

A lush forest scene featuring a stream that flows over numerous dark, moss-covered rocks. The water is captured with a long exposure, creating a soft, white, misty effect as it cascades down. The surrounding forest is dense with green foliage and tall, thin trees, creating a peaceful and natural atmosphere. The overall color palette is dominated by various shades of green and the white of the water.

# Meditations

## for Your Soul's Journey

By Jane E. Hart

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## Evolution of the Soul

Evolution, as we understand it, and as it must be studied by human intellect, is the story of the evolution of consciousness, and not as form. We need to consciously take responsibility for the advancement of our consciousness. This can be done when we become an observer of our daily consciousness and take action to work in the best interest of our soul.

A new vortex of energy started at the turn of the century (2000) which has made it possible for all souls to take a huge evolutionary step. Our responsibility is to embrace this new vibration through meditation which will expand our consciousness and effect a positive change in every aspect of our life.

To attain a more elevated state of consciousness, we must take responsibility for the evolution of our Soul through meditation, listening to our inner voice, and being an observer of our thoughts and actions.

Your spiritual goal is to establish and recognize that the God within is the most important work you can do to benefit your soul's evolution this lifetime.



Every loving deed, every aspiring thought, and every unselfish action supports the evolution of our soul.

# Desire

By opening our hearts and weeding out all desires except for the one and only true desire--which is desiring and longing for union with the ultimate reality, God--we become one with our Infinite Intelligence.

The spiritual journey does not consist of gaining material goods, but of uncovering the Truth of our Being.

How is this accomplished?

By continually desiring to know our real Self in God. When we discover this, we will find God is in the midst of us and our real Self. It is well worth our effort. We will continue to reincarnate until we discover this Truth.

Ask and it will be given,  
Seek and you will find,  
Knock and the door will open and you  
will find your SELF in GOD.

Since God fulfills all desires, then the greatest desire we can have is to know God. Then we can be certain that our desire will be fulfilled.

In order to expand our consciousness, there must be an intensification of our inner desire to move forward. It is our intensity of purpose which will change us from the plodding, fairly satisfactory spiritual student into the soul whose heart and mind are aflame. At that point, we are driven by the life of the soul.

Passion is the fire of God expressing through us. Passion, along with desire, plus will, plus strength, plus joy is a vibration that ignites the soul into action.

## Meditation

Have you found a quiet place? By seeking spiritual nourishment daily, our degree of success rapidly improves with each attempt. Perseverance brings rich rewards. Find a quiet place and meditate, meditate, meditate.

The more we meditate and move into the center of our beingness, we connect with the light and energy of our soul, and the process of discovering our real self in God.



Meditation is a technique of the mind which produces the correct alignment with your higher self and moves you into Universal Consciousness where true wisdom is imparted.

One of the rewards of meditation for us is to become conscious of our soul rather than the ego personality. As we learn to function as a soul, we can consciously understand all aspects of our being. The gateway to the soul is through daily meditation.

Meditation is a technique of the mind which eventually produces perfect alignment between the conscious and subconscious mind. When aligned, the personality becomes less important and the Soul is liberated to take charge. We then become conscious of all aspects of our beingness.

Meditation keeps the channel of communication open between the Soul and brain, via the mind. The first thing we have to do is learn to discriminate between our Soul's vibration and our personality's vibration. As you meditate, you learn to differentiate between the vibrations.

## Intuition

The intuitive faculty is the instrument that breaks the illusion of our limited self. As our soul evolves, it goes through many stages of development. First, it identifies with its limited self and believes it is real. However, as our intuition develops, it guides us to new understandings and revelations. We then identify with our unlimited self, which is truly our real self.

Intuition supports our higher consciousness. It is well worth our time and effort to develop our intuition because it is the gateway to the truth of our being. The three qualities of intuition are: illumination, understanding and love. These three aspects, when developed, enable us to use our intuition to work in the best interest of our souls.

It is important to distinguish between our false cravings or addictions and our true intuitive impulses. False cravings are something we think we want, and when we get it, it doesn't really satisfy us or enhance our lives. A sure sign you are following your intuition is that you feel more alive and experience an energy shift.

Being able to trust our intuition is very important. Our intuition is always trying to get us where we need to go. Our intuition has a unique energy or feeling. Meditation helps us get in touch with this energy.



The intellectual mind's main function is to analyze, reason and memorize. The intuitive mind's main function is to expand our consciousness. As we develop our intuition, our intellectual mind takes second place to the intuitive mind. This enables us to shed the ego personality and move into **soul** awareness.

Through meditation our intuitive faculty is developed. Intuition is the bestower of revelations. This is why developing our intuition is so important.

Each time we still our mind, even for 10 minutes, a new energy shift takes place. This shift in energy sharpens our intuitive mind. The result is we are able to solve problems with greater understanding and make better choices for ourselves.

When inner vision has been attained through the practice of meditation, light streams forth and revitalization takes place. At first it is a flash of wondrous information and instinctive realization and then, as progress is being made, it develops into understanding and usually produces action.

Obey the inward impulses of the soul.  
Our souls will lead us to the Truth. Let  
us say, 'To my own self be true.'

## Steps in Awareness

Spiritual growth progresses as we take small steps in awareness. With each step comes a revelation which leads to a greater understanding. Our consciousness then expands and lays the ground work for another revelation to come forth.

The goal for all of us is to not limit our consciousness but to expand our understanding of what lies beyond our limited self and seek a more elevated state of awareness which will advance our soul.

## The Active Observer

On our spiritual journey it is very important to become the observer of our thoughts before we take action. This will help us make better decisions and break old behavior patterns that are not working in the best interest of our soul.



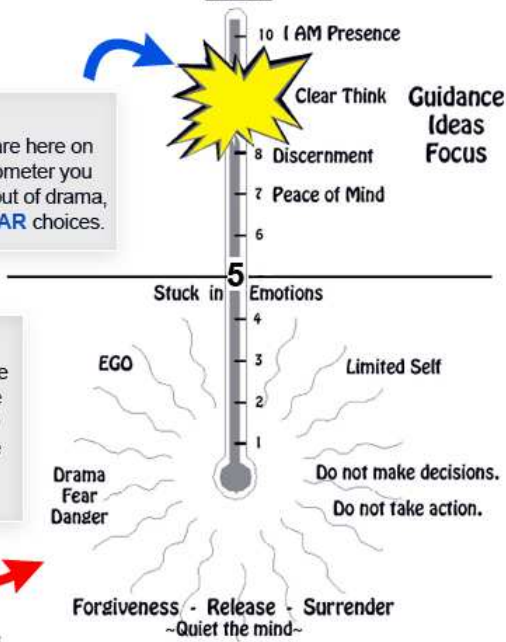
By observing our emotions we are able to learn about ourselves. So, let's embrace our emotions without indulging in them. Learning to be the observer helps us make better choices.

# Spiritual Thermometer

NOW

**Above the 5**  
Great! When you are here on the spiritual thermometer you are in clear think, out of drama, able to make **CLEAR** choices.

**Below the 5**  
If you are below the "5", **STOP!** Be the observer. Take **NO** action until you are out of drama and emotions!



One of the tools that helped me the most was the spiritual thermometer because it helped me to **be the observer** of myself. By using the thermometer I was able to gauge my thoughts and actions to make better choices.

Revelations help us to be the Observer of our life situations so we can make new choices that support our soul.

Become an active observer. This means developing the ability to observe your actions and your thoughts. Begin to observe your thoughts as you go about your daily activities. By practicing this you are able to witness your thoughts before taking action. This enables you to work in the best interest of your soul.

## Journaling

By perceiving our behavior and thoughts we understand at a deeper level what really pushes our buttons and why they are being pushed. Then and only then can we begin to witness and process our behavior.

Journaling assists us in focusing our thoughts and allows information to arise in our consciousness and can get to the root of the problem faster than talking about it. Write down the thoughts, images or feelings you are experiencing. By doing this, you are on the road to "Self discovery."

## Truth of Being

Every religious faith holds out the promise that those who seek with earnestness shall find that which they are seeking; let us therefore seek to know our True Self and discover God in the mist of us.



Each soul must ascertain the truth of his being by becoming consciously aware that God resides within him. This can be done through prayer and meditation practices.

We are the light of the world! How is that possible? In every atom of our body is a point of light. We all have light glowing inside of us waiting to be discovered. Once tapped, this reservoir of energy gets magnetized and brings forth new understandings and ideas and unveils our pure essence of being.

Innocence: The truth of our Being. Who can encapsulate it when it is so vast? Yet nothing can be taken from or added to it. Our purpose is to illuminate its presence in our consciousness, which is just waiting to be exposed. As we tirelessly pursue it with child-like persistence, we discover it is within our grasp; or, moreover, in every cell of our Being.

As we develop the spiritual qualities latent within us, we discover our divine Self in the midst of God.

Light is a vibration. Each of us is recognized by the vibrancy of our light. The more we meditate the more brilliantly our light shines forth. As we move into higher consciousness, we have the ability within us to transmit energy and light wherever we go, which assists all humanity to move forward on their spiritual path.

As we become aware of the living energies manifested in all aspects of nature and every living thing, and learn to connect with these energies, we become a vibrant living force which affects all human evolution. So as we grow in consciousness we become a powerful motivational force for all of life.

## Embracing Changes

Changes in life are inevitable. As challenging as it may seem, it gives us opportunities for spiritual growth.

The spiritual journey is an adventure in change. Every time we get comfortable with our lives, divine discontent takes over. When that happens, God is giving us an opportunity to move forward in our consciousness. The more we resist change, the harder it is to move forward. We seem stuck in old patterns of behavior and fear the unknown. When we see this happening, the only answer is to quiet our minds and say to ourselves, "I embrace the changes coming into my life because I know my soul wants to express itself in a new way and give me a new expanded consciousness."



Change is inevitable when we meditate because we are connecting with a force and energy which is directed to bringing new possibilities into our lives. Through the process of change we become aware of new opportunities and revelations come to us more rapidly.

# Love

A soul in service to humanity learns the power of love. Every act of kindness done in love brings more light and power into the world. When we give from the love of our Being and ask nothing in return, we become the richest soul on earth.

Our life is our message. Let us always honor this precious life span by continually working in the best interest of our soul by loving ourselves and those around us.

When we develop unconditional love, it becomes the main driving power which ultimately brings us into consciousness with our oneness with God. When this connection is made we see God in everything and truly understand the statement, "God is everywhere present."

## Forgiveness

Forgive and forget is one of the hardest things to do, but the most rewarding. When we go through the process of forgiveness, we are freeing ourselves and others to live a more fulfilling life.

## Courage

When we marry our will with our desire, the next step is to develop courage to make spiritual decisions and to abide by them. It is important to remember that the more courage we develop, the stronger it gets, and the faster we move our consciousness.

There is no such thing as failure. When you look at your life experiences, some of the greatest seemingly failures have given you the most growth. When failure is looked at wisely, we can see an opportunity to achieve a higher spiritual awareness of one's true self. Out of the ashes of failure come great successes when failure is looked at from a higher perspective.

It takes courage to make spiritual decisions and to abide by them. We are courageous Souls and we are up for any changes come to us!



# Gratitude

Thanksgiving is an attitude of Thankfulness. Being grateful has a vibration and energy all of its own. As we celebrate this special day with gratitude for our many blessings, we send forth a vibration that goes forward and blesses the world.

## Joy

Every day is a new day. Let us embrace our day with joy and excitement. As we let go of our old thought patterns and move into each day expecting a new possibility and listen to our inner guidance, we open the door of our consciousness and new ideas will flow in.

Be joyful on your journey for joy lets  
in the light of your soul. Aim at  
demonstrating happiness and your joy  
will be a great blessing to everyone.

# Giving

There is a great law which can be embodied in the words, "to those who give all, all is given." In what area of your life can you give more?

To those who give all, all will be given.

## Now

Our mind is like a search light. It can focus in the past, the future or the NOW! Staying focused in the NOW we are consciously present in any given moment and are able to access our higher consciousness.

There is no time like the **presence** to  
celebrate your life in God!

# Humility

What is true humility? When true humility is present, it allows us to serve unselfishly and detach from the outcome. Think humbly, speak wisely and work ceaselessly.



## Free Will

Let us affirm today that we are ready to take on a new spiritual opportunity for growth by merging our individual will with divine will. This is a powerful statement. We have been given free will. God will not force his will on us without our okay. With this permission, God can bring forth new opportunities for spiritual advancement.

## Service

You cannot possibly do everything that you see needs to be done; therefore, do that which will bring about the greatest amount of good to the greatest number of seeking souls.

## Group Consciousness

There is power in unity. What might seem impossible for one of us to accomplish alone can be accomplished with amazing results when we gather together in prayer with an open mind and open heart.

# Center for Enlightenment

With the arrival of the new millennium more people are seeking to learn about their inner spiritual nature and deepen their relationship with God. The *Center for Enlightenment* was founded to support this need and offer guidance for personal and spiritual unfoldment in a non-denominational environment.

The *Center for Enlightenment* honors all religions, and the one life (God) manifesting in all things. The foundation of the center's teaching rests upon the understanding that God is energy in expression as the vibration and life of every soul.

The mission of the *Center for Enlightenment* is to assist humanity in realizing that the soul's purpose is to awaken and live to its highest potential. The *Center for Enlightenment* exists to provide greater understanding of spiritual concepts and teach practical steps to aid in the soul's evolution.

For more information on  
the Center for Enlightenment,  
visit the Center's website at  
[www.cfenlightenment.org](http://www.cfenlightenment.org).





**Jane Elizabeth Hart** is the founder and spiritual leader for the Center for Enlightenment. The Center began in response to the increased public desire to learn more about karma, reincarnation and soul evolution.

Jane Elizabeth teaches that all souls have within themselves a central point that leads to spiritual mastery. Her purpose is to help all seekers connect with that inner light, which enables them to express their full God potential. Jane Elizabeth's own spiritual journey has continued for over four decades. Over that time, she has guided countless spiritual seekers to work in the best interest of their souls.



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[www.cfenlightenment.org](http://www.cfenlightenment.org)