



During an immersive group meditation, I experienced an out-of-body sensation that cast me above the group, away from the building, and out of Earth's atmosphere, where I was presented information from a more evolved being on the current climate problems humanity faces. The following is my recollection of the event, although suffice it to say that words could never adequately convey the soul of the wisdom.

"Download" During Meditation

by Kathleen Pait, January 25, 2017

As I expanded outside the realms of our planet, stretching beyond the boundaries of our atmosphere, I was overwhelmed with an astonishing view of the Earth - but I was not just one person or soul looking at the globe. Instead, I became part of a network of energies taking note of all the human activity on its surface. There was an immediate and agreed upon sense from these collective, universal agents that all the atrocities we Earthlings had been and are committing are just STUPID, for lack of a better term. How immature we are to be so totally consumed in war and politics and control, when there are so many AMAZING mysteries and lessons and knowledge we could learn if only we got outside ourselves...

We are adolescents of the universe, graduated from childhood - curious, kind, empathetic, innocent - now invested in the cruel, short-sighted mentality of adolescence. "Me, me me! How can I get what I want? My way is the ONLY way! I am immense, unstoppable! I can NEVER be wrong!"

How does the human species graduate from this stage of development into a collective, spiritual adulthood - caring, wise, appreciative, productive?

Then, as if to answer my question, some other force, a greater force, came to all us other energies. In a way that was both mesmerizing and truly awe-some, a force that

demanded respect and commanded all attention, informed me, ***Not all creatures which come into exist develop into spiritual adulthood. Maybe the human species will eventually grow out of its immature ways, but maybe not. This is just the way of the universe. Some species do not see the destruction of their behaviors until the damage is already done.***

This force wasn't condescending or judgmental. There was no sadness or anger. Everything was just matter-of-fact. Humans exist, but only time will tell if they grow up.

This created in me a startling lack of fear of death. Some worlds are older, others are younger. If humans don't make it, there will be no loss. Death merely *is*. If the human species does grow up into a collective adulthood, it will join the other entities of the universe to experience beauty and immortality in the sense of peace, coming to its true purpose of helping other child species to do the same.

The energies of this collective conscious always watch to see what species on which planets develop and which do not. They study how and why.

I then wistfully envisioned a world where people ate only non-animal products - to engage in eating animal meat would be a repulsive taboo. I saw a world with electric cars and lush forests growing greener every minute. I saw a place where exotic animals lived in harmony with their human siblings.

Yet, as soon as I had these visions, I was quickly taught, ***War is inherited from earlier generations, and with each generation, the energetic blockages become more heavily layered. Right now, humans are minuscule creatures inhabiting a floating island. As they kill their island, they commit collective suicide. They pick apart the pieces until smaller and smaller chunks of livable land are left - the true adolescent, waiting for a savior while simultaneously in denial of the issue. "What, who? Me? NO!"***

But how does this happen? I asked this immense force.

Young souls (those who have not been incarnated before, or have existed in physical form for only a few incarnations) will experience the toughest lessons and will face the steepest uphill battle to awakening.

Semi-mature souls are energies in search of meaning beyond societal expectations.

Mature souls have successfully searched and discovered, through multiple, multiple incarnations, authentic existence, profound meaning. They strive to help younger souls as they transition into more mature stages.

If a species is comprised of mostly mature souls, it will continue into adulthood. It will experience a much faster transition through troubled adolescence and develop into an enlightened collective conscious.

Earthlings I gathered, on a whole, are very young souls. There is, of course, the exception of mature souls like Gandhi, the Buddha, Jesus Christ, and handful of others,

although they are few and far in between. Young souls are much more vulnerable to listening and obeying the illusionary rules dictated by other young souls who have lost their paths. This is the ultimate adolescent behavior:

Why do humans behave in certain ways? Because everyone else does.

Much of the deviation from the path to ultimate truth comes from the wrongly developed sense of linear time by which Earthlings construct their realities. Linear time, instead of cyclical, creates unnecessary anxieties, distress, anger, fear, guilt, and regret. These emotions are all connected with the sense that they miss or will miss something which is gone forever once it comes and goes.

This is in stark contrast to the knowledge of mature souls, who have come to understand the cycles of existence. If something is missed, nothing is missed, because it will be again. In this mode of thought, one can view the time and space in between happenings as areas in which to expand upon actions in preparation for the next coming. This creates excitement, positive anticipation.

One way to break the human illusion of linear time is by paying attention to Mother Earth. She is constantly teaching and showing us the natural cycles, the truths of existence, but we choose to ignore her, again and again and again. This profound knowledge could alleviate the fear of death, the dangerous drive to “succeed” with material wealth, and the misconception that life is limited and existence is compressed. How antagonizing, indeed! The young souls of the human species must redefine death not as an ending, but as a necessary phase of an ever-revolving cycle.

Unfortunately, humans are actively destroying their greatest teacher, Mother Earth, herself. And without the planetary guide, the soul-nurturer, this artist of creative manifestation, the young Earthlings will perish. And as they perish, another child species will rise to hopefully overcome the struggles of collective adolescence. And that is the nature of existence.

Author Bio

Kathleen Pait is pursuing her Master’s in Clinical Psychology from the Spirituality Mind Body Institute at Teachers College, Columbia University in New York City. She is currently conducting research on the neuroscience of spirituality and the impacts of religiosity on mental health, and is studying the longitudinal benefits of contemplative practices on spiritual wellbeing. Her ultimate passion is Ecopsychology, a burgeoning new field that integrates psychology, environmentalism, and ecology to actively work towards a greater understanding of human motivation to promote positive behavioral shifts towards solving the issues of climate change,

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