

# The Right Way to Do Something



Mushiba: We are inundated on a regular basis about the *right way* to do one thing or another. The process of Gaining Self Awareness ~ often referred to as *meditation* ~ is no exception. For example, we are told that the best way to meditate is to sit in a lotus position and chant a mantra, thus implying that to do otherwise means we are not spiritual. Waith has counseled differently.

In his class, *How to Convene a Meeting of the Dimension of Self*, Waith said:

*Waith: "Informal focusing is the living of your life on a daily basis. Formal Focusing is what many call meditation ~ and that is where people get confused and frustrated because they think they have to be doing a Formal Focusing in a particular way. We say, once again, you find your answers within Self in your own way."*

Each of us has our own way of tuning out the world, which is a form of Formal Focusing and through which we hear Self ~ walking or running ~ dancing ~ driving our automobile ~ using candles and music ~ playing in the garden ~ baking ~ enjoying a hobby ~ the list is endless. I love to clean and organize ~ this activity gives me the quiet time I need to listen to Self, primarily because people run and hide when I am in this mode!