

5-3-2006

Please address the topic for the greatest good of the group at this time.

We welcome you on this day of awakening and revelation. I Am the Presence of Kuthumi, World Teacher on the ray of love and wisdom. The Ascended Master Pallas Athena, my co-creative partner, and head of most of your karmic boards, will hold the presence of unconditional love on this day for all of you. The topic of this day is Right Concentration and the ego.

Perhaps you are aware that Right Concentration is listed as the last aspect of the Noble Eightfold Path of Buddhism.¹ We have been teaching this pathway of consciousness for quite some time and have yet, in the context of these discourses, focused on the element of Right Concentration. Right Concentration is generally understood to refer to the practice of focusing the mind for the purpose of obtaining samadhi.² We will, under the guidance of the three Buddhas, Mahayasa, Maitreya and Manjushri, expound upon this today and relate it to a deeper understanding of ego and the western mind. The goal of this discourse, is to provide you with a deeper understanding of how you may go about cultivating the sacred practice of your own Truth. For you see, our dear students, there is a plethora of information and mis-information circulating about in your world at this time. If one does not know Truth, the energies of fear and doubt and mis-guidance continue to hold reign over your mental body, thus preventing you from opening to higher consciousness and the healing power of Divine Love.

We have seen so many of you struggling to discern Truth at this time. What is True? What is Illusion? How can I know the difference between the two? Am I alone on this path, alone with my doubts, left to figure out these spiritual issues in the morass of mis-information? The answer to this question is that you are guided in every moment in time. At the depths of your soul, you know this. The difficulty is in quieting the mind so that you may Feel the guidance of your own soul. The practice of cultivating your own Truth is a **feeling practice**, it is not primarily a *thinking exercise*.

You may wish to try this: Open your mind and ask yourself this: Who am I? From the basis of your mind, what do you hear in response to this question? Well, we will suggest that most of you hear the response of your own ego. This is true even if you hear something as nice and satisfactory as: "I Am a being of light and love." "I am a soul of infinite love and wisdom." We do in fact congratulate you if you hear these types of responses for indeed, this is a deeper place of ego awareness than "I am a man or woman of x age, who has x family situation and x job, and am seeking spiritual wisdom." This definition we can see, is the exterior definition of the self. This shows that you have self-positional awareness, but says very little, if anything about your True Self and Soul.

¹ (Reference to the Eightfold Path: <http://www.thebigview.com/buddhism/index.html>)

² Definition of Samadhi: <http://en.wikipedia.org/wiki/Samadhi>

Let us suggest another approach: ground yourself fully into the body. This is a feeling experience, not a thinking one. Feel the contours of your body, without judgment, for the body in this experience (and all others), is indeed the sacred container of your soul. Feel the chair you are sitting on, your feet on the ground. Feel the inside of your body, and allow your heart to open into your own sacred space. Call in, by your Divine Right, the Presence of your soul, requesting that 100% of your soul energies anchor fully into the Now, in this incarnation, in your body that is here now by your choice. From this place ask yourself: “Who am I?”

Perhaps the response is quite different than in the first experience. Perhaps you feel something in your body or see an image or hear a word or concept. Who are you in this place of the grounded soul? Do you know? Are you truly willing to know, to feel, to see, to hear your own Truth? For let us suggest this our dear hearts: until you know who you are at a deep feeling level, it is indeed very difficult to discern what is true or false information coming from the exterior of your soul. What we are defining for you at this time as Right Concentration, is this practice of cultivating your own inner Truth, based on awareness of your Soul.

When we instruct on this topic and use the traditional Buddhist practice of meditation/concentration, what occurs, is that you of the western mind become discouraged. The art and practice of meditation is indeed one of the most important factors in spiritual development. But let us point out one small Truth: the majority of you do not meditate on a regular or disciplined basis. And why is this? Because you lack the will? Because you lack the desire? Because you lack the training or understanding? Or perhaps is it something else?

Let us suggest that in this time of exponential energetic acceleration, it is increasingly difficult to meditate in the old ways. Some of you may wish to state: Yes, but this is precisely why meditation in the way of *samatha*³ (or single pointed focus) is increasingly important. For those of you who have the time for *samatha* meditation, we say, yes this is a very effective way of cultivating awareness of your own inner Truth. Fundamentally, this is as simple as following the breath and allowing thoughts to drift away until single focus on the breath is achieved for quite some time. Once this is mastered, then one moves to the *vipissana* meditation of Right Wisdom. So with these two cornerstones of Right Concentration, which are development of serenity and development of insight, one may indeed cultivate your own inner Truth. However, since a great majority of you are not practicing this, we may suggest another approach to Right Concentration which is more practical for the western mind.

What do you suppose this suggestion entails? For it is very closely tied to the energy of the ego. Do you think that we will suggest that you watch at least one full hour of television every night and focus on what is true or not true in what you see? Or that we suggest that you read a spiritual book and practice discerning what is true or not true for you in the author’s words? Or that we suggest that you attend a lecture or channeling and

³ Explanation of samatha and vipissana meditation: <http://buddhism.about.com/library/blbudmed.htm>

concentrate on the quality of the message as a discerning exercise? Or that we indeed ask you to sit by yourself and listen to your own soul, grounded in the body? You see, the ego would like you to do these first three activities, to do something exterior and discern from there. The ego then has a very nice foundation for inserting itself and determining what is “right or wrong”. It is indeed important to pursue intellectual activities and to allow yourself time for entertainment and spiritual expansion in groups. But in these events, the ego is nearly always present and often in the drivers seat. For you see, the soul has no need to judge right or wrong from the outside of experience. The soul is interested in being in Truth, not in judging or analyzing or evaluating.

Here is the fine point of distinction that we would like to make: the mind discerns, and the ego may or may not be in the drivers seat in this process. The soul IS. The soul is the Truth of who you Are. It is the fullness of your being, it contains the memory of being One with the Divine, the memory of being sent into experience as an expression of the Divine, the memory of each and every lifetime. It is the form of existence and contains all of the potential that has been accepted or rejected in each lifetime. The soul, the sacredness of who you Are, does not judge. We say again, the soul IS. The only way for you, in the mental body, to discern Truth, is to connect to this ultimate gift of your soul.

The challenge in this for you of the western mind, is the over active ego, or the ego in control of the mind. Now, we do not prescribe to the belief that the ego must be banished or worse “killed” as is still rather rampant in spiritual belief systems. We have said before, without the ego, which is the “I”, one cannot experience the “I Am”. The ego is a part of your persona. The ego judges things as right or wrong, good or bad, and positive or negative. The ego provides you most perfectly with many of the lessons your soul is here to learn. For you see, the soul is wise and does not judge experience as good or bad.

For example, let us say that you lose your home to natural disaster. This has been the reality of many people over the last few years. The ego judges this as “bad”, as misfortune, as unfair. The soul does not judge this experience, for the soul knows that all experience has value, and the most difficult of trials can be the greatest of all gifts. This is not at all to belittle the difficulty of this or any other situation of trial, it is simply to illustrate the very profound difference in the perspective of the ego vs. the Truth of the Soul.

The negative ego has been defined as that which keeps you trapped in the lower thought forms of selfishness, fears, doubts, insecurities and smallness of “me”. So, in the Socratic fashion, this must mean that the positive ego is that which elevates and frees one to love, trust and become the greatest of all possible selves. Well, let us suggest that neither statement is True. The ego is simply the term used for the compendium of thoughts, feelings, ideas, beliefs and judgments held in the personality, based on experience and a few other things. The ego is part of the human tapestry of consciousness. And in very circular pattern, it is the ego that judges itself as “good” or “bad”. As in any logic equation that can be proven true or false, one that contains a circular reasoning holds no value.

The only way thus, to be in connection to Truth, is to open to the reality of your Soul. The ego will most certainly in the western way of things, provide you with many distractions and illusions to prevent you from accessing this immeasurable trinity of your Souls' Love-Wisdom-Power. For when you begin to feel this (do you see, we are not speaking of thinking about this), yes, feel this, the ego begins to lose its position in the drivers seat of your persona. And the soul takes the wheel. This phrase is an encoded phrase for your soul: the soul takes the wheel. What is the wheel? What does it mean to say that the soul "takes" the wheel? This is worthy of further elaboration before we enter into the final aspect of this discussion which entails the "how to" section which you all so much look forward to.

The wheel is either the wheel of karma or the wheel of dharma⁴.

We show you the two wheels:

The Wheel of Karma



The Wheel of Dharma



Karma wheel from: [http://nl.wikipedia.org/wiki/Wedergeboorte_\(boeddhisme\)](http://nl.wikipedia.org/wiki/Wedergeboorte_(boeddhisme))

Dharma wheel from: <http://www.mandali.com/>

When the ego is in the drivers seat, the wheel of karma continues to turn inexorably to allow all things to come into balance without higher consciousness of Truth behind the truth. (Also an encoded phrase.) This means that when you are engaged in the ego personality and in the activity of judging and analyzing things, without engagement and

⁴ Reference to dharma definition: <http://www.thefreedictionary.com/dharma>

awareness of your soul, you are simply playing a part in allowing your karma, or reactive energy, to determine what occurs in your life. Thus, you may find yourself in a situation at work where a co-worker is creating dissonance and you are feeling victimized or blamed or treated unfairly. This is karma working out in the lower mind of unconscious patterns of thoughts and feelings.

When you enter into the Presence of your soul, you begin to access the potential of the dharma wheel where the outer aspects of your life become aligned with the inner Truth of who you are: a magnificent being of light and love who is here for the purpose of serving humanity, of experiencing for God and of expressing unconditional love for self and others. In this reality, a conflict at work becomes a signal to the soul to look within: what is it that I Am manifesting to create this situation? How do I act in the highest good of all concerned to transform this to Love? This is very different than the previous scenario of blame or frustration. This is the activity of the soul and there is no judgment in this process.

The ego works for the benefit of self in some form, while the soul is eternal and exists in this beautiful blue place of peace and tranquility. How many of you truly identify your life today with the wheel on the right? How many of you have the frenetic energy (reactive) of the wheel on the left? This is the consciousness we are speaking of when we enjoin you, by your Divine Right, to call in the Presence of 100% of your soul, through the feeling process, in order that you may enter that Place of Peace of the Dharma wheel. The dharmachakra is a sacred symbol of balance: 8 arms represent the 8 fold path, and the inner circle represents transcending duality and entering into the Trinities. In the image below, the multi-colored lights may be seen as your guides, as the Ascended Masters, or in Truth, as aspects of your own sacred Soul.



This is the place where you Act in Divine Right Order, you feel Love in the depths of your being, you know the perfection of the Divine Heart that has sent you here to experience, and you experience as Truth, that you are One. This, our friends in light, is the difference between the ego in the drivers seat and the soul taking the wheel. Do you understand?

Thus, we will suggest a practice of cultivating Right Concentration in the western mind in cooperation with the ego as part of the entire fabric of your consciousness tapestry. We are going to provide for you the foundation or base of this practice, the middle way and the upper realm of Truth in three sacred trinities (3x3=9). First of all, we will say that this practice of Right Concentration is not a “meditation”. It is a state of being that one cultivates in Intention, and through the integration of the preceding seven steps of the Eightfold Path.

The Foundation:

Groundedness, Gratitude, Gaia (1st, 2nd, 3rd Chakras) the Body

As we suggested in the beginning of this discourse, to be in Right Concentration, one must first be grounded into the Now. This means being able to feel your entire energy anatomy as present and anchored to your operative level of consciousness as a human being experiencing life in this moment in time. To truly ground is to be able to FEEL all of your trinity of body, mind and spirit. Now, immediately some of you wish to say, *yes, but* what about the higher energy structures such as the cords of light, the antakarana, etc? You see, this becomes the ego interference – because these structures are all within the realm of spirit. When one is grounded in body, mind and spirit, all of the all is included, and there is no need for “yes, but what about x, y or z thing?” It is perfectly fine to ask questions our dear hearts, but many of you jumped immediately to doubt as a beautiful experience to allow yourself to see how your ego still wishes to drive the vehicle of your soul. Cooperation with the ego means to allow the ego to participate by observing itself, an activity the ego loves to engage in. When doubt and criticisms arise, you may simply thank the ego for its astute observations and continue to feel what you are feeling. No more and no less.

How does one ground? We will suggest that the most effective way to be grounded is to feel gratitude in the heart for your existence and for the breath you are taking in the Now and then connect this feeling of the physical body and the energy of gratitude into the core of Gaia. This is heart work (or play) our dear ones. And this is what grounds. Gratitude for your willingness to learn. Gratitude for the multiple of blessings in your life so that you are in a position to ponder these things. Gratitude for the sustenance provided for you in each and every moment by Gaia, the en-souled planet of Earth who supports you on this magnificent journey of consciousness. If you cannot feel gratitude for at least one small thing, this process is not for you. For we know that some of you are in very difficult positions of physical ill health, of mental anguish and of emotional turmoil. And

this is precisely the time to feel (*not think*) gratitude in your hearts. This is the precisely the time to give thanks for being here now, in this position to allow your soul to take the wheel of dharma into your life. Even the ego obtains joy in this. This is true. For the ego is not banished, it is appreciated as an integral part of your soul's fabric.

We present to you the beauty of Gaia as a focus of concentration. Perhaps you wish to view this image, breathe it into the heart, and then allow yourself to relax and ground deeply into her core of sustenance and light:



Three more Tools we will suggest for this first trinity of Right Concentration are these:

1) Aura-Soma Bottle #40: "I AM". Red/Gold which represents the energy to find self-knowledge. The red energy provides assistance in grounding and the gold represents the

combination of orange and yellow of accessing your creativity and inner light. Gold is the energy of Wisdom.



2) Heartland Flower Essence: Terra Nova; “I Am grounded to the Center.”

3) Moonstone Crystal: Moonstone is a stone of new beginnings. It assists in bringing the unconscious to consciousness. It promotes intuition and calms the emotions. It is a stone of grounding and balance.

The Middle Way:

Remember, Believe, Love (3rd, 4th, 5th Chakras) The Mind

From this grounded place of feeling, you then may focus on the mind by remembering your intention: to cultivate the sacred practice of your own Truth. Remembering is sacred our dear ones. To remember is to re-member the wholeness of who you Are, a Soul here experiencing an incarnation. To remember is this:

1. To recall to the mind; think of again.
2. To retain in the memory.
3. To return to an original shape or form after being deformed or altered.

Why do we define this very simple word for you? Because in the ego driven vehicle, you so often forget! This is simple. Remembering in the definition of #3, is to make a conscious choice to allow your soul to take the wheel.

Next, you gift yourself with the choice to Believe. And believe what, you may ask? Well, many things. But first and foremost this:

All things are possible in the Divine Heart, Soul and Mind.

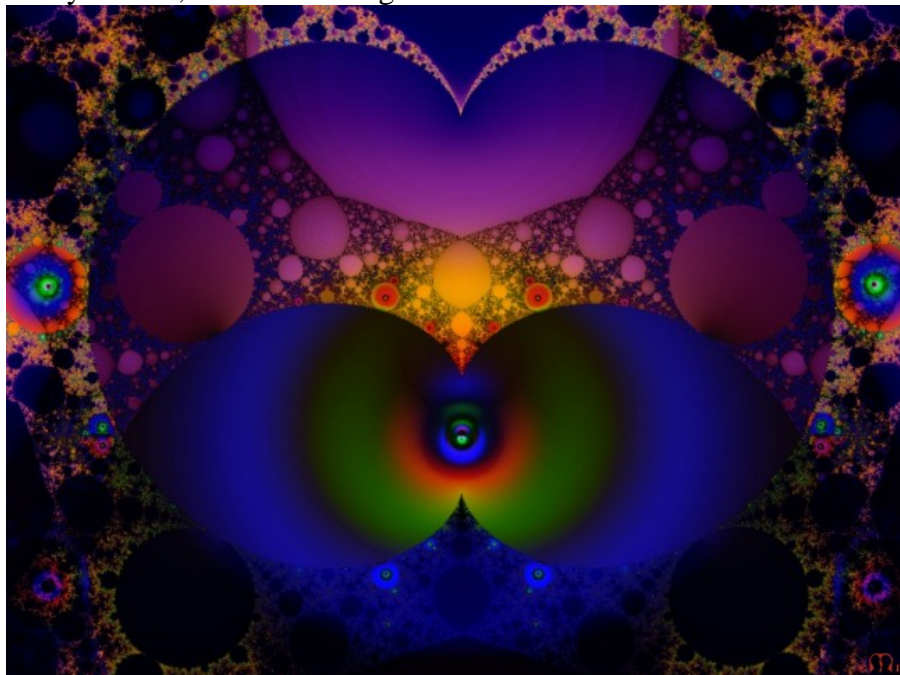
All things. Not some. Just as all experience has value, all things are possible if you believe (*Mark 9:23*). What is it, for example, that Gaia, an en-souled planet would ask you to Believe for her greatest good at this time:

**My waters are being restored,
my air is being purified,
my living fire is being rekindled brightly, and
my earth is regenerating vitality.
All things are possible in the Divine Mind.**

If you chose to believe this, our dear friends, you do much more than you can presently envision in your minds. This is Truth. As you serve yourself from the grounded energy of your soul, you serve many, many others.

Now, you see, from this position, you may enter into the open heart of Love. Interestingly enough, we place this in the middle way, under the aegis of the mind. You all know that love is not a mind function *per se*, but you see, the heart is the center of the physical body, it is the organ we associate with love, and it is where we often feel love. But if we do not remember the Truth of who we are and we do not Believe that all things are possible in the Divine Mind, love often is an idea, rather than a felt reality. To love without groundedness, without gratitude, is often to love without impact or commitment. This is an encoded phrase. To love without remembering and without belief is truly to love at 10% of all that you are capable of in the heart. Love is many things: a feeling, a state of being, a condition in the mind, a presence of Soul and a gift from the Eternal Creator. Love is the primordial energy of All, and thus, we center in Intention and allow this energy to enfold us into the sacred practice of Truth.

We present to you next, the fractal image of Remember-Believe-Love:



Three more Tools we will suggest for this second trinity of Right Concentration are this:

1) Aura-Soma Bottle #9: “Crystal Cave Heart within the Heart”. Turquoise/Green which represents the transcendental heart. The green energy provides balance in the heart and space for the new; the turquoise energy assists with accessing creativity and allowing the mind to open to the feeling side of being.



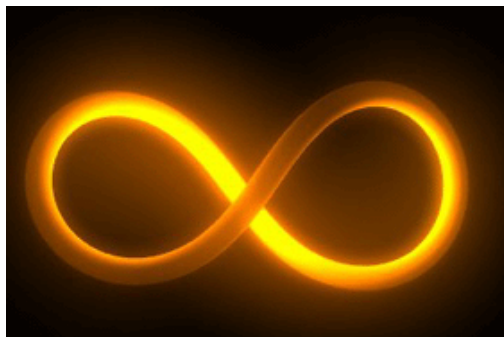
2) Heartland Flower Essence: I Restore Myself.

3) Rhodochrosite Crystal: Rhodochrosite is a stone of love and compassion. It expands consciousness and integrates the spiritual with material energies. It clears the solar plexus chakra as well as the root chakra.

The Upper Realms of Truth:

Power, Wisdom, Infinity
(5th, 6th, 7th Chakras)
The Soul

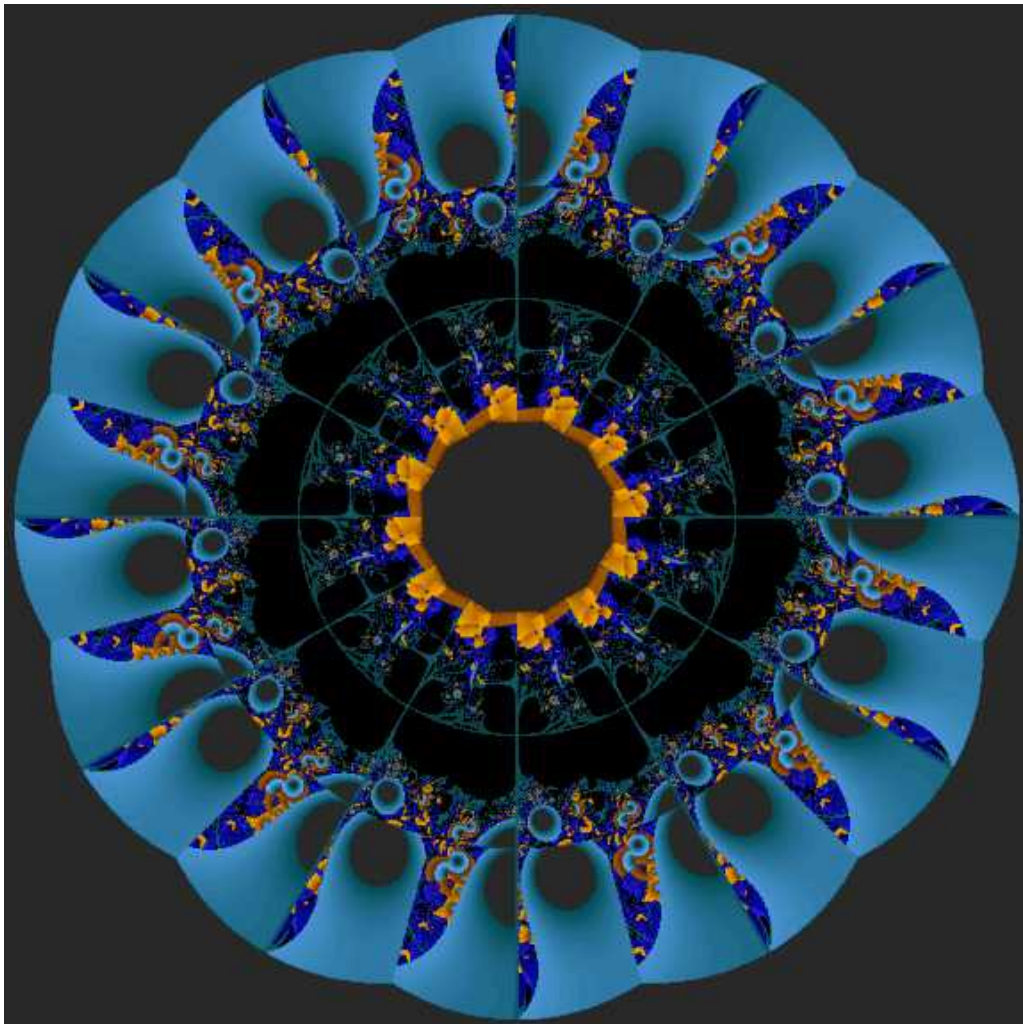
From this grounded place of feeling and the focused mind, you may now turn your Intention and Attention to the upper realms of Truth. Your own Truth is found here in the trinity of trinities: your *power* is in your Soul, your *wisdom* is in your soul and your soul, is *Infinite*.



What does this mean for the practice of Right Concentration? When one accesses power and wisdom, in a grounded state, with the heart open through the mind of believing and remembering, you touch your own Soul. You become en-souled, like Gaia. And All things are quiet and still. All energy is golden and pristine. You experience your Truth. You become One with the Divine. This Concentration does not mean you are focused in single-minded meditation. This is the concentration of Truth:

**I AM the Soul.
I AM that I AM.
I AM Grounded in the trinity of Body-Mind and Spirit.**

The ego has a place here, along with all aspects of who you are: a being of light and love, a vast compendium of experience, a living library of wisdom, and above all, a being with the capacity to give and receive Unconditional Love. This is a feeling state our dearest hearts. This requires practice and this practice take place in any situation, in any experience, in any condition. For it is your Divine Birthright to call in your soul, to ground it into the Now and to be able to access your own Truth. We present to you the mandala fractal image of the Wisdom of your soul:



Three more Tools we will suggest for this third trinity of Right Concentration are this:

1) Aura-Soma Bottle #37: “The Guardian Angel Comes to Earth”. Violet/Blue which represents nurturing balance in the body, mind and soul. This bottle stimulates meditative energy. The blue energy provides peace and surrender to “Thy Will Be Done”; the violet energy assists with accessing spiritual service and direction in life (dharma).



2) Heartland Flower Essence: Infinite Crystal Clarity: “I Am that I Am”

3) Kyanite Crystal: Kyanite is a stone of attunement and meditation. It is an amplifier of high frequency energies, stimulating psychic abilities and intuition. It also assists in detaching from the belief in “implacable karma”, thus facilitating the movement into dharma. As kyanite does not hold negativity, it never requires clearing.

This, our dear friends in light, is Right Concentration. The totality of this experience is a practice is accessing your own Truth. Right Concentration is no longer about obtaining a single-pointed focus of meditation. It is about becoming conscious, at all levels, at all times, of the Truth of who you Are. It is about accessing the greatest good of all, in this time of intense energy acceleration. It is about being able to cultivate the dharma wheel in the Now, not in 5 years from now, or 5 months from now or 5 days from now. Now. In this moment. You must make a conscious choice:

I Am that I Am.

I take full responsibility for my own Truth.

**I have all Wisdom that I need to experience the lessons of my soul
from the place of dharma.**

The ego is a part of the tapestry of my consciousness.

I embrace it, accept it and learn from it.

I Am here to Love.

All things are possible in the Divine Heart, Soul and Mind.

Believe.

Our friends in Light, we finish this discourse in the way of all Masters by stating Truth:

We see the Christ-Nada consciousness in each one of you. This is the way of balance.
Masculine and Feminine coming into a sacred place of Truth.

For the greatest good of all concerned:

The Master Kuthumi and the Master Lady Pallas Athena

Namaste

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