

Journal Exercises for Module 4

1. *The Element Meditation*

This is an important meditation. It takes us to a particular point in consciousness which will become significant in later modules. You may like to practice it with the music for Module 4 or just on its own.

Make sure you are sitting comfortably. Place your awareness just above the crown centre at the top of the head. Scan down the body, relaxing each centre in turn until you come to the soles of your feet. Acknowledge the work of the Earth element in creating your physical body, and feel the emotional energy of the Earth element being transformed by the soul into peace and non-attachment.

Now focus on your breath. Be aware of your abdomen inhaling and exhaling gently. If distractions arise in consciousness, see them as clouds drifting across the mind. Behind the clouds is the serenity of the pure sky. Acknowledge the work of the Air element in bringing you the breath of life, and feel the mental energy of the Air element, the stream of thoughts, being transformed by the soul into silence.

Focus now on the heart. Feel the energy which flows from this centre into the blood. It is the blood which brings life to every part of the physical body and carries with it the etheric energies which renew our body daily. Feel the love within your heart, the love you have for your loved ones, the love you feel for those in pain. Acknowledge the Water element in creating life from within, and feel the doubts, anxieties and worries of the Water element being transformed by the soul into serenity.

Finally, take your attention to the spark at the centre of the heart. It is from this spark that the inner divinity works through you. Feel it as limitless light which radiates throughout your whole being. Feel the love you have for Christ, and the love Christ has for you. Acknowledge the Fire element in its work as it creates the vehicle for the light of Christ within, and feel the inner burning passions transformed by the soul into the love of Christ.

As the music comes back, relax in this gentle state of consciousness. Your breath is slow and gentle. Imagine you are looking at a whiteboard with the number twelve written on it. In time with your breathing, see yourself wiping off the twelve and writing eleven, then replace that with ten and so on until you reach one. Finally count your breaths again from thirteen down to one. With this count, just hear your inner voice saying each number in the series.





Now sit in this consciousness while the music lasts. When you have finished give thanks for the transformation of energies that has taken place within you and be aware of a greater sense of light, and hope and peace.

2. *Vertical Knowledge*

As priests we need to distinguish between 'horizontal knowledge' and 'vertical knowledge'. Vertical knowledge brings with it a new consciousness. Can you remember a time when your consciousness changed, and you saw your life from a higher perspective?

4. *Surrender*

Have you experienced a time when you surrendered your own will and desire, and found a new door opened for you?

5. *The Mass: The Prayer of Intention*

This prayer focuses us on the work and suffering of other souls. The opening of the prayer announces that we dedicate our offering of bread and wine to the work of the divine. That is, our thinking and emotions will work for Christ. The prayer continues on to make us aware of others. These may be co-workers in the priesthood; or they may be souls presented to us for prayer; or we may pray for those affected by world tragedies. During this prayer, feel yourself surrounded by the power and the presence of the Order of Melchizedek.

6. *Working with the etheric energies part 1*

Beginning with this module we are going to examine the ways in which we use our etheric energy and how we can increase this. With your initial package came *JR's Little Book of Chi*. The exercises with the etheric will be related to this booklet. Over the next week or so, your task is to simply read the Introduction, and Chapter One, **The Six Gates of the Etheric.**

As you cover each of the 'Gates' ask yourself the question: "Am I aware of this aspect of etheric energy?" In other words, "Do I breathe properly," "Do I drink enough water," and so on.