

Waith Class Transcript

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Issues Of Tolerance And Compassion

One Must Have Tolerance To Practice Compassion

A Self Technique To Help Unblock The Issues Relating to Tolerance and Compassion

A Group Technique To Help Unblock The Issues Relating to Tolerance and Compassion

~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

Questions and responses from those in the class appear in this font style.

☀ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

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Issues Of Tolerance And Compassion

We would speak in this session on an ongoing issue that is of importance for most who are now on the plane and having to deal with current illusion and that is an issue of tolerance and compassion, for it is difficult to practice these specific areas. It is very easy for us to give you the information and for all of you to hear, and to, as we would say, intellectualize the concept. We have spoken in the past regarding these areas and in this session, we will present to you several techniques that will aid you in the practicing of these particular issues.

One Must Have Tolerance To Practice Compassion

Tolerance and compassion are interrelated, and we would begin first by indicating that in order for each of you to be able to practice compassion you must be able to have what is referred to as tolerance. To be intolerant would not enable you to be compassionate. Intolerance for an entity is much like the issue of Unconditional Love, it is that it unfolds over time your ability to have higher levels, higher degrees of tolerance. It does not just one moment happen, you see ~ like this, that you are intolerant and therefore you become tolerant for you have come upon some miraculous device to change you.

It unfolds. It becomes a part of you. And tolerance is a direct result of your Unconditional Love development. As you are able, first of all, to develop your Self Love, your Self Love then becomes a part of your spirit, the level at which you have achieved at any moment of time, as measured on the plane. With that Self Love then evolves a level of Unconditional Love, and as that Unconditional Love evolves, so too then do your levels of tolerance, tolerance for Self as well as tolerance for other entities. And once the tolerance has evolved, it then moves into compassion, and compassion then enables you to develop greater Self Love and The Cycle then repeats itself.

And thus it is that it is a cycle. It moves one ~ along like this, you see, and it keeps moving and it keeps moving and each entity may find themselves, as we might say, stuck along the way in this Cycle, and it is that difficulty, that stoppage, that occurs that creates so many difficulties and frustrations, and it is that stoppage that we will help you with, the techniques to unblock.

We will give you two techniques in this session that will help you. One is a little stronger than the other and can be used in group. The other can be used alone and would call upon the forces of Self and will call upon your guides to aid you. And the other technique is to be used in a group setting, and it is very strong because of its group orientation. What we will do, you see, now, is to show you a technique, as well as the words that will go with it.

A Self Technique To Help Unblock The Issues Relating to Tolerance and Compassion

For individual focusing, as you find yourselves blocked and you are frustrated by this, place yourself in as quiet an environment as you possibly can. Place yourself upright, as you see me. Place the legs apart, as you see, so that you balance yourself. For some the legs will be apart further than others, and so we would not say to you it is an approximation of X amount of inches apart. It is only to balance.

You place your hands first facing out, as you see here, palms to the electromagnetic field. (Palms out as though greeting someone) Bring them in and place them into the Universal sign of The Circle (finger tips meet and heels of hands meet with circle in the center) and close your eyes and bring the Light that is your being into that which is the third eye of the Spiritual Centers and concentrate your light, and as you concentrate your Light, bring your hands up straight and allow the fingers then to form the triangle over the Crown Chakra, as it is referred to, and breathe in through the nose and out through the mouth, and do this seven times.

As you do this, further imagine the Light in the Third Eye growing stronger and stronger. Bring your hands, then, after the seventh breathing, out as you see them to accept then the Light and the love from your guides, and then invoke the following, "Assist me, guides, in my quest for Self Love. Help me through the blockage that occurs in The Cycle, wherever that blockage may be. Help me through. Please give the guidance that is necessary to assist in breaking through the blockage."

As you bring then your hands back into the triangle position and bring your hands down into the position of the Universal sign, say then to your guides, "Thank you." If you know their names, say their names. Bring your hands down through the Spiritual Centers of the encasement, as you see, and at the base now, bring your hands up, breathe in once again seven times. And as you are breathing, release the Light that you have envisioned in the Third Eye throughout your body and your spirit, and feel the Light going out of those that are called the fingers, and as you come back into the conscious state shake your hands of the Light so that your environment will receive your Light also. That is one technique. That is for Self when you are alone.

A Group Technique To Help Unblock The Issues Relating to Tolerance and Compassion

Now, if that does not work and you are still having difficulties, you see, you are going to use this now. You then may call upon the group if you are having an exceptionally difficult time. This could be any of the community, you see. It could be as few as three. We would say to you that three would constitute a group, for we knew that that question was in one's mind.

Now, what you will do in this group ~ first of all, the grouping should be used when there is difficulty at such a point that you are feeling that your mission is being hindered and that your work is being hindered by the blockage. Understand that this Cycle will have periodic blockages that are normal and natural, and that for the most part, you should be able to break through those blockages by utilizing the Self Technique, but for those occasions when there may be great difficulty, or when a group of you feel that there may be a major attack occurring in which you need the strength of group, then this technique would be utilized.

You form a circle, and you want to have below you something that is white. I leave it to you to find that. You would want to be seated on this white cloth, if you will, and to be in a circle. You would want your circle to have proportion. If there are three of you, it would be in this way so that there would be an individual North, West, East. As you add to the circle you add South first. You then would add in this order ~ I will place numbers here for the order. One, two, three, or it could be one, two, three, or one, two, three. (Waith indicates that the one, two and three can be in any order, i.e., number one may be North, West, or East and the same for number two and number three.) These are the pivotal positions. This must always be in a group technique.

Now, this then would become the next point which would be there, (Waith puts number four at South position in circle) would then follow in this way, and this way only, (Number five goes halfway between North and West). And if you have only five, then this is the order in which it would be. If you have six, you would place the sixth one here, the seventh, the eighth. Notice the ninth, the tenth, the eleventh, the twelfth, the thirteenth. No more than thirteen in any given circle. You may find to have two groups or three groups. There should be no more than thirteen and no fewer than three. There would be a time when you would have the space available. You would be in a field, for example, and you would form the circles, you see. There is to always be openness in the circle.

Now, in the circle you will be standing, (Waith later clarified that although the group is seated initially, the members stand to perform the technique) and you will all hold hands in this circle, and you will take your hands and they will begin at the base here, and you will move your hands held together up in this manner so that they are parallel with the Heart Chakra. (Hands begin at sides and raise up to chest level while extending into center of circle) Your legs will be balanced as in the Self Technique. And very simply, you will call upon the very Highest of the White Light, you will breathe in seven times, as you have been instructed ~ remember to call upon the Highest of the White Light first ~ breathe in seven times. While breathing in, visualize the White Light at the Third Eye Center, your White Light. As you visualize your being, your White Light that is you, say the following: "We call upon the Highest Forces of the Light. Come to our aid. And come specifically to the aid of (Give name)." And then you would insert the name of the entity who has requested the group technique.

If it is a group technique for the group and not just one individual, you would then say, "Come to the aid of our group." And name each who are in the circle in the order in

which they are placed in this circle, so you would all know before you begin this technique, the order of the names in which they would be given, and you would all as a group say these names. So, "Come to the aid of (Give names). Help in the attack that is currently waged against us." Or against this individual who is so named. "Help us". The blockage of The Cycle of Self Love needs assistance in being broken. Remember that your hands are out like this being held together. (Extended into the circle) Continue with the following ~ "We send our White Light that is our being into the Universal Forces and ask for connection. We thank you, Universal Forces, for your assistance".

Now, begin to breathe seven times once again, and as you do so, you bring your hands down to your sides and infuse your encasement with your White Light, and at the very end, release your hands, shake out the White Light, turn to the entity on your right and rub the back seven times in a circle. Turn to your left and rub the back seven times in a circle going, as you would call it, clockwise. And when you are finished, place both hands by your side. Breathe in seven times once again as you bring yourself back into the conscious state, and then look to each other and smile.

And thus it is that these techniques will aid you if you approach this with a purity of heart and a confidence in knowing that you will be helped, not only from the very Highest of the White Light, but also from your guides, and also from those around who you would call upon for assistance. Trust that the assistance will be given to you and it will.
