

# How to Anchor Yourself in the Presence of God

by Emily Laurel

Excerpted from *The Healing Path of Prayer: A Modern Mystic's Guide to Spiritual Power* by Ron Roth

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Ron Roth writes: *The daily process I use to anchor myself in the presence of God is a simple one that can easily be divided into four steps.*

The overall process entails choosing a scriptural passage or reading a book until a sentence inspires or moves you in some way, then bringing that sentence into your consciousness and repeating it until the very words themselves dissolve into nothing. That may last only a split second for the beginner, but in that moment you have entered the halls of contemplation where God reveals Himself. Here now are the four steps in detail...

**Step 1.** Take spiritual truth into your consciousness. I use a scripture passage or a sacred writing, such as the words of people I consider to be saints or mystics—those who have experienced God in such a way as to be able to share the truth of what they've learned with others. They would be able to take that truth into their spirit and allow the Spirit of God to make it grow within them, enabling God's energy to radiate outward so others can feel the power of the words.

**Step 2.** Practice centering upon that truth in a word or phrase until you enter a state of meditation. I call this stage guided imaging led by the Spirit of God. Focus every part of your being on the word or phrase you have selected so as to let the Holy Spirit embrace it and make it real for you. You then enter into a state of meditation through guided imagery that is led by God's Holy Spirit. This is not an attempt to make things happen on a mental level.

**Step 3.** As God's Spirit leads you through this sacred imagery, begin to feel His presence. You will enter into a state of contemplation where you rest in the presence of God, experiencing the healing light, love, and presence, but you use no words or thoughts. If any thoughts come to your mind during the time, let them pass through. Do not struggle with the thoughts or judge yourself for having them. As you return again to the words upon which you are focusing, you will begin to know that the word is not the important thing. The important thing is to be aware of the stillness in the centering process, for in that stillness you will experience the eternal "I AM." In this state of contemplation, you are resting in the presence of "I AM" and you are simply learning to receive.

**Step 4.** Conclude with acts of gratitude and thanks, which primarily consist not only of words but also of bringing God's love to others. There is nothing wrong with singing to God, praising and worshipping God, or praying the Psalms to God. The greatest act of gratitude to God for His presence in your life, however, is to go out into the world and show that presence in love available to whoever

will need to be in your presence. You don't have to search for them; God will bring them to you.

*Rev. Fr. Ron Roth was a teacher of modern mysticism and healing through prayer to people of all faiths. He appeared on Oprah and other television programs and was the founder of the Celebrating Life Institute in Peru, Illinois, where his life partner, Paul Funfsinn, now carries on his ministry.*