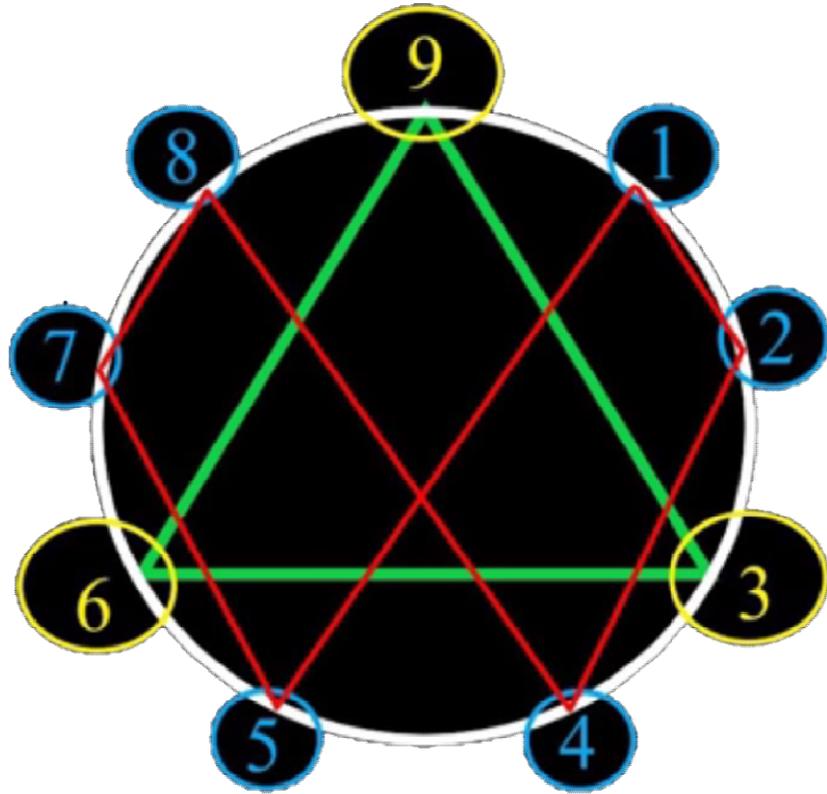
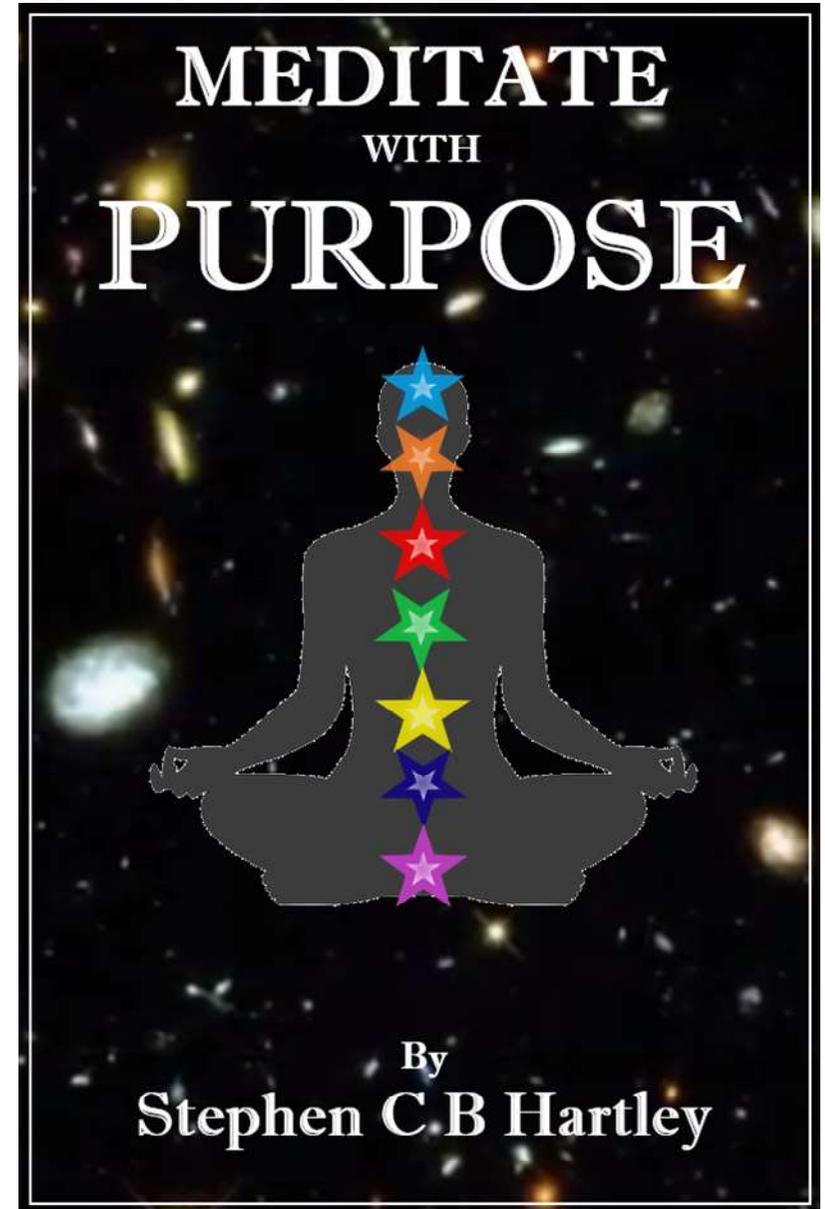


Meditate with Purpose  
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Thank You  
Love

Thank You  
Jesus

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## INTRODUCTION

Note from the Author:

After making vlogs for 10 years, it's time to write a book.

As it is my first book it is on the most important subject I can write about. It is also the area that I have the most 'expertise' in.

I'm not kidding myself, I am no writer! Story telling is not my thing. Therefore this is a very short book but each line of text could be pondered on for hours.

From 2014 to 2018 I meditated most days, quite often ALL Day!  
I had my reasons, it was meant to be.

I remained engaged because it produced results and I'd like to get some important information written down.

## CHAPTER 1

If you have to wait 15 minutes for a bus, can you happily sit still?

No

Go to  
Chapter 2

Yes

Go to  
Chapter 3

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## CHAPTER 2

### Beginner

Never stopping is the way many people cope in this world. Being too busy to stop and think can provide you with an OK life but it often builds up more and more tension until the inevitable – Snap...

With a straight back, sit still for 15 minutes. Do not scratch an itch or shift your position.

Just focus your attention inside yourself – Your Core.

15 minutes is enough to At Least feel re-charged and in most cases, present Something of interest.

*The first time I did it, I sat at the top of the stairs. For about 5 minutes, I kept thinking it*

*was pointless and there were better things I could be doing.*

*Then I saw a quick vision of a young Indian boy doing something with his hand, I also felt very relaxed.*

*The vision intrigued me and the refreshing after-feeling kept me going back for more.*

After you have tried for yourself you will hopefully be burdened with questions... with one being; How can doing Nothing, provide Something??

Maybe even THE THING !

## CHAPTER 3

### Rules

1. Straight Back – Although not always essential, it is So beneficial for fluids to flow and is The best way to improve your posture.
2. Core Focused – Although you'll be aware of many sensations away from the Core, it should mostly always be directed towards the Core. Your Core is your Power – Your Core is YOU.
3. Love, love, love. Love is the answer. By Loving the process you are engaging with Love – An Essential part of Our Purpose.
4. Don't Skip – don't ignore anything. Often the thing we must look at; is the last thing we want to look at. This is because we have skipped it before –

often since childhood. Each time we skip it, it Seems more unpleasant.

5. Live Your Belief. The biggest return from, 'Meditating with Purpose', is New Information which comes in a variety of ways and particularly in the beginning, can't always be trusted. So, Live Your Belief, if only for a week or a day. Trying them out is the best way to Test them out. (If the belief is too extreme, you can play it out in your mind.)
6. INTENTION – Know More, Know Yourself, Know the Environment and the Universe More. Enjoy – don't worry about what order to do it in, it'll come to you.
7. Trust in God – whatever you conceive Him or Her to be.

CHAPTER 4  
Get Happy

WE MAKE BETTER DECISIONS WHEN WE  
ARE HAPPY.

Look for the thoughts that bring you down, analyse them. Are they based on Fact?

Very often, burdening thoughts are based on non-sense.

The moment you make the realisation, the burden is lifted.

Instant improvement that lasts a lifetime!

*E.g. I had an irrational fear that I could suddenly go insane. I got the suspicion that it was all a bit of a myth. I thought about it, I watched some films, I even went and got a job working with Adults with 'Learning Disabilities'.*

*I already concluded that you couldn't just go insane and working with those that might seem insane just confirmed: Insanity is a myth.*

So, You may have many irrational beliefs that burden you when the subject comes up. I was preventing myself from experiencing something wonderful.

I Know the Universe is Wonderful, do you?

As you sit and Meditate with Purpose, errors in your 'Belief System' will pop up as disturbing sensations and/or visions. There will always be enough info for you to understand the error, it's cause and it's remedy.

*Memories are the Bread Crumbs that show you the way Home.*

You'll know how far you've progressed by how much of your Life you are able to Fully recall.

CHAPTER 5  
Advanced Level

Once you've recalled your entire Life, you'll have encountered Mother and Father God, Introduced to Source of All – Love, Opened all your Chakras, Know who your Soulmate is, Have some idea of your Previous Lives and Your Purpose Here.

So you have no need for this book 😊

CHAPTER 6  
Common Blocks

1. Hopelessness – is an error, there is Always Hope.
2. Trying to Force an Outcome or Anticipating it, Will Prevent it.
3. Substances can Aid Meditation but believing you Need it Will Prevent Flow, as it is an Error. (Tip: 'All you Need is Love', is Truth. You can get Love from God if you ask for it – Try it. God will Guide you to Source).
4. A New Sensation will always Present a Problem – It is by Nature, Strange. You Rely on Your Experience from Previous Successes to Allow the Flow and the Glorious Feeling when it does. Now you have Grown in Understanding. Sometimes you are left with a 3 or 4

word Mantra that helps you through a future block.

5. Tiredness is not good for Meditating, if you need sleep, get some.
6. Eating a meal before Meditating will not Aid it but Meditating can Aid food digestion.
7. Alcohol consumption is probably the worst thing you can do for Meditation. Also Fluoride in toothpaste, tap water and cheap salt must be avoided as much as is possible.

## CHAPTER 7 Ways to Aid Meditation

1. Seek God – Your Creator
2. Use Cannabis – Responsibly
3. Be More Natural
4. Associate with fewer Groups
5. Be Calmer and More Thoughtful
6. Love All
7. Be You

CHAPTER 8  
Wonderful Being

Spirits of God. Chakras. Hormone Organs.

SPIRIT	COLOUR	SHAPE	ORGAN
JUSTICE	LIGHT BLUE	ROD	PITUITARY PINEAL
PATIENCE	ORANGE	PILLOW	THYROID
FAITH	RED	DAISY	THYMUS
MERCY	GREEN	SMALL ROUND	ADRENELIN GLANDS
WISDOM	YELLOW	BATTERY	PANCREAS
PEACE	DARK BLUE	BIG ROUND BAND	OVARIES
GOODNESS	VIOLET	BIG ROUND BALL	TESTIES

The Hormone Organs are for the Soul

CHAPTER 9  
Thoughts

Although it states in Chapter 3, Rule 2 is to be Core Focused, our Thoughts have a massive role to play.

Thoughts are both visual and audible. Words too are visual and audible. So Words play a big part in Thought.

But you can have thoughts for which there are no Words. The Thought must have come before the Word.

What about a Thought like, 'ooh, I like that'... the Words are a reflection of the Feeling – the Feeling came first.

Everything starts with a Feeling and the Thoughts will react, based on Your Belief.

*E.g. You like a car based on the looks but after closer inspection your feeling about the car changes.*

## CHAPTER 10 Feeling First

Once you have noticed that the Feeling Precedes the Thought, you can properly analyse all your beliefs.

You can ask Questions...

This opens up a Journey of Discovery as now you can sense the Feeling that arises from your own Question!

## CHAPTER 11 Bliss is just the Beginning

A Peaceful haze surrounds you, an impression of Light is emanating from within you – Total Bliss.

It happens from time to time but is by no means the best it can get.

Whether it's Bliss you like or the Feeling you get when you're on the scent of a new Discovery. These Feelings overwhelm us, they make anything else seem insignificant, they make us feel ALIVE

– That is the Truth of it –

Feel to Be.