

How can we be prepared for sonship?

Preparation with help from tutors

Preparation through entering rest

Preparation through soul transformation at different levels

Renewed mind; expanded consciousness; living mindfully

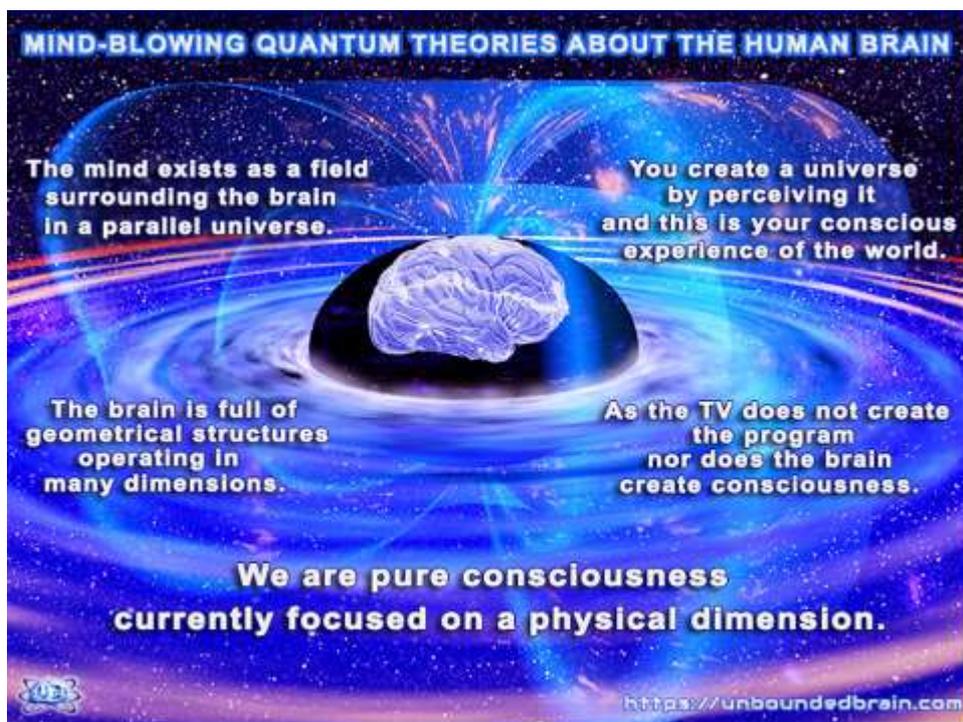
If we are going to function as mature sons we need the mind of a son and think like a son

As a man thinks in his heart so is he therefore we need to think like a son of God to be a son of God

Thinking and motivated from our eternal identity and destiny

The current religious tradition has diminished the true intimacy of face to face relationship to an intellectual ascent to the truth but with no true mystical experience

Christianity has become reduced to an intellectual, traditional, orthodox prison for the mind



Meditation and Mindfulness

Big business people paying thousands for seminars that promise to help them de-stress and find happiness, success and prosperity in their daily lives

God promises us all of those things and more in a love relationship

Joshua 1:8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Meditation - Focus one's mind for a period of time, for religious or spiritual purposes or as a method of relaxation.

Contemplation, thought, thinking, musing, pondering, consideration, reflection, prayer, rumination, cogitation, brooding, mulling over

Mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness and meditation can daily help us to focus our thinking, emotions and physical bodies to be at a state of rest

A state of rest helps our souls to be restored and healed so we can become whole: body, soul and spirit

Mindfulness and meditation can also help us access different states and levels of consciousness

Developing creative and intuitive thinking

Creating a positive reality around us

Destressing from life by living life from a state of rest

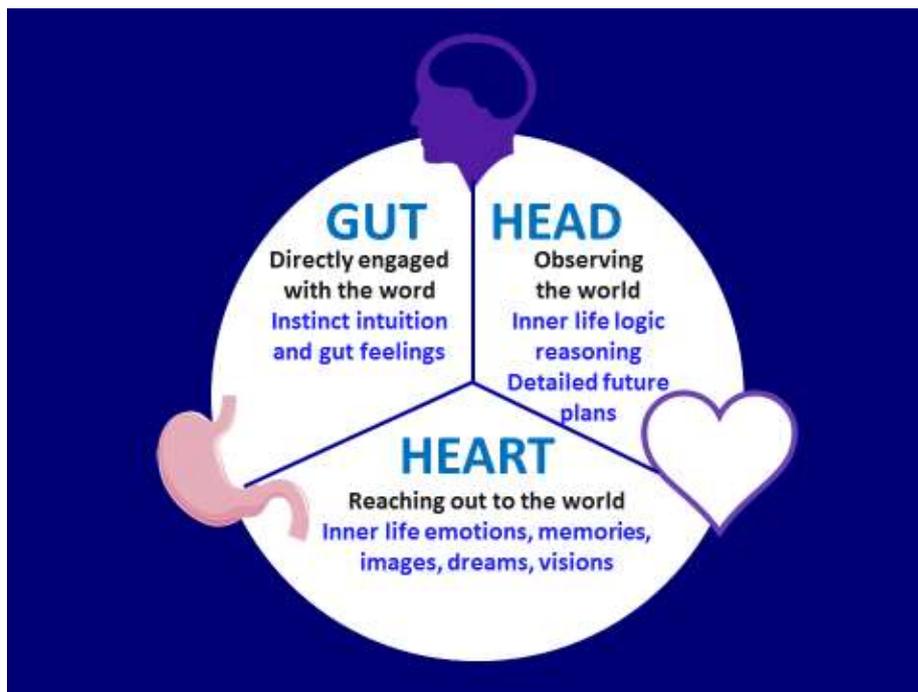
Do you know you have three brains?

Your HEAD brain, your HEART brain, and your GUT brain.

The head brain analyses information and applies logic.

The heart brain senses the world through emotion and feelings.

The gut brain helps us learn self-preservation by teaching us to follow our instinct – the “gut feelings” we all experience at times



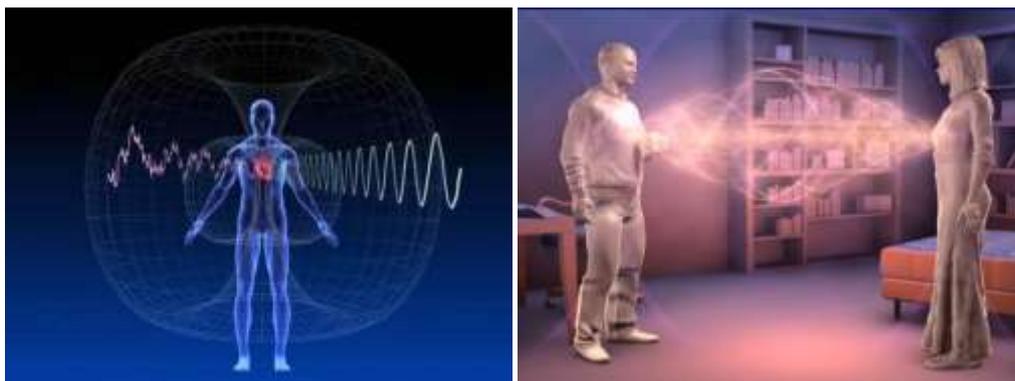
All three brains have massive networks of neurons and very distinct roles.

This explains the clash between what we think and what we feel.

Only by understanding and unifying the three brains can we arrive at a point where we make better decisions by choosing better realities

Coherent Heart: “Coherence is the state when the heart, mind and emotions are in alignment and cooperation,” – AT REST

Incoherent Heart is the opposite: where heart, mind and emotions are in disharmony – WORRY, ANXIETY, FEAR



The mind of Christ is not a physical mind but a spiritual mind, revealing a new consciousness and a new reality

Cardiognosis = knowledge of the heart

Communication through states of consciousness – knowing, perception

Knowing truth by impartation through encounters that are not cognitive but heart to heart or subconscious

We need to live close to God's heart so we can know the oracles of His heart

This is the only way we can know what the Father is doing and so cooperate with Him as Jesus did, by only desiring to do the will of Him who sent Him

[Closer to the Heart](#)

Song from Rush about cardiognosis

*And the men who hold high places
Must be the ones who start
To mould a new reality
Closer to the heart
Closer to the heart*

*The blacksmith and the artist
Reflect it in their art
They forge their creativity
Closer to the heart
Yes closer to the heart*

*Philosophers and ploughmen
Each must know his part
To sow a new mentality
Closer to the heart
Yes closer to the heart, yeah, oh*

*You can be the captain
And I will draw the chart
Sailing into destiny
Closer to the heart
Closer to the heart*

As sons of God, rest is our inheritance

The mind has the potential of creative thought to shape reality, so that creation can become free from its bondage to decay into the freedom of love's light, expressed in God's sons who have arisen to take their places in heavenly kingdom government

The minds of those disconnected by lost identity and religion can only perpetuate the limited possibilities of the natural mind

Only those whose minds are connected to the divine have ever brought real change because their consciousness danced with eternal possibilities.

The natural mind, however deep it goes, can draw from nothing more than soulish creative possibilities.

It is, and always will be, limited.

We are inherently selfish and self-centred without an outward focus and purpose – true love is otherly

Prov 23:7 As a man thinks in his heart so is he

The constructs, belief systems, world views within our minds and consciousness frame our world

We are limited by how we think about ourselves and the world

Do we think impossible or I'm possible?

We all see ourselves and the world through the lens of our own understanding

That distorted view is false expectations appearing real – FEAR

We need to connect to an external objective view

That would be the God who made us

When in a love relationship with God we learn to trust that He wants the best for us

We can rest in God's provision for us, His protection of us and His purpose and direction for our daily lives

Living loved, loving living, living loving

Living loved – knowing true love

Loving living – knowing true joy

Living loving – knowing true peace

Living in love, joy and peace is being in rest: in a meditative state with access to a deeper level of consciousness

John 13:34 I give you a new commandment, keep on loving one another just as I have loved you – my love for you is the source of your love for one another.

Giving and receiving love is the key to happy and abundant life

John 15:9 The love of the Father for me is my love for you - abide in my love for you! 10 By

treasuring the prophetic conclusion of my life you will remain constantly engulfed in my love even as I treasure the completeness of my Father's prophetic purpose and abide in his love embrace.

John 15:11 I have spoken these things unto you so that my joy will continuously infuse you – you don't have to invent your own if you can tap into mine! This is the ultimate bliss!

Phil 4:8 Finally, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

John 15:12 I advise you to discover your love for one another mirrored in my love for you; this is the conclusion of my mission.

The world will see God when they see real love in us

John 14:27 Peace be with you! I give you my own peace – this is not the kind the world gives – this is peace in the midst of troubled times; therefore you have nothing to fear! Let not your hearts be timid.

Phil 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

We cannot be at peace if we are at war with someone or something and angry

Rom 12:17 Never pay back evil for evil to anyone. Respect what is right in the sight of all men. 18 If possible, so far as it depends on you, be at peace with all men
Search my heart, God, for areas of unforgiveness and anger

John 17:22 The glory which You have given Me I have given to them, that they may be one, just as We are one; 23 I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me. 24 Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world.

In my daily engagements with God within, in heaven and in eternity, I discovered some keys to living in love, joy and peace and living in a state of rest and wellbeing

7 step meditation process to create a state of rest

Begin with God - YHVH being in us

John 4:14 but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life.” – Spirit of Truth

John 7:37 “If anyone is thirsty, let him come to Me and drink. 38 He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water.’” 39 But this He spoke of the Spirit, whom those who believed in Him were to receive

John 14:19 In that day you will know that we are in seamless union with one another! I am in my Father, you are in me and I am in you! 23 whoever loves me will treasure my words and know my Father’s love and we will come face to face with this one and make our home

John 14:20 In that day you will know that I am in My Father, and you in Me, and I in you. 23 ... We will come to him and make Our home with him.

Now Jesus is in us all and we are all in Him. Do we know it?

We all have an inbuilt need for love and therefore of God, who is love

We all have emotional needs to be cared for, accepted, affirmed, comforted and approved of.

When these needs are fulfilled we live in a state of wellbeing, rest

Meditation is the focusing of the mind to control frequencies

Alpha and Theta: these lower frequencies are associated with peace, tranquillity and happiness; are found in meditation, hypnosis, trance or daydreaming; and promote creativity and inspiration.

When our brain comes into alpha or theta states it is easier for the truth to be imprinted into our minds and that programs the positive thinking patterns into our unconscious mind.

Being at rest speeds up the process of renewing and transforming the mind

When we are in the theta state, our receptivity is elevated and we are able to access knowledge that lies beyond our conscious awareness.

Our spirit and the Holy Spirit entrain our soul to truth beyond

Theta brainwave entrainment helps in behaviour modification programs where we are looking to deconstruct and renew our thinking

This is being used in therapies for drug and alcohol addiction

It is much easier to enter the theta brain state by using brainwave entrainment relaxing music, embedded with pure theta waves of intention, binaural beats and water sounds.

We use such music in activations

Samuel at [SML music](#) has produced many tracks embedded with intention that help focus the mind in specific areas

Listening to music embedded with lower frequencies, nature and water sounds can instantly modify our state of mind.

There are great meditation tools that can help us become mindful

Fractal focusing can be helpful as fractal thoughts are built up from the same pattern repeated over and over again at increasingly wider scales

Due to their repetitive nature, the fractals increase the effect of meditation by visually stimulating the brain into a high focus and awareness.

Start focusing on love for example: it starts in our spirit, replicated through our soul and body out into the world

By focusing on one thing only, we can calm our agitated mind and experience the peaceful space between the thoughts.

The first three stages of meditation start with focusing on love, then move to joy and then peace; this produces deep rest

This exercise helps with our concentration and focus

Once the brain succeeds in staying focused on a single thing, your mind will become highly receptive and open to the deeper and higher revelation of truth

This is when the verbal/cartesian selfish mind becomes a visual/meditative one expanded beyond self

You start to move from the thinking mind to a deeper state of consciousness, in the realm of theta wave inspiration

With the focus on the centre of the fractal, think of your deepest desire. Imagine yourself in that situation and feel the happiness and accomplishment in your whole body. Don't strive. Let it flow naturally.

The feelings might not come right away but with practice, they will come faster.
Allow the state of rest to deepen so you become fully anchored in the present moment.
At rest in love, joy and peace; seeing beyond the limitations and restrictions

Another helpful meditation practice is breath awareness to reprogram our thinking
God breathed into Adam life, spirit and energy
Close your eyes. Breathe in and out, gently, only through the nose. Draw attention to the process of breathing.

The life of God YHVH begins to be activated in us
Feel your breathing, and focus on the physical sensation. Feel your abdomen rising and falling and be aware of the air moving in and out through your nostrils.

Slowly inhale thinking *Hei*, keeping your focus on the thought. If a noise or a thought is distracting you, be aware of it, then return to the physical sensation of slowly inhaling.
Slowly exhale through your nose *Yod* and slowly inhale *Hei* and exhale *Vav* and slowly repeat, focusing your thinking

Gradually, slow down the rhythm of your breathing *Yod... Hei... Vav... Hei...* and allow your mind to relax. Feel your body warm and heavy.
Begin to visualize a picture frame in your mind and focus bringing a specific thought into the frame

This can enhance the positive and diminish the negative
Start to think of the Father, or Jesus, and visualize the picture frame in your mind as white light then start to see the colours and images coming into the picture unveiling and revealing true reality

Visualize the picture frame in your mind. Bring up an unhappy event or trauma in your life and put it in the picture frame. See the scene clearly (the environment, the people, the objects), like in a movie.

Release the power of [forgiving and releasing](#) and then start to see the colours fading out of the scene. Feel the emotions of fear, pain and rejection etc. fading away.
The picture in the frame has less and less colour until it becomes completely white and cleansed

Another way of using this exercise is to picture the frame and see Jesus or the Father standing with you talking to you, hugging you, strengthening and encouraging you. Feel the comforting rhythm of His heartbeat bringing you to the safe place of rest

Repeat this meditation and you will start to unlock true reality.
As you focus on the positive moments in life, while being in a theta state of mind, with no fear and blockages, you will find a new reality opening up; a reality that allows you to know who you really are, at your highest potential.

These are just some of the practices and techniques that can be helpful in developing mindfulness
Find which methods are helpful to you and focus by practising until you can live in the state of rest.

Living loved, loving living, living loving

Meditation helps us to be at rest, being mindful, able to connect our consciousness to a deeper peace and higher level of reality

Meditation raises our awareness and our consciousness levels to enable us to be at rest

Meditation and mindfulness is learning how to focus our thinking and access different states of consciousness

Coming into a state of rest, living in full love, joy and peace; having a lifestyle of rest not stress

7 Step Meditation Rest Exercise

1. Love – feeling compassion
2. Joy – feeling thankful and grateful
3. Peace – Forgiveness and blessing
4. Surrender – Being living sacrifices
5. Engaging destiny – having clear vision
6. Framing life – creating reality
7. Living in blessing and empowerment

This is a process; it takes time

I would suggest taking 7 days for each step (49 days).

I would then go back to step one and add a step each day

Day one: do step one

Day two: do step one and two

Day three do steps 1-3 etc.

Don't rush the process. 7 days for each step takes 7 weeks

Then one further week to be able to incorporate all the steps into a lifestyle of meditation and mindfulness, to live consciously as sons of God



Rest by SML Music: [click here](#) to play on Soundcloud
(internet connection required).

Close your eyes, think about and focus on your breathing and begin to slow down to the rhythm of
YOD HEI VAV HEI

Breathe in deeply the breath of God *HEI* and exhale slowly *YOD*

Breathe in deeply *HEI* and exhale slowly *VAV*

Breathe in deeply *HEI* - repeat

Focus on breathing slowly; be still and rest listen to God's voice

Psa 46:10 Be still and know that I am God

Be still and know that I am love

Be still and know that I am joy

Be still and know that I am peace

1. First love – living loved

Keep breathing slowly; now focus your thoughts on God, who is love

Think of being loved, cared for, accepted and affirmed by your loving heavenly Father.

Feel God's love, compassion and comfort for you

Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.

Focus your thoughts on the door within you and picture it

Choose to open that door and invite the Father, Son and Spirit into your spirit to fill you with love

A river of love begins to flow; be immersed in the Spirit's love

Jesus and the Father hug you, putting their arms around you, and you start to sink deeper into love's embrace

You begin to feel cocooned, safe, resting in God's arms of love.

Feel love's warmth flowing into your spirit.

Feel love flowing deeper and deeper, filling your spirit with love's very essence.

You feel filled to overflowing with love; drink in that life-giving stream, the Spirit of pure love

Choose to take Jesus' yoke on your shoulders and feel joined to Him as a son and coheir at rest

Now choose to surrender the control of your life to the Father

Feel love like a river flow out through your spirit into your soul.

Feel that love begin to saturate your soul, filling your emotions, mind and will

Choose to surrender to love and begin to feel totally at rest

As you feel love, relax and begin to feel love flow through your body bringing it into rest

Now feel love flow over your body; from your head, flowing down your neck and shoulders to your chest, all the way to the tip of your toes.

Now intentionally release that love like a flowing river through you, creating an atmosphere of love around you

Direct the flow of love out to the different areas of your life: family, community, friends, neighbours, ekklesia, to the world...

Love is flowing like a river from your innermost being, creating an atmosphere of love that overshadows your life

You are in a state of bliss, living loved

You are resting in a deep sense of being loved unconditionally

2. Joy, gratitude, thankfulness – loving living

Continue to relax and begin to think of someone or something you are thankful for. Release your gratitude

Think of someone who has been kind to you or blessed you
Be grateful you are alive
Thank God for His love, thank Jesus for dying for you etc.
Feel joy fill you and saturate you

Feel that joy filling your soul
Feel that joy flowing over your body from your head to your toes
Release your gratitude as a flow of joy from the inside out
Fill the atmosphere around you with joy

3. Peace, forgiveness – living loving

Focus on Jesus' words:

John 14:27 Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful

Think of anyone or anything that has disturbed you, frustrated you, annoyed you, upset you, hurt you.

Now picture them and consciously choose to forgive and release them.

Visualise that person, say to them "I forgive and release you and bless you."

Hear them say "I receive your forgiveness." Repeat if necessary.

Now think of anyone you may have hurt, upset or annoyed and ask them to forgive you and hear them say "I forgive, release and bless you."

Feel peace filling you, taking you deeper into rest
Feel the peace flow slowly over your body from your head to your toes
Release forgiveness like a flowing river out into the world; create an atmosphere of forgiveness around you

4. Surrender – Living sacrifices

Start to think about Romans 12:1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship

Feeling at rest, safe and secure consciously choose to surrender your free will to God's will

Choose to surrender to health

Choose to present yourself as a living sacrifice to the Father

See yourself lying on the altar

Start to think about Psalm 139:1 O Lord, You have searched me and known me.

Sense God's amazing, loving desire for you, knowing everything about you and wanting the best for you, for you to be whole

Start to think about Psalm 139:16 Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them. 17 How precious also are Your thoughts to me, O God! How vast is the sum of them!

His amazing thoughts about you start to flow around your mind

His truth, beginning to penetrate any strongholds and lies

His thoughts, beginning to change and align your thoughts to His thoughts

Knowing that you are loved and accepted start to think about Psalm 139:23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 and see if there be any hurtful way in me, and lead me in the everlasting way.

Ask the Father to search your heart and reveal any anxious thoughts or iniquitous ways
Ask the Father to deal with anything that will hinder you fulfilling your destiny, living in health or recovery today

Ask the Father to reveal the desires of His heart to you

Think about Rom 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Turn your heart towards seeking first the kingdom of God

Tell the Father that you only want to do what you see Him doing

Allow the Father to transform you by renewing your mind and conforming you to sonship

5. Engaging your destiny. Resting in surrender with love, joy and peace

Focus your thinking on your day and receive a scroll with your destiny for today

Think of today as an opportunity and a pleasure

Think of your day and think about it in love, joy and peace

Today you live loved

Today you love living; life brings you joy

Today you live loving, at peace and in forgiveness

Think of your scroll. Sense any specific mandates for what the Father is doing in you, around you and through you today; choose to place it in your heart

Choose only to do what you see the Father doing

His will is nourishment to your soul. Feel His strength fill you.

Think about your day and rest. Choose to accept your destiny; relax and feel the joy and pleasure of the Father's heart

Your destiny today is filled with love, joy and peace – health and recovery

Look at your day from rest

Feel desire rise in your heart overflowing with love, joy and peace bringing fulfilment in rest

Visualise being blessed to be fruitful, successful and fulfilled at home, community, work...

Everywhere you go, grace and mercy go before you

6. Framing your life in peace.

Think of what you will be doing today and think being successful

See the possibilities for you to be fruitful and choose that reality to manifest around you today

Eph 2:6 ... and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus,

Focus on the scroll and desire in your heart and think about sitting at rest on your mountain throne;

feel the love, joy and peace

Let the desires of the Father's heart for you fill you with passion and excitement for your day

Begin to frame your day from the desire of your scroll and the reality you have chosen with the favour and blessing of God; declare success; call for the alignment of heaven and earth

Think about your day and begin to see what you need and see the reality of blessing
Begin to call forth the provision for today
Declare that you have all that you need to fulfil all that you are called to do today.
Call forth connections with the angelic realm and cloud of witnesses

Release the sound and frequency of rest out into creation; that will attract fruitfulness
Feel peace and contentment rise up in your heart
Release that peace like a river into the atmosphere around you.

7. Blessing and empowerment

Hear the Father's words of affirmation: "You are my beloved son [*or daughter*] in whom I am well pleased and in whom my soul delights"
Step into YHVH, the Lion, Ox, Eagle, Man
Feel the pleasure of the Father's heart for you and for destiny today

Hear the Father say "I bless you My son [*daughter*] to be fruitful today. I empower you to prosper and succeed today; to increase, overcome and rule."
Feel the light of love energising you; feel the energy and power of God's presence pulsating within you

You are in YHVH and YHVH is in you. Your identity and position is of the heavenly Order of Melchizedek
You are joined to the Lord and one spirit with Him
You are a house of God and a gateway of heaven into the earth

Feel and sense the abundance of life within you
Be at rest, fulfilled and contented, being filled with love, joy and peace
Release the flow of abundant life as a river flowing from your innermost being into the world around you

We begin with YHVH in us and we end with being in YHVH. The cycle where the beginning and the end meet in fruitfulness and health
When we step into the name of YHVH we are royal priests of the order of Melchizedek and we live in the power of His name