

Engaging God Base Camp

- We are going on a journey or an adventure together - systematic way
- Journey of discovering how to engage the spiritual realms
- Discovering the realms within us, around us and the heavenly realms
- There are 2 main pathways that we are going to follow

Engaging God Base Camp

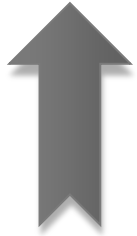
- Pathway of relationship that leads to deeper intimacy with God
- Flowing from inside out - heaven to our gateways of spirit, soul, body to the world around us
- Pathway of responsibility that leads to greater kingdom rulership
- Flowing from outside in from earth to heaven as living sacrifices to rule.

Tongues
Development



Meditation Word
Flow God's
thoughts

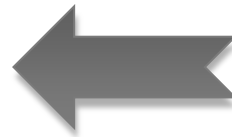
JOURNEY
MAPS



Base Camp
Spirit
Building



Activating the
Eyes of Spirit



Eyes of heart
Activating
Imagination

Spirit Building Exercises Meditation

- In my life tongues has been the number one spirit building exercise
- Meditation has been the key engagement where tongues facilitates a revelatory flow and activates the eyes of our hearts – imagination
- Meditating to tune into the thoughts of God
- Meditating to visualise the word of God

Spirit Building Exercises Meditation

- Meditating to step through the doorway of the living active word of God
- Meditating to engage, see and step into the unseen spiritual and heavenly realms
- Meditating to open the eyes of our spirits to see, perceive, discern or know the unseen spiritual realm around us and engage our angelic ministering spirits

Spirit Building Exercises Meditation

- There are counterfeits for all real genuine spiritual activities
- Occult, Eastern religions. New Age, Alternative healing therapies
- Transcendental meditation, astral projection, spirit guides, channelling, spiritualism, séances, necromancy etc.
- How do you tell the difference?

Spirit Building Exercises Meditation

- Jesus is the only legitimate way or door to engage the unseen and heavenly realms and to God himself
- Jesus is the way truth or reality and life
- The fruit does it bring us into intimacy with God and bring Him not us glory
- The illegitimate is designed by the enemy to deceive leaves a negative deposit that leads to darkness in our soul

Spirit Building Exercises Meditation

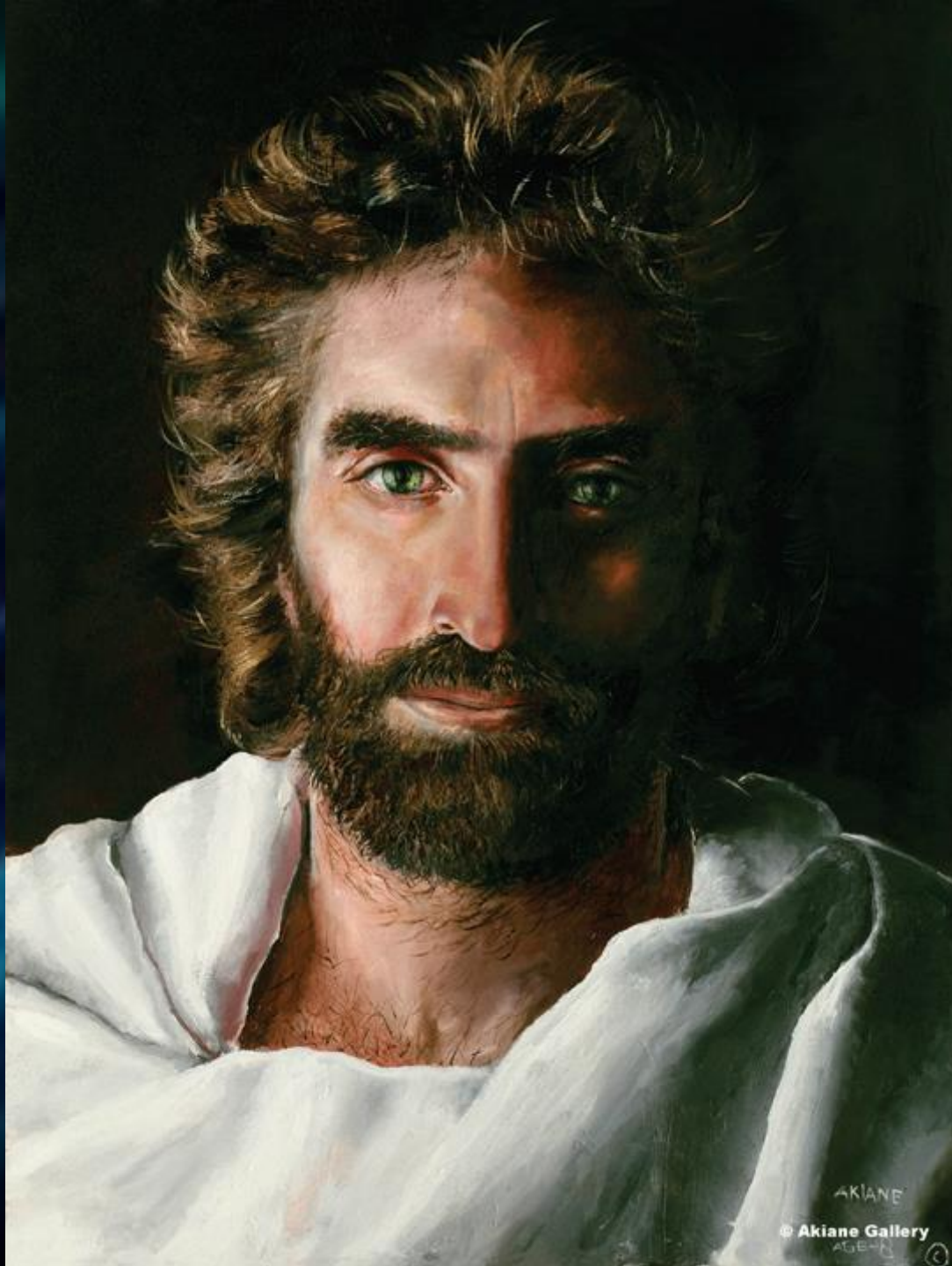
- Journal your meditative engagements
- So you can review and revisit them as they are often more revelatory the second or third time around as the awe factor is often diminished and you can focus of the symbolism or details
- Develop a testimony so you can reengage the experience

Spirit Building Exercises Meditation

- Practice, Practice, Practice to train our senses to discern
- Heb 5:14 But solid food is for the mature, who because of practice have their senses trained to discern good and evil.
- Let's practice

Spirit Building Exercises Meditation

- Preparing yourself, relax, chill focus
- 2 minutes Praying in tongues to tune out
- Consciously cast all your burdens and thoughts onto Jesus
- Look at the picture to help focus on Jesus
- Start thinking about Jesus.
- Always a good place to start




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Spirit Building Exercises Meditation

- Meditation in the word
- While praying in tongues speak or think each word slowly don't study analyse it but let the thoughts of God dance across your mind with living revelation as the Holy Spirit discloses and unveils the truth or reality in a personal encounter and experience of the living active word of God.

Spirit Building Exercises Meditation

- We are learning to hear the voice of God as a flow of spontaneous thoughts in our mind
- Listen to Psalm 23 the Lord is my shepherd as example of meditating in the word of God by muttering and listening
- Focus as you listen and engage for God's thoughts  flow into your thoughts

**Psa 23:1 The LORD is my
shepherd, I shall not want.**

*Worry does not empty tomorrow of its sorrow;
it empties today of its strength.*

Spirit Building Exercises Meditation

- Choose your own verses and practice meditating developing hearing God's inner voice in your mind as a flow of thoughts and impressions
- Here is a list of potential verses
- Ps 23, Ps 46:10, Ps 24, Prov 8, John 4:13, John 7:37-38, Matt 11v 28-29, Rev 3:20, Rev 4:1-2, Heb 4:16, Heb 4:12, Rev 22:1-2 Zech 3:1-7, Ps 139

Spirit Building Exercises Meditation

- Knowing God through the Bible is a vital foundation to hearing His voice in your heart,
- Solid commitment to knowing and obeying the Scriptures.
- It is also very important for your growth and safety that you be related to solid, spiritual counsellors
- All major directional moves that come through journaling should be confirmed by your counsellors before you act upon them.



*Worry does not empty tomorrow of its sorrow;
it empties today of its strength.*

Spirit Building Exercises Meditation

- Psa 23:1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 He restores my soul; He guides me in the paths of righteousness For His name's
- Read it to yourself couple of minutes



Spirit Building Exercises Meditation

- Close your eyes and begin picturing (use the image if you need a reference) Psalm 23 lying down in a green pasture with a gently flowing river.
- Enter into the word by talking to Him in your mind ask Him a question listen to His reply



*Worry does not empty tomorrow of its sorrow;
it empties today of its strength.*

Spirit Building Exercises Meditation

- As you enter this 2 way conversation His words are living spontaneous thoughts flowing into your mind.
- The revelation is received through repetition it will become encoded in your spirit and stored in your heart
- You can draw on this revelation and personally experience it in your daily lives

Spirit Building Exercises Meditation

- Activate our imagination open the eyes of our heart and begin look and visualise
- Think about an object, place, person etc. and begin to picture it
- You can use the natural to open the door for the spiritual – use the word of God, a natural image or previous experience as a doorway
- Use images that have a spiritual significance

Spirit Building Exercises Meditation

- Meditation by visualising
- Remember the significance of our spiritual language
- Use tongues in all the exercises either out loud, in your mind or from your spirit
- Don't empty our minds and chant but fill our minds with thoughts of God and engage our spirits through the spiritual language of tongues

Spirit Building Exercises Meditation

- Close your eyes and relax
- Think about a door
- Picture a Door in your mind
- Think about a River
- Picture a River in your mind
- Think about Jesus
- Picture Him in your mind

Spirit Building Exercises Meditation

- Relax and listen and begin to picture and enter into the scene
- Picture a Beach
- Use the image as a reference





Spirit Building Exercises Meditation

- Visualising activates your imagination so it can be used voluntarily
- The next step is to use what you visualise as a doorway to step through in cooperation and unity of soul and spirit

Spirit Building Exercises Meditation

- Revelation 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.
- We give God daily invitation to fill us and flow through us
- This is the access point to the Pathway of relationship



Spirit Building Exercises Meditation

- Close your eyes relax
- Think about a door, the colour, size, shape, handle etc.
- Picture it in your mind
- Think about who is behind the door knocking gently
- Picture it in your mind
- See yourself opening the door

Spirit Building Exercises Meditation

- First encounter – open your life to Jesus – Way Truth Life
- Jesus is the doorway to a personal intimate relationship with God as our heavenly Father
- Receive Reconciliation, forgiveness for your past and new beginning for your future

Spirit Building Exercises Meditation

- Receive Jesus into your spirit
- Receive His life, energy
- Feel His embrace
- Feel His acceptance
- Feel His love
- Feel His peace
- Feel His joy

Spirit Building Exercises Meditation

- We can enter into a biblical scene to experience the revelation
- The word we visualise then becomes a doorway to step through
- Further on the journey we will use passages that talk about the heavenly realms as doorways to step into heaven

Spirit Building Exercises Meditation

- The word of God becomes living and active to us as we learn to actually experience it by encounter
- All our senses can be engaged to experience His presence, healing, wholeness into our bodies, minds and emotions
- It is so important that we learn to come from a place of rest