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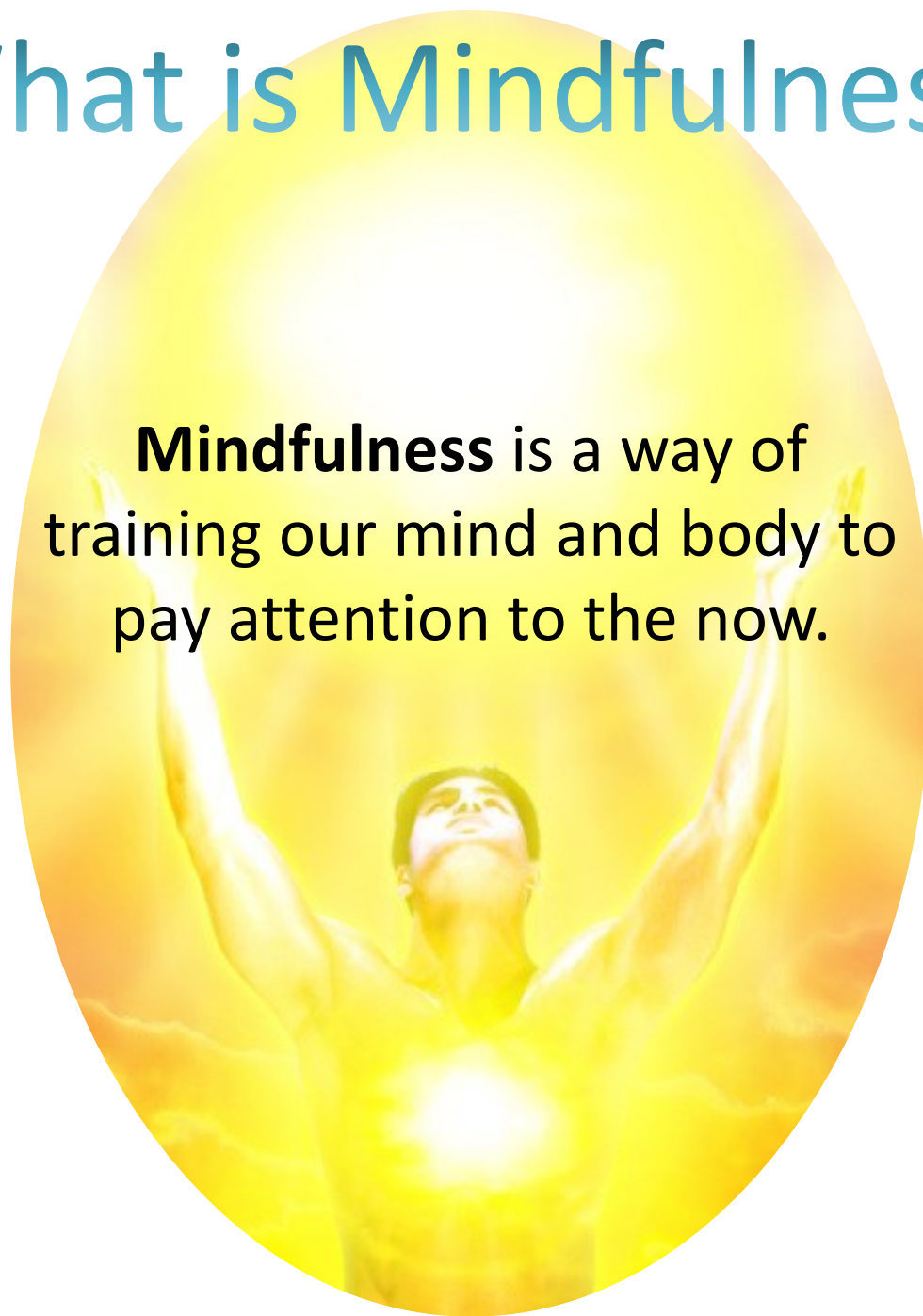
# Mindful Meditations in Nature Mastering “The Great Silence”

Dennis M Fisher



# What is Mindfulness?

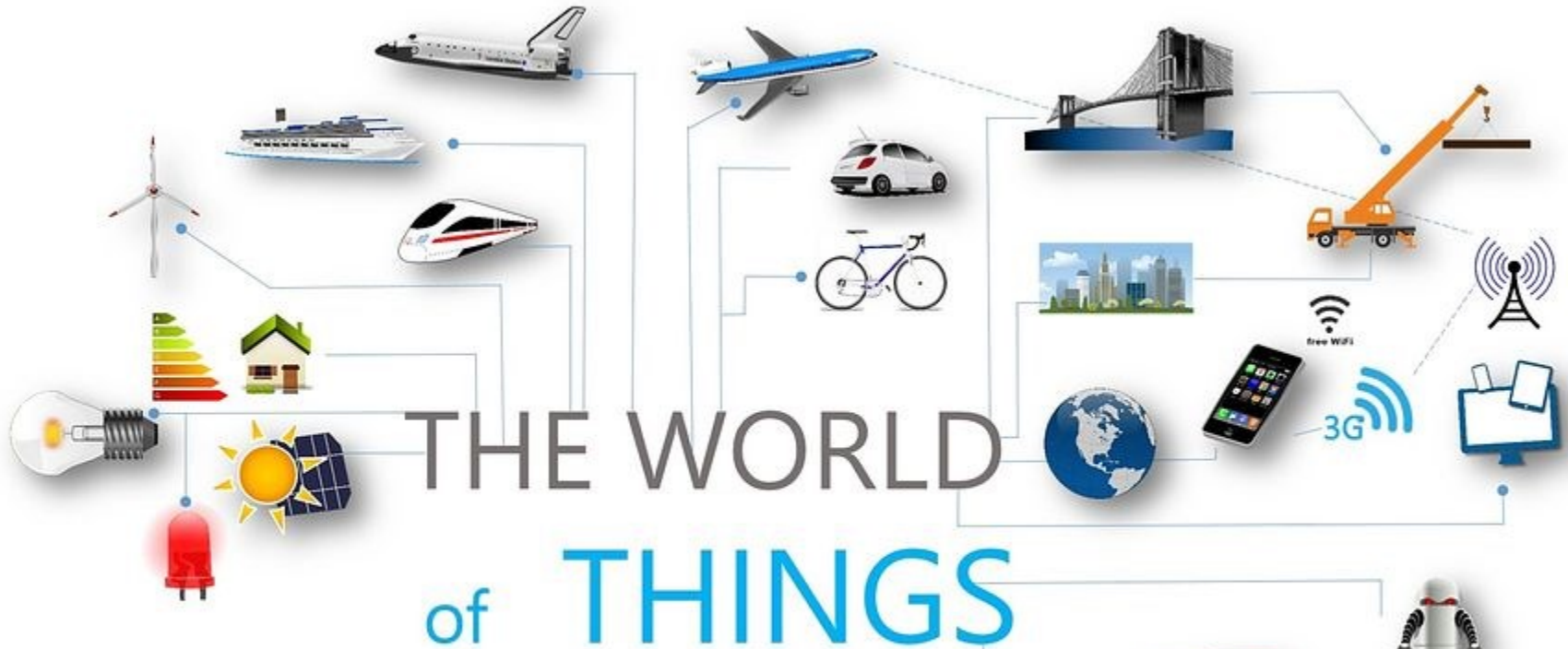
**Mindfulness** is a way of training our mind and body to pay attention to the now.



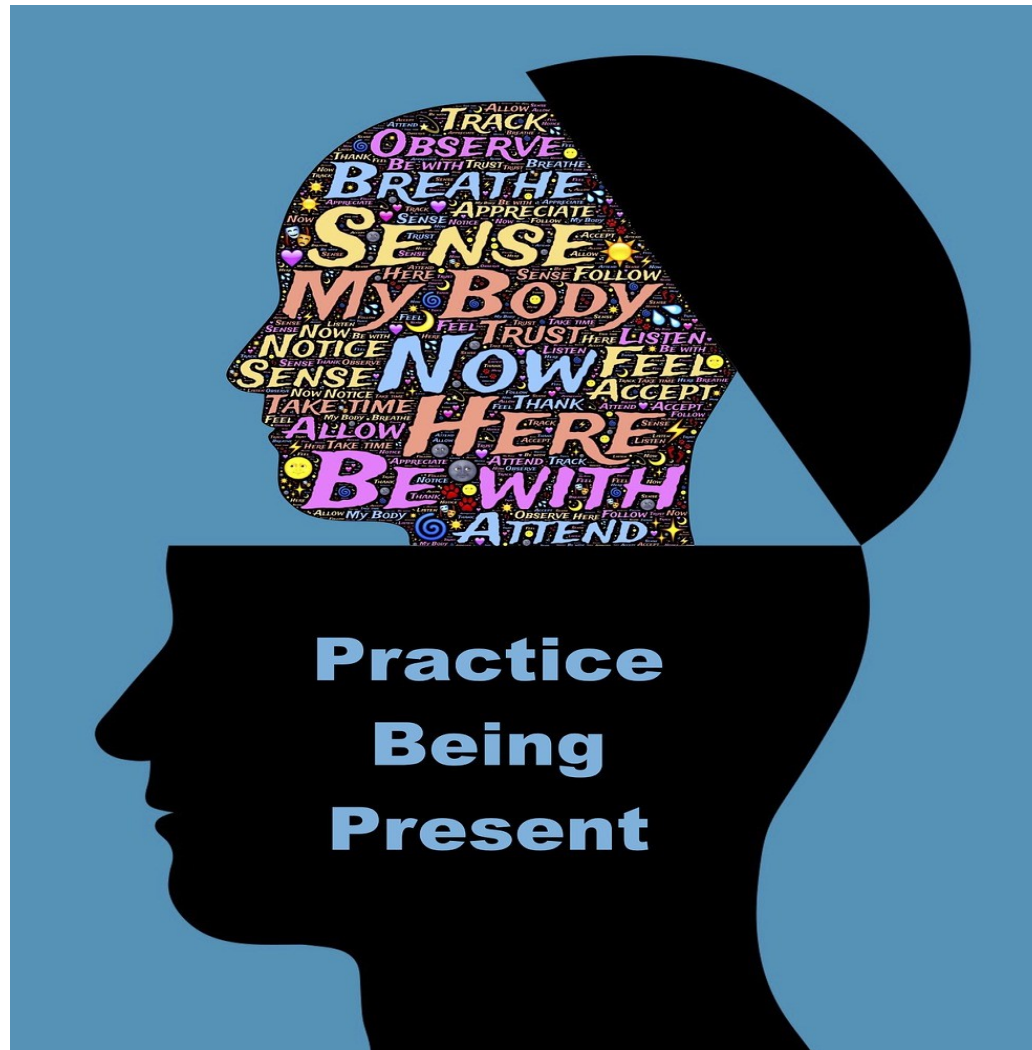
# What is Mindfulness?



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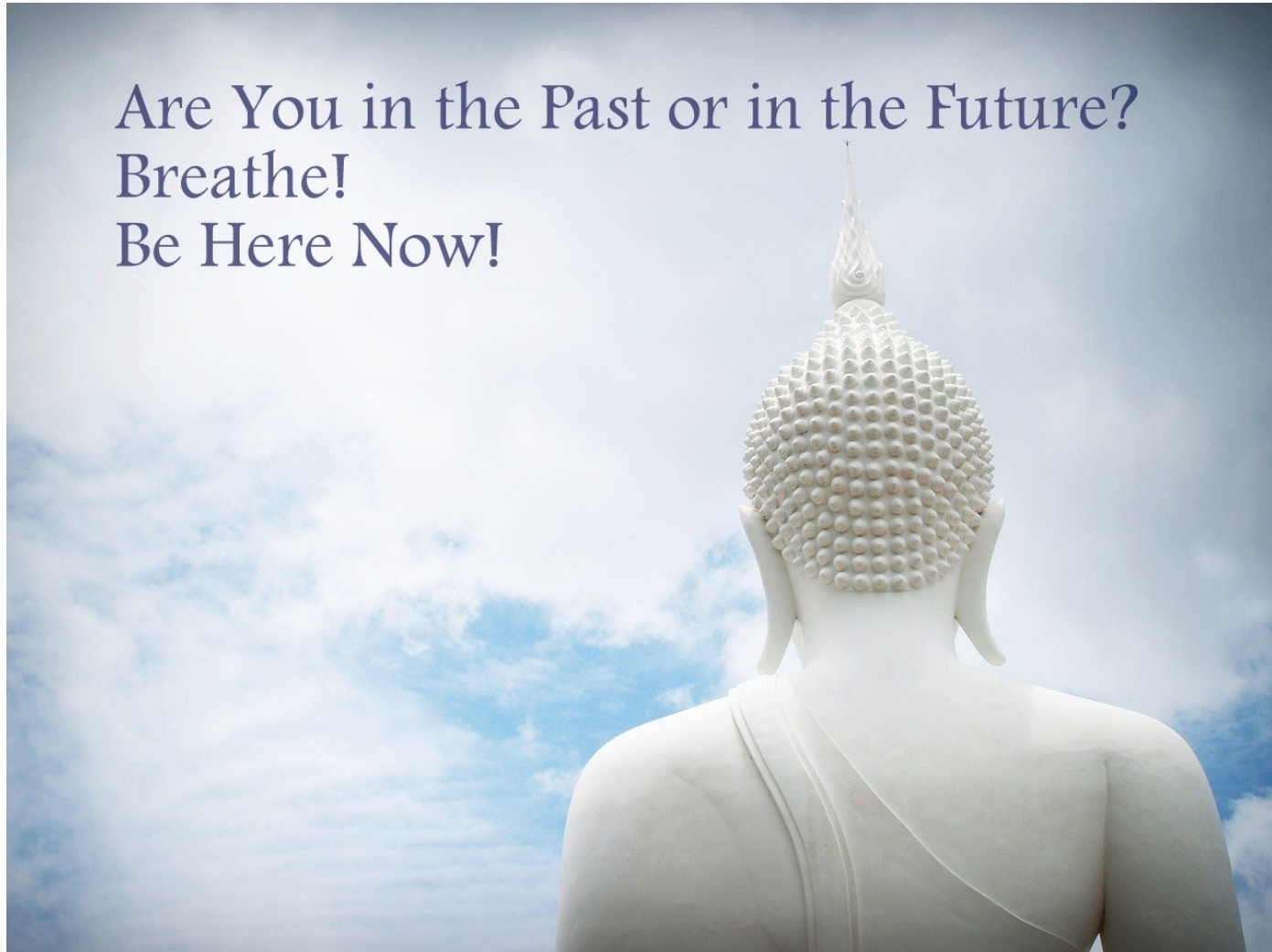
# Why is Mindfulness Important?

## **Mindfulness improves well being**

- Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.
- By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past and are better able to form deeper connections.

# What is Mindfulness?

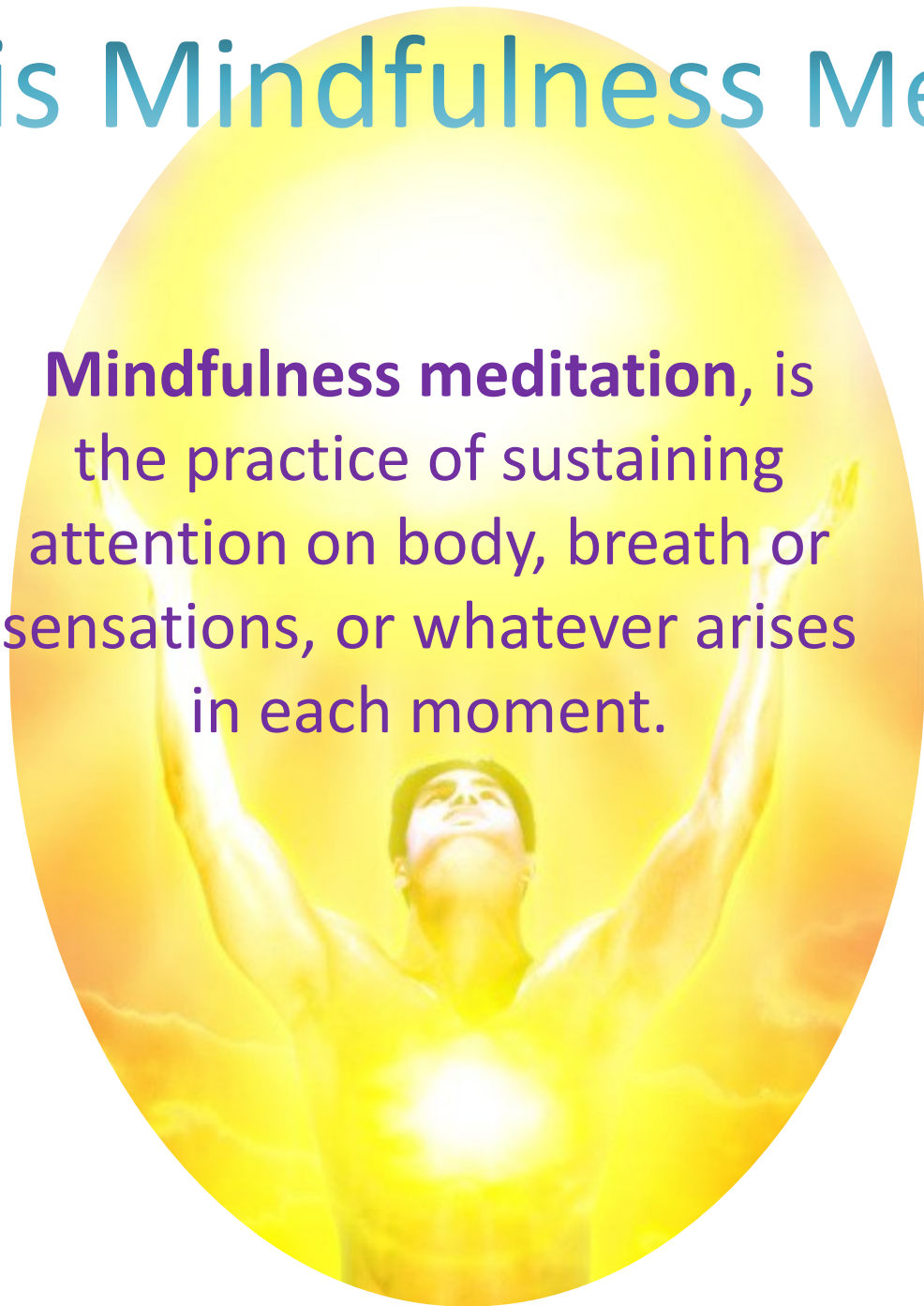
Are You in the Past or in the Future?  
Breathe!  
Be Here Now!





# What is Mindfulness Meditation?

**Mindfulness meditation**, is the practice of sustaining attention on body, breath or sensations, or whatever arises in each moment.



# What is Mindfulness?

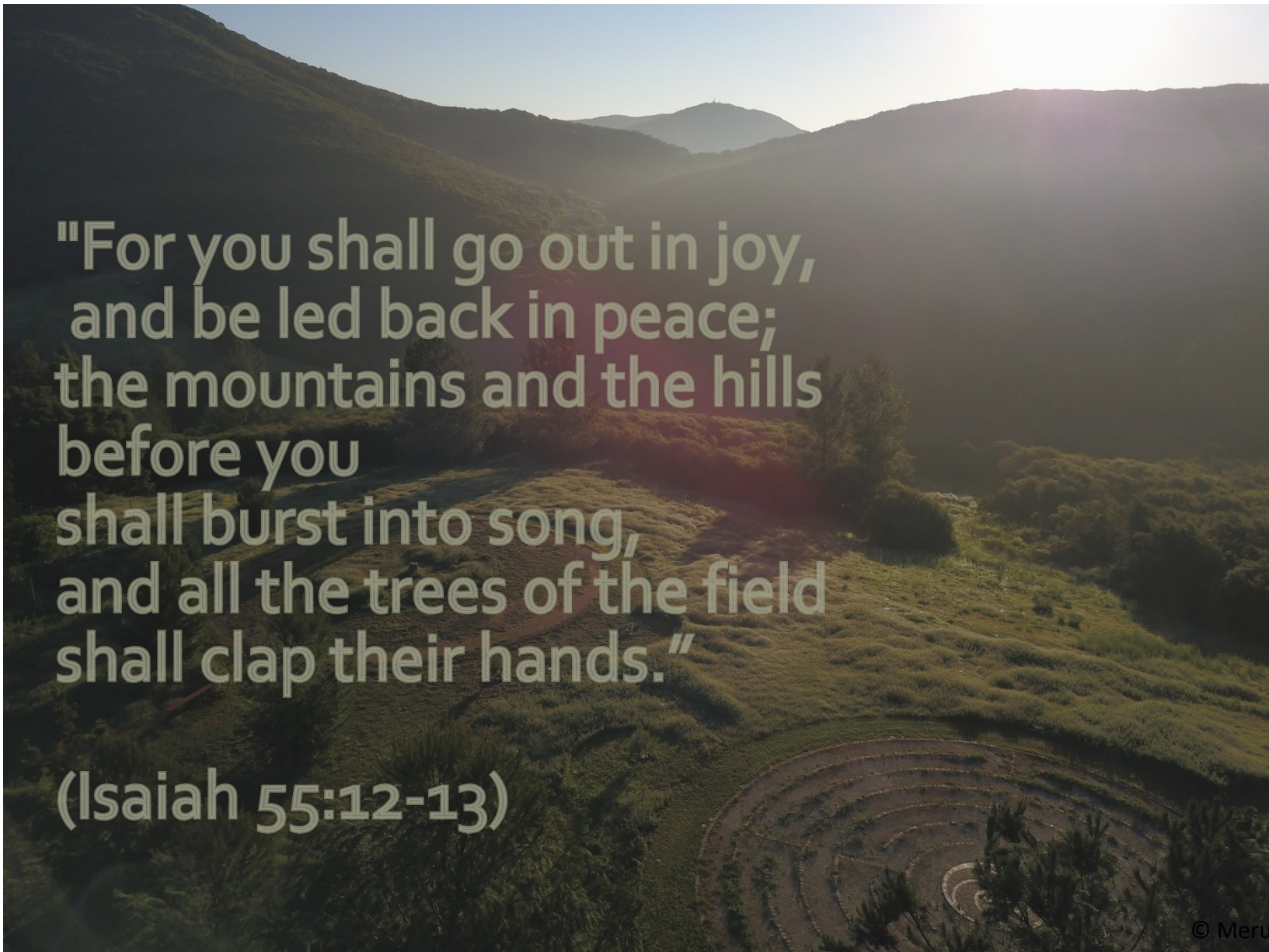
The Joy of Tech™

by Nitrozac & Snaggy



Geek meditation session.

# Why Mindfulness In Nature?

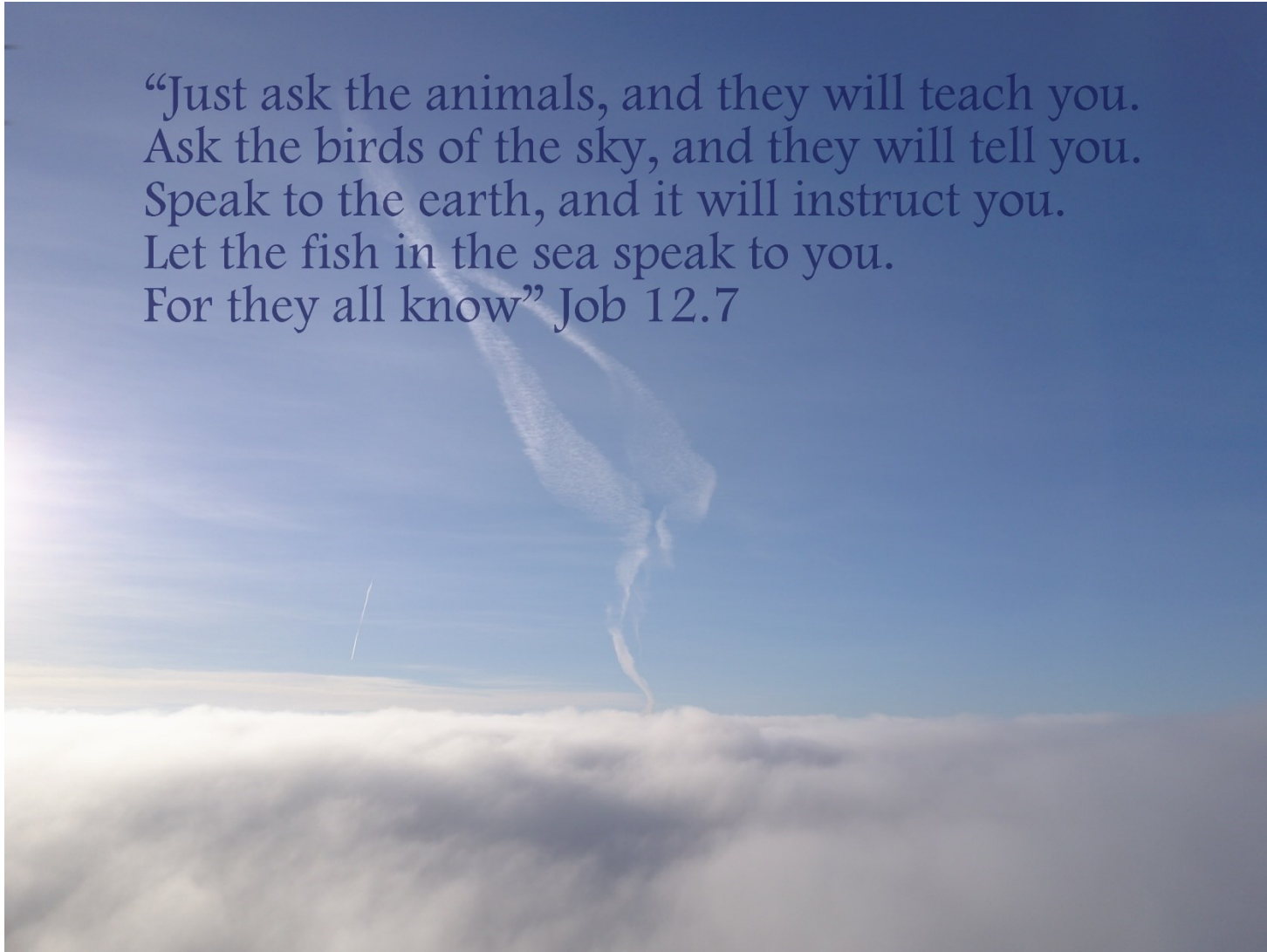


"For you shall go out in joy,  
and be led back in peace;  
the mountains and the hills  
before you  
shall burst into song,  
and all the trees of the field  
shall clap their hands."

(Isaiah 55:12-13)

# Why Mindfulness In Nature?

“Just ask the animals, and they will teach you.  
Ask the birds of the sky, and they will tell you.  
Speak to the earth, and it will instruct you.  
Let the fish in the sea speak to you.  
For they all know” Job 12.7



# Mindfulness In Nature Ceremony Hiking Tips

**Ceremonial hikes  
(or walks)**

**Set an intention to make your hike  
sacred!**

**To bless and be blessed**

# Mindfulness In Nature

## Hiking Tips

**Walk in reverent Silence**

**Bring an offering for  
Mother Earth.**

**It might be flower petals, corn meal,  
even a strand of hair.**

**Make a rock memorial with prayers and  
intention.**

# Mindfulness In Nature

## Hiking Tips

- 1: Sing a song or chant,  
or do an invocation**
- 2: Sit in Meditation :D**



# Mindfulness In Nature

## Hiking Tips

**Be mindful of the signs of God  
on the trails.....**

### **There is Magic Everywhere**

- 1. Bird Feather**
- 2. The Shape of a rock or branch**
- 3. The Song of a Bird**
- 4. The smell of perfume**
- 5. Finding a Sacred Spot**
- 6. A Bunny...**



# Mindfulness In Nature

## Question:

What are your ideas on how to do a Sacred Ceremony Hike?



# Mastering the Great Silence

## Jesus on the Art of Meditation

Those of you who have meditated in stillness and silence for years and decades and moved through the initiations of the I AM Presence within this artful time of divine contemplation have gained great access to the higher mind and the deeper fields of divine love that flow from the fountain of the allness of God in the Great Central Sun, which truly may only be experienced in that state of deep listening and nonmovement. This is what Gautama Buddha and the great *arhats* have known through disciplining self to experience the deeper and deeper states of quiescent love-wisdom within. From the point of God Reality in the singularity of the center of being, all exists everywhere, even as the nothingness of surrender collapses nonbeing into God.

August 17, 2016

# Voice of THE GREAT SILENCE

- Play Audio 2



# Question?

❖ **What and where is The Great Silence?**



# The Great Silence is in You!

## THE GREAT GREAT SILENCE

By CHANERA

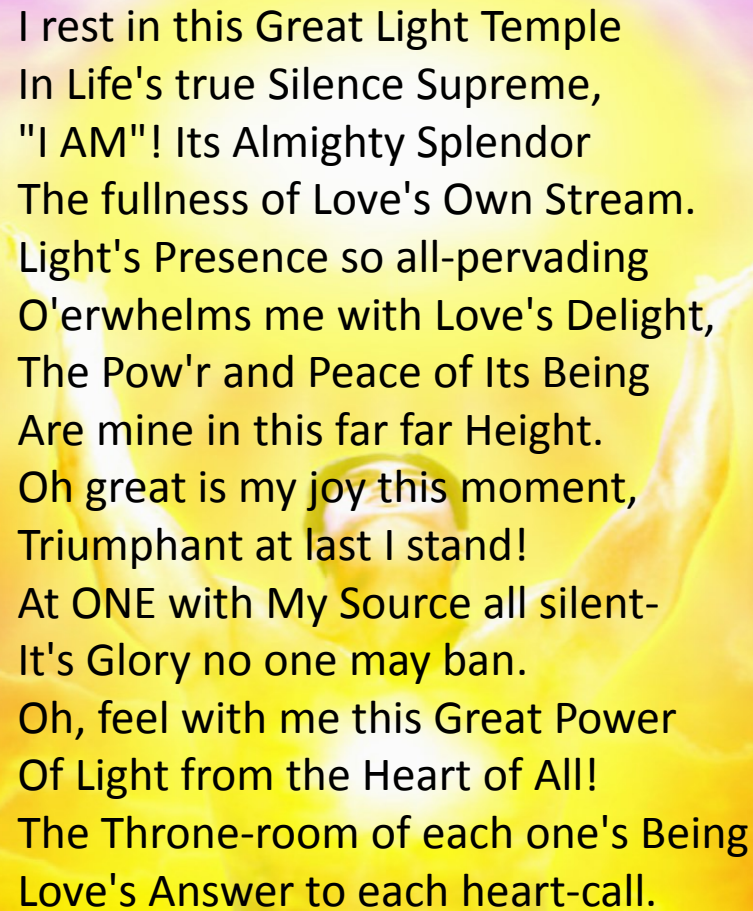
### EPISODE I

I stand in the Great Great Silence,  
The Heart of the Central Sun,  
Absorbed in the Light of My Presence,  
At last with It's Love all ONE.

I feel such a Great Calm Power,  
A Stillness no words can tell,  
A Peace from the Heart of Creation,  
And I know that all is well!

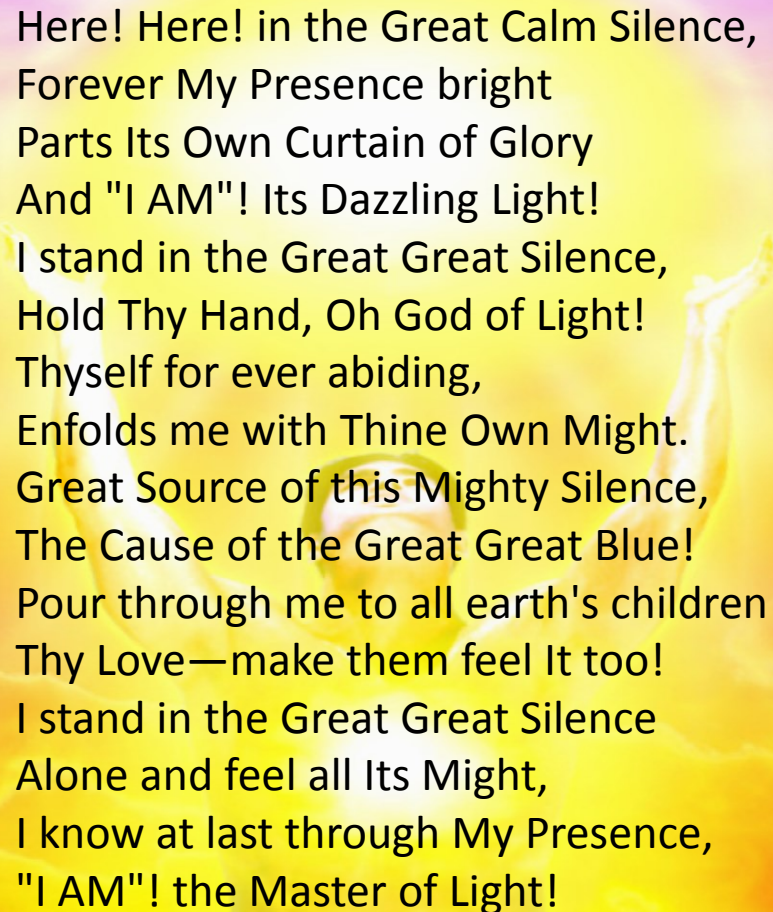
I pray for earth's blessed children  
And Freedom I ask for all,  
I pour forth the Love of My Presence  
To answer their every call,

# The Great Silence is in You!

A person is shown from the waist up, with their arms raised in a gesture of praise or surrender. They are surrounded by a bright, glowing light that transitions from yellow at the bottom to purple at the top. The background is filled with soft, ethereal light and faint, wispy patterns.

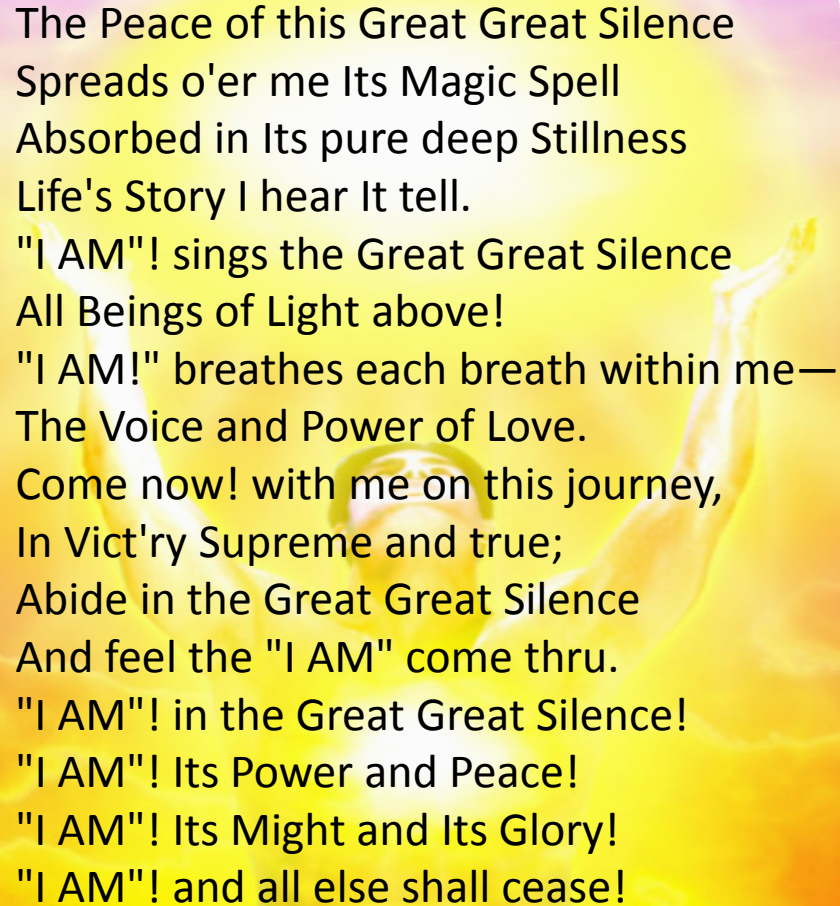
I rest in this Great Light Temple  
In Life's true Silence Supreme,  
"I AM"! Its Almighty Splendor  
The fullness of Love's Own Stream.  
Light's Presence so all-pervading  
O'erwhelms me with Love's Delight,  
The Pow'r and Peace of Its Being  
Are mine in this far far Height.  
Oh great is my joy this moment,  
Triumphant at last I stand!  
At ONE with My Source all silent-  
It's Glory no one may ban.  
Oh, feel with me this Great Power  
Of Light from the Heart of All!  
The Throne-room of each one's Being  
Love's Answer to each heart-call.

# The Great Silence is in You!



Here! Here! in the Great Calm Silence,  
Forever My Presence bright  
Parts Its Own Curtain of Glory  
And "I AM"! Its Dazzling Light!  
I stand in the Great Great Silence,  
Hold Thy Hand, Oh God of Light!  
Thyself for ever abiding,  
Enfolds me with Thine Own Might.  
Great Source of this Mighty Silence,  
The Cause of the Great Great Blue!  
Pour through me to all earth's children  
Thy Love—make them feel It too!  
I stand in the Great Great Silence  
Alone and feel all Its Might,  
I know at last through My Presence,  
"I AM"! the Master of Light!

# The Great Silence is in You!



The Peace of this Great Great Silence  
Spreads o'er me Its Magic Spell  
Absorbed in Its pure deep Stillness  
Life's Story I hear It tell.  
"I AM"! sings the Great Great Silence  
All Beings of Light above!  
"I AM!" breathes each breath within me—  
The Voice and Power of Love.  
Come now! with me on this journey,  
In Vict'ry Supreme and true;  
Abide in the Great Great Silence  
And feel the "I AM" come thru.  
"I AM"! in the Great Great Silence!  
"I AM"! Its Power and Peace!  
"I AM"! Its Might and Its Glory!  
"I AM"! and all else shall cease!



# What is Meditation?

“Meditation is  
absorption in the  
thought of God .”

—Paramahansa Yogananda

Nothing can exist without  
motion.

Only God is motionless

—Paramahansa Yogananda



# Meditation Techniques For Mastering the Great Silence

- ❖ 1. Breathing Technique
- ❖ 2. Sound Technique
- ❖ 3. Light or Fire Technique



# Meditation Techniques For Mastering the Great Silence

- Pranayama Breathing
- Prana — meaning the life force or source of life's energy. Yama – discipline and control.



# Paramahansa Yogananda

## Giving Posture Instructions

### Play Audio 3



# Meditation Posture

## For Mastering the Great Silence

- Sit upright with a straight spine, away from the back of the chair.
- Place your feet flat on the floor, and your arms, palms turned upward, at the joint between your thighs and torso.



# Meditation Posture

## For Mastering the Great Silence

Close your eyes and gently lift your gaze upward, without straining, to the point between the eyebrows — the seat of concentration, and of the spiritual eye of divine perception.



# Meditation Techniques For Mastering the Great Silence

- 1. Relax the Body
- **Sit Perfectly Still**
  - Eye Position
- Do Not Control Your Breath
  - Pray In God



# Paramahansa Yogananda

## Giving Meditation Instructions

### Play Audio 4



# AUM Meditation

## The pathway to the Central Sun



# Paramahansa Yogananda

“Devotees who can spiritually commune with *Aum* and understand its omnipresent significance are able to feel God the Father, *beyond* creation, manifested *in* creation as the creative Cosmic Vibration.”



# AUM / OM

OM the Cosmic Sound With serenity and fearlessness,  
with steadfastness in brahmacharya, with the mind controlled, with the thoughts centered on Me, the yogi should sit, meditating on Me as the Final Goal.

— The Bhagavad Gita VI:14

# AUM / OM

God manifests in creation as the Cosmic Vibration, which expresses itself as Cosmic Sound and Cosmic Light. The Cosmic Sound or Aum is the synthesis of all the sounds of the highly vibrating life forces (lifetrans), electrons, protons, and atoms. By listening to Aum, the yogi becomes a true brahmachari or one who is attuned to Brahman. By deep concentration the devotee can hear Aum at any time and in any place.

The Cosmic Sound is spoken of in the Christian Bible as follows: "In the beginning was the Word, and the Word was with God, and the Word was God." [John 1:1]

The Word or Aum came from God; He manifests as the Cosmic Vibration in creation. The Bible also refers to the Word as the Holy Ghost or intelligent ghostlike unseen vibration that is the creator of all forms of matter. It is called Holy Ghost because this Invisible Force is guided by the Christ Intelligence that exists in creation as the reflection or "sole begotten Son" of the transcendental God the Father. Jesus Christ promised that the Holy Ghost or the great Comforter would come to his disciples after his bodily departure from the earth. [John 1:1; John 14:26]

# Hearing the Aum / OM

## For Mastering the Great Silence

1. Get very Still and Meditate first.
2. Will your consciousness to withdraw all the prana from the 5 Senses
3. You can close your Ear Flaps or use ear plugs and eye mask
4. With the Right Ear listen for the OM
5. Best around 4 am
6. Best in a Sacred Place
7. Starts with a low om hum or tone
8. OM will get Stronger and Stronger Go deeper into the Sound
9. Ask to merge with It
10. The OM comes from the Central Sun and you will go there in consciousness Follow the Sound.....
11. In the Central Sun is the Temple of the Great Silence Go in Holy AWE.



# Paramahansa Yogananda

**Chanting AUM**

**Play Audio 5**



Aum / OM

For Mastering the Great Silence

Practice Time  
5 Minutes





# Aum / OM

## For Mastering the Great Silence

### Questions ?

What Did you Experience ?



# The Masters are Meditating with Us!



# Christ's and Buddha's Blessings To You All





**I am made of the substance of God.  
I am a spark of the Fire of Spirit.  
I am an atom of the Cosmic Flame.  
I am a cell of the vast universal body of the Father Mother.  
I and my Father/Mother are One.**

Paramahansa Yogananda

“ Do not take life's experiences too seriously. For in reality they are nothing but dream experiences. Play your part in life, but never forget that it is only a role.”  
—Paramahansa Yogananda



# Carla Says “ Find Your Joy”



# Mindful Meditations in Nature Mastering “The Great Silence”

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**Complete a Survey**



Thank You

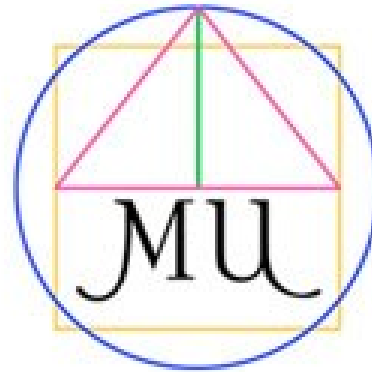
Dennis Fisher

Meru University Staff

The Hearts Center Creative Arts Team



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