

Part One

THE HIGHER SELF

An Interview with Lani Calkin



THERE is more to life than body, mind, emotion. I believe we operate in a realm of spirit and soul and it's time we included this in our daily life; began to connect with where we really get our energy from.

Lani Calkin, from Mt Eden, Auckland, has connected more and more deeply with this energy over the last five years, especially, this spiritual vibration that is "the essence of all life, and that energy which is within all life, and of which we are a part".

Lani works with individuals, and what she calls "attunement groups" to help them develop and connect with this spiritual energy.

Many people are aware of the benefits and healing that meditation has for them, and Lani acknowledges this also, but believes we can actually "tune in" with greater focus and receive wisdom and truth about who we really are and what our true function is, from this higher consciousness in a specific way, in a way she terms channelling.

"This is what I wish to share; the wisdom and truth that is channelled through me, and in teaching others how to create their own channel to receive higher energy for themselves."

This is the first of a three-part series of an interview with Lani Calkin, conducted by Jenny Spiers, who is researching for her thesis "The Shift in Consciousness in New Zealanders" for a Masters degree in Psychology at Auckland University.

L.C. The most important message coming through many channels in this age is to become at-one again with our higher self, the higher consciousness of ourself. I see that higher self as being one with the whole of creation, one with God, one with universal energy, Christ consciousness – we use various terms and I cannot define what each one is. I see it as a whole and that we belong in that infinite energy/infinite consciousness that has no limitations. It is whole and pure. There is no right or wrong in it. The higher self is that as well. In this sense if we talk about the higher consciousness, God consciousness, the higher self is also that consciousness and when we are in tune with that we can truly say "I am at one with God."

JS: So how can people tune into their higher self?

LC: Most of us have a sense that we have a really pure high part of us, the part of us that says "I can do better than that", or "I shouldn't have done that" which a lot of people talk about as being our conscience. That is part of the higher consciousness. It is separate and apart from what we term mind, body and emotions. Generally speaking it is a higher vibration of the physical self and one particular way would be to visualise this higher vibration as a colour or an energy form and sense it as slightly behind above you, because it is greater than you, it is not limited by your body. Consciously say and affirm "I want to know my higher self and become at one with it", and then open your sense of self and step

back into this purer vibration. It's like resting back into the arms of your father or mother, as we did as small children.

Sense the higher self as a golden-white form behind and above you and consciously decide to merge with it, to step back into it, and open to this higher energy to merge with you.

JS: Is it necessary for something to occur before a person can open to that?

LC: There has to be a recognition that there is something greater than what we know already about ourselves, and we come to realise that there is a spiritual aspect, which is a finer vibration.

JS: Some people say it is important that we do a lot of clearing work of unconscious resentment, anger, fear, sadness, those kinds of things in order to be available to the deeper or higher self. The other school of thought orientates to once you become drawn more and more to alignment with the higher consciousness, those things fall away of their own accord.

LC: I agree with both schools of thought and from personal experience I have found that both can work at the appropriate time. There has to be a willingness to surrender those qualities and emotions which hold us back. If we are willing to surrender them, that brings us a step on the way to unite with our higher self.