

# How to Experience the Trinity's Bliss

*[The points are based on Justin Abraham's "Stages of Union" in his video lecture]<sup>1</sup>*

1. **Centring/meditation:** First, believe God dwells in you (that's essential). Then, gently let go of distractions and turn within to the Internal Kingdom where the King lives. Also called Contemplative Prayer where you ponder Jesus the King, love him and enjoy him. Come to gently and humbly, acknowledge him as being everything to you. You can help this process by saying to him, "I'm in you and you're in me". No need to repent here because your sin has already been dealt with, so forget about your failures. Shut out your natural eyes and turn on your spiritual eyes, focussing on your spirit. It's not about hours of prayer, but focussing properly. The small sense of his presence can become ecstasy with practice. These pleasures of him (enjoying him) is the gateway to the higher realms of the spirit.
2. **Simple union:** Begin to enjoy his love and feel loved. Simply stop all activity that led you here and enjoy one another. Allow him to love you and enjoy it without any feelings of guilt. Stay here, remain there, staying focussed. You can assist this by gently, intimately speaking out your love for him. Don't bring in strong prayers of adoration – keep it simple and minimal. You may manifest in various ways, but don't be put off. This is your enjoyment of him and his presence. This may wreck you in some good way. Your dignity will be a victim of this process and you'll start doing childish things. It's not about your mind, so don't try to understand or rationalise what's going on. If your mind wanders, never get upset or punish yourself, just turn back in.
3. **Complete union:** It's hard to pull out of this stage because you're being absorbed into him. You feel like you're in another world. Your love cup is now starting to overflow and you may feel intoxicated. All sorts of phenomena will happen to you as you go about your daily life.
4. **Ecstasy/trance:** Can be too much to handle as his love is overwhelming. This can be extremely short or extended. Because you've gone this far he will start showing you the mysteries of physics and the cosmos and mysteries of Heaven. He will open up things for you that human words can't communicate. You'll realise how ignorant you are as he infuses knowledge into you. You'll feel deep gratitude and real humility.
5. **Finishing:** When the sweetness lifts you can go about your day (he loves your day) or turning back into it.

Continue in this practice until it becomes a way of living.

**WARNING:** If you let Jesus have this life with you, you will experience sudden ecstasies (raptures) every so often. They will shock you.

**IMPORTANT:** You may need to have him deal with fears so you can enter into these experiences.

Laurence

10-11-2020

([www.CanberraForerunners.org](http://www.CanberraForerunners.org))

#### *COPYRIGHT*

*Quotes are the copyright of their authors.*

*Free graphics are from [www.elker.com](http://www.elker.com) & free photos are from [commons.wikimedia.org](https://commons.wikimedia.org) unless otherwise credited.*

*This document is free to copy, republish and distribute, but only 'as is'. It is free to quote from at length.*

*All Canberra Forerunners' documents are licensed under*

[Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](https://creativecommons.org/licenses/by-nc-nd/3.0/)

---

1 – Justin Paul Abraham (30-10-2020) "Mystic Union | Inner Bliss" <https://www.youtube.com/watch?v=z8y1MhpkrIE> [16:37-47:00]