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THE IMPORTANCE OF DAILY PRACTICE

Walking up and down the Crystal Stairs...

"Carry water, chop wood, before enlightenment. After enlightenment, carry water, chop wood."

– Buddhist saying .

This is a necessary daily practice for Indigos. The memory of the sparkling White Light and dealing with the fluctuations of their own frequencies due to their dealings with the world requires the ability to be in a lower frequency field and be able to raise themselves up again to their innate higher frequencies. Walking up and down the crystal stairs of the frequencies is an art.

There is a Dutch poem that starts with "I am a Brahman but we don't have a maid anymore..." What can be done with daily living and the changing frequencies? Be peace, wholeness, love... be enlightened, but brush your teeth.

I read a story about a person who was going to be hanged. Instead of spending his last five minutes on earth in agony, he surrendered. Huge waves of Love and Light came over him, flowed through him, and became him. He experienced the bliss of being, the total Oneness with the Oneness. He became enlightened. A miracle happened – the execution was cancelled. He was allowed to live. During the next several years he attempted to reach that same state of enlightenment. He could not handle the low frequencies of daily life. He became an alcoholic and died five years later in a deplorable situation. Indigos find themselves between a rock and a hard place – be in the Light or be in the world.

The combination of both means staying centered, knowing who you are, and understanding the ways of the world. It is very common for Indigos to get responses that seem to have nothing to do with what they were saying; they are totally misunderstood. "Talking Chinese to Jellyfish" is the expression they use when they meet each other, talk about this phenomena, and suddenly find themselves understood. Learning to think and pose the right questions has to do with the interpretation of reality. What is real and what is not real are things we learn through our cultural upbringing. Indigos learn to "read through other peoples' eyes" – to assess what they are supposed to be thinking – which in reality they are supposed to be dealing with. It is such second nature that they are hardly aware of the fact that they are reading others before they respond. They level out their frequency according to what they "find." They "tune" their inner radio to the channel and frequency of the person they are dealing with.

Every reality has its own "right" questions and its own "right" answers.

Krishnamurti says it is more important to find the right questions than finding the right answer. If Indigos do not meet many people with their own frequency, they

start applying the answers they hear around them to their own questions. This can create huge insecurities, guilt, and dangerous and life threatening behavior. It is very important for them to be aware of their own questions.

The Taoists believe in transmutation, which is a certain interpretation of reality. A revered abbot of a main monastery decided to end his life on earth and die (many cultures have wise people who decide when it is their time to "drop their body" and know how to do that). As a gift to the monastery, the abbot transmuted his body into a grasshopper. The monks put up a glass shrine in the main hall of the monastery and forever after bowed to their Master. The idea always makes me giggle with the pure fun of the irreverence of this serious sense of humor.

It reminds me of the hamster I had as a child, Mickey. I hated to clean the wood chips and wash the glass of his cage. I loved Mickey, but the smell of his cage prompted my mother to unhappy behavior and serious educational lectures about care, responsibilities, and such. I felt that it was not my fault that things become stinky and dirty all by themselves. I secretly suspected my mother was creating the dirt in order to nag me about it. Smelly woodchips with clumps of unclear yuckies and the cute softness of the golden brown little creature were incompatible in my mind. I was compassionate enough to sometimes help my mother with her problem with a dirty cage. However, I was good in setting boundaries, such as not buying into the having-to-clean business and being able to just stay centered in my own being. I used this "life lesson" to desire a magic wand that heals all things and makes all people happy.

Later I lost my innate "centeredness" and boundary setting. I had to learn about the importance of having-to-do-things and to not listening to my inner voice, co-dependency, and the uselessness of magic wands. After which I learned assertiveness, staying in a sacred space (and boundary setting if I could not do that), listening to my inner voice, and the use of the magic wand. And having my own questions. I still sometimes confuse simply cleaning up dirty hamster cages (or other such simple things) with rescuing my mother (or all people) from her (their) emotional distress. How to know what is to heal and what is just to clean up. How to shovel dirt as spiritual practice instead of thinking that I am rescuing my mother from what I thought was her "dirt problem" sickness.

We make many mistakes in interpretation. Real fake spiritual questions about the Taoist Master/grasshopper would be: does the holy grasshopper keep his glass cage clean all by himself? Does he eat, pee and poop, and topple his tiny little water bowl over his woodchips and make a mess? Or even better, does he need woodchips, or is he comfortable enough by himself? But then, why would he need a cage? Would he escape and poop behind the Buddha statue's ear? If he does not care that the monks bow for him, would that be ungrateful? If he does care because it is so good for the devotion of the monks, would that inflate his ego or make him a co dependent by having to Help Everyone? Entertaining questions like these fill up most of humans "monkey minds." More interesting

would be to say: if the holy grasshopper were the answer, what would have been the question that created this answer? Most of what we see around us is answers to questions.

What about the person who saw the Light and was allowed to live, who could not handle it and died as an alcoholic? Many Indigos and members of the Rainbow Tribe suffer from the up and down movement of their vibrational frequencies. They plunk deep into depressions, addictions, rages, and so on when attempting to maintain "average" frequencies. They suffer human loneliness and miscommunication when being in their higher frequencies.

Walking the Jacobs Ladder up and down the frequencies is an art that needs to be learned and practiced. Even the "High Beings" in the time of the building of the Egyptian Pyramids had such difficulties staying in the Earth's lower frequency that they had to be "beamed up" for longer periods of time to restore their energy fields. That is not as necessary now as it was then, because of the opening up of the higher energies on earth.

A daily meditation and contemplation practice is good for everyone, but it is of the highest necessity for Indigos. They need to connect with their innate frequency. All people have a personal angel and personal guides. All Indigos have a personal angel and an angel band – a band of guides. Most Indigos have spiritual teachers, or one specific one, by whom they are taught, mainly during their sleep. It is important to request a more conscious awareness of all the help that is present. Ask and you will be given. Ask for the right question. Ask for a sense of humor. The art of walking up and down the Jacobs Ladder, also called the Crystal Stairs, helps to Carry Water and Chop Wood, before and after enlightenment.

The following "Light Meditation," when done daily, supports a peaceful and inspired life as a living antenna between earth and spirit. It works deep through the cellular system. It restores and harmonizes frequencies. It can be easily modified for younger children.

The Light Meditation daily practice

-1- Sit with your back straight, or stand. Take a deep breath and go with your attention through the layers of the earth to the center. Imagine a huge gorgeously beautiful crystal in the center of Mother Earth, which is always straight under you. Greet the crystal, tell it your name, tell it the date of today, tell it where you are on the skin of Mother Earth (like, Cincinnati USA, Florence, Italy, or over Africa in a plane). Imagine a beam of light coming from the crystal as an answer to your greeting and announcement. Feel this beam of light, colored or white, entering your feet and your first chakra (tailbone), Breath gently in and out. With each inhalation this beam of light/color/energy enters your whole body. With each exhalation, old dust/darkness/stuff leaves your system. Feel the energy flowing through your body. Put this earth connection on "automatic" so that you are

continuously infused with the nurturing and healing energies of the Earth. This way you stay in the here and now and in the flow.

-2- Imagine a "balloon" about 8 feet (250 cm) above your head. Put your name, the date of today and position on Earth in the "balloon." Imagine a strong magnet in the balloon. Turn on the magnet and attract the wisdom of all the energies that are yours and that are hanging around in other places, in other dimensions, in other times, with other people, with other situations. It is easy. Feel or see the balloon fill up with all those energies. Let go of any darkness or dark spots in the filled balloon, till it is nice agreeable energy. Then, opening the top of your head, let the balloon empty out into your body, let it find the places where that energy needs to go in your body. Take some deep breaths, exhale old energies, inhale the new energies, and let it settle. You will feel a flush of energy go to those places in your body that are in need of that energy/wisdom.

-3- Make the connection with the spirit world, God/Goddess All that Is The Source. Imagine a cord coming down from the galactic sun, or from father sky, or imagine yourself within a pyramid and focus through the apex of the pyramid. Feel/see a beam of White Light coming down through the top of your head. Let this Light whirl through your body, mixing and matching with the Earth energy while you are slowly breathing in and out. Let go of old stuff during the exhalation, being filled up with the Light energy during the inhalation. Put that flow of energy on automatic.

-4- You are now a living antenna between earth and Spirit with the energy and information automatically flowing. Then, let the light energies expand from the inside out of your body till it forms an oval shape of about 5 feet (150 cm) around your body – in front of you, behind you, beside you, above you, under you. Make sure that the outside of the oval shape is nice and shiny. This is your aura and your sacred space. Now you are grounded, centered, in the here and now and in the flow.

-5- Say to yourself, preferably out loud: I am in a bubble of Love and Light. Only love and light can come to me, only love and light can go from me. Now, as I go throughout the day, the days and nights ahead, I and the creator/creatress are one. I create love and light in everything and in everyone on all planes of existence, and in all dimensions, throughout all creation. I am always in the right place, at the right time, doing and saying the right things. Thank you Mother/Father God that this is so. May the words that leave my mouth be true, may the thoughts that leave my heart be pure and true. From the Mother/Father God of my Being, and the Mother/Father God of the Universe, and the Mother/Father God of all worlds, May I be for the benefit of all Beings of All worlds, So be it.. So it is. Amen After this stay silent for some time. Insights and healing will come to you. This is also a good time to ask questions and receive answers.