How Do I Absorb All This Information?

Mushiba: We are bombarded daily with information on every subject. The topic of *Spirituality* is one of particular interest during these challenging times. How do we know if a source is providing correct information ~ and how do we know what and whom to believe?

Waith responded to a question relating to this topic:

Question: "There are many sources that seem to be talking about the same topics as you. However, they are using terms that are different from yours like *ascension* and *ascended masters* or *fourth dimension.* Are the topics that you are discussing the same that is in other sources of information except for the words used to describe them?"

Waith: *"In essence, yes. You need to look at each source, however, and not make a generalized evaluation. Some of the sources are legitimate and helpful. Others need to be questioned. Again, whether or not you question a source is part of your own seeking of knowledge and learning of lessons.*

"You may seek out a source and find no questioning needed for that source. Another may seek out that same source and have many, many questions of it. Therefore, it does not mean one way or the other that the source needs to be validated. It simply means that for the person who is seeking the information, it may need to be validated.

"There are some sources that have widespread perceptions of acceptance and other sources that have widespread non acceptance. Most of the time, however, it is an individual matter. You determine whether a source needs to be validated or not."

Waith's message is that we must go within Self. And while we can seek out people and organizations we know are truthful, that still does not make their information feel right for Self. To know if information is valid for Self, we must do what is often difficult ~ trust in Self. When we look within Self to validate a source of information, we need to trust that Self is correct ~ and that is the journey that we are all traveling.