

BE STILL

Meditation

Hello, and welcome!

I'm Mart-Marie, a fellow follower and lover of Jesus Christ. I am journeying through life the best way I know how. My background includes TV and film production, and I'm a published author who loves travelling the world. Though I own a rather outdated theology diploma, my current prayer practices are rooted in meditation and stillness. This is where I've found profound depth in connecting with God.

I absolutely love the mystical side of Christianity—the quiet, deep communion with God that transcends the ordinary. But I'm also very practical. I believe the "How do you do it?" questions are just as important as the mystical experiences.

Meditation is often misunderstood, but it has biblical roots. Scripture invites us to meditate on God's word, quiet our minds, and be still before Him. In these moments of silence and reflection, we become more open to hearing His voice and sensing His presence.

I invite you to open your heart and mind to meditation. This guide offers some basic breathing and meditation practices to bring into your daily prayers, helping you create moments of peace and stillness in your routine. I hope these practices will lead you deeper into the love and guidance of God, wherever you may be on your journey.

Mart-Marie Schoeman



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WHAT IS MEDITATION?

Meditation is a focused practice of quieting the mind and cultivating awareness, often to deepen one's connection with God or to attain mental clarity, emotional calm, and heightened consciousness. **Biblically, meditation** involves reflecting on God's Word, being still in His presence, and allowing His truths to shape one's heart and mind.

We transcend our limited, earthly perspective through biblical meditation and align ourselves with God's eternal truths. As we meditate on His Word, we are invited into a deeper relationship with Him, experiencing a connection that goes beyond the physical and into the spiritual realm where His presence and peace reign. This transcendence isn't just an intellectual understanding but a heart-level experience where we encounter God's holiness, love, and guidance in ways that change us from the inside out. In this sense, biblical meditation serves as a pathway to experiencing the transcendent—being drawn into the divine life of God and being transformed in the process.



WHAT DOES THE BIBLE SAY?

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

- **Joshua 1:8**

But whose delight is in the law of the Lord, and who meditates on his law day and night.

- **Psalms 1:2**

The Bible speaks to the practice of meditation as a way to draw closer to God, reflect on His truths, and find peace in His presence. Meditation on God's Word is a way to align our thoughts with His will, ensuring that we live in accordance with His guidance. It becomes a means of deeply engaging with His promises and instructions, which lead us to live in harmony with His purposes. Through meditation, we also offer our hearts to God, reflecting on His goodness and allowing His presence to transform us. This practice helps centre our minds, deepens our relationship with God, and allows His peace to flow through us.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- **Philippians 4:8**

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

- **Psalms 19:14**

I meditate on your precepts and consider your ways.

- **Psalms 119:15**

WHERE TO START

Incorporating **breathing** and **meditation** into our daily prayer life allows us to create space for stillness and intentional connection with God. We calm our minds and prepare our hearts to hear from Him by simply pausing to take deep, mindful breaths. As we meditate on His Word, we can focus on a verse or a prayer, allowing it to settle deeply in our spirits.

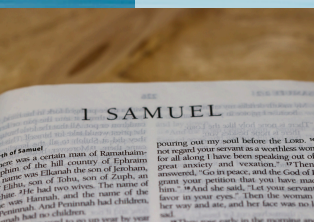
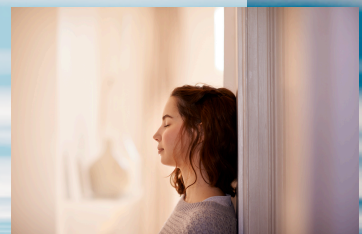
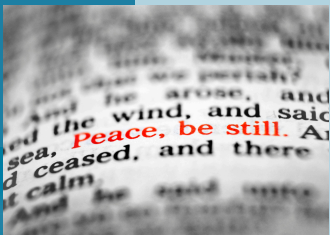
- **Create a Quiet Space:** Set aside a peaceful environment where you can focus without distractions. It could be a quiet room, a corner, or even a place outside where you feel at ease.

- **Set a Time:** Choose a specific time each day to practice meditation. Whether it's first thing in the morning or before bed, consistency helps build the habit.

- **Focus on a Verse or Prayer:** Select a scripture or a simple prayer that resonates with you. Meditate on its meaning and allow it to speak to your heart.

- **Engage in Stillness:** Before starting, take a few moments to be still. Close your eyes, release any tension, and consciously relax your body. This will help you centre your mind and prepare for deeper focus.

- **Reflect and Listen:** After focusing on your chosen verse or prayer, sit quietly and listen for thoughts or impressions. This can be a time of personal reflection and openness to God's guidance.



BREATHING EXERCISES 1

Deep Breathing (Diaphragmatic Breathing)

Technique: Also known as diaphragmatic or abdominal breathing, this technique involves taking slow, controlled breaths. Inhale deeply through your nose, allowing your diaphragm to engage fully. Place one hand on your chest and the other on your abdomen; as you breathe in, your abdomen should rise while your chest remains relatively still. Exhale slowly through your mouth or nose, ensuring each breath is deep and complete. The focus is on maintaining a slow, steady rhythm and fully engaging the diaphragm.

Benefits: Deep breathing activates the parasympathetic nervous system, promoting relaxation and reducing stress. It improves oxygenation, lowers heart rate, and enhances mental clarity and calm. Additionally, it supports core stability and can be easily integrated into various relaxation practices, meditation, and stress management routines.

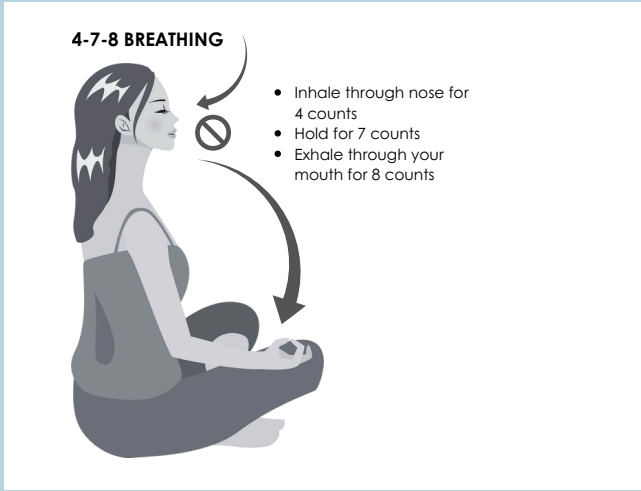
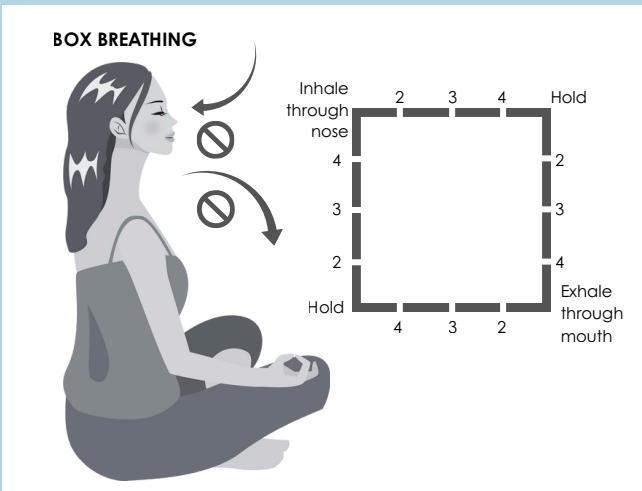


BREATHING EXERCISE 2 & 3

Box Breathing

Technique: Also known as square breathing, this technique involves a four-step process. Inhale deeply through the nose for a count of four, hold the breath for a count of four, exhale slowly through the mouth for a count of four, and then hold the breath again for a count of four. Repeat the cycle several times.

Benefits: Box breathing reduces stress, improves concentration, and promotes a sense of calm by creating a balanced and rhythmic breathing pattern.



4-7-8 Technique

Technique: The 4-7-8 breathing technique involves inhaling through the nose for a count of four, holding the breath for a count of seven, and then exhaling slowly through the mouth for a count of eight. This cycle is typically repeated four times.

Benefits: This technique helps reduce anxiety, promote relaxation, and improve sleep quality by activating the parasympathetic nervous system and encouraging a deeper calm state.



YOD-HEY-VAV-HEY BREATHING

The tetragrammaton **YHWH** is often understood as representing God's presence and the flow of life. The name itself encapsulates the essence of God's existence and attributes. This exercise aligns the breath with the syllables of the divine name to create a meditative and spiritually grounding practice.

Technique:

1. **Inhale (Yod):** Inhale deeply while silently or mentally reciting "Yod," focusing on the first letter of the name.
2. **Hold (Hey):** Hold your breath for a count, envisioning the second letter, "Hey," symbolising God's presence.
3. **Exhale (Vav):** Exhale slowly while reciting "Vav," connecting with the Divine flow.
4. **Pause (Hey):** Reflect on the final "Hey" and the complete Divine presence after exhaling.

Benefits:

It fosters a deeper sense of connection with God and enhances the feeling of spiritual presence. Focusing on God's sacred name and the rhythmic nature of your breath promotes relaxation and mental clarity.



MINDFULNESS MEDITATION

Focus: Being present in the moment, observing thoughts, feelings, and sensations without judgment.

Benefit: Reduces stress, enhances awareness, and improves emotional regulation.



5-Minute Mindfulness Meditation Guide

Step 1: Find a Quiet Space (1 minute)

- Sit in a comfortable position, either on a chair or on the floor, with your back straight but relaxed.
- Close your eyes gently and take a moment to settle in. Create a peaceful environment where you won't be disturbed for the next five minutes.

Step 2: Focus on Your Breath (1 minute)

- Focus on your breathing. Feel the natural rhythm of your inhaled and exhaled breaths without trying to control them.
- Observe the sensation of air entering and leaving your body. Don't judge or change your breath; notice its natural flow.

Step 3: Observe Thoughts Without Judgment (1 minute)

- As thoughts arise, notice them without attaching any judgment. Let them pass like clouds in the sky.
- Acknowledge each thought but do not engage with it. Gently return your focus to your breath when your mind wanders.

Step 4: Tune Into Physical Sensations (1 minute)

- Shift your awareness to your body. Notice any sensations you may feel—tension, warmth, or comfort.
- Pay attention to your body's connection to the chair or floor, grounding yourself in the present moment.

Step 5: Be Present with Feelings (1 minute)

- Observe any feelings or emotions that arise. Whether positive, neutral, or negative, simply notice them without judgment or the need to change them.



MINDFULNESS MEDITATION ...

- Allow yourself to experience whatever you feel, remain grounded and aware, and return your focus to your breath when your attention drifts.

Step 6: Conclude the Meditation (1 minute)

- Gently bring your focus back to your breath for the last minute, grounding yourself in the present moment.
- When you're ready, allow yourself to experience whatever you feel, remain grounded and aware, and return your focus to your breath when your attention drifts. Open your eyes, stretch if needed, and take a moment to reflect on how you feel.

Mindfulness meditation isn't about emptying your mind but observing it without judgment. The more you practice, the easier it becomes to be present and to observe your thoughts, feelings, and sensations as they come and go.

TRANSCENDENTAL MEDITATION

Focus: Repeating a mantra silently to reach a state of restful awareness.

Benefit: Reduces stress and anxiety, improves overall well-being, and enhances relaxation.

A mantra is a sacred word, phrase, or sound used in spiritual practice to focus the mind and cultivate inner stillness. Rooted in ancient traditions, mantras have been employed for centuries to align with the divine and deepen meditation. Although various spiritual movements and religions have adopted this practice, its origins go far beyond modern trends. Within Christianity, *repetitive prayer* or using *sacred words* has also long been a part of spiritual devotion, serving a similar purpose in connecting with God and fostering a contemplative heart.



TRANSCENDENTAL MEDITATION ...

5-Minute Transcendental Meditation Guide

Step 1: Find a Quiet Space (1 minute)

- Sit comfortably in a quiet place where you won't be disturbed for the next five minutes.
- Keep your back straight, shoulders relaxed, and hands resting on your lap or knees.
- Close your eyes gently and take a few deep breaths to settle into the present moment.

Step 2: Choose a Mantra (1 minute)

- Select a simple, sacred word, phrase, or sound that resonates with you. It could be something like "Peace," "Love," or a meaningful scripture or prayer.
- If you feel unsure, use a general phrase such as "Holy Spirit" or "God is with me." The mantra should help centre your focus and invite peace.

Step 3: Repeat the Mantra Silently (2 minutes)

- Begin silently repeating your chosen mantra in your mind.
- Focus your attention entirely on the sound or word of the mantra. Let it fill your awareness. If your mind wanders to other thoughts, gently guide it back to the mantra without judgment.
- Allow the repetition to deepen your sense of calm and create a feeling of restful awareness.

Step 4: Maintain a Relaxed Awareness (1 minute)

- As you continue repeating the mantra, try to stay in a relaxed state. Feel the calming effects of the repetition, allowing your mind to settle and your body to relax.
- If any distractions or thoughts arise, acknowledge them, but return your focus gently to the mantra, allowing yourself to remain centred.



TRANSCENDENTAL MEDITATION ...

Step 5: Conclude the Meditation (1 minute)

- Gradually stop repeating the mantra and sit in stillness for a moment.
- Take a few slow, deep breaths, gently bringing your awareness back to the present.
- When you're ready, slowly open your eyes and take a moment to reflect on how you feel.

Transcendental Meditation is a simple yet powerful practice that helps to calm the mind, reduce stress, and invite peace. By repeating your mantra, you align your thoughts and body in restful awareness, experiencing a deeper connection to God.

VISUALISATION MEDITATION

Focus: Imagining a peaceful scene or goal to achieve mental clarity and emotional calm.

Benefit: Boosts creativity, aids in relaxation, and helps manifest desired outcomes.

5-Minute Visualisation Meditation Guide

Step 1: Find a Comfortable Space (1 minute)

- Sit in a comfortable position, either on a chair or on the floor, with your back straight and relaxed.
- Close your eyes gently and take a few deep breaths to settle into the present moment. Ensure you're in a quiet place where you won't be disturbed.

Step 2: Focus on Your Breath (1 minute)

- Begin by focusing on your breath. Take slow, deep breaths, feeling the air entering and leaving your body.



VISUALISATION MEDITATION ...

- Let the rhythm of your breath help you relax and clear your mind, preparing for the visualisation.

Step 3: Choose a Peaceful Scene or Goal (1 minute)

- Think of a peaceful scene, such as a calm beach, a quiet forest, or a serene mountain view. Alternatively, focus on a specific goal or desired outcome.
- Visualise this scene in as much detail as possible—imagine the sights, sounds, smells, and feelings associated with it. If focusing on a goal, picture yourself successfully achieving it, imagining the emotions and satisfaction of that success.

Step 4: Immerse Yourself in the Visualisation (1 minute)

- Allow yourself to immerse in the image fully. Picture every detail clearly and vividly in your mind.
- Feel the emotions associated with the scene or goal, whether it's calm, joy, excitement, or peace. Let this visualisation bring a sense of emotional calm and mental clarity.

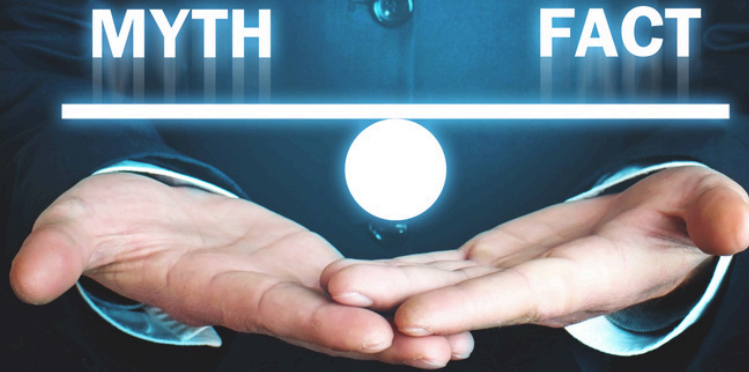
Step 5: Conclude the Meditation (1 minute)

- Slowly begin to let go of the visualisation, momentarily returning your focus to your breath.
- Take a few deep, calming breaths and gradually return to the present.
- When you're ready, gently open your eyes and take a moment to reflect on the peaceful state you've cultivated.

Visualisation meditation is a powerful tool to enhance creativity, relaxation, and clarity. Focusing on a peaceful scene or desired outcome can tap into a deep sense of calm.



MYTHS: BIBLICAL MEDITATION



1

Biblical meditation is the same as Eastern meditation.

While Eastern meditation often focuses on emptying the mind, Biblical meditation involves filling the mind with God's word, reflecting on it, and seeking a deeper understanding of His truth. It's about connecting with God and aligning our thoughts with His will.

2

Meditation is a form of passive spirituality.

Biblical meditation requires focused thought, intentional reflection, and the engagement of both heart and mind with Scripture. It's not about passively "emptying" the mind but actively pondering God's truth and inviting Him into our thoughts.



MYTHS: BIBLICAL MEDITATION

3

Biblical meditation is only about silent contemplation.

While silence can be part of Biblical meditation, it often includes speaking, singing, or even writing about Scripture. Meditating on God's word can also involve reading the verses aloud, journaling your reflections, or praying about what you've read.

4

Meditation is not for modern Christians.

Meditation is deeply rooted in Biblical tradition. Many Scriptures instruct us to meditate day and night (Psalm 1:2). It is a timeless practice that is relevant to today's Christians who seek to grow closer to God and understand His word more deeply.

5

Biblical meditation leads to mysticism.

Biblical meditation is grounded in Scripture and seeks a deeper relationship with God, not mystical experiences. It involves focusing on the truths of God's word, aligning our thoughts with His, and cultivating an awareness of His presence in our lives. It's about deepening our understanding of God's character and His will for us.



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Thanks to ChatGPT, an AI language model by OpenAI, for helping refine the content of this book and Grammarly for improving the clarity, spelling and grammar.

**Unless otherwise noted, all Scriptures are quoted from the
New International Version (NIV) Bible.**

If you value this book and wish to express your appreciation, please gift, trade, or contribute to my journey through PayPal. Your support means the world to me!

Link: [PayPal: Be Still Ministries](#) or find me with email marimarie.schoeman@gmail.com



One more thing:



I'm thrilled to tell you about **Eden Protocol**, a **Non-Profit Company** based in Mossel Bay, South Africa, along the Garden Route. I'm deeply passionate about supporting and being connected with this remarkable organisation.

Led by Francois Botha, Eden Protocol is driven by a team dedicated to empowering communities through partnerships with local organisations. They focus on creating self-sustaining projects that will benefit these communities for years to come.

As an entrepreneur, I love that the team draws on their own experience to build sustainable business models to create jobs, generate profit, and support the long-term impact of Eden Protocol. Their goal is to create generational change, and they operate with the principle that impacting just 3.5% of a community is enough to set transformation in motion. Personally, I believe that lasting change comes from reprogramming the subconscious, and Eden Protocol is doing just that for the communities of Mossel Bay. I truly feel they carry a heavenly blueprint to make a difference in the world.

Eden Protocol works on various projects around Mossel Bay, but two in particular stand out to me:

Bitcoin Ekasi – Inspired by Bitcoin Beach in El Zonte, El Salvador, this project extends an established non-profit focused on empowering youth in underserved townships. Bitcoin Ekasi introduces a Bitcoin-based economy by paying local coaches in Bitcoin, who then spend it at township vendors, gradually building a local Bitcoin ecosystem. This initiative is even paving the way for local supermarkets to make cryptocurrency transactions more accessible.

The second project is Eden Protocol's own solution for children's nutritional support: **Manna Kids Nutrition**. This supplementary food programme provides children in need with essential protein, vitamins, and minerals, supporting their healthy growth and mental development.

They urgently need US\$50,000 to launch this project to produce the first 250,000 meals.

If what Eden Protocol is building in Mossel Bay resonates with you, I invite you to **invest in or donate regularly** to the Manna Kids initiative. Together, we can help turn this vision into reality and make a lasting impact on the lives of those in need.

As a reader of this book, I encourage you to consider giving up one luxury item per month and donating to Manna Kids Nutrition. **For \$15 (USD), you can provide 90 meals for needy children.**

[Eden Protocol Foundation](https://www.edenprotocol.co/)



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Discover the transformative power of **Romans 8: Walk in Fullness**— a deeply enriching journey designed to help you profoundly understand your identity in Christ. This devotional explores the unbreakable bond we share with God as His adopted children, illuminating the truth that nothing can separate us from His love.

For 21+ days, you'll delve into the depths of Romans 8, uncovering the essence of being a new creation and embracing the assurance that we are more than conquerors through Christ who loves us. Each day's reflection will empower you to navigate life's trials, reminding you of your rightful place in God's family and the glory that awaits you.

Join us in this exploration of faith, where each devotional is crafted to inspire hope, encourage transformation, and deepen your relationship with God. Let the truth of your adoption into His glorious kingdom resonate within you as you embark on this journey of discovery and intimacy with your Creator. Embrace your identity, and be transformed!

DOWNLOAD YOUR
Free Copy

<https://daretobestill.online/>



**DISCOVER THE POWER OF STILLNESS AND
BIBLICAL MEDITATION**

Dare to be Still is your personal invitation to step boldly into a practice that transcends the ordinary. We often hear the much-quoted words of Psalm 46:10: "Be still, and know that I am God." Yet, this book encourages you to move beyond only this verse and discover more amazing insights in Scripture regarding stillness, meditation, and journaling.

It is not just about being quiet; this is a call to practice biblical stillness that engages with your body, soul and spirit. Stillness can reshape your whole being, breaking the chains of busyness that bind you and creating the life you desire—heaven on earth. It invites you to confront ideas once dismissed as unchristian or unbiblical, aligning them with the truth of God's Word.

Throughout this book, you will learn to understand stillness, rest, journaling, and uncover the **Tohu Wa Bohu Meditation**, which promises to change your life completely. The book also offers two sets of 30-day practical exercises: one for journaling and another for meditation.

Dare to be Still is rich with spiritual truths and practical strategies, empowering you to embrace the profound impact of stillness. Are you ready to accept this dare and unlock the extraordinary potential within you?

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