

# Practical Meditation for Bonding with God (Kosher “Divination”)

by Ariel Bar Tzadok

Copyright © 2012 by Ariel Bar Tzadok. All rights reserved.

**ACTION, NOT TALK.** There are many things with regards to walking the path to God that often go ignored by many teachers simply because they lack the knowledge of experience, and are thus unable to either learn, or to teach, the most actual and practical of teachings. In place of ritual, practice and experience, the many teachers offer instead numerous forms of mystical philosophies, one more abstract and complex than the other. For lack of an alternative the many students turn to the many teachers and learn from them words, ideas and concepts. While these may be good, in and of themselves, still, they can never replace giving one a direct and personal experience of the alternate realities which the many teachers only talk about, but do not truly know.

Bonding with God is considered an obligation according to our religion. Yet, one should not need religion to tell one what is only natural. Every human being contains within them a thirst and curiosity to know and to see that which is intuitively felt to be a spiritual world. Deep within the human psyche, even the most rational and atheist feels, from time to time, that there is more to life than that which simply meets the eye. Modern science, in its studies of extra sensory perceptions and alternate consciousness, is coming to touch the very doors of the domains that have been known for centuries to be realms of the psychic. In ancient history, the Bible spoke about prophets, and later literature spoke about sages, who were masters of these other realms, communicating with them regularly, and bringing to this world messages and teachings from beyond, to enlighten humanity.

Bonding with God requires of one an alteration of consciousness. This comes about partially through a change in life-style. Practice of these things contradict modern norms and attitudes, and the ancient ways certainly transcend everything the philosophical mystics teach. Yet, so many follow those who talk, so few are willing to follow those who practice, who experience and thus know. But bonding with God is not an exercise in philosophy, it is a practice and an art in which one trains. When one's training is complete, one begins to experience and to personally see the realities of the higher world that surrounds us all.

I cannot teach you how to bond with God in a short essay of this sort. But at least I can guide you in the right direction. I can share with you an exercise that if you perform it diligently, you will indeed cultivate inner powers of awareness and an expansion in consciousness. I can share this with you, but unless you do it, all you will receive will be just words. There are all too many words, we do not need more. There is all too little experience, we need much more of this, especially in light of the times to come. So, with no further talk, let us begin.

Exercise. The purpose of this exercise is to cultivate within you a deeper sense of intuitive awareness. Feeling this and learning to trust it is a great beginning step. This will be practiced with an ancient technique involving visualization.

## PRACTICE

\* To distinguish whether or not a specific practice or choice is right or wrong for you, do the following. Stand in a quiet place, where you will not be disturbed. Think deeply about the question at hand. Is this thing, or that, right or wrong, good or bad? Make sure the question is in the form of an “either, or.”

\* Now, extend your hands out in front of you, palms side up. Close your eyes. Imagine now God's Name Y-H-W-H (Yod Hey Waw Hey) standing in front of you in the form of a person. In your mind, ask YHWH your question. Be precise and clear about what it is you want to know. After you do this whisper: RA'MA'B'IH'WAH'YO'HI'TAH. Whisper this over and over again, with your eyes closed as you continue the visualization and proceed with the following.

\* Make sure your hands are extended fully, raised, with palms up. Hold them there for at least a full minute and allow the weight of them to be tiring. Then, ask YHWH to answer your question. Keep whispering RA'MA'B'IH'WAH'YO'HI'TAH. Let your right hand represent the positive, good and correct answer. Let your left hand represent the negative, bad, and wrong answer. Ask YHWH to place in one of your hands the burden of truth. Visualize an actual weight of sorts, being placed in one of your hands, either the right or the left. Visualize this happening and let it happen automatically in your mind. Do not force it, and do not choose it. Let it simply happen.

\* You will know when you have accomplished this when the following occurs. With your eyes closed, look at your hands, visualize the image standing in front of you placing something in one of your hands. If it is the left hand, with all it represents, your left arm should feel heavy as if it is indeed being handed a heavy object. You should feel the weight of your left hand drawing it down. If however, the image places something in your right hand, with all that the right hand represents, then you should feel your right hand getting lighter and the weight placed in it actually elevating your hand causing it to rise.

\* Keep your hands out in front of you with your eyes closed. Once this imagery has occurred. Keep whispering RA'MA'B'IH'WAH'YO'HI'TAH. Then, visualize throwing down whatever is received, and in your mind, say a firm, “No!” Insist that the proper response be forthcoming again. Keep whispering RA'MA'B'IH'WAH'YO'HI'TAH, but this time, with greater insistence. Ask YHWH, “Again, show me!” See if the second response repeats the first response, or not. Perform this yet a third time and see if the results match.

RESULTS. You can control your mind to do anything and to see anything. What you must do is let go of this control and allow your mind to operate and move independently. Only in this way can the mind be unleashed and set (relatively) free to explore and go where it may. With this initial freedom, your mind will begin to gather in information and experiences from beyond the control of consciousness. This is where expanded consciousness begins. Where it will end, time will tell. This is only one of many exercises that can be used to jump-start experiencing alternate consciousness.

This exercise is nothing other than a way to enable your conscious mind to cultivate an awareness and a sensitivity to your own inner, higher self. YHWH speaks to your unconscious soul, not your conscious mind. The Word of YHWH is not something you hear, rather, it is an impression that you feel deeply inside. Now, one must always be aware that just because one feels something deep inside does not mean that such a feeling is coming from God or any other spiritual or supernatural source. How one can tell the difference is a long and arduous process that begins here with this present practice.

Calling upon God must never be merely a recitation of words. God does not hear words. God feels impressions. There are words spoken with feeling (which some call intent), and it is this feeling that is “felt” or “heard” by God. Visualizing God and learning to “feel” ITS Presence and guidance is what actual prayer is all about. *(For the record, God is not a He or a She. God is in no way human. In order to help reinforce this most important lesson, I believe it imperative these days to divert from the traditional norm and to refer to God properly as a neutral IT, rather than as a personified He).*

The words that we speak within our minds, when coupled with true passion and feeling create a mental construct, charged with mental (emotional) energy, that enable us to make contact beyond the limits of externally based consciousness. We connect with our own inner, deeper reality, expressed through the vision and exercise herein. Yet, in order to clarify things further and further, we reject answer after answer, demanding deeper confirmations. In time, when the mind is silent and the heart is awakened, this practice can be very helpful in discovering hidden truths.

Now, it is up to you. Go and practice.