

A Focusing Tool For Flowing With The Universe



Mushiba: The term, *Flowing with The Universe* ~ or, *Go with The Flow* ~ is known to many people, and yet, they may not know its meaning. Waith has given us a way to focus on Flowing with The Universe and how to envision turmoil and then disperse it:

Waith: *“Begin by standing or sitting. Relax with your head held high, your feet apart and your arms by your side. As you begin to slowly breathe in and out, bring your arms to above your head until your fingers touch and naturally form a Universal Circle.*

“In this Circle, envision what is disrupting you and fill The Circle with the White Light of Self. Feel the diffusion that the White Light gives to the turmoil. Keep this position until you feel you have effectively diffused the turmoil ~ even if it is only a small amount and not the total ~ and now slowly open your hands so that your palms face upward. By doing this, you send out the turmoil into the electromagnetic field.

“Think of a ball being bounced and place your hands in the position of bouncing the turmoil away ~ bounce, bounce away the turmoil until it is out of your Sight. Now begin breathing as you did at the beginning of this focusing and slowly bring your arms down to your side. Feel the energy that has come from The Universe and gently shake both hands to help the energy move through your encasement. You have now completed the Focusing Tool for Flowing with The Universe.”

This technique can also be used to focus on the turmoil on the Earth. And once you have experienced the imagery that Waith gives, you can simply have a thoughtform of Light surrounding the turmoil and bouncing it away.

Turmoil can be ever present in both our personal lives and most definitely in our greater world. So, I think it is wise to remember a key phrase Waith uses: *...” even if it is only a small amount and not the total.”* Eventually, the small amount becomes a greater amount, which becomes greater and greater as we *Focus on Lightheartedness and the Spreading of Light!*