

Malta Meditation Fear

17 December 2020

Afraid to meditate in Malta? Sear steak in Spain? Double no! Read on and see why. Some great reader questions asked almost four months ago, but timeless really.

Q: Will Malta remain independent, become part of Italy or of another country?

C: Malta will remain independent; it will not become part of Italy or another nation, during the lives of readers of this website or of their offspring.

Q: Meditation for me, is resting without being asleep. It's also living in the present, forgetting problems and relaxing. Is this description accurate?

C: This depends on what you consider rest, the absence of physical body movement? Sleep itself? Certainly the physical body can and usually does rest when the human brain enters sleep, but not always, as the many of you know. Sleep walking is one example, nightmares and awakening suddenly and other things also happen.

Meditation is a name which can be interpreted as you choose. No specific formula is required. How each human seeks to rest the body, to sleep or to do both, is unique to that human. You may do what you like and what works for you. Ask for advice but ignore feedback that it's being done "wrong" or incorrectly. This is not possible; the only aspect of what a human wishes to call mental or physical rest or both, is the result you achieve, like and prefer. None of you need instructions about how you would know what feels better; this is automatic.

Living in the present is also automatic, no other way is possible. This phrase or statement is the issue, and not the way a human exists. You cannot or should not forget problems, and almost nobody does. We understand what is meant, that problems no longer cause worry or concern. If that is what is meant, that is what should be said.

Many techniques, methods and steps are used to achieve a state of mental relaxation. Use whichever you like, and if you become inspired to do something differently, you may.

Q: Is meditation essential, such as eating or sleeping, or is it just beneficial but not a requirement?

C: No, not at all and it is not necessarily beneficial either. No harm comes from attempting it, however it is not necessary to feel content. It is but one of many ways to feel better or good.

Q: What are the biggest benefits?

C: A sensation of calmness, which reflects a very good physical state.

Q: What is the soul doing or experiencing during meditation?

C: This is redundant; you are your soul. What you are doing at any moment in any place is what your soul is doing. The two cannot be separated. To ask what a leaf on a tree is doing as the leaf flutters in a breeze, is the same question.

Q: Many people say they cannot do it.

C: Of course you and they can. Relax the body and allow the mind calm down. It is done. Whoever observing might say you are not doing it correctly speaks for themselves only, not you.

Q: Is it accurate to any degree that fear is nothing but false evidence which appears real?

C: Yes, to a degree. It is also possible to sense fear when the reason is solid and true. If you see a bear run towards you, rise up on its legs and growl and roar in your direction, then return to all fours and run towards you again, it is normal to fear this real threat.

Common is it to fear a possible bad result, such as doing poorly on an academic examination but fear is usually the result of an unknown outcome among the many possible. Consider the good things which can also happen.

Q: Why do humans fear anything or anyone?

C: Training, practice and experience.

Q: How can we eliminate our fears?

C: Experience success. Learn to outmaneuver or repel the bear. Learn to pass the exam. Learn why a person scares you, start by analyzing what motivates their behavior, or what is the reason for your reaction. Ask someone who does not fear what you do, under the same circumstances, to confront what makes you afraid. Watch and copy them, if you like.

Fear need only be overcome if you want that. It is often a necessary, integral part of the experience of which it forms part.

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Let's move on to some current events.

Q: Esteemed Committee, the controversy and uncertainty about the US presidential election continue, although I wonder outside the USA how much the press is attempting to portray Trump as a sore loser, who refuses to go. Let's start there: is this true?

C: No. Mr. Trump has not behaved this way in his professional life and is not doing so now.

Q: Accusations of a stolen, hijacked election are seriously criminal and I know if I ask, I will get your radio silence. Is it really over, however?

C: More to come, we have said and say again. Stay tuned and aware. We shall say but this, for the moment; how many courts in the USA have so far declined to examine the evidence? All of them.

Q: I do not know about other countries, but the corona virus situation in the USA is being milked like a golden cow for the public's general attention. Has any leader with sufficient authority to issue restrictions —whether obeyed, rejected or argued— also set criteria for relaxation of restrictions?

C: No. If this were done, it would have two effects: one, it would aim mankind at the result mankind wants. Envisioning an outcome is the best way to reach it. Secondly, it would undermine the authority of the commander attempting to issue instructions, which goes against many of their natural preferences. This disease will fade and nearly disappear however viral infections and deaths from them, will continue, as they have always existed.

These restrictions are serving very powerful purposes. The obvious one is to generate fear, placing power in the hands of whoever can cause it, thus allowing the offer of a solution.

The answer is: all the people of Earth must demand safe virus research, which already exists. What happens in China when sufficient citizens begin to demand accountability from authorities? You who feel victimized have collectively, by the sum total of your actions, created your victimhood. You can individually then collectively as a group, choose not to be victims.

Q: I read a headline yesterday (but not the article) saying 45 of the 50 largest companies in the USA have turned a profit for year 2020, so far at least. So who suffers economically?

C: This is obvious and surrounds you; simply look. If you believe the USA's election was not distorted by this, look elsewhere after removing the love or hate Trump filter from your mind.

Q: Why are we being told to lessen Christmas travel, celebrations and activities?

C: To observe who complies and who complains.

Q: So what should people do, really?

C: Ask yourself at what point will you personally, for yourself, choose to interact with other people the way you did when only all the other viral infections, risks and deaths were reality, not solely this latest chapter? If you allow an authority to give you permission to feel safe, you never will. You have run the risk of getting sick your entire life, much the same way you run the risk of mild and serious injury or even death every time you are inside or near a moving automobile, ride a bicycle or walk. If you have not used a wheelchair or needed crutches, ask someone who does how they feel in certain situations where you do not sense physical risk.

The higher risk people for contracting this latest disease have been well identified, and the many techniques and methods to boost immune systems also well discussed.

Q: Thank you, Esteemed Committee.

C: Our pleasure and preference; do all return soon.