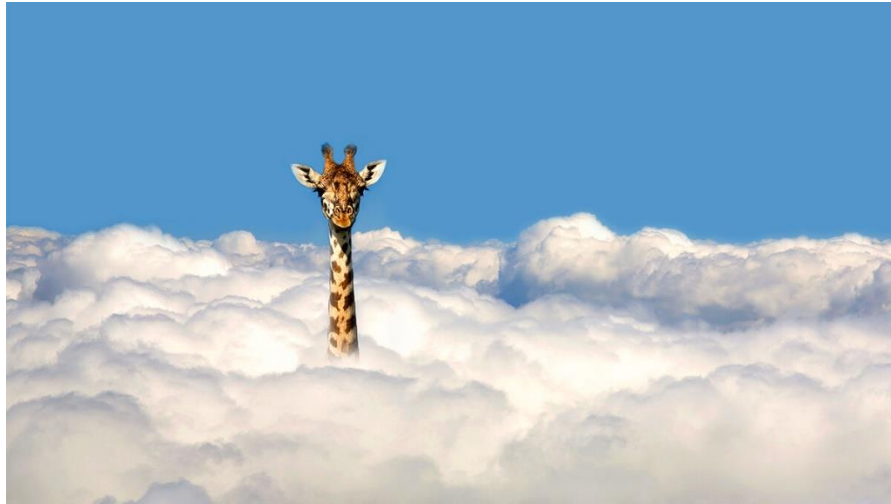


Spiritual Leadership Series ~ Connecting With Self



Mushiba: A while back, we began a journey of learning about the components of *Spiritual Leadership*, such as the *Spectrum of Light*, *Sparks and Spots*, *Layers of Self*, *Spectrum of Spirituality*, to name a few. During the final series, we will look at their interactions. In this Reflection, we will observe *Integration* by *Connecting with Self*. Next, we will move into *Reflection* by *Exploring Levels of Consciousness Within Self*. And, then , we will bring *Closure* to this phase of our *Spiritual Leadership Journey*.

Waith: “*The journey and challenge is about going within Self to talk ~ to have a group discussion. It cannot be done immediately for it is a slow, progressive process with a percentage being achieved on the earth plane of bringing harmony into Self.*”

(**Note:** Waith led a guided Visualization: Connecting with Self, during which he emphasized the visualization of Sparks. See *Spiritual Leadership* for the full visualization)

Waith: “*Give us your feedback regarding this visualization.*”

Response: “It was more difficult to picture the sparks than I thought. It was definitely a challenge to bring them in. Even though I sometimes have

trouble visualizing, I think that the more I practice this one, it should be easier.”

Waith: *“That is the idea! As you do it, it becomes a little easier ~ it is a concrete thing. Understand that abstract is something that you are not aware of occurring in the concrete ~ that is why it is called abstract. That is part of the process where you say, ‘I want something concrete that I can see.’ It becomes difficult oftentimes to actually see what you think you need to see or what another tells you that you need to be seeing. Did you all see sparks?”*

Response: “No!!”

Waith: *“You each have your own way of visualizing what it was that we said: ‘Look at the circle and visualize and do this and do that.’ It is very important that you find that which feels best for Self. What we give you is guidance ~ it is a starting point. It is a concreteness and concrete can be in as many forms as there are entities.*

“We can give you a frame of reference. From it you then have your own frame of reference, your own perspective on things... It is the concept that we give that then comes into concrete. You say that you want to have concrete and to know how to do it because abstract is so difficult. Abstract, however, is a concept and from a concept you can create any number of concretes.”

Most people have known (at some level of Self) that we create our own concrete(s). How is a Spark visualized? Check out pages 33 and 34 in ***Spiritual Leadership***, for Waith’s discussion with the class about how they visualized a Spark. What other visualizations have you been encouraged to have (either from Others or Self), e.g., color ~ fluffy ~ white light ~ sparks ~ spots ~ feathers ~ crystals ~ nature. . . What was your concreteness?

Question to Ponder: As you *Connect with Self* this week, what concrete(s) will you use to blend your abstract into your concrete? And, remember to ***Focus on Lightheartedness and the Spreading of Light!***