

I M R E V A L L Y O N

# Heavens & Hells of the Mind

Chapter 54  
THE HEART AND THE  
LOST ART OF PRAYER



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# Heavens and Hells of the Mind

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CHAPTER 54

The Heart and  
the Lost Art of Prayer

## The Divine Mood

*When your Heart is on Fire  
with Divine-Longing,  
you shall find God*

Whether your background is Jewish, Muslim, Christian, Hindu, Buddhist or Sikh, you have learned to pray sometime or another in your life, or you have seen others pray. But do you know the true secrets of prayer? For prayer has the same secrets, no matter what religion you belong to, or in what language you pray.

Prayer is an old-fashioned word for *meditation*. The old religions used the word *prayer* before the word *meditation* was invented. Thus, true prayer and true meditation are synonymous, as you shall see.

Prayer (JAPA) is manifold and we shall disclose to you its powerful secrets. The essential secrets of prayer lie in the HṚDAYAM (the Heart) and BHĀVA (mood). Or, to be precise, BHĀGAVATA-BHĀVA (Divine Mood). The meanings of these words have infinite depths, which we shall try to explain to you. In these two words, *mood* and *Heart*, lie infinite worlds and all glorious revelations. Listen carefully.

BHĀVA has multiple meanings. Outwardly it means “mood, feeling, attitude, emotion”. You have moods, feelings, emotions, and these “moods” drive you in all directions. To succeed in prayer (meditation), however, you must have the Divine Mood, BHĀGAVATA-BHĀVA or DEVA-BHĀVA. That is, you have to be “in the mood” to pray, to meditate.

This is all-important. DEVA-BHĀVA means “longing for the Divine”; it is the desire, feeling, emotion, for Union with God. If you have not yet succeeded in your meditation, ask yourself: “How strong is my desire to be with God?” Is it an all-consuming desire? Is it only luke-warm? Or is there none at all? Are you striving always to be united with God? Or are you leaving the work to be done for two days before your death? Be honest with yourself. When your Heart, HṚDA, is on Fire with Divine-Longing, you shall *find* God.

God-in-the-Heart.

God-in-Heart.

God-Heart.

God.

*The Mystery of the Heart* 425

*Terms of Prayer* 696

*The Lover of God* 853

*Practising the Presence of God* 711

*On the Wings of Devotion* 1129

## The Stages of Prayer

People have forgotten the various levels of prayer. Prayer, as a technique of meditation and Spiritual Life, has five stages or levels:

1. Oral Prayer or Verbal Prayer.
2. Mental Prayer.
3. Mental Prayer in the Heart.
4. Heart-Prayer or Spiritual Prayer.
5. God-Prayer or the God-State-of-Being.

*In Verbal Prayer  
the Divine Mood  
is not present*

### **I. Oral Prayer or Verbal Prayer**

This is what people generally understand as “prayer”. *Oral Prayer* or *Verbal Prayer* is wholly external and full of distractions. It is *outward-directed*, with *many words*, and you pray to a God who is somewhere “out there”, dwelling in the afterlife or in Heaven. God is thought to be separate from you, outside of you.

This is characteristic of the prayers in the “outer court” of all religions—the ritual prayers, rites, ceremonies, prayer books, compulsory prayers, morning, noon and evening prayers, church songs and hymns, chants, devotional outbursts, kirtans, bhajans, the Psalter and canons, prayers for the monks, nuns and religious in all religions, and so on. Or you might make up your own prayers expressed in *many words*. This includes the prayers you recite in places of worship (in a church, mosque, synagogue or temple), in a group or alone, or when you pray at home, either spontaneously or from a prayer book or scripture.

Very often, such prayers are self-centred in the sense that you ask God for some *worldly or material benefits* for yourself, or for your friends, relatives, acquaintances, tribe, country, race or religion. The attention is most often scattered and remains outside, on worldly things. Most ritual (PŪJA) is done absent-mindedly, and the various prayers, songs, chants, psalms and hymns are recited habitually, in boredom, or simply because it is the “custom” of the religion you have been brought up in. Most people, of all religions, have been brought up in this type of prayer, whether communal or individual. In this form of prayer the Divine Mood is not present.

*Magical Prayer* 365  
*Prayer Spiritual and Material* 681  
*Stages of Interior Prayer* 693  
*What is Prayer?* 690

*Prayer is a form of meditation  
which uses feeling or emotion  
to penetrate the Heart*

## **2. Mental Prayer**

*Mental Prayer* is the same as *Oral Prayer* except that you don't say the words physically; you say them in your mind, silently. Usually it is long-winded, using many words and requesting God to bestow some *worldly* benefits upon you, or your friends and relatives, or your tribe or nation. Or it may be a prayer against your "enemies", real or imagined. Or it may consist of long prayers from a ritual or prayer book.

This method is better than *Oral Prayer*, but it is still not the true Internal Prayer. You remain at the mind level, focused in your "head" or brain area.

## **3. Mental Prayer in the Heart**

*Mental Prayer in the Heart* is the first stage of discovering the Kingdom of God *within you*. This is the beginning of true prayer or meditation, or Conscious Communion with God.

Prayer is a form of meditation which uses feeling or emotion to penetrate the Heart, via the astral body or feeling-self, and through the Heart to penetrate the World of Unities, or Buddhic Consciousness, and hence to Dissolve in God (BRAHMA-NIRVĀṆAM) and experience the Highest Truth (SATTVAM-UTTAMAM).

Rather than using your brain area (the head) as the focal point of your mental prayer, you *bring your mind down into your Heart* and recite the mental prayer in your Heart, silently. Your attention is focused in your Heart while you are saying your prayer, or while you are singing, chanting or doing other Spiritual Work. The important point to remember is that you do this with feelings of intense Devotion, Love, Longing, Reverence and Joy, and the feeling that you are in the presence of God.

Most people have not been taught by the religious authorities to pray in such a way. This tradition of praying in the Heart exists in the Jewish, Christian, Muslim, Hindu, Buddhist and Chinese religions, but in this materialistic Aquarian Age this Knowledge has been forgotten.

**The Heart unites all religions. A man or woman of the Heart is united with all beings.**

*Devotion to Kṛṣṇa* 449

*Christian Prayer* 689

*Sūfī Prayer* 863

*The Thread of the Heart* 844

*The Universal Heart Practice* 846

*Mental Prayer in the Heart* is very different from the first two types of prayer:

- It is wholly internally directed and concentrated, for “the Kingdom of God is *within* you”.
- You bring your “mind” down into the Heart.
- The prayer is short, precise and to the point.
- You do not ask God for material benefits, but praise, glorify or exalt God.
- You are full of pure Love and Devotion, Surrender to God and Adoration of God.

This makes a vast difference. You ask for nothing for your separated self in the physical body, but you are longing and burning to become the One, the Only. Such prayer will open in you the possibility of experiencing God directly, within yourself, in the Here and Now.

This is *God-in-the-Heart*.

*Such prayer will open  
in you the possibility of  
experiencing God directly*

### ***The Fire of Love***

Mental Prayer in the Heart, properly *inwardly focused*, will produce warmth in the Heart, then Fire. Thus is awakened the *Fire within the Heart*. We are not talking here in metaphors or symbols; this Spiritual Fire in the Heart is just as real as physical fire.

At first the Fire is only warmth; then it becomes like a spark, a small flame or a glowing. This Flame is the Spirit-Spark, the Light-Spark, a Spark of the Divine Light, hidden in the innermost chamber of your Heart.

If you keep up the mental prayer in your Heart, your prayer (meditation) takes on the character of Fire and you move onto the next stage of prayer: *Heart-Prayer* or *Spiritual Prayer*. As Love for God grows ever stronger in your Heart, the Spiritual Flame in your Heart becomes a Conflagration, a blazing Fire, and finally a dazzling Sun-Fire or Fiery Sun. This is the Flame of Love, the Fire of Love.

**Love is Fire, Fire is Love.**

**God is Fire and the Soul is Love.**

**This is the Mystery.**

This *real* Fire in the Heart, when awakened, is the Fire of the Spirit as it manifests through the human system. It is the Flame of Spiritual Grace coming from God. This Flame, Fire, Spirit-Spark, is actually the Grace of God, for the Salvation of every man, woman and child, of no matter what religion, or none.

*The One and Only* 839  
*The Burning Heart* 631  
*The Fire in the Heart* 1287  
*The Mystery within the Heart* 1315  
*Incarnations of the Sun* 1593  
*Experiencing the Awakening Heart* 463

*This form of prayer  
descends upon you*

#### 4. Heart-Prayer or Spiritual Prayer

This is a very advanced stage of prayer (meditation). In this form of prayer, you do not pray with your mind in the Heart. You *do not use your mind at all*, only the Heart. This is no longer a method or technique of meditation, but a *State of Being*. It is knowingly being in the Presence of God at all times, day or night, while sleeping or waking, sitting or walking, being silent or talking. Your Heart spontaneously “prays” of itself, or rather, the Spirit of God glorifies Itself through your Heart. You have transcended your mind. You have transcended yourself. You are in Ecstasy or Mystical Trance, SAMĀDHI.

The prayer that arises in your Heart is wordless, formless, like a tide of Spiritual or Transcendental Feeling. You may have the Feeling of the Presence, or the Vision of the Presence, or the Taste or Smell of the Presence, or you may *hear* God in the Secret Chamber of your Heart.

This form of prayer (meditation) *descends* upon you. It is not the product of your desire. The Mystics also call this “Rapture” or “Ravishment” by the Spirit of God within you.

This is *God-in-Heart* or *God-Heart*.

At the level of Heart-Prayer you receive the HRDAYA-ŚAKTIPĀTA, the Transference of Spiritual Energies into your Auric Being or Microcosm. This is a type of Spiritual Kuṇḍalinī Force, a higher aspect of Cosmic Kuṇḍalinī which will transform your whole inner Self. In Christianity this Force is called the “Holy Spirit”. Again, we are talking not metaphorically or symbolically, but of a real Spiritual Force of Cosmic Power and Dynamism, Renewal, Rebirth, and Re-Awakening into the Eternal. You will be inwardly enveloped in Radiance, and you will see the Divine-Light (BRAHMĀ-JYOTI) and hear the Divine Voice (DEVA-VĀṆĪ), and you will Know the Truth directly, with Shining-Realization (DEVA-VIDYĀ), above and beyond your mind faculty, with the most spiritual part of your Soul. Then you will understand your Path of Transfiguration or Celestial Evolution. The great Mysteries will be revealed to your Soul’s inward Gaze.

*The State of Inner Purity* 497

*Samādhī: the Goal of Yoga* 574

*Rapture* 699

*The Experience of Mysticism* 636

*Baptism and Rebirth* 722

*The Holy Breath* 1340

### 5. God-State

There is a further stage beyond Heart-Prayer. In this stage of prayer, there is no prayer, no Heart, no separated “I” or personal self. There is only God, Unity, Eternal Bliss.

The State of Unity is called YOGA (Sanskrit) in India, TAUḤĪD (Arabic) among the Muslim Saints, and ACHD (AHAD) (Hebrew) among the Jewish Mystics. This is the fifth stage of prayer, the true Goal of Religion.

In this stage there is no Inner Striving and no Inner Effort. Union with God having been achieved, there is a Spontaneous Natural Functioning in the God-State at all times, in all conditions and in all places, One with All, inner or outer.

This is *God*.

This method of prayer (meditation) is the same whether you are a Jew, a Christian, a Muslim, a Hindu, a Buddhist or a Taoist. If you practise it, you will understand the real, original purpose of all true religions before they became bogged down in theological and metaphysical speculation, before they were degenerated by the worldly-minded.



#### **Balance on the Physical Plane**

Don't spend too much time focused on your body. Too many people who think they are “spiritual” waste their time and energy on dieting and various food “fads”, or on physical exercises and “keeping fit”. Your body automatically takes care of itself if you eat a wide range of foods, such as fruits, vegetables, salads, nuts, rice, beans, eggs, milk products, and meat or fish if you need them. If you want to succeed in meditation, the important thing is to be *balanced* on the Physical Plane. Overwork, or taking too much upon yourself, or over-committing yourself, is also counter-productive.

*Tapas: Spiritual Purification* 571

*This is the true  
Goal of Religion*

*The Seventh State* 502

*Mystical Union* 846

*Tauḥīd: the Divine Unity* 852

*The Path of Union* 1339

*The Ultimate Reality is the Meaning of Life* 526

## The Name and the Names

*The Science of God-Realization  
depends on the Power of the  
Name and of the Names*

The peoples of the Ancient World—the Chaldeans, Babylonians, Assyrians, Sumerians, Egyptians, Akkadians, Greeks, Romans and Persians—all believed in the *Power of the Name* and the *Names*. So did the Jews, the Hindus, the Muslims, the Sikhs, the Zoroastrians, the Chinese, and the peoples of the Far East, such as the Tibetans, Mongolians, Japanese and Eskimos. So did the Polynesians of the Pacific, such as the Māori and the Hawaiians. The *early* Christians also understood this, and in Buddhism it is practised in several forms. God is not the exclusive property of any one religion. Those who think so are plainly deluded and self-centred.

Sometimes this Knowledge was forgotten, and sometimes it has been remembered again. Unfortunately, when a *discovered, experienced* aspect of the Living Truth is made into a *tradition*, it becomes imprisoned in that tradition, and soon the later generations forget the real essence behind that tradition—the real Truth, the real experience. And, soon after that, the priestcraft make rituals, rites and ceremonies, thus finally burying the Living Truth.

The Science of God-Realization (BRAHMAJĀNĀNA), or Rest-in-God (BRAHMĪ-STHITI), depends on the Power of the Name and of the Names. Without it, there is no Union with God (BRAHMANIRVĀṆAM). Understanding this subject is the Key to it all.

Traditionis 379

Brahma-Nirvāṇa 1224

**Many are the Names of God.  
One is the Name.**

The Sacred Science of the Divine Names has been known, forgotten and revived, again and again, in all the major religions.

The Name of God—the Word, the Logos—is an outpouring of immeasurable Spiritual Power, Glory, Brightness and Radiance, Sound and Light, Cosmic Vibration. The Name of God is all-pervading, within you and all around you, within every part and particle of Creation. It is One, indivisible, invisible. It is invincible Power and Life-Force. It *cannot* be spoken or uttered by any human

tongue—not in Sanskrit, Hebrew, Arabic, Greek, Latin, Persian or Chinese, nor in any other human language.

The *Names* are Names of God in human Sacred Languages. They *can* be uttered, pronounced, sung, chanted and meditated upon. But the *Name*, the Radiant Divine Emanation, can only be seen with the Eyes of the Soul and *heard* with the inner Spiritual Ears. The Name can be heard within the Heart as sweet Heavenly Music, and in the Head as the Cosmic-Ocean of Creative-Rumbling-Word or Power, the Ocean-Tide of Life.

**The Names are used to “Call upon God”, to connect you to the Divine Word.**

## What is the Name?

The *Name* is the Power emanated from *within* God, from Universal Consciousness. It is as real as electricity, magnetism or atomic power—in fact, infinitely more so! It is invisible to physical eyes and permeates all of infinite Space and all the worlds, visible and invisible. Since very ancient times, the Mystics of all religions have called it by many Names, or expressions in human languages.

For many centuries before the time of Christ, the Greek Mystics and Mystery Schools called this Power the *LOGOS* (the Word, Divine Speech, Divine Reason or Divine Mind). Christianity is a combination of ancient Jewish and Greek Mysticism; thus, the concept of the *Logos* or “Word” was adopted by Christianity during its early days.

The ancient Persians called it *SRAOSHA*, “the Word or Name-Power”. In ancient India it was called *ŚABDA*, “the Living Word or Sound-Current”, and meditation upon it was called *ŚABDA-ABHYĀSA*, “the practice of Communion with the Living Word, the Creator-God”. Notice, it was not a theology or belief system, but a practice (*ABHYĀSA*). This Power is *not* simply an article of “faith”, but a real Living-God. In old India it was also called *NĀDA YOGA*, “Union with God (*YOGA*) through the Living-Word (*NĀDA*)”. Nor did this indicate a mere belief-system, for *Yoga* is a *practice*, a path of *action*.

According to the Old Testament Jews, God is to be found in *HA-SHEM* (*H-SHM*, the Name, the Name of Names). To the ancient Hebrews, and all the initiated inhabitants of the Ancient World, God *was* the Name. The Hebrew Psalms are full of the praising of the Name of God—the real Living-Power of God as it manifests in Sound and Light vibrations throughout the whole Cosmos. This is the Creative Word (Sound), the Creator-God, the *Name*.

When this Knowledge (*GNOSIS*) about the Word, the Name, was lost (which happens over and over again), secret Brotherhoods sprang up in Greece, Rome, Egypt, Persia, Babylonia, and elsewhere, searching for the “Lost Word”. The Rosicrucian and Masonic Kabbalistic Secret Orders are a later wave of the same phenomenon. As usual, the priestcraft came along and produced beautiful, long, complicated rituals, thus further losing the Knowledge they were meant to “look for”: the Hidden-Light, *AUR-GANUZ* (Hebrew: *AVR-GNVZ*), the Name *within* themselves.

*This Power is not simply  
an article of “faith”, but  
a real Living-God*

*Āur̄, Ōr̄, Nāda* 550

*The Cosmic Christ* 662

*The Voice of God* 864

*The Logos: the Word of God* 114

*The Word, Logos, Voice, Name* 1646

*The Name of the Deity* 1032

*The Creative Power of the  
Primordial Language of Sound* 1075

## How to begin Mental Prayer in the Heart

*Mental Prayer in the Heart* is also known as *Conscious Communion with God*, *Simple Prayer* and *Prayer of Simplicity*. This tells you all about it. It is the opposite of Oral Prayer, which is wordy and long-winded.

*Remember that the Presence of God within your Heart is very real*

- Focus your Attention or Consciousness in the Heart, slightly to the right side.
- There, using your mind, use a simple formula (mantra, in the East), such as a Divine Name, or a few words from a religious text, prayer book or scripture, or from well known spiritual statements.
- There, with the positive, bright emotions of Devotion, Love, Longing, Praise, Glorification, Adoration and Worship (BHĀVA, mood), recite or chant your prayer, not too fast or too slow, leaving intervals in between. Totally *surrender* yourself to God, with *awe, reverence, faith* and *joy*.
- Remember that the Presence of God within your Heart is *very real*.
- Make your prayer *conscious* and *simple*.
- There should be a certain *softness, sweetness, peace* and *quietness* in your mind. If you are mentally or emotionally agitated, you are wasting your time.
- You can say or sing the prayer or mantra while in a definite meditation posture, or standing still, or sitting in a chair, or lying on your back in bed or on the ground. Do *not* say your prayer while driving a car or doing work that requires your outer attention. It is dangerous as well as ineffective.
- The prayer may align itself to your breathing-rhythm, or it may not. Observe which is best for you. This is *not* an exercise in breath control (Prāṇāyāma).
- Do not let worldly worries intrude.
- While you are praying (meditating) in your Heart, completely forget about your physical body and your personal ego, your personal sense of "I", your worldly self.
- Spend as much time in your meditation as you can, the longer the better. Do not seek for results and quick miracles. Gradually increase the time you spend in meditation.

**When you have finished** praying (meditating), spend your time in Service, doing your duties or allotted tasks, your responsibilities in life. Make this world your field of Service to the Divine, for this Plane of Being is also Divine. To spend your time in Service (SEVA) is just as much part of Spiritual Life as is meditation.

## The Names and Mental Prayer in the Heart

To enter the Heart through *Mental Prayer in the Heart*, the initiated Jewish Mystics used two methods:

1

KAVANA (Hebrew): a short, concentrated formula or prayer, such as from the Psalms or other sacred texts. For example:

Help us, O God, our Saviour.

Have pity on me, O Lord.

Through God I will find Glory.

Praise the Lord.

Blessed be the Lord.

The Spirit of the Lord has filled the whole Universe.

Let God arise.

*This Science of  
using the Names is  
profoundly esoteric*

2

Using the Divine Names by themselves as a KAVANA. This Science of using the Names is profoundly esoteric. The Science consists of bringing the Name (or Names) you are using to the NAME—that is, the human attributive Names of God to the True Name of God—thus *Uniting yourself with God* as the Infinite Majesty and Measureless Attributes and Powers.

When you can bring forth a Name (or Names) and unite it to God, the NAME, you become a BĀL-SHEM-TAU (Hebrew: a Master of the Good Name, the Infinite Power). In the East this Science was called MANTRA YOGA, and one who succeeded was a MANTRA YOGĪ.

The Process is an Invocation and Evocation in the Heart, with complete Faith and Surrender, with Pure Love and Devotion.

## Hebrew Divine Names to be Invoked (meditated upon) in the Heart

AL (EL)

God, Lord, Master.

ALVH (ELOAH)

God, Lord, Master.

ALHIM (ELOHIM)

God, the Creator-Gods.

ALHIM-GBVR (ELOHIM-GIBUR)

Powerful God, Omnipotent God, Infinite Majesty.

ALHIM-TzBAVT (ELOHIM-TZABAOTH)

The God of all the Heavenly Hosts, the God of all Beings and  
Creatures.

ADNI (ADONAI)

Lord God, the Lord and Master of the Heart.

ADNI-H-ARTZ (ADONAI-HA-ARETZ)

The Lord of the Universe.

ADNI-MLK (ADONAI-MELEK)

The Lord King, Ruler over All

SHDI (SHADAI)

The All-Powerful, Almighty, Omnipotent.

IH (YAH)

Being.

IHVH (YEHOVAH, YAHVEH)

The Eternal, the Being of Beings, Everlasting.

IHVH-TzBAVTH (YEHOVAH-TZABAOTH)

The Being above all Beings, the Eternal One of all the Hosts of Beings.

*The Elohim* 120  
*Christian Meditation  
on the Holy Breath* 1346  
*IHVH: I AM* 1460

**There are seventy-two** Kabbalistic Hebrew Names of God (attributive Names), and there are several hundred in the Old Testament *disguised* as names of people and place names. You will recognize them because each of them will contain either YAH (JAH) or EL.

**AHIH (EHEYEH)**

Existing Forever. The One Universal I-AM Being.

**ALHIM-CHIIM (ELOHIM-CHIIM)**

The God of the Living, the God who gives Life to All, the Universal Life-Producer, the Living God.

**ADVNI-ICHID-AL (ADUNI-YAHID-EL)**

God, the only God, the One God.

**AL-CHI-H-OVLMIM (EL-HAI-HA-OULMIM)**

The Living God of the Eternal Ages.

**OLIV-ADVNI (ELIUNI-ADUNI)****OLIVNI-ADNI (ELIUNI-ADONAI)**

The Lord God Most High, God on the Highest, the Highest God or Lord, the Transcendental Lord.



To awaken the Divine Heart Centre, or Union with God, you can invoke any one of these Divine Names in your Heart Centre with Longing and Devotion. The pronunciation must be correct, according to the ancient Kabbalistic Hebrew: full vowels, not muffled as in modern pronunciation.

Invoking any of these Names in your Heart, following the process of *Mental Prayer in the Heart* as previously described, will rapidly produce Heat and Fire within the Heart.

You have to *Cry Out* to the Master of your Life, who dwells in your Heart and in the Heart of all things.

### ***The Hebrew Heart***

The Hebrew word for the Heart is LB (LAIḲ). The letter L (ל, *Lamed*) has the numerical value of 30, and the letter B (ב, *Beith*) has the numerical value of 2. Thus, by the Science of Numbers, LAIḲ (the Heart) has the value of 32, which is the number of the Ways of Wisdom inherent in the Heart, or the 32 types of Enlightenment possible in the Heart.

*To awaken the Divine Heart Centre, you can invoke any one of these Divine Names*

*The Way, the Truth and the Life* 670  
*Meditation on the Divine Names* 1454  
*Sounding the Hebrew Divine Names* 1461  
*Sounding the Hebrew Angelic Names* 1462

## The Beautiful Names

The Arabic name for the Heart is Q<sub>LB</sub> (Q<sub>ALB</sub>), which is the Centre, the Source, the Essence, the Core, the Root of your Being, the Heart within the Heart, the Inner Heart. It is the most intimate part of yourself, the Throne of God, the dwelling place of your Soul.

*The Beautiful Names refer to the Divine Attributes*

The Divine Names are referred to by the Muslim Mystics, the SŪFĪ (Arabic: the Wise) and the FAQĪR (Arabic: holy men), as the *Beautiful Names*. The Mystery of the Names is their Power to rule over aspects of the Divine Nature.

God has many attributes, yet has none.

The sea has many waves, yet is one.

The *Beautiful Names* refer to the Divine Attributes. The esoteric Secret is that these same attributes exist in Man (the human species), or can be developed by Man. And, by these attributive Names, Man can return to God, the Everlasting One, who is the *True Name*.

By invoking a Divine Name in your Heart you are doing two things:

- You develop that virtue or quality.
- You prepare yourself to unite with God.

Traditionally there are 99 Divine Names of God in Arabic, plus 28 Divine Names according to the Arabic alphabet, plus many others. The two most beautiful Arabic Names of God are:

**IR-RAḤMĀN**

The Merciful, the Compassionate, Gracious, Kind, Loving.

**IR-RAḤĪM**

Compassionate, Kind, Merciful, Forgiving.

Thus:

**BISMILLĀH IR-RAḤMĀN IR-RAḤĪM**

In the Name of God, who is Compassionate and Merciful.

What more can be said of the Divine Nature: *Compassionate, Loving, Merciful*. Would all the Children of Man know this!

## More Beautiful Names in Arabic

AL-BĀṬĪN

The Hidden Essence, the Mystical Heart, the Unmanifest.

AL-ḤAKĪM

Absolute Wisdom, All-Knowing.

AL-ĀLĪM

Omniscient, All-Wise.

AS-SALĀM

Infinite Peace and Quiet.

AL-AẒĪM

Infinite, Exalted.

AL-MU'MĪN

One who is Faithful to you.

AL-MUHAIMIN

The Protector, the Preserver.

AL-ḤALĪM

Considerate, Gracious, Mild, Gentle.

AL-KARĪM

Noble, Gracious, Generous, Kind, Honourable, Giving.

AL-MATĪN

Firm, Powerful, Immoveable.

RABBUL'-'ĀLAMĪN

Master of the Universe, the Lord of all Creatures.

AL-AKRĀM

Glorious, Kind, Generous, Benevolent.

AL-AMĪM

Full, Complete, Universal, Cosmic, Abundant, Plentiful.

AL-AMĪN

Trustworthy, Faithful, the Witness of Creation.

AL-ḤAYY

The Living God, the Life-Giver.

The same God or Divinity resides in every Heart, in all human beings, irrespective of their cultures or religious backgrounds. This is known to the Wise by *direct inner experience*. You cannot convince others of this basic truth by intellectual arguments and discussions. Each person must experience this for himself or herself, as a result of prayer/meditation.

Hate does not exist in God, only in the twisted emotions of Man. How many warped human beings commit violence in the Name of God? How many religious wars have been fought, and to what end?

But enter the Heart and you will enter a Realm of Compassion and Gentleness. The Wise *live in the Name of God*, the Divine Power which is truly Merciful and Compassionate.

*The Eternal is One* 512

*The Sūfi God* 838

## Christian Divine Names

Today's Christianity has very few Divine Names: *Father, Son, Holy Ghost, Lord, Jesus Christ, Christ, the Creator, the Almighty, God.*

You know, of course, the theological interpretation of the Trinity: the old man on the throne (the Father); the handsome young man, the Christ (the Son), sitting next to Him; and the Dove (the Holy Ghost) fluttering in between them. Many Christians believe in this interpretation, but it is only a symbol, not the Reality. The Truth is so much more wonderful and wondrous!

*This is the profound  
Understanding of the  
Holy Trinity*

**Lord, Jesus Christ** is the Image of God in us, in the Heart.

**Christ-Jesus** is the Cosmic Man, the Likeness of God to Man in the Cosmos.

**The Holy Spirit** is the Conscious-Active-Power of God maintaining all of Creation, the Divine Presence.

**God the Father** is the Inexpressible Transcendent.

This is the profound Understanding of the Holy Trinity—not theological, not speculative, not metaphysical, but as you really experience it in the state of Inner Illumination by God.

### *Some Christian Prayers to the Deity (English)*

**Blessed is the Man who delights in the Lord.**

**God, instruct me by the Light of your Holy Spirit.**

**May we be truly Wise (Enlightened) by the Holy Spirit.**

**God, instruct the Hearts of your Faithful by the Light of your Spirit.**

**Blessed be God.**

**Blessed be the Lord.**

**Praise be to God.**

**Holiness to the Lord.**

**O God, my God, look down upon me!**

**The thoughts in my Heart are before You.**

**Glory be to the Father!**

**Glory be to the Word!**

**Glory be to the Holy Breath!**

*The Holy Trinity* 1342

*The Christian Trinity* 113

*Mythical Concepts of God* 104

*The Cosmic Christ* 662

*The Mystery of Jesus the Christ* 664

The Christians did not start to pray to *Jesus* until two or three centuries after Christ. Saint Neilos the Ascetic, around AD400, was one of the earliest Saints to refer to the *Jesus Prayer*—praying to Jesus in the Heart Cakra. At his time it was already a well-established practice amongst the Christian Saints of the desert and in the monasteries. Before that, Christians did not pray to Jesus, but to ABBA (Hebrew: “the Father”) and to “Our Father” as taught by Jesus. Thus, the delineation of Christian prayer evolved as follows:

From the time of Jesus, prayer was to the Father-God, the Absolute:

#### ABBA

Hebrew: God the Father.

Between the first and fourth centuries, the Christians invoked mantras to the Universal CHRISTOS, the Christ, the Cosmic Being, the Cosmic Son, the Universal Saviour. For instance:

#### HAGIOS O THEOS

Greek: Holy God.

#### KYRIE ELEISON

Greek: Lord save me.

#### CHRISTE ELEISON

Greek: Christ save me.

From the third or fourth centuries onwards, the object of worship switched to *Jesus Christ*. Worship was through the human aspect (Jesus) to the Divine Aspect (the Christ), and through the Christ Being towards the Father, the Transcendental Reality.

#### IESOUS

Greek: Jesus.

#### IESU

Latin: Jesus.

#### IESOUS CHRISTOS THEOS UIOS SŌTĒR

Greek: Jesus Christ, God’s Son, Saviour.

*The Christians did not start to pray to Jesus until two or three centuries after Christ*

*To Worship Jesus* 680  
*The Gnostic Teachings* 1108  
*Jesus, the Fire of Love* 1725  
*The Evolution of Christian Prayer* 713

## Visualizing the Divinity within the Heart

God is both Immanent (present within Creation) and Transcendent (above and beyond Creation). Thus, there are two types of meditation:

- With form, SA-RŪPA (referring to God Immanent in Creation).
- Formless, A-RŪPA (referring to God-Transcendent).

You can meditate in the Heart upon either aspect of God, according to your preference.

*You build up a picture  
of your chosen form of  
Divinity in your Heart*

### **Meditation with Form**

You can meditate in your Heart by visualizing the CHRIST, KṚṢṆA, BUDDHA, RĀMA, or your Guru, or a great Saint, Master or Spiritual Adept, or the Sparkling Jewel in the Lotus of the Heart, or the Heart-Lotus itself with the twelve petals, or the Spiritual Sun in the Heart, or any known form of the Deity. Having chosen your form of Divinity, you build up a picture of your chosen form in your Heart, by visualization, with great *Love* and *Devotion*. You use your imagination and pour all your Love and Devotion into building the most perfect form of your chosen representation of Divinity (ĪṢṬA-DEVATĀ). This will be a gate, a door, a window, a bridge between you and God, between your personality and your Soul.

Imagining or visualizing is one type of meditation; using a mantra is another. If you wish, after you have built the picture or image in your Heart, you can chant a mantram to that Deity-form, the mantram of that Deity or any suitable mantram. And the Great God within you will Awaken in Glory.

### **Formless Meditation**

To practise formless meditation in the Heart, sit still, focused, and *feel* the Divine Presence with your Heart as one of the Transcendental Qualities, in the Eternal Silence and Peace.

Most people find it difficult to meditate upon the Transcendental Nature of God, the Unmanifest, the Absolute, the Immutable, the Eternal, the Boundless, the All-Pervading, the Indestructible, the Incomprehensible. Most people relate to God in some sort of form or embodiment.

## Some Sanskrit Divine Names for Meditation in the Heart

For meditation *with form* (SA-RŪPA) you can meditate on:

ĪŚA

ĪŚVARA

HṚDAYAṂ

SŪRYA (the Sun)

GURU

KṚṢṆA

RĀMA

BUDDHA

JESU KRISTA (Jesus Christ)

DEVĪ (the Goddess)

ŚIVA

JĪVA

ŌṂ

ŌṂ MAṆI PADME HŪṂ (the Jewel in the Lotus)

For meditation *without form* (A-RŪPA) you can meditate on:

PARAMĀTMAN

ĀTMAN

PARABRAHMAN

PURUṢOTTAMA

ŚIVA

ŌṂ

ĀNANDA

ŚĀNTIḤ

VĀSU-DEVA

Note that ŌṂ and ŚIVA are both with form and formless.

**Remember, there is only One God!** The form itself that you choose to meditate upon in your Heart is but a *representation* of the true Form of the One God, which is vast and cosmic. What you choose to meditate upon is called ĪṢṬA-DEVATĀ (Chosen-Divinity). If it is with form, then it is called the ĪṢṬA-DEVATĀ-RŪPA (Chosen-Deity-Form).

*My Beloved Lives in my Heart 1290*

### ĪṢṬA-DEVATĀ

Sanskrit: “Chosen Deity”. Also called UPĀSANĀ-MŪRTI, “spiritual discipline, form or image”. The human form of the Divine Incarnation serves as an *initial* focal point of your Love, Devotion, Longing, Praise and Worship, knowing full well that the human form of the Incarnation merely veils the glorious Divinity behind it. God has to appear to Humanity in human form until humans possess ŚIVA-NETRA, the Spiritual Eye, by which they will see God everywhere.

*The Saviour in the Heart 1296*

## To Worship the Divine Incarnations

An AVATĀRA is an entity descending from the Monadic Plane, or the Divine Power or Potency stepped down to the lower planes, even to our Physical Plane of planet Earth. The Avatāras descend from the Avatāric Source, the Monadic Plane, beyond Nirvāṇa.

*The Avatāras descend  
from the Monadic Plane,  
beyond Nirvāṇa*

Unfortunately, this fact of Avatāras is much misunderstood, for in India they indiscriminately call all their Gurus and Saints “Avatāras”. Thus, at any one time there are dozens of Saints in India believed by their devotees to be Avatāras. But this is incorrect; Sainthood is a different process.

Following are the four greatest Incarnations of Divinity on Earth in living memory:

**RĀMA**, who gave Mankind Righteousness.

**KṚṢṆA**, who gave Mankind Devotion.

**BUDDHA**, who gave Mankind Wisdom.

**CHRIST**, who gave Mankind Love.

You must remember that the planetary vibrations at the time of these great Divine Incarnations (MAHĀ-AVATĀRAS) were different on each occasion and different from the planetary vibration of today, the twenty-first century after Christ. Human Consciousness is *slowly* changing all the time in conjunction with the evolution of the Earth, the Planetary Logos, the Cosmic Entity whose dense physical body is our planet Earth.

### AVATĀRA

Sanskrit: “To go down” or “to descend”. From AVA (down) and TĀRA (to pass, to go). An AVATĀRA is a Descent of God on Earth in a human form. A Divine Incarnation.

*The Avatāra 389*

### THEOPHANIA

Greek: “God-manifestation”. An appearance of God. From THEOS (God) and PHANIA (to appear, to manifest). The fact of Divine Incarnation according to the ancient pre-Christian Greeks.

Many Christians believe that Christianity is a unique, new religion, but in fact the Christian doctrine is derived directly from ancient Jewish teachings and the Greek Mystery Schools.

*The Jewish Messiah 660*

| Quality                    | Avatāra       | Date             |
|----------------------------|---------------|------------------|
| The Power of Righteousness | <b>RĀMA</b>   | 11,000 years ago |
| The Power of Devotion      | <b>KṚṢṆA</b>  | 5,100 years ago  |
| The Power of Wisdom        | <b>BUDDHA</b> | 2,500 years ago  |
| The Power of Love          | <b>CHRIST</b> | 2,000 years ago  |

### Great Incarnations of Divinity

An Avatāra is a Regenerative Power for the planet Earth and for Mankind. There were other great Avatāras on this planet, long before the four mentioned above, who came to teach and guide nascent Humanity, with each Avatāra demonstrating a new quality to be emulated or developed by Mankind. The Avatāra process is part of the Divine Plan.

Remember that, in the days when these Avatāras lived, there was no modern recording equipment such as audio tapes or videos, and their words, teachings and actions were not written down as they happened. What we have today is a massive amount of legends, tales and mythologies, written centuries or thousands of years after their deaths, especially in the case of Rāma, Kṛṣṇa and Buddha. People piously believe in these “scriptures” as if they were the *literal* truth instead of just *stories of the imagination*.

Apart from the myths written about them, however, the Avatāras left an *imprint* in the planetary atmosphere, in the deep psychological layers of Human Consciousness, which cannot be wiped out. The Divine Glory and Radiance that the Avatāras brought down with them from the exalted Spiritual Realms has been infused into Humanity and has stimulated human evolution, developing in Man the *sense* of Righteousness, Devotion, Wisdom and Love.

*The Avatāras left an imprint  
in the planetary atmosphere*

### ***Astral Disinformation***

There is tremendous *misinformation*, *disinformation* and *delusion* coming from the Astral World through the so-called mediums, channellers, star-seed transmitters (or whatever the psychics and untrained sensitives choose to call themselves), concerning the true esoteric history of our planet, the nature of the inner worlds, the Avatāras and the Spiritual Hierarchies. If you could know the real esoteric facts, and the utter nonsense coming through the mediums and channellers who deceive themselves and the ignorant “new-agers”, who channel imaginary, non-existent angels, masters, dolphins, whales, purpledots and square elephants from realms and spaces and worlds that exist only in their subconscious minds and astral imaginations, you would be utterly shocked and would campaign to ban all channelling because of the great harm it is doing to the Living Truth!

*Channelling and Mediumship* 317

*The Avatāras* 1320  
*Powers of Divine Descent* 599  
*The Divine Incarnation* 726  
*The Mystery of Jesus the Christ* 664  
*Legends of the Buddha* 393  
*Truth and Mythology* 7

## To Worship the Divine Incarnations in the Heart

There are countless millions of people who worship these Divine Incarnations—Rāma and Kṛṣṇa in Hinduism, Buddha in Buddhism, and the Christ in Christianity—through the practice of many rites, ceremonies and rituals. However:

*The Avatāras must be worshipped in the Heart*

These AVATĀRAS must be worshipped in the Heart, by interior prayer, meditation and worship.

This is called MĀNĀSA-PŪJA, “mental worship”. This means having your mind, MANAS, in your Heart, HṚDAYAM, and doing your worship there.

- If you are a follower of Rāma, Kṛṣṇa, Buddha or Christ, you may sing, chant or pray the Name of the Avatāra in your Heart Centre with Love, Devotion, self-forgetfulness, surrender and intense longing for Union with your Beloved.
- Another way is to *visualize* the form of your Beloved in your Heart—an image, picture, icon or maṇḍala. You can visualize in your Heart a picture of Rāma, Kṛṣṇa, Buddha or Christ, or of the Goddess or the Divine Mother.
- Or, you may visualize the form first, then chant or pray to the Sacred Image.

God the Ultimate Reality, and God who ever manifests as Divine Incarnations, and God who is your own true Self (the formless Self of infinite magnitude, everlasting Silence, and Pure Consciousness) are *one and the same*.

Thus, you may worship God the Absolute as formless Infinite Reality, or you may worship any form or aspect of God, such as the form of an Avatāra, or the Divine Mother, or the Universal Energy of ŚAKTI, or the Goddess.

Devotion to Kṛṣṇa 449

To Call upon Jesus 679

Salutation to the Buddha 795

The Buddha and the Christ 1722

Śakti: the One Energy 150

The Divine Energy 1484

### **The ‘Goddess’**

Understand the word *Goddess* in the spiritual sense, *not* in the “modern” Western sense of the Goddess as the physical Earth or the Moon or the female psychological qualities of unregenerated human beings.

*The True Feminine* 1516

## Rām: the Universal Name

*Rām is a Name of God which is upheld by both Eastern and Western Spirituality*

### Hebrew

To the ancient Hebrews, the Name of God, RĀM, was the God-in-Incarnation, God as the Cosmic Life and Cosmic Principle in Manifestation.

In ancient Hebrew, RĀM means “the All-pervading, Self-existing Spiritual Substance and Energy of God; the Origin, Source and Foundation of the Universe; the Universal Force of Space”. As a God Name, RĀM means “God on High, the Most High God, the Exalted God, the Establishing-Power of God”.

Thus, in Hebrew, RĀM means “God-Transcendent and God-Immanent (here, now)”, simultaneously abstract and concrete. It is the invisible Forces of God active in Creation, in all things and all peoples, as well as the Transcendental Bliss-Consciousness of the Absolute. It also means the *restoring* and *nourishing* Power of God.

RĀM also means, in Hebrew, “the Power which uplifts or raises up; that which Saves; that which is Exalted, Elated, Glorified; the Force that pervades the Universe”.

RĀM is also the Human Consciousness infused by the Power of the Holy Spirit, the uplifted Human Consciousness, or Cosmic Consciousness.

RĀMA, RĀMAH, in Hebrew, also means Exaltation, an uplifting of Consciousness.

### Sanskrit

In Sanskrit, RĀM is the Divine Name of God as the Universal Vibration of Light and Sound, or Sounding-Light Vibration. By this is meant not only the physical Light and Sound, but All-Light and All-Sound upon all the seven great Planes of Being, within all dimensions of Space. All Space, with its multiple universes, both visible and invisible, is vibrating with the Radiant Energy of RĀM, the formless Form of God.

RĀM is the Universal Mind in action as Vibration throughout the infinitudes of the Universe, both in the visible and invisible immensities of Space. It is Pure Intelligence pervading all things. It is conscious, intelligent Radiant Energy, which is dazzling, bright Light and blissful in nature. This Radiant Energy, RĀM, pervades all things, is within all things, *is* all things in Creation. It is the Ocean of Light and the Lake of Fire, in which every atom in Creation is dancing.

RĀM is also the ruling and directing Force within Creation, the Impelling-Intelligence, the Administrative-Intelligence of the Cosmos. It is the Infinite-Here and Eternal-Now, in blissful Consciousness and Love.

RĀMA, in Sanskrit, is the Divine Incarnation or Divinizing Power.

## Conscious Breathing in the Heart

Since very ancient times, people have connected prayer with the Heart Centre and with the breath. Conscious Breathing was practised by the Mystics of all the ancient civilizations—India, Persia, China, Egypt, Babylonia. It was practised by the Prophets of Israel and the Saints of Islam, and in the early days of Christianity by the Desert Fathers.

*Breath is the link between  
Man and the Spirit of God*

Conscious Breathing is the recognition that the human breath is a particle of the Divine Breath, the Holy Spirit, and hence can be used as a vehicle for Unification or Yoga (Union with God).

The individual breath, *your* breath, is a wavelet upon the Great Breath or Universal Life-Power. Conscious Breathing is purely religious in purpose and has nothing to do with “keeping fit”. Make no mistake, puffing away in merely body-oriented physical breathing exercises is not it! It is a way of consciously reconnecting with God and with yourself, the Soul that you are.

Conscious Breathing is focused in the Heart, using a Divine Name, or simply Remembering the All-Presence.

Materialists will squirm at this idea, of course, but let them squirm! This Science has been forgotten by Humanity many times over, and you need to *remember*, as do all the Children of Man. Breath is the *link* between Man and the Spirit of God, the Breath of God.

### **Breath-Prayer in the Heart**

Ordinary prayer is generally long-winded and involves *asking* God for things (usually mundane). In ordinary prayer, usually people are stuck in their heads and very often there is no Devotion at all. *Breath-Prayer in the Heart* differs from ordinary prayer in the following ways:

- ▲ It is short.
- ▲ It is connected to the Heart.
- ▲ It is connected to the breath.

This method of prayer is for spiritual development, invoking Grace and realizing the Immanent Presence of God. In this method there is a total surrender to God, *from* the Heart and *within* the Heart.

*The Holy Breath* 1340

*Baptism and Rebirth* 722

*Prāṇāyāma-Vidyā* 1553

*Breathing God* 870

*Mindfulness of Breathing* 794

*Christian Meditation on the Holy Breath* 1346

*Rest in the Great Breath* 1654

## To Practise Conscious Breathing

The best way to practise Conscious Breathing is to take a Divine Name and *consciously* breathe it in and out of the Heart. Focus in your Heart Centre, and there invoke an intense Love and Devotion for God. *Nothing matters but the Living God within your Heart.* Make your prayer very simple, in rhythm with your breath. For example:

The Western Divine Name, JESU (Latin: Saviour):

|                     |   |                      |
|---------------------|---|----------------------|
| <i>in-breathing</i> |   | <i>out-breathing</i> |
| YE                  | – | SŪ                   |

*Nothing matters  
but the Living God  
within your Heart*

Or the Eastern Divine Name SŌHAM (Sanskrit: Spirit):

|                     |   |                      |
|---------------------|---|----------------------|
| <i>in-breathing</i> |   | <i>out-breathing</i> |
| Sō                  | – | HĀNG                 |

Or you can use the Arabic Name HELA. HE-LĀ represents the *Living Word*. HE is the Sound aspect, LĀ is the Light. HE-LĀ is the Sounding-Light, the Universal God-Reverberation in the Cosmos, the Holy Spirit.

|                     |   |                      |
|---------------------|---|----------------------|
| <i>in-breathing</i> |   | <i>out-breathing</i> |
| HE                  | – | LĀ                   |

Or you can use the Hebrew Name SHALOM. The Hebrew word SHLM (SHALOM) means “God is Peace, God is Happiness, God is Perfection”.

|                     |   |                      |
|---------------------|---|----------------------|
| <i>in-breathing</i> |   | <i>out-breathing</i> |
| SHA                 | – | LŌM                  |

Or you can use the Chinese word TAO (God), or the Egyptian word TAU (God):

|                     |   |                      |
|---------------------|---|----------------------|
| <i>in-breathing</i> |   | <i>out-breathing</i> |
| TA                  | – | Ō                    |
| TA                  | – | Ū                    |

### More Breath-Prayers in the Heart

| <i>in-breathing</i> |   | <i>out-breathing</i> |
|---------------------|---|----------------------|
| Lord                | – | God                  |
| Lord                | – | Christ               |
| God                 | – | Bless                |
| God                 | – | Heal                 |
| God                 | – | Love                 |
| God                 | – | Light                |
| God                 | – | Peace                |
| God                 | – | Joy                  |
| Ā                   | – | BA                   |

Jesus used **A – BA** to invoke the Divine Father in His Heart. **ABBA, ABA**, is both Hebrew and Aramaic. It means “God, Father, Source, the First in Creation, the Creator-God, God as the Divine Father in All”.

## Yeshua: the Secret Hebrew Name

*The Breath-Prayer Yeshua  
was practised by Jesus himself*

YESHUA is the greatest Breath-Prayer in the Heart in the West, and the most important Breath-Mantra in the Hebrew and Aramaic languages. It is the secret Western Breath-Prayer, now revealed to you after being lost for many centuries. It was practised by the Prophets, and even by Jesus himself. Jesus spoke Aramaic; it was His native language.

YESHUA means “the fullness of the Godhead, God manifest in the flesh, God Incarnate in Man, the Divine Incarnation within the Heart Centre of a human being, the Breath of God, the Holy Breath incarnate in you, the Saving-Grace-Power within you, the Liberating Energy of the Spirit, the Redeeming Power, the Divine Helper, the Living God”.

YESHUA is threefold:

- a. It is a great Declaration of Truth (Metanoia).
  - b. It is a Mantra (Sound-Vibration).
  - c. It is the Holy Breath.
- You can use it as a Declaration of Truth.
  - You can use it as a Mantram.
  - You can use it as the Science of the Holy Breath.

Although this wonderful threefold application of YESHUA has been practised by the Prophets, it gets lost time and again, century after century. Now it is your great good fortune that it has been brought to your attention.

### *Yesu-Breathing in the Heart*

#### **Method 1**

As you deep-breathe the syllables YE-SŪ or YE-SHŪ in and out of the Heart Centre, very slowly, think of the meaning of the Name Yesu: “God Saves”.

#### **Method 2**

As you breathe the syllables YE-SŪ or YE-SHŪ in and out of the Heart Centre, think of YESU, that is, YESHU, YESHUA, the Divine Incarnation, the Miraculous Person (who later became known as Jesus Christ).

#### **Method 3**

As you breathe the syllables YE-SŪ or YE-SHŪ in and out of the Heart Centre, think of the Divine Name, the Immediate Presence of God, which will give you great Joy and Ecstasy.

*Names of the Great Master Jesus 661*

*The Mystery of Jesus and Mary 665*

*To Call upon Jesus 679*

*The Gnostic Teachings 1108*

*Jesus: the Fire of Love 1725*

*The Jesus Mantra and the  
Sacred Heart Initiation 1356*

*What is Metanoia? 1412*

### The Holy Breath

With your consciousness centred in the Spiritual Heart Centre:

|     |                     |   |                      |
|-----|---------------------|---|----------------------|
|     | <i>in-breathing</i> | – | <i>out-breathing</i> |
|     | YE                  |   | SHŪ                  |
| or: | YE                  |   | SŪ                   |
|     | God                 |   | Saves                |

You must practise this with Love in your Heart. The mantric pronunciation is YESHUA. Its breath-form is YE-SHŪ or YE-SŪ.

*When you vibrate the Holy Name, it will fill you with Living Fire*

### To Vibrate the Holy Name

Use any of the following forms:

YE - SHU - Ā  
 YO - SHU - Ā  
 YE - HE - SHU - Ā  
 YE - HO - SHU - Ā

- When you vibrate the Holy Name, it will fill you with Living Fire, the Fire of the Holy Spirit.
- When you use it as the Science of Holy Breath, it connects your breath with the Heart Centre and the Inner Ruler, the Godhead within the Heart, ABBA, the Divine Father within.
- When you use it as a Metanoia, it will transform your mind and lead you to Transformation and Enlightenment.

YESHUA is the Holy Breath or Holy Spirit of God. YESHUA is the radiant Energy of the Spirit, which manifests as Truth (Metanoia), Mantra (Dabar), the Word (Sound-Power), and the Holy Breath.

YESHUA HA-MASHIACH means that YESHUA is the Messiah, the Supernatural Power that descends from above and redeems your Soul which is entrapped by Nature in the lower worlds. YESHUA is the messenger of ABBA (the Father, the Glistening White Brilliance of the Eternal). From ancient Hebrew-Aramaic the word passed into ancient Greek and became IESOUS. From the Greek it passed into Latin and became IESUS, which later became JESUS. As the word was passed down the many generations, its sublime meaning and purpose was forgotten. But now the Word is told to you again, and YESHUA Lives! ✠

#### YESHUA

God is my Salvation.  
 Help is from God.  
 I depend on God.  
 I surrender to God.  
 I place my trust in God.  
 God delivers.  
 God helps.  
 God saves.  
 God is Freedom.  
 God is my Helper.  
 God helps me to prosper.

