

The All-Pervading Life
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Sit still with your spine straight.

Cover up your fidgety eyeballs with the sheets of your eyelids. Hold them still. Lock your eyelid-doors and shut out the wild dance of tempting scenes.

Loosen your mind from the consciousness of body weight. Relax the nerve-strings that are attached to the heavy muscles and bones of your body.

Forget the consciousness of carrying a heavy bundle of bones tied in a thick cloth of flesh. Rest.

Free your mind from the consciousness of a beast of burden. Do not think of your body-load, but feel your soul untied from the constant material quality of heaviness.

Mentally race in your fancy's airplane above, beneath, left, right, in infinity, wherever you want to go.

Feel your mental freedom from your body. Let this feeling of consciousness increase.

Now drop your mind into the bottomless well of your heart. Fix your mind on your heart, your heart that is bubbling with life-sustaining blood. Keep your attention tied to your heart until you feel its rhythmic beat.

With every heartbeat, feel the pulse of almighty Life. Picture the same all-pervading Life knocking at the heart-doors of millions, of billions of human beings and trillions, uncountable trillions, of other creatures.

The heart-throb constantly announces the Presence of the Infinite Power behind the doors of your awareness.

The gentle beauty of all-pervading Life says silently to you, "Do not receive only a little flow of My Life, but expand the opening of your feeling-powers. Let Me flood your blood, your body, your mind, your feelings, your soul with My throbs of universal Life."

And now rest in this Life Force and allow It to penetrate the innermost depths of your being and your feeling. Feel It penetrating through you. Feel It as you embody Its Presence. And rest in it.