

Book 1 Unit 2 Section 2 **Visualisation – Meditation**

You can turn off the lights, have the participants close their eyes and then read the quotation from the Long Obligatory prayer slowly while they visualize the images that are created by the words. You may want to come up with something to say to enhance this, such as

"...make of my prayer a fire that will burn away the veils which have shut me out from Thy beauty, and a light that will lead me unto the ocean of Thy Presence."

"Imagine the veils that shut you out from the beauty of God. They are dark and greatly obscuring your nearness to Him. Then imagine your sincere and deeply felt prayers that you recite. Your prayer becomes a fire- first a small one and then increasing in intensity, ardor and heat. See it burning away the veils that shut you out from the beauty of God."

Also, "Imagine that you are in an extremely dark place. You are seeking God but do not know where to find Him. Then, you begin your prayers- fervently calling upon your Beloved. Your prayer transforms into a light- at first it is far away and dim. You begin to walk in the direction of the light and it becomes stronger and stronger. As you move closer, you begin to be surrounded by light. You are being led to the ocean of the presence of God."

Play Mana Track #10