

Author's Note

You have the power within you to liberate your soul from the mind's dominance and achieve reunion with God. The forty-nine intuited meditations take you on *this journey* of discovery of realizing your true spiritual self, understanding the immortal truths of existence, and how to focus your mind and life to achieve daily—and ultimately consummate—contentment.

Some of the names of the meditations may sound obscure, cryptic, even fanciful. Let them pique your curiosity. May the discussion enable you to open to and comprehend the teachings of realized Masters and true Saints. These are the fully God-realized humans who come to awaken us to our unlimited spiritual potential. By engaging with the meditations, you will undergo a revolution in how you navigate life's challenges, accessing the wisdom of your higher mind and your soul's yearning to further your spiritual evolution.

This is your opportunity to embrace and engage in a New Reckoning. When you find yourself in a sweet, quiet moment, ask yourself:

What has my life meant to me thus far?

Am I interested in evolving spiritually and can I embrace that?

To what extent am I open to experiencing a revolution in the way I understand and relate to my mind, soul, and journey through existence?

Return to these questions when the spirit moves you. This is your chance to see and enjoy life and spirituality in a new light—or rather, a light that has been within you all the time.

Honor your curiosity and turn the page to engage with the thrilling meaning of life—yours in particular—and your call to inner adventure.