

## Times of silence in meditation and prayer

In these times hardly anything is as difficult to find than peace of mind.

To escape the constant distraction and bustle that surrounds us, we need a quiet space to let the moving mind come to relaxation. This quiet room is found in our hearts.

Raphael Heart Meditation, as we practise, or the "quiet silence" in connection with "Raphaels Music" along with matching image impressions serve to sink the mind into the spiritual heart. Our aim is to gather the restless spirit in the heart, in Christ. Turning to the universal Christ inside of us will lead to purification of the mind and to union with the Divine.

'Raphaels Meditation' can help you to find peace and relaxation inside of yourself.

Trust the inner divine power and strength, and know the joy and peace in your heart!

The archangel Raphael (meaning: God heals) serves us as messenger and mediator.

By singing the praise of God in our hearts we are very close to love.

Being united with God's love, healing occurs by purification of the mind.

Devotion to God in mutual praise will promote peace and relaxation of body and mind and lead us into the presence of our Lord Jesus Christ.

### Practising 'Raphael Meditation'

1 | *Prayer*

2 | *10 minutes of silence, 'Prayer of the heart'*

We start meditation with the heart prayer "Lord Jesus Christ have mercy upon me", **alternatively**, we imagine to rest in Christ without thoughts in our minds.

In Him is the place of the highest peace and healing.

In Him is the place of joy, love and happiness.

He is heaven within us.

If thoughts will rise, we will just let them pass on, just continuing to stay in the silence of our souls.

3 | *20 minutes Raphael music with lead-and follow chanting possibly supported by pictorial Impressions*

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