

# Stuck In The Muck



**Mushiba:** The greatest battle we each face is *within Self* ~ everything else pales in comparison. We cannot escape Self, nor can we argue with Self because it is always a higher level of Self that has the greater view of the journey we take. So, it is no wonder that Waith, in discussing departure time for an entity, brings us back to the battle within Self:

**Waith:** *“When it is time to leave your current life, it is time to leave ~ period. At the conscious level, there can be quite a bit of disagreement with the higher levels of Self. One of the reasons that entities can become stuck on the earth plane outer layers of energy is that at a lower level of themselves, they did not acknowledge that it was time to leave ~ they were stubborn.”*

*“When the higher levels of Self said, ‘It is time, and we now must leave,’ there was a fluctuation of the energy line. The lower level said, ‘No, no, no,’ while the higher level was pulling through the muck. However, there was such a pulling that a part of the energy ~ or, even the entire energy ~ became stuck. Moving through the muck must go very quickly, for those vibrational energies in the outer levels of the earth plane are very dense.”*

Many times, I have felt *Stuck in the Muck* and upon reflection, realized that I was fighting with The Flow of Self, and when I released my Concrete attempts to control, the muck was gone and I felt free!