

## White Paper XVIII

### Tiller Affirmations and Current Meditation

by

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Many people have asked me if I would share some of the spiritual affirmations and meditations that I have found to be particularly helpful to me as I “rode the river” of my spacetime (D-space) life. This is my response which I hope the reader finds of some use in their own life.

As many of you know, I think of myself as a being very spiritually oriented but not religiously oriented at all. To me, what I refer to as God is in all things and creates the overarching thermodynamic potential function underpinning everything in the cosmos. For me, if one can truly live the great commandment “**love thy God with all thy heart and mind and soul and thy neighbor as thyself**”, very little else is needed!

The major step that everyone should take, as early in their life as is feasible, is to become a daily meditator. There are many practical methods available to get one started. Just find one that works for you and, when you are comfortable with your practice (perhaps after a year), use your intuition to experiment with modifications to the practice that enhance your experience. My wife and I have altered our specific practice perhaps five to ten times over the past 40 years. It is important to realize that significant changes in self do not occur in weeks to months of practice but rather in years to lifetimes.

A second important step in the experiential development of inner-self management is to practice various breathing and exercise routines like qigong, yoga, HeartMath, Sufism, etc. Once again, seek a process that feels good to you and for you. Try to find one that is joyful for you to practice. In all of this, try to bring periods of reflection into your daily life. Try to be joyful, adventurous and confidently reflective and purposeful in all acts of your life. Consider the process of (1) two steps forward, (2) reflect and (3) one step backward as a small course correction on your trajectory path towards your future goals. In all things, try to maintain balance and harmony in your life and try to remember that one should only try to heal others via “overflow”.

In terms of useful affirmations, back in the early 1970s, when I hadn’t yet balanced my two simultaneous paths to outer and inner experience and knowledge, there were times when it was necessary for me to focus my attention on the following affirmation in my mind:

*“Divine love, divine love, divine love (heart center focus)*

*divine will, divine will, divine will (throat center focus)*

*divine light, divine light, divine light (crown center focus)*

*divine wisdom, divine wisdom, divine wisdom (focus on forehead center)*

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*are being manifest and materialized in the name of the divine, I stand in the light of the divine -  
no foolish thoughts,  
no false imagery,  
no fears and no forebodings can come near this light within me -  
for I love it and I serve it!"*

I would often repeat each of the first four lines a half-dozen times to bring about a deep attunement and centering. Then, I could comfortably go about whatever task was at my hand to do.

Now, thirty years or so later, I still use this affirmation but I have inserted an additional line between the first four lines after I have repeated each six times. These additional lines (repeated 3 to 6 times) are:

*"Our creator's **love** flows through me into this world"*

*"Our creator's **will** flows through me into this world"*

*"Our creator's **light** flows through me into this world"*

*"Our creator's **wisdom** flows through me into this world"*

This affirmation has brought me a sense of great peace and connectedness over the years. I hope that it does as well for you!

## My Current Meditation

**Part A<sub>1</sub>** – based on the "Lord's prayer"

*"Our father which art in heaven, hallowed be thy name* ← place attention on the forehead chakra from outside the body

*thy kingdom come* ← place attention on the crown chakra from outside the body

*thy will be done* ← place attention on the throat chakra from outside the body

*on earth* ← move attention down the front side of body into the earth below your body

*as it is in heaven.* ← sweep your attention up the back of your spine to well above your head

*Give me this day my daily bread* ← slowly move your attention down to rest on your gonads

*and forgive me my debts* ← place your attention on your coccyx

*as I have already forgiven my debtors* ← keep attention on coccyx

*leave me not in temptation,* ← shift attention to your adrenal glands

*and deliver me from evil* ← shift attention up the spine to the  
back of the heart chakra

*for thine is the kingdom* ← shift attention up the spine to the  
old brainstem

*and the power* ← shift attention to the crown

*and the glory* ← shift attention to the forehead

*forever and ever, amen."* ← shift attention to the heart chakra

## Part A<sub>2</sub>

*"Divine love, divine love, divine love,*

repeat 6 times

*our creator's **love** flows*

*through me into this world*

repeat 6 times

with focus on the heart  
chakra from inside

*divine will, divine will, divine will,*

repeat 6 times

*our creator's **will** flows through me*

*into this world*

repeat 6 times

shift attention to the throat  
center from inside

*divine light, divine light, divine light,*

repeat 6 times

*our creator's **light** flows through me*

*into this world*

repeat 6 times

shift attention to crown  
center from inside

*divine wisdom, divine wisdom, divine wisdom,*

repeat 6 times

*our creator's **wisdom** flows through me*

*into this world."*

repeat 6 times

shift attention to forehead  
center from inside

**Part A<sub>3</sub>**

*“Love, love, love,  
 will, will, will,  
 light, light, light,  
 wisdom, wisdom, wisdom,  
 love, love, love  
 will, will, will  
 light, light, light  
 wisdom, wisdom, wisdom”*

{  
 shift attention from relevant  
 center to relevant center

**Part A<sub>4</sub>**

*“Are being manifest and materialized  
 in the name of the **Divine**.  
 I stand in the light of the **Divine**, -  
 no foolish thoughts,  
 no false imageries,  
 no fears and no forebodings  
 can come near this light within me  
 for I love it and I serve it!”*

Repeat Part A<sub>1</sub>, A<sub>2</sub> & A<sub>3</sub>

**New Part A<sub>4</sub>**

*“Are being manifest and materialized  
 in the name of the **Christs**:  
 Krishna, Zoroaster, Mechizedek, Moses,  
 Lu Chao, Confucius, Buddha, Jesus,  
 Mohammed, Abdul Baha and all the other  
 Christs not mentioned.  
 I stand in the light of these **Christs** –  
 no foolish thoughts,  
 no false imageries  
 no fears and no forebodings  
 can come near this light within me  
 for I love it and I serve it!”*

Repeat Part A<sub>1</sub>, A<sub>2</sub> & A<sub>3</sub>

**New Part A<sub>4</sub>**

*“Are being manifest and materialized  
in the name of the Christ Jesus.  
I stand in the light of the Christ Jesus,  
no foolish thoughts,  
no false imageries,  
no fears and no forebodings  
may come near this light within me  
for I love it and I serve it.”*

End of Part A

**Part B:** 3 repeats of the twenty-third Psalm.

*“The lord is my shepherd I shall not want.  
He maketh me to lie down in green pastures  
he leadeth me beside the still waters  
he restoreth my soul.  
He leadeth me in the path of righteousness  
for his name sake.  
Yea though I walk through the valley  
of the shadow of death  
I shall fear no evil  
for thou art with me.  
Thy rod and thy staff they comfort me.  
Thou preparest a table before me  
in the presence of mine enemies.  
Thou anointest my head with oil  
my cup runneth over.  
Surely goodness and mercy shall follow me  
all the days of my life  
and I shall dwell in the house of the lord  
forever!”*

Repeat a second time

Repeat a third time

**Part C:** Say to yourself (wordlessly)

*“Be still! And let the oneness of the universe flow in!”*

Repeat this and stay a short (or long) time in this space.

For completion: visualize a large sparkling white balloon on a cord above and just before you. Pull it down to you. Unzip it mentally, pull it completely around you so that you are totally inside it. Zip it up again so that it is a protective shield that you fill with sparkling light by bringing a stream of it up through your body and out the crown of your head to fill the balloon!

Then go about your day fully protected!

This meditation takes me ~45-60 minutes. By the time I get through a repeat of A<sub>4</sub>, the inner lights are fairly bright and coherent. The final repeat of A<sub>1</sub> through A<sub>4</sub>, the luminosity is glorious and is fully sustained though Part B.

Enjoy!