

THE IMPORTANCE OF SITTING WITH YOUR INNER BEING EACH DAY IN MEDITATION –

For optimum health, inner guidance and to know the truth of your life

“Your Inner Being knows you better than you know yourself. He loves you in your joy and in the wrongs that you have learned from. Sit with him each day in the quiet of his love, let him show you the truth that he sees. Not my [Robert’s] truth, find truth for yourself with your own Inner Being. It is written in no book, for it is ever becoming, never done.

All my life, even in the trenches, my faith was strong. But the book [religion] dulled my thirst for truth, like a baby suckling the silver (a silver dummy). Around you are many who fear another’s book and will kill the other. You should force no book [doctrine] on another, nor fear another’s book. Your environment sustains not because there is one shape of beast or plant, but because there are many; all are ever becoming, never done. Such is truth, shaped by many, not one, ever becoming, never done.”

Sitting with your Inner Being is the most important thing for everyone, the best use of your time. Many people never have knowings of their Inner Being as they never meditate. It’s important to grow your pipe to your Inner Being, then the Inner Being can flow faster energy to you. The best way to meditate is to simply connect to the Inner Being (*no music or images*) and the best time is when getting ready to sleep. Go asleep with your Inner Being because that leaves your conscious mind in a state where it is easier for your Inner Being to work with you through the night.

Illness - If the pipe to the Inner Being is small and the energy is not fast enough, then the physical apparatus cannot be properly sustained by the Inner Being (*for optimum health*), then gradually there will be a declining in the physical body and illness will come. It can be made better by having more meditating with the Inner Being and taking time for the pipe to get bigger. Then the physical apparatus will change and return to health.

The best way to meditate is to simply connect to the Inner Being without music or images. Sometimes, especially when people are new to meditation, or if they have difficulty in stilling the mind, it can help for them to use music and/or a visualisation meditation. But if they become aware that their mind is only busy with the pictures, they will have no room for the Inner Being, so then it’s better to try with no words.

