

Meditative Practices

By

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Introduction

This monograph is a collection of journal entries. The “” (quotation marks) indicate that the enclosed words are heard spoken directly from spiritual beings in spiritual realms. Whole paragraphs are sometimes included. My own thoughts and elaborations, receive no such marks, unless it is a direct question or verbatim conversation with a spiritual being. Some of the realms are inhabited by a variety of beings, both super-sensible and physical. They go by many names: Angels and the whole hierarchy of creation, Elementals, Extra-Terrestrials, and human beings both living and dead. There are multiple aspects and areas of the spiritual realms, as well, each specific dimension having specific ‘laws’ governing the functions therein. (*Refer to Chapter 8: Esoteric Christianity, in Lucid Death: Conscious Journeys Beyond the Threshold for the basis of my understanding of spiritual realms, or the Monograph: A Conceptual Matrix.*

I feel the need to explain how I came to have such communications and to research questions in spiritual realms. I had a near-death experience at birth which was recovered when I was in my 40s, which explains my early spiritual experiences and the fact that I did not forget them as I grew older. I have meditated and prayed since my teens, done yoga and tai chi for forty years, studied the esoteric since the 60s, and Anthroposophy, the work of Rudolf Steiner since the 70s. Somewhere in the middle of my life, I became personally creative in my meditative practices – I turned like the Dervishes; did mudras and eurhythmy; danced, sang, toned and ohmed; began simple sacred geometric forms in my mind and elaborated on them till one day in 2000, one form became a vehicle for entry into spiritual worlds and landscapes. It took me in my meditative state into the spiritual heart of Mount Shasta, where I was greeted by Rudolf Steiner, the White Brotherhood, Ascended Masters, and a variety of beings from the Galactic Federation. I was given a brief tour of the interior of the mountain and then invited to the classes that occur there in the afternoons. As I was leaving, Rudolf Steiner patted my sacred geometric form and said, “You have here the Cadillac of astral projections machines – very nice.” (*Refer to the Book: Lessons from Mt. Shasta and the New Jerusalem.*)

Before 2000, the explorations and research in spiritual realms mostly came by grace and circumstance. Since then, I have traveled and sought answers to specific questions and issues. Many monographs and four books are the result. When reading this material, I simply advise an observational, open mind to receive the information. Then I suggest discerning reflection and a modicum of logical, sequential thought to process the information, in order to come to an understanding appropriate for each individual’s unique destiny needs. Existence is a puzzle, and we all have a few pieces. I trust that the ones I found will be helpful in your big picture.

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This verse brings our three human faculties of thinking, feeling, and willing into a correct relationship of balanced and cooperative functioning in the light of Christ. Feel free to adjust – add or change – any parts so that they better express your life situation.