

# Gaining Self Awareness



**Mushiba:** Gaining Self Awareness is not some mystical behavior that is achieved only by sitting in a particular position, breathing a certain way and chanting a mantra ~ although it can be appropriate for some.

Waith uses the phrase, *Gaining Self Awareness*, instead of the word, *Meditation*, because he believes that many people think meditation is something they cannot achieve and the phrase, *Gaining Self Awareness*, better describes the process of meditation, which simply means *Going Within Self*. During his class, ***Gaining Self Awareness ~ A Beginning***, Waith counseled:

**Waith:** *"To go within Self simply means to bring into focus something that makes you feel good."*

I think that our insights can come during a time when we are engaged in a favorite activity, when we are feeling good about what we are doing. And, if we are not able to physically engage in that favorite activity, we can visualize it and achieve the same sense of wellbeing.

One of my favorite places is Acadia National Park where I can feel the energy of the ocean and mountains coming together. Residing in Acadia is my all-time

favorite energy source, *Sand Beach*, which is filled with sea shells so finely smoothed by the ocean that they resemble sand. I have a photo of the beach that I took while standing in a lovely tree/rock filled area just above the beach. That photo sits by my computer so I can visualize that wonderful spot! Even now, as I write these words, I can feel the sand through my toes, hear and feel the ocean splashing on the shore ~ and, I am there!

**Question to Ponder:** What is a favorite activity or spot you have and how do you visualize it if you are not able to engage or be in it?