

Manna

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Visions of the Spiritual World book – Part 4

Practising the Presence of God

God is Spirit and one needs to be spirit-conscious in order to be aware of the presence of God (John 4:24). The essence of meditation is to be able to move our state of consciousness from the soul-body realm into the spirit realm, thus contacting the Spirit World. The basics of Christianity like praying in the Spirit, worship, meditation on the Word, prayer, etc. helps to bring one into this spiritual state of consciousness. It is not just important to be able to achieve spiritual consciousness but it is also essential to maintain it. It is possible to be spiritually conscious of the presence of God twenty-four hours everyday (1 Thess. 5:16-18; Gal. 6:18; 2 Cor. 13:14; John 4:14; 14:16-18; 15:11; 16:22).

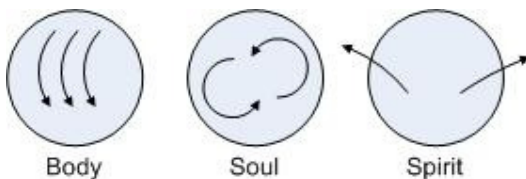


Diagram 6: Three possible states of thought patterns and consciousness

As we are tripartite creatures (spirit, soul and body), we have the ability to be conscious of three realms (1 Thess. 5:23). The first and lowest consciousness is to have our thoughts and consciousness filled constantly with the animal passions of the flesh – body consciousness. Humans who live this way are pulled into the darkness of the spiritual spheres when they leave their physical bodies. As in Diagram 6 above, the thoughts are constantly pulled down by the gravitational forces of sensuality and animalism. The

second type of consciousness is soul consciousness, where the thoughts constantly revolved around the things of this life. Worry, anxiety and all other thoughts that concern themselves with this temporal life generate from the soul. Jesus tells us not to live our lives in such a manner (Matthew 6:25-34; Phil 4:6-7). A soul-conscious person is selfish and only thinks for himself or herself. Their whole world circulates around their selfish lives. When they leave their physical bodies, these people also end up in the dark spheres of the Spirit World. Sometimes people also can be “spiritually selfish” for their own lives or for positions in ministry. This is not true spirituality but is soul-consciousness wrapped up as pseudo spirituality. These end up in the cold dark spheres of the Spirit World.

The secret of enjoying the presence of God constantly is to be spirit conscious. Being spirit conscious is not some “airy fairy” concept nor is it a rigour that belongs to the ascetic and the mystic. Everyone can be spiritually conscious and tap on the flow of the presence of God that flows from His throne through all His creation. From time to time, people have tap upon this realm briefly without realising it. For example, when you are visiting a place that has natural scenic beauty and are enraptured by it. Or when you are watching a sunset or sunrise and were momentarily caught up in the beauty of the scene. Or when you are walking along a trail (with your pet dog) and momentarily your thoughts turn away from the affairs of this life and you are enjoying the companionship of your pet and the scenery. The essence of it is to have your thoughts pulled away from your own life and for a brief moment you were “not thinking” but rather were enjoying the “flow of beautiful inspirational thoughts.” As shown in Diagram 6, you have looked outside of yourself and are tapping on the flow of God’s presence and thoughts. For a moment, you became aware of the birds singing, the beautiful colours of creation, the sounds of the flowing stream, etc. All creation was made to lead us to God (Romans 1:20). This “brief moment” can be your constant consciousness even though you might be required to perform duties in this temporal

world. This is just the beginner's phase and there are depths of spiritual ecstasy to be obtained as one walks in the fullness of God's love.

Sometimes when you feel compassion and empathy with others around you, such that you could be moved to tears or experience great feelings of pure unselfish love, you could be experiencing a moment of spirit consciousness. (The soul has its own empathy but there is always heaviness and a selfishness that also contains other hidden feelings that are not in line with pure love – anger, jealousy, indignation, self-righteousness, etc.). The moment of pure spirit conscious empathy is filled with a lightness and there is also a sense of union and peace with pure holy love that issues from the God who is love (1 John 4:8). In Kathryn Kuhlman's healing services many people got healed when they stopped thinking about their own needs and started praying for others worst off than them. They tapped into the power of the Spirit which is received through their spirits. Kathryn Kuhlman herself described her own spirit consciousness (to be a vessel for God's Spirit to flow through) when she described the sensation of love she felt when she sees a sick child being held by their parents waiting for a touch of healing. She described how at that moment, if she could, she would give her own life to this child. Sometimes in moment of human tragedy or need, those who are helping become engrossed in the desire and passion to help others and achieve "super human" abilities. They unknowingly tapped into the flow of spirit consciousness and God's angels and ministering spirits were able to help them do things that they normally could not do. Spirit consciousness can also be called "love consciousness" – by love we mean the unselfish self-sacrificing love of God.

In the Spirit World, one does not think of oneself alone but is constantly conscious of the love of God, the love present in all His creation and the love one feels for others. There is always a sense of oneness with God and with all His creation in the practice of the presence of God. As you learn experience and understand what this spirit consciousness is

like, you can practice this everyday until it is a daily part of your life. When you are practising this and sense a stress or strain, stop, relax and start again. The soul is very subtle and has creep in again. Remember that spirit consciousness is a letting go, a yielding, a rest, a union with God but soul consciousness involves striving, strain and stress. Through time and patience, this state of consciousness becomes your daily life whether in sleep or when awake for your spirit does not sleep but continues in communion with God. He who has entered into this rest has ceased from his own works (Heb. 4:10). The achievement of this rest is when the spirit is freed from the soul and the body (even when physically alive) and enters the divine flow of the logos (word) of God which issues from God with life-giving energy (Heb. 4:12). By choosing spirit consciousness, all the intents and thoughts of our heart can become one and in union with the flow of life and thoughts from God.

We are taught all our lives in this physical world to be self conscious (soul conscious) and body conscious; the opposite is true in the Spirit World. Stop thinking about yourself and start thinking of others. The presence of God is not a "gooey feel-good" state of self consciousness. It is a state of one lost in the love for others – feelings may or may not be there. Many people claim to have some sort of an emotional "goey feel-good" love for God. This emotional state of being is many times pure soul especially when their so called "love for God" does not lead to them loving others (1 John 3:14; 4:7-8, 12, 16, 20-21). It is possible that one experiences emotional states of compassion and empathy as one loves God and others but this is only a "side effect" upon our souls and not to be focused upon. Thank God for our ability to feel but pure spirit and pure love is beyond soul feeling; it is in the realm of the spirit – a sense of union with God. In the Spiritual World, we are taught to love others and be conscious of the needs of others. As we progress in loving others, we progress in the spiritual spheres.

To aid those who desire to spend time developing this spirit consciousness deeper,

we include here some guidelines into the art of deep meditation:

1. Being perceptive of the revelation of God through His creation (Romans 1:20).
2. Being perceptive of the beauty of creation and the beauty of holiness (1 Chronicles 16:29; 2 Chronicles 20:21; Psalms 29:2; 96:9).
3. Flowing in heavenly music, sound and songs (2 Chronicles 5:13-14; 2 Samuel 23:1-2; Psalm 150:1-6; Ephesians 5:18-20).
4. Being quiet and still on your inside (Psalms 4:4; 46:10).
5. Being at rest – spirit separation from soul (Hebrews 4:9-12).
6. Yielding to the energizing of God's love (Galatians 5:6; Romans 5:5; John 15:10; Ephesians 3:17-19; 1 John 2:5; 4:17-19).
7. Union with the being of God - God's love, life and light through Christ (John 17:21-24; 1 Corinthians 1:17; 1 John 5:7-8; John 14:20).

Take time each day immediately after waking (and also before sleeping – Psalm 4:4) to be quiet and listen to your heart. Be in quiet meditation and thought, glorifying God and asking Him sincerely with all your heart to help you to know Him better. And then take time to reflect God's love in any sincere acts

or thoughts or words or prayers of kind love to make another person's life happier. This daily exercise of love in our heart, mind, thoughts and actions would gradually turn us from an inward-looking selfish person into an outward-looking loving person who genuinely cares about helping others around us. This would be the first step towards opening our hearts to the Spiritual World. Blessed are the pure in heart for they shall see God (Matthew 5:8). What is true purity of heart? It is when our heart is exactly like the heart of God. Since God is love (1 John 4:8), we need to be in same dimension of love to see God. Our heart needs to beat at the same frequency in which God exists, in order to see Him in manifestation. The practice of this spirit and love consciousness will enable God and His angels who operate in the frequency of love to make themselves known and take you beyond this first step into the realities and dimensions of the Spirit World.

(The above is an extract of an upcoming book on the Spiritual World which will be published soon. There will be no more extracts from next issue – you would have to read the book to get the whole message - but other messages and visions will be shared on the next vision.)

Next Issue: Vision of three waves of revival.

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