



# Meditating

an active part of worshiping of 1 God



Welcome to the Wonderful World of Questions & Answers

For spiritual insights and inner harmony use, 'meditation!'

Custodian Guardian meditating is done without the use of plant or chemical supplements. C.G. use only the natural uncut unpolished rose quartz. C.G. meditate in solitude or in a group at a 'Gathering'.

When meditating a mind withdraws itself from all outside impressions then frees itself from all thoughts, this stillness, silence is calming. After the calming you may glimpse truths of your Soul, insights relating to the purpose of life. **Note !** A troubled soul may give insights that create a state of anxiety if this happens **Stop meditating. Try another day.**

Supporters of the 1 Faith meditate alone using a rose quartz. When visiting a Universe Custodian Guardian Gathering. There is intense meditating group praying (I.M.G.P.).

## Meditating alone :

Have a glass of filtered water before meditating.

Lie down on the ground (prayer mat) or bed.

Put a rough rose quartz on your forehead.

Lie still, straight outstretched on your back arms tight against body, eyes closed.

Then shut out all surrounding distractions finding inner harmony.

Inner harmony leads to spiritual experiences.

Strong spiritual experiences may lead to Deep sleep.

**Note !** Deep sleep helps to regenerate mind body and soul resulting in a healthier more content person.

Meditating is not always successful. Stop! Try some other day.

A rose quartz when used while meditating may reduce anger, anxiety, depression... A successful meditation will revitalize the body physically emotionally and spiritually. It enhances communication with 1 God.



## I.M.P.P. Intense Meditating Personal Praying

Intense Meditating Personal Praying (I.M.P.P.) may be used when there is a pressing need to communicate with 1 God. I.M.P.P. is best done when alone at home. I.M.P.P. should not be used constantly.

### How to I.M.P.P. :

Sit on a mat legs stretched out hands folded in your lap eyes closed

With the upper body start gently swaying forward, backward

Keep swaying, start chanting: 'For the Glory of 1 God and the Good of Humankind'

Keep chanting until you feel trance like then start chanting your prayer

The prayer you chant may be 1 from the prayers guide or your own

You may chant the prayer as often as you feel necessary

When finished chanting stop swaying open your eyes, get up.

**Note !** Meditation stone of the 1 Faith the rose quartz is not used.

## Group Praying

Prayers may be a group (2 or more) event. Custodian group pray at Gatherings everyone participates. When there is a pressing need to communicate with 1 God, I.M.G.P. is used.

## I.M.G.P. Intense Meditating Group Praying

I.M.G.P. is used when an individual needs moral support from others or when it concerns community issues. If you want the group to chant your personal prayer talk to an Elder at a Gathering. Pray, meditate together with other supporters of 1 Faith.

### I.M.G.P. how to :

Form a group

Stand on the ground start stomping your feet eyes closed

Keep stomping, start clapping your hands

Now, start chanting: 'For the Glory of 1 God and the Good of Humankind'

Keep stomping, clapping, chanting until you feel trance like then start chanting your prayer

The prayer you chant may be 1 from the prayers guide or your own

You may chant the prayer as often as you feel necessary

When finished chanting stop stomping, clapping open your eyes, relax

**Note !** An Elder should start the I.M.G.P.

## 1 God loves a Gathering

A **Gathering** is open from 1 hour after Sunrise to close 1 hour before Sunset (**Time Triangle**) on Fun Days. Many Fun Days have themes, shame, celebration and memorial days. A Gathering is not only a religious get together but also is for socializing: Pray, discuss, chat, eat and drink (**non alcoholic**), sing and dance, laugh, play, harmonize. A Gathering keeps local customs, traditions alive (**cuisine, dialect, dress, music, dance**) as long as they do not contravene the '**L.G.M.**'.

### Start a Gathering

Can't find a Gathering. Supporters find a minimum of 7 people then get together that is a Gathering. A 1<sup>st</sup> Gathering may be held at home. Alternatives are a SmeC, PHeC or School. (see **Start a Gathering**)

### Worship

Worship is the adoring acknowledgment of **1 God**! Creator of the most beautiful Universe's. **1 God** is both He and She. **1 God** is the original Soul. Custodian Guardian worship the Creator of the physical spiritual Universe's as **1 God 1 Faith 1 Church**!

An act of worship may be performed, in an informal or formal group, by an individually or by a designated leader. Many religious traditions expect regular worship at frequent intervals, often daily or weekly. Expressions of worship vary but typically include one or more of the following: prayer, chanting, dance, devotional song, festivals, meditation, music, pilgrimage, sermons, ritual, sacraments, scripture, or simply private individual acts of devotion...

**1 God** does not want sacrifices, but seeking, gaining and applying knowledge. Therefore altars are replaced with Lectern. C.G. seek, gain, apply knowledge and practice knowledge continuity, all life .

Religious worship happens in a wide variety of locations: in purpose-built places of worship, at home or in the open. Custodian Guardian worship anywhere except purpose built places. **Note! 1 God** doesn't want purpose built Palaces (Cathedrals, Churches, Mosques, Shrines, Temples Synagogues ...) for worship.