



# **30 MINUTES TIME ALONE WITH GOD: Rediscovering the Power and Passion of Stillness**

*Anna Neale*

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30 MINUTES TIME ALONE WITH GOD - Rediscovering The Power and Passion of Stillness!

“I wish for God's light to shine into my heart. Fill me with love sent from above. Show me that heaven is where my heart is. I wish to find a way to let God dwell inside me forever. I call upon my ancestors my gurus my brother my stuaie baba my spirit guides and angels. Let me know when it is done.”

...And then, these words came flowing through...

“Be still and know that I am God”

Do you want to experience meditation and the power of silence and have intuitive awareness?

Some years back, I got up early one morning simply because (according to my mind) I had a lot going for the day. Waking up few minutes before my normal time, I thought would give myself enough space to get things done before rushing out to face the day. Then it dawned upon me, that many people talks about the importance of silence. As for me, I had so much to accomplish that I didn't have time to ever sit in silence... be it for a minute or more. Doing so would be considered a total waste of time.

As problems stumbled around me, heavier each task became. So I wondered, “If there is a God, why doesn't God help me?” An answer came back into my mind, “You didn't ask.”

The same day as my activities strolled by, I remember wanting to see joy and beauty, but the day toiled on, gray and bleak. I remember wondering “If there is a God why God doesn't show me. An answer came back saying, “But you didn't seek.”

I finally tried connecting into God's presence (remember, the “if there was a God” question); I used all my keys at the lock of my mind, to no avail. God gently and lovingly rebuked, “My child, you didn't knock.”

Try Investing your first few thoughts with these words, at the beginning of tomorrow in silence:

Upon awakening, find a quiet place and there seated in silence enjoy the solitude of your minutes with God.

“Divine Order takes charge of my life today and everyday. All things works together for good today. This is a new and wonderful day for me. There will

always be other days like this one. I am divinely guided all day long and whatever I do will prosper. Divine love surrounds me, enfolds me and enwraps me and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report. I am a spiritual and mental magnet attracting to myself all things, which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long.”

This very special book was written to help you use one of the most powerful faculties available to human beings; your mind (or intuition).

What will you learn in this book?

- Importance of 'Being Still'
- Awakening in Silence
- Learning to Listen
- Talk About Having Two Minds
- Silent Day
- Unifying God
- Reluctance to Experiencing Silence
- Witnessing of The Mind
- Various Meditation Principles For Quieting of The Mind
- Mantra Meditation
- Use The Power of Silence To Manifest Your Desires?

Whatever you learn in this book should not be done because other people are doing it — not as a spiritless duty every morning, but because God (the spirit within) has granted you this priceless privilege of communication with Himself. Meditate to guard, nourish, and maintain your morning silence where immense possibilities await you at the spiritual gate of manifestations.

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