



King David was a worshipper. God said of him, *I have found David the son of Jesse, a man after My own heart...* (Acts 13:22, NKJV) What was it that set David apart? It was his heart! He learned and developed the secret of connecting to God from his heart.

Before there was any knowledge of the brain's alpha waves and before there was scientific evidence of the power and effectiveness of meditation, David hearkened to God's call to meditate. He learned to enter that state where the conscious mind loses its grip and gives way to the thoughts of the heart! Meditation is that place where we connect to God in a way that goes far beyond what words can express - it's a heart connection!

When we enter the "flow," that place of peace where we sense God, feel free to worship, or just feel connected beyond words, we have actually entered a meditative state. In this state the brainwave activity slows to what is known as the alpha state. The prophets of old would worship, recite Scripture, pray for prolonged periods of time, and fast or meditate to enter this state. When they entered this state they realized the capacity to hear God's voice better than ever before.

David, like all who follow God from the heart, realized that this state could be entered into by taking the same steps as the prophets of old, or simply by connecting to God last thing at night or first thing in the morning. Just before going to sleep and for a few minutes after awakening, we enter the alpha state, that state where we can by-pass our conscious mind and connect with God in our heart.

In Ps 4:4, which is considered the evening Psalm, David said, *Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.* In this powerful CD you will be able to enter the state that King David utilized to connect with God. When you meditate daily you will see phenomenal benefits like: A greater sense of connection to God, Less stress, A heightened sense of awareness, An abiding sense of peace, A new sensitivity to the voice of God, and much, much more!

Paul explained to Timothy that the ability to give yourself fully to the things of God was to meditate on them. *Meditate on these things; give yourself entirely to them, that your progress may be evident to all.* (1 Tim 4:15)

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Communing with your Heart

COMMUNING *with your* HEART

A Biblical Meditation Exercise
 With Dr. James B. Richards