

Spiritual Leadership Series ~ Layers Of Self



Mushiba: When we meditate, we are going within Self for calmness, to relax our body, quiet our mind and to increase our Self Awareness, among many benefits. So, when we go within Self, where do we actually go? We commonly accept that there is Concrete Self, Higher Self and, Soul as the three parts of Self. Waith, however, takes this concept to an advanced level by discussing that we have many, many Layers of Self:

Waith: *“Concrete has abstract ~ abstract has concrete ~ concrete has abstract. For every concrete there is abstract and for every abstract there is concrete. (See Illustration F in **Spiritual Leadership**)*

“You want to make a decision at concrete. However, concrete cannot make a decision alone ~ it must have input from abstract ~ another layer of consciousness of Self.

“Once you are in that abstract, it has its own layers of concrete, which has its layers of abstract, which has its layers of concrete. Where you are in your development of Self will determine how far back into those layers of Self you go in order to make decisions...

“As you move further and further into Self ~ into yourself as a consciousness ~ you need a larger awareness of information to make your decisions at concrete, and there needs to be more of a group discussion within Self about that decision making...”

“The more you are able to move into Self to obtain information from Self about decisions for Self and bring that into concrete ~ trusting at concrete that it is coming from Self with higher and differing perceptions ~ think how you can affect others. It comes back to the leadership component.

“Being able to help others comes only from an ability to... help Self. And helping Self means being able to make your own decisions.”

When I think about all the resources I have within Self ~ within uncountable layers filled with information ~ making a decision does not scare me! I have learned how to call a meeting of various Layers of Self to find my answers and, as a result, I trust Self because of the years of practice and positive outcomes from trusting the Layers of Self. And when I go to a Layer of Self, I always remember to ***Focus on Lightheartedness and the Spreading of Light!***

Question to Ponder: Can you trust one Layer of Self and not another? Why or why not?