

Estelle's Thoughts on How to Meditate

By Estelle Roberts 2012

In meditation how does one open one's mind?

One clears one's thoughts. One allows your friends and your guides to impart the words into your subconscious and once they have been imparted into your subconscious and your mind is in a receptive manner, to the point where you know that it cannot be your thoughts, and the thoughts which will be initially conveyed will be totally different to your natural thinking pattern, then gradually you will get to understand and be able to differentiate the one with the other. Then the conversation will follow and then as the conversation follows the acceptance and connection improves and then rather than hearing the voices in your own mental frame, in other words in your own thoughts, you hear the words as if somebody was physically speaking to you as I am speaking to you now, but you have to go through the transition period.

Can you use a focal point?

You have to use a focal point because until you have the ability to clear your mind at any time you have to train yourself.

Is there a preference of focal points?

Whatever you feel comfortable with. Most people find it easy to concentrate on their breathing because it is a physical action which everybody has and therefore if you concentrate on your breathing and are not concentrating on other things, then any communication that comes through has to be from another source other than your mind does it not?

Is it any different when a medium prepares to go into trance or pass on messages?

It's no different to the requirement that we have for the development of deep trance. It is a requirement for the individual who we are about to utilise and I'm using general talk at the moment not specific, although it can be utilised in the specific, but I do not wish to embarrass the individual who has graciously allowed me to occupy his body. I could do that couldn't I? No I wouldn't. I wouldn't be allowed. Once the individual has cleared their mind we then can work upon the astral because that is what we work on you know. We don't work on the physical. I mean the physical body after all is only a shell. We work on the astral and make it so we can remove it and that's a frightening scenario really, which is why I wonder why anybody would like to do deep trance because we physically move the astral being out of the physical body and we occupy it in totalarium. Totality. I like the word totalarium.

I suppose there's no other way of conveying messages to the Earth Plane?

There are many ways of conveying message but if we have total control of the physical body then to 95% we have total control of the conscious and subconscious because our conscious and subconscious are instilled and it is only if the channel we are using has a very fixed idea on a specific subject that we find it difficult to overturn that thinking. This is why on occasions you will hear the guide say an utterance and then follow it up by repeating "this is not my thinking, this is the thinking of the channel I am using utilising and it is so strong that I have to get it out so I can now concentrate on what I am trying to tell you". That is why we try and choose our channels very carefully because the mental state of that being is very important and we are trying to utilise channels who do not interfere with the teachings that we are giving.

When we are giving out our teachings we have to accept that you can only learn as much as is right for you at the time. So many people do that don't they? They try and learn far beyond their capacity and then they get confused and they put things all the wrong way round because the knowledge that they are trying to grasp is outside their zone of advancement. If you give somebody a little bit of knowledge and they put university knowledge in the mind of a junior school body what comes out is not the knowledge which was delivered from the university. It is something which is, excuse the expression, is bastardised by the knowledge of the individual in primary school. And that's why so many people consider that they have the higher knowledge but they are disillusioned because they are not capable of understanding what they are saying and therefore they put a totally incorrect connotation to what the teachings are and it is an unfortunate thing. The best way to get a lie accepted is to pepper it with a modicum of truth and if you pepper it with a modicum of truth people will say obviously he or she knows exactly what they are saying and that happens so often.

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