY ARE NOW THE MEANS THIS MOMENT FOR YOUR GROWING IN COMPASSION, AND YOU WOULD NOT HAVE TRADED THEIR ACTIONS AND THE RESULTS AWAY FOR ANYTHING. YOU SEE CLEARLY THAT

THOSE EXPERIENCES ARE THE OPEN DOOR TO A HIGHER AND DEEPER WAY OF BEING.

BLESS THEM NO ASK JESUS TO BLESS THEM. HOLD THEM IN YOUR HEART AND ALONG WITH YOU RIGHT INTO JESUS HEART. BRING THEM RIGHT INTO THE HEART OF JESUS, FORGIVE THEM ALL- YOUR MOTHER AND FATHER, YOUR SIBLINGS, OLD FRIENDS, LOST RELATIONSHIPS, THE UNBORN CHILDREN, CARRY THEM AND MELT THIS MOMENT INTO THE ONE SAFE PLACE WHERE THERE IS ENOUGH LOVE FOR ALL.

AND IT IS IN THIS MOMENT THAT YOU REALIZE THIS IS THE ONLY PLACE THAT YOU REALLY DESIRE TO LIVE. IT IS THE ONLY PLACE WHERE LIFE IS NOT ONLY BEARABLE BUT REAL, LIFE OUTSIDE THIS SACRED HEART PALES, AND YOU FIND THE DESIRE TO NEVER LEAVE HERE AND YOU MAKE THE PROMISE TO NEVER FORGET THIS GIFT AND TO LIVE YOUR LIFE WITH THE COMPASSION THAT LIVES HERE.

YOU FEEL JESUS TALKING TO YOU IN YOUR HEART- NO WORDS COME OUT OF HIS MOUTH, YOU JUST KNOW HE IS SAYING TO YOU: I LOVE YOU, I WILL NEVER LEAVE YOU, I DELIGHT IN YOU, I TRUST YOU. PLEASE NOW GO AND DO THE SAME WITH ME WITH ALL THOSE I BRING INTO YOUR LIFE, AND THATS WHEN IT ALL PASSES, THE THINGS YOU THOUGHT WERE SO IMPORTANT ARE SEEN FOR WHAT THEY ARE, AND WHAT WILL ALWAYS MATTERS IS IN YOUR GEART ALIVE & FREE FOREVER. HELD IN THE ARMS OF OUR LORD ONLY ONE THING RISES UP IN YOU IN EVERY FIBER OF YOUR BEING, THANK YOU THANK YOU JESUS, THANK YOU LORD FOR THE GIFT AND PRIVILEGE OF LIFE. THANK YOU, THANK YOU