

Spiritual Leadership Series ~ Exploring Levels Of Consciousness Within Self



Mushiba: Google the word, *Meditation*. After reading pages and pages of links, can you, in a short sentence, define *Meditation*? During Waith's early years, he was asked, at almost every public session, some question about meditation. Even though most people, instinctively, know the meaning, they think Meditation is something other people do, or it is too hard, or it makes them sleepy.

Waith finally decided he was changing the word, *Meditation*, to *Focusing within Self*. I mention it here because as we near the end of studying *Spiritual Leadership*, Waith's emphasis goes to *Exploring Levels of Consciousness Within Self*. He merges the Focusing Tool previously given with a new one, *Going within Self*. The class members focus on their drawing and bring that image into Self. Waith names it, *Concrete Visualization*. Each person uses their own concrete drawing of what they think their visualization will be during their focusing. He guides them to the point of visualizing their own drawing and into a point of Quietness.

Focusing Time. After Waith has guided their return to concrete, each person describes what they visualized and how it compared or contrasted with the image they had drawn in the previous week's class... Fascinating. Beautiful. Different.

Waith reminds people that *Focusing is going within Self to find Self's answers* ~
Simple. As. That.

Waith: *“You are talking to Self ~ you are not imposing upon any other entity by asking them to give you information. You are talking to Self ~ you cannot impose upon Self.”*

Remember to *Focus on Lightheartedness and the Spreading of Light!*