

Wesak Meditation

The Wesak Ceremony is the legendary gathering of the spiritual hierarchy in the hallowed Wesak Valley in the Himalayas during the Buddha full moon, which occurs at the time of the Scorpio full moon in Taurus in each year. This year it falls on 28th April. At this time thousands of people make an annual pilgrimage to the Wesak Valley in Tibet to participate in a ceremony where the Buddha, Christ and the Masters converge to invoke the forces of Shambhalla and bless humanity. It is also when the Buddha (in spirit) comes down to the Earth to initiate the new teachers of spirit.

The Wesak full moon is the time when a new spiritual cycle begins on the Earth and new waves of energy are received.

Who are Love and Light Workers?

Light Workers are those who have dedicated their lives to the service of raising the vibrations of the Earth and her inhabitants with the Light and Love of God.

If you are at least a Level 1 Soul's Journey Home traveler you have increased the Light quotient (and the Love quotient) in yourself. When you healed the Earth in that level, and became the channel and voice of a Higher Being, you became a Love and Light Worker. Doing the higher Levels of the Soul's Journey Home increased your Light and Love quotient even more, raising your vibrations to those of higher and higher Consciousness, making you an even more powerful Love and Light Worker.

If you have stepped into the world of Reiki, and you heal the Earth every day, you are also a Love and Light worker.

This year's Wesak full Moon is extra special

The Wesak festival is an annual event on the Full Moon of this month. This year it falls on the 28th of April. According to the Hindu calendar the present month is 'Adhikmas, or the Purshottam Mehno' the special 13th month of the year which occurs every 4 years. So the Wesak full moon of this month is very special as it occurs once every 4 years. On this day, the Earth is super charged with vibrations of Super Consciousness of the Super Light Beings, the Highest consciousness being that of the Buddha (Light) and Kwan Yin (Love and Compassion).

Meditation on this day enriches us with these super vibrations, raising our Consciousnesses, so that we become more effective love and Light Workers.

This is the programme:

April 26 and 27: these two days prior to the event are known as 'Days of Renunciation and Detachment'

Ideally We should take the vow of SILENCE called Maunvrat in Sanskrit. This is to enable us go deep within and with sincere effort renounce ie give up all within ourselves that could hinder our usefulness as Love and Light servers and as channels of Spiritual Force. The more we empty ourselves, the greater the space available, and the more the Spiritual Force we will be able to contain on the day of the Wesak. As channels, we must be prepared to forget ourselves in the service of holding the Spiritual force for the rest of humanity.

If total silence is not possible, then try your best to have as many periods of silence as you can during the day.

April 28: Day of Receiving and Holding:

We maintain our Silence as much as possible, and meditate as much as possible. The Spiritually charged time for this is between 6 am and 5.50 pm.

The Soul's Journey home travelers will go through a special meditation (10 am – 12 noon) in which they connect with ALL Love and Light workers on Earth, bilocate to the Wesak valley in the Himalayas, connect with the Love and Light Workers of the Higher Planes and receive the blessings of Buddha, Kwan Yin, Babaji, Shiv, and Lord Sananda, and other beings of Love and Light.

After receiving these blessings, for the rest of the day, we will Hold them within us.

April 29 and 30: Days of Distribution

While still maintaining Silence as much as possible, we will spread the Love and Light we received to all sentient beings, to the living and non living, to all of the Earth and her inhabitants.

If you are a Reiki channel, you do this by visualizing Love and Light leaving your chakras and hands to the above. Do this as often as you can.

Soul's Journey travelers will spherically transmit the Love and Light to the above through their Spiritual chakras.

I hope the Lotus Healing Seva Group family will find this informative and use it, at the very least, to further their own Spiritual Growth.

Love and Light,

Kamal Tolia

***** While this information is for the Lotus Healing Seva Group family, I am open to it being shared with others if I am notified first.***