

LA COLLANA DI NERI FLAVI

REVELATIONS

MEDITATION

Neri Flavi's Spiritual Center "Il Sentiero"

MEDITATION

Light, Energy, Colors surround us and purify us

Meditation is nothing else but a direct contact with the Other Dimension.

Meditating is listening to God

Revelation 01/04/1983

Peace be with you!

Which is the best way to do meditation?

Meditation must be done with pure heart, the heart free from every human thought.

Free your mind from the burden of your body, focus your mind on the Great Light and you will see the Devine Light coming towards you and during meditation you will feel free and you will renew yourself from time to time.

Revelation 26/02/1986

What is meditation?

Meditation is the communion between you and the Infinite Being Who gives you life; the Infinite Being Who surrounds you and gives you all graces, all His favours.

He will join you for a new rising of all your inner forces until you feel and be part of the Heartbeat of the Sole Existent Love.

Meditation is a disintegration of your being, and your spirit will join the Real Spirit of the One Who gave you life.

This is the true communion of the souls that makes you alive, new and truly immortal and which unites yourselves with the Greathearted Father, being One with Him and taking all of His teachings and secrets.

This is the union of son and Father. Everything becomes united, the duality dissolves and we become One with Him. There is no longer a sinful son and the Great Father but only an Immense Light that is embracing and unifying both: this is communion!.

Thanks to these so powerful meditations whose energy is surrounding each of you, you will become alive, true and eternal.

This is the communion purpose: that symbol at which everyone aims and which, in a thousand ways, tries to give in the mouth of the other being a symbolic small piece of food in order to reach this immense unity between the Divine and human Being.

The matter dissolves but the Spirit remains conscious.

Only the Spirit remains conscious because it is that part of you which is truly alive and immortal and which must join Him Who gave you life.

This is the real communion: everything else is just a symbol which sometimes has no importance because it is made without awareness and with a lot of ignorance: therefore the symbol is not perceived, it is ignored and consequently the ecstasy is not realized.

The consciousness of communion is happening when the matter is forgotten and the soul mingles with the universe and spreads throughout it until it finds that Essential Divine Light that draws to Him and says : "Behold My son, now We are One"

This is the true communion that each of us should feel and realize in these few but important meetings.

Revelation del 04/02/87

Peace be with you!.

Question: Last time you told us about the pineal gland. Can you better explain what is useful for?

- The pineal gland has the power to allow and empower your evolution. It's like your eye: if you keep your eye closed you see the darkness, but then you open it and you see everything.

But how do you open the pineal gland?

You should know that every time it opens up it only embodies Light: it cannot take anything else. This Light coming inside and settling in your soul is bringing fresh air, cleaning up the heavy energy which envelops your soul.

The pineal gland opens up during meditation or when you are praying, doing good, and when you are humble.

Every time you meditate and send constructive thoughts to those who need them, your pineal gland opens up quite broadly and it also receives back the love you are sending: love is not composed by cells and atoms, love is composed only by Light.

By means of your love and your meditative thoughts you are also sending a Devine Light Beam which arrives where you are sending it.

Then this Light Beam will come back to you and it will be wider than before.

Of course we must be prepared and have the heart and mind free from every thought; totally ready for giving and receiving. Because in meditation if any of you is distracted, this is not meditation and in this case you give and receive nothing!

You must be completely absent from yourself.

Only in this way the concentration becomes a magnet and draws Light back to yourself.

The Light comes back to you because you already have this Devine Light in your spirit and therefore your spirit draws into yourself as much Light as it can.

That's why, after doing such a meditation, you feel completely different.

You must collect yourselves.

The hands must be closed in the lotus seal: join the tips of the index and the thumb fingers to allow energy circulating inside yourself. Put the right hand under the left one. The right hand must be closer than the left one so that no energy enters or exits from you: that's the seal towards the outside world.

Question: Before starting the meditation, is there any type of breathing to be done for purifying ourselves? Shall we breath in, hold back and then, while exhaling, imagine to drive out the negative energy from the feet?

- No, do not take care of driving out the negative energy because it comes out by itself; if you think so you hold it back. You have to focus on the Light coming inside you; in this way all the negative energy that you may have, automatically exits.

Then the purification of the being takes place: the most important things are the vibrating self and the transcendental meditation. The expansion of the one's self: this is the great, simple, but effective secret.

Question: During meditation would it be good to visualize or focus on the pineal gland?

- No. You have to focus on the third eye, you must feel that you have opened it.

It must be a single contact. The third eye leads you out to visualize the infinite outside. You must be aware that you have the pineal gland opened and everything will happen by itself: do nothing else.

Question: While meditating, which is the relationship between the descending energy that we receive from above and the ascending energy that rises from the spine and goes upwards in a spiral?

- As you gather Light from the pineal gland, this Light descends along the spinal column through the marrow. The commonly called Kundalini energy opens up and rises upwards and stops at the pineal gland: – “puts a tip” - on it therefore becoming the unit that attracts positive energy.

From the so formed “tip” the kundalini energy comes out from the third eye and, giving and sending Light, can help those who need it.

This energy is the Light that enters inside you and synchronizes itself with every part of your spine thanks to the marrow and it makes positive and nursing action for your spirit and soul, because in that moment you are perfectly unconscious of every human presence, but you are aware of the presence of “the Whole”

Question: In this way this energy uses the vertebral column taking advantage of all the nerve fibers and of those electrical circuits that the human body commonly uses to send energies to the soul too.

- Of course, a lamp does not turn on without the wires. Energy does not come in if there is no wire or if there is not already pure energy's synchronism inside yourselves.

Revelation del 12/12/1984

Question: Why are the hours of the night the best ones for meditation? Is there a scientific explanation, besides the fact of the night silence?

- By day the human being who is meditating hears sounds, strange noises that confuse his mind. Not only do they confuse him but they distract his thoughts turning prayers into useless thoughts.

What is meditation? First of all you have to free your mind from every thought: your mind must be "calm and quiet" and you also have to be completely detached from every smallest earthly noise.

By day the sounds of buses, cars, people's voices have a sound vibration that spreads far and wide in the air creating extremely boring sounds that the inner self perceives; and the mind, becoming aware of them, starts wandering here and there.

Meditation is the focusing of the soul.

While speaking, each of us emanates a sound: during the day a thousand people who speak emanate different sounds spread in the air which resonate indefinitely. The human being, even in his silence because he wants to do meditation, captures all the existing sounds emitted during the day.

Think of the sound of a hammer blowing on the anvil, of the cars honking on their horns, of the footsteps sound (do you know how much the sound of footsteps distracts the human mind that is meditating?) all that is in circulation and vibrates in the air.

Every noise widens and forms imperceptible shrill sounds causing mental distraction.

In fact when the student wants to study and understand better, he has to wait for the night hours because in those hours few souls are speaking and there are no steps vibration, nor car horns sounds. There is more silence and then this contact, that we want to create with the Other Dimension, can take place better.

The mind is useful only to prepare your soul, because meditation is not a matter of your body. Your body, even if you wear it, take care of it, heal it, wash it, is still an envelope that is necessary only for this earthly evolution.

It is the soul that does the meditation and uses the mind as "spacecraft" for wandering in space, for reconnecting the meditating person to his evolutionary plane, in order to communicate with the Other Dimension and return to match it.

The day after you will be renewed by a new day, new thoughts, new words, new reflections, new meditations.

It is only in complete silence that it is possible to meditate.

Peace be with you!.

Revelation of 23/10/1985

Think of the Great Light and let yourself fly towards the Light.

Why? Because meditation is nothing but a direct contact with the Other Dimension.

Meditation is only the inside conscious awareness that your mind is free from thoughts and full only of Light. Your free mind is completely immersed in the Divine Light.

Which is the most beautiful prayer to start meditation?

They are very simple words:

"Lord, here I am with You and, please, grant me what belongs to me as inheritance: not only Your Divine Light, but also the gifts that You granted me on the day when You created me."

Contemplating these words, let yourself fly into the Great Light!!.

But be very careful, do it in a closed place, away from bells, telephones and be sure that the door is well closed, because this transcendental meditation, which comes from the intimate and grows up, can be dangerous if you are disturbed in the middle of it.

Praying too much is not good, because while praying you cannot meditate; the prayer (it seems impossible) keeps you stuck on the earth, but, if closing your eyes you think of the Great Light, if you let yourself be carried like a magnet into the Light, then you will feel a great relief!

The only thought must be to get this contact with God: a great trail, a silver cord that connects and binds you to Him. The words must be just the following:

"FATHER, I AM ONE WITH YOU"

That's all. You cannot add anything else: as much as you think, talk or pray, the more this contact does not happen completely.

The prayer is a beautiful thing only when there is just the will to pray, but when you are meditating for detaching yourself from the burdens of the body, of the mind, of the conscience and of the self, you must simply do a liberating meditation and free yourself of all those things that are oppressing and keeping you attached to the earthly burden.

After, in order to awake again, you will need the sound of a very light and sweet-sounding bell, because sometimes a very prolonged meditation can develop your mediumship and can also cause an astral journey.

Therefore at a certain moment the person who leads the group will ring the bell and a very sweet sound will awake everyone.

In meditation you must be motionless: if you are excited, it means that you are not ready to do it.

Many times the so called kundalini energy is going to arise inside you. The kundalini energy is that magnetic force which starts from the deepest backbone. It is the energy arising during meditation, it turns clockwise as a spiral and stops at your brain.

It stops at the brain because this is not yet sufficiently developed. But when the brain is fully developed, the magnetic spiritual force of kundalini, (which represents the inner development of your soul) will go out beyond your mind . At that moment the soul gets out together with the kundalini energy and an astral journey is happening.

The only movement that the body of the meditating soul may experience is doing a slight swinging clockwise movement. This movement is caused by the vibration that turns inside round the spinal column of the meditating person and it slightly moves his body.

This great magnetic force increasing by turning along the backbone to the brain causes in the human body its slight swing.

Revelation of 10/06/87

Question: How can we open our energy points, the chakras, in order to have a very balanced energy flow?

Simply do meditation, forget your body and everything will happen by itself.

Above all, have faith!. You have been given a prayer, afterwards everything will happen by itself.

A lot of people believe that in order to develop the chakras you have to perform difficult techniques, carry something on the head, cross the legs, plunge into the water till the navel... Many believe that the hands must be hold over the head and, in this way, plunging directly into God.

These beliefs belong to superstition, exaggerating the true values. I suggest to meditate with all simplicity.

Think of the Light and forget the body. Everything else will happen by itself.

Question: Is it also important to develop a technical breathing for our body ?
-Of course, it's very important. I told you that you can develop it in the simplest way.

Revelation of 04/01/89

Question: When the Master talks insistently of meditation, does He also mean our way of behaving, doing things with love, and concentrating on our "free of thoughts" mind?

Of course you cannot do so much only with the “quiet thoughtless mind”! Even if it is important to stop thinking before starting meditation. Meditating means also that you join other people -(mentally at home, or together here in this Spiritual Centre) –for praying for the world, for all those who are suffering, for the mortal and eternal Masters who are guiding you. For three minutes stop the “ thinking mind” and choose to pray for the wars stop.

This is the meditation we should do. Just a few seconds and I assure you that this energy coming from your heart will cross all the universe! And many balances will be put back again in their place!

Question: you told us that meditation consists in praying, gathering together all our good thoughts to save the earth. But is this only one aspect of meditation?

It's just one. Pray that your guides continue to carry you forward; pray that the union with your guides may always grow stronger; Pray that your guides will always help you in your earthly passage. See how many thoughts you can develop.

Clarifications given by Neri on 14/06/89

Be aware, this is meditation! I was inquired: "How can we meditate in the right way?"

To begin with you should concentrate and “stop the thoughts run” in your mind. Then visualize yourself before you.

Afterwards you only have to become aware of your mind and no more feel your body, because in deep meditation you only should be solemnly aware of your mind.

While meditation is stopping all your senses and all the negative thoughts, put your mind in contact with the Universe.

Question: sometimes it seems to me that, according to the breath, while inhaling and exhaling I have seen waves moving away or approaching.

Sure, you first see these waves and after the black color. Focusing on the third eye, you may see this black hole and these waves: they are usually yellow or orange or green and shift from left to right.

This is a good start because by dint of concentrating in this way, at a certain time you will always see this black screen and this round, orange, yellow or green waves that are accordingly moving away: that's you, coming out from yourself.

But this happening should not be consciously looked for: keep your eyes closed and focus on the third eye (the black circle). If you see that the waves of colored lights are coming towards you this means you have made a marvelous step towards a well-formed evolution.

At this point you may start thinking: I am bettering, I am starting to be truly receptive. That's true because this colored wave coming towards you is nothing else but energy incoming into yourself giving you strength.

In fact when a tired, dejected, destroyed human being put himself in yoga position with the palms upwards, joining the tips of the thumb and of the forefinger and with “a free of

thoughts mind”, he might see these waves coming towards him: if tired he will be recharged, full of energy and feeling strong again.

Question: how can we free our mind from thoughts? The mind is always escaping and thinking!

-The first time you will start this experience..... will it last a minute? I say no! It will not last a minute! But when you are able to do it for two or three minutes it will already be a huge step!

Question: what is the best time to meditate?

-The best moments are two: the night, when everything is silent and there is no chat or noise ... But I am telling you that the best time is at six o'clock in the morning when the sun is about to rise.

Look at the sunrise and think:

**"A day is rising
A day that is renewed
A day full of Light
A day full of energy
that comes from the Universe!
A new day
A new energy
A new way of thinking
A new way of life!**

These are the most important things and they can be only perceived in those precise hours!

Revelation received by the Master on 27/01/1993

Peace be with you!.

The thinking human being, the meditating one, gets in contact with the Vibration Itself, with the total Divine Energy!

He who is meditating sees in his mind and in front of his eyes the colors of the Divine Vibration and afterwards everything becomes alive, wonderful, full of multitudes of different colored lights that are mixing, playing and exchanging places.

Let yourself be fascinated by the color that each of you is feeling or preferring best and when you are meditating with the desired color, you will be in perfect harmony with Him Who created you. His “Thought Force” conceived everything, and if you try to perceive and be aware of your own thought force, you will be part of “God's Thought Force”.

At this point you will be any more concrete, palpable or perceivable in your earthly expression: you will be “abstract” because ravished by the Will of God.

The prayer has given origin to the occultism ... I would say more: since prayer is akin to meditation both are two united things.

At this point you are a human being in the ecstasy of those who know they possess divine gifts but have not the ability to put them into action.

Thinking and praying is occultism. Why the word occultism? The word occultism means Knowledge, the preparation of a great interior joy, of a soul's expression that reveals itself thinking, praying, loving God, because prayer is Love.

If I manage in launching the love prayer, I am no longer a concrete body, because the mind reveals itself in the ecstasy of the love thought and of the prayer.

The one who is praying and does not know what he is saying or is distracted, he offends God, because he is using sacred words letting them unawares coming out from his mouth.

In this way the mind isn't in contact with its spiritual expression: it is distracted, destructive of its own being, of its own spirit, of its own body that become worthless and it seems without intelligence. Your intelligence has been created to be aware of things you think or do, of colors, words, and prayers, of good and evil and to be in union in an abstract conclusive way with Him Who created you.

The core of a purifying color, of a prayer conceived and whispered word by word, syllable by syllable, is that this prayer is sacred like these explanations that are part of the occult, because occult means Divine Revelation.

Peace to you my brothers!.

Revelation of 10/17/90

During meditation it is impossible to think, to talk or to put questions.

The meditation is nothing but learning to put yourself in contact with the Divine Self. They must become All in One .

So when a human being is meditating and thinking about God, he cannot think anything else. He just has to visualize the Light in front of him.

You will find yourself in the middle of IT.

Revelation by the Master on 10/17/90

In peace and meditation you'll find My Word which is teaching and source of life. My Word is not confusion, but wipes out the shadows of your heart, your mind and your body. It makes you free and so high near Me.

**WHILE MEDITATING
GOD
WITH HUMILITY
PENETRATES INTO US
WITH ALL THE COLORS
OF CREATION.**

Afterword

The Spiritual Research Center "Il Sentiero" was established by Neri Flavi (Medium) on 1980.

Through Neri Flavi the Center has received, extraordinary revelations on reincarnation, Karma, on the evolution of the coming New Age and in general on the path of the human race and of those who seek God with the aim of improving and giving Love.

Everyone can participate to the activity of the Center, if animated by the desire of knowing his own real origin and the purpose of his life, and if opened to dialoguing for growth towards Universal Love.

In addition to all the revelations in chronological order, the Center also printed these texts containing collections on the theme of the Revelations:

"The Man and the new Era"

"The path of the soul"

"The return of Christ on Earth"

"Revelations in parables"

"The Prayer"

"The Karma"

"Bless" - The secret of living with serenity.

These books can be purchased on the website of the Center:

www.ilsentierodineriflavi.it

Or on the site:

www.ilmiolibro.it under the heading "Neri Flavi"

Anyone who wishes it can access the Center either for a visit or to attend one of our meetings.

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