

Sacred Meditation

The process of Sacred Meditation was developed by Unity Minister Rev. Scott Sherman as a result of his work with Dr Richard Moss some 20 years ago. Dr Moss was applying a spiral technique in focusing energy to assist in his healing work with clients and patients. Scott's contribution was to include a powerful prayer to commence and then end the process of the spiral. By recording this prayer, along with meditation music, he has made it extremely easy for people to learn how to (A) become a facilitator of this spiritual process and (B) how to apply it as a self healing technique.

The connection to healing process becomes one of “open-heartedness”

Recent studies suggests that when the “energy field” of the healer (facilitator) and the patient (receiver) meet, that the EKG of both will create a matching heart pattern, literally pacing the client into health.

As it turns out, the heart produces more energy than any other area of the body. *“When the heart is fully online, it produces an electromagnetic field much larger than that which is created by the aggregate of the individual cells. The field is 40-60 times stronger than the brain's and can be detected by sensitive scientific instruments up to 10 feet away. It is strongest from the body's surface to 18” away, but continues into space like radio waves...”*

Mae-Wan Ho, PhD, Institute of Science in Society, London

Currently, (2010) we have 8 people here at Unity of the Keys who have completed the training sessions required to be a facilitator of Sacred Meditation and two who have received further training to be coordinators for the Healing Circle. These facilitators will serve those wishing to receive Sacred Meditation either on specific Sundays after services, or on as individual clients.

The procedure is simple. Those receiving treatment are asked to lie fully clothed, face up on a massage table. The facilitator may then ask if there are any areas of concern for the client before commencing the prayer and energy work. Facilitators use light touch (or no touch if preferred) to direct the opening and then closing of the energy field while the receiver simply relaxes and listens to the musical accompaniment. The whole process takes about 40 minutes to complete.

Sacred meditation is also applicable to those who are in a hospital bed or confined to home care.