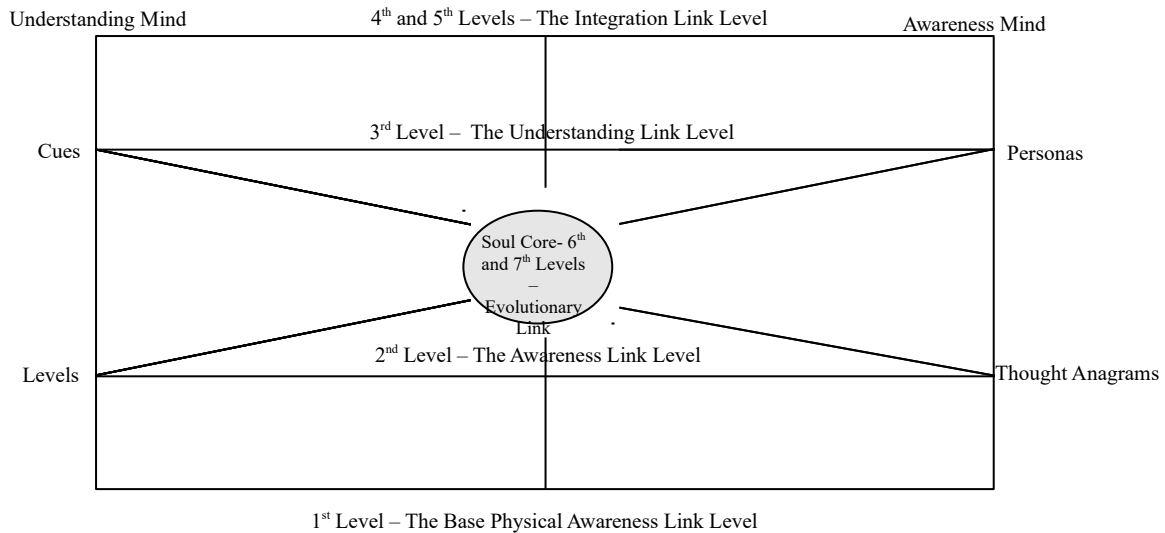


# Wednesday 28<sup>th</sup> February 2018

## Etheric Awareness and Understanding Meditation

Hello and Welcome to this weeks meditation, on Etheric Awareness and Understanding. These parts of the whole, the whole of our thoughts. This is a part of us as a part of as a part of the Consciousness Matrix, a concept of how the mind works as the gateway for the soul to control the body, It's vehicle in this life. If you wish to see more about this please tell me after or see my website for more details, but for now we are just looking at awareness and understanding, perceiving and being able to fully understand the world in order to get the best out of it for our personal growth and understanding of the world. In order to understand the place both have I put the basic diagram below;



At this point we are only looking at the basic polarity here, Understanding and Awareness, which you can see in the diagram. Awareness is our perception, our full awareness of the world encompassing all of what we see, hear and feel. It is also a symbolic level of thought, thought in symbol, image and an almost film like visual presentation. This allows us to record, remember and basically interpret our environment. Understanding allows us to bring this to a higher level, to interpret at the level that is commonly called thought, have memories, have understanding. This is sentience, at the basic level, and at higher levels growing into it and bringing higher levels into it. For this reason, this is important. The chakra correspondences can be seen in the diagram above.

We will be moving into the poetic meditations soon, then looking at the worksheet and meditation to understand for yourself why it is important to you personally and your own balance between awareness and understanding, so pay attention to take attention to how this matters to you.

# Poetic Meditations

## *Awareness*

*The ability to see the world  
The ability to read or signs  
The ability to see friend from foe  
The level of symbol,  
The level of image,  
The level of vision,  
The world, our perception.  
Allowing us to see,  
Allowing us to perceive,  
Allowing us to form group bonds,  
The Anima mind,  
The second, essential step of evolution,  
perception and anima in form,  
The Sacral chakra.*

## *Understanding*

*The ability to interpret  
The ability to understand  
The ability to construct and understand  
The Understanding Mind  
Understanding Awareness  
Reworking perception  
Codifying our world  
Evolving Consciousness  
Evolving Humanity  
Evolving Thought and Wisdom  
The Understanding Mind  
The consciousness adding to awareness.*

## **Anima/Animus Guided Meditations**

- *Sit or lie down and comfortably, as grounded down to the earth as possible.*
- *Feel yourself go into your energy system, feel your chakras momentarily, before taking ten deep breaths. Feel your body go into your mind with the last ten breaths, feel the energy of your soul connect at this mental level.*
- *Look further into this energy, feel it as it breaks into the parts of the mind. Feel it, the awareness colours of red, orange, green and indigo and the Understanding colours of yellow, blue and Violet. Feel them, taking ten deep breaths as you do, their connections through the gold and silver cords in the Consciousness Matrix as you can see it with one, deep breath.*
- *Go into the awareness colours, feel them. Take a few breaths to feel what they feel like, what information they have. How clear they are, how well they work, how well they are connected into the system. Are there any blocks, are there any problems you can see on them, are there any breaks in connection. Focus on these if you see them as you take ten deep breaths, clearing and cleansing the awareness mind. After take a moment of feel the chakras as they are represented here, feel it as it is now before moving into the understanding mind thorough the gold and silver cord connections. Feel them for a moment, the yellow, the green and the violet, feel for any blocks, breaks in connection and breaks outside the connection. Focus on these if you feel them as you take ten deep breaths to clean, clear and cleanse. Take a few moments to feel as they are now.*
- *Take a few moments to feel the two minds, how they are connecting. Feel the quality of the connections, any blocks between them Take ten deep breaths, feeling the connections reset with new energy. Feel it go through, feel it cleanse, clear and connect, resetting the system for the better.*
- *Take some time now to feel how this is presenting now. Are there any other blocks? How good is the connection? How do you see it. Take ten deep breaths, watching these impressions present themselves, awareness and understanding. Remember, be aware, but do not interpret at this moment. Feel this energy now as you come back out to consciousness, centred and more aware.*
- *Write down your impressions of the energy that you saw and interpret.*

Wednesday 28<sup>th</sup> February 2018  
**Worksheet**

**My visions of the Awareness Mind**

**My Visions of the Understanding Mind**

**My Visions of the total Awareness/Understanding Matrix Connections**

**How I Understand what I Saw**

## Notes