

Waith Class Transcript

APRIL 19, 1994

Open Questions Regarding Health And Healing

What Would Be The Best Foods For This Time In Our Evolution That Would Benefit Us?

Is It Possible That We Can Heal Ourselves, And Others, Combining Our Energies?

Predisposition Versus What Happens When You Enter Into Your Incarnation

What Can You Say About Therapeutic Touch?

The Use And Value Of Conventional Western Medicine And Self-Healing

Is All Physical Pain And Illness And Disease On The Earth Plane Related To Learning Lessons?

How Does It Affect The Body If You Travel In A Very Short Time Over Several Time Zones?

A Technique Of The Use Of Herbs To Help Those Finding Difficulty In Travel

~ 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

A Publication of Terra Lux Media ~ 1994

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

Open Questions Regarding Health And Healing

We are pleased at the gathering of vibrations in this session and the bouncy energy that prevails among all of you, even though some of you may not feel bouncy. We see you at higher energy levels, therefore, are able to view from a perspective other than what you feel in the encasement, within the encasement of the earth plane. So, trust in knowing that your own higher energies are bouncing now. We come to you in this session to have open questions regarding health and healing, and would enjoy then the specific questions that you would have, not as they would relate to personal issues, of course, even though we know many of you will try to frame a question in a way that is personal yet sounds as if it is a Universal question. We are onto that. So let us begin.

What Would Be The Best Foods For This Time In Our Evolution That Would Benefit Us?

Ah, the issue of food. We will stand for this. Now, it is appropriate, of course, that the very first question that would come in a discussion of this type would be regarding food, for on the one wing, there is concern about food and its obsession, and on the other wing, there is concern of elimination of food. And of course, each is an extreme to the balance. And we can respond to your question, you know, in several ways. We could very easily say to you, well, it is very dependent upon what your chosen path is. And then we could sit down and take the next question.

However, what we will do is to give you a response that is now appropriate to go on the record for those entities involved in vibrational changes that are also coinciding with the vibrational changes of the planet, so that at the time of The Shifting those energies on the plane who are vibrationally attuned ~ and have decided to remain on the plane in The New Illusion ~ will have been properly prepared, shall we say, for the encasement to house the new vibration of the energy that you each are.

Now, contrary to the popular belief on the earth plane that in order to have a spiritual path and to gain enlightenment, you must fast and consume only water and bread, no animal, for of course, the popular belief is that if one consumes animal, that one is less than enlightened. Well, you see, this is not correct. It simply is not correct. It is, however, a way in which those who are spiritually elite would like to portray to the world by saying that they do certain types of fastings, and they do certain types of food combinations. And they talk about this at great length, you know, and therefore, they show to the world that they are spiritually attuned and that they are gaining in their own awarenesses. And as part of the gaining of their awarenesses, they want everyone else to know that they have gained in their own awarenesses. Well, you know, ultimate spiritual enlightenment does not require that you let everyone know that you have become enlightened. It is indeed quite the opposite. The more spiritually attuned that one becomes, the less one discusses it. It simply is. It is simply the way that you are. And thus,

the way that you consume becomes then a part of that enlightenment, that sense of wholeness with The Universe and wholeness within Self.

There are ways in which certain foods can be combined and consumed. As you feel vibrational changes within your energy field ~ and you will know this yourself as you feel perhaps sluggish, you feel perhaps nervous, as if you had all this energy and you did not know what to do with it ~ and you feel an acceleration of energy, that you had so much to do but had not enough time to do it. And it began to create then a sense of anxiety, so that you are either very sluggish because your energy is being pulled down by the vibrational changes or you are feeling accelerated to the point of being nervous and anxious.

There are several things that you can do. We will give you several alternatives. What you would want to do is try out some of these to see what works best for you. There is not one way, you know. There are as many ways to do things as there are energies in this gathering. We give you only a starting point, a guidance that enables you to form perhaps your own frame of reference and to have a sense of accomplishment that you have indeed provided nourishment to your encasement that is harmonious to its vibrational functioning during these vibrational changes.

The first, of course, is the ever-popular liquid of choice that Terra Lux talks about so often, and that of course is grapefruit juice. And many on the earth plane find the taste of grapefruit juice very, very difficult to absorb. And for some energies, grapefruit juice is inappropriate. For others, it proves to be a very appropriate vehicle. What you consider is the chemical combinations of grapefruit juice, not that it manifests as a grapefruit, but that you look at the breakdown of the chemical combinations that determine why that particular combination is appropriate, or not appropriate. There is a chemical that is natural in certain fruits, grapefruit being one of them.

This next fruit may seem to be completely out of the family of grapefruit, but it is what you call a pear. The combination that makes up the encasement of the pear is exactly in harmony and proportionate to that which is in the grapefruit. So, if you are finding the bitterness of the grapefruit not to your assimilation, then the pear would provide an opposite taste sensation, but nonetheless, would give you the same effect, the effect being a cleansing of tissue in the encasement, a cleansing of the toxins that become absorbed in the folds of the mucus that make up the tissue in the encasement. It is as simple as that. It flushes through.

Now, the pear may be consumed in the same way as the grapefruit, either in the fruit form or in the juice form, and would want to be consumed in its purest state, as pure as you are able to obtain it, without all of the additives, and of course you would not have what you call the sugar added to either of these fruits. When you consume these fruits, however, you must also consume water with them. They are ineffective in their functioning if they are simply consumed without the accompaniment of water, proportionate to. So, for example, if you had one cup of grapefruit juice or one cup of

pear juice, you would have one cup of water. The water should be warm and not cold. When you are doing the combination of the fruit and the water, the fruit should also be warm. It should not be cold. You should have warmth going into the tissues and not the cold.

That comes out of the fruit category. There are many fruits, both edible and nonedible, that you would want to perhaps associate with and become one with. Just a little joke. Just a little joke.

What about canned fruit, cans that you do in your own home rather than buy it in a can?

That would be appropriate, my love, if you are knowing then the contents, for if you are doing this procedure at home, then you would not be adding the sugar and the other types of additives that you would find in what you call the commercial products. The important thing is that the fruit is in its natural condition and not with the additives. The only additive that seems to work a bit in harmony with these particular fruits is what you call the clove. Not the clove garlic. We sensed that thought going through several energies. But the clove that is a spice ~ and that it could be combined in many different ways. It could be used as the whole clove and heated in the liquid to lend flavor, or it could be, shall we say, mashed and placed as a crunchy effect in the fruit.

So, this is the fruit. There is, interestingly enough, you know, a byproduct from The Animal Kingdom that is appropriate for consumption. That is what you would call the broth from the soaking of the skin from that which is the poultry family of The Animal Kingdom ~ but that is also appropriate in its natural state, to have soaked and brought to what you call simmering, over numbers of hours, to a point of flavor. You do not eat the skin but simply allow that which is the chemical combinations that make up the skin that go into now the water, and that it be a broth, and that this is also a cleansing. It works in much the same way as the fruits work, to help bring the vibration of your energy back into a balance. If you are feeling sluggish, it will give you energy. If you are feeling too much energy, to being anxious, it will bring you into a state of calmness. You learn over time what is appropriate for you, the amount that you should consume and the amount of time that you should consume.

You would also want to test your own encasement's ability to absorb certain foods. It does not take a spook to tell you if you consume a certain food and it does not feel right in your body that perhaps you should not consume that food! You do not need to have someone, as we are from The Angelics, to tell you that. It is no mystery. You are able to figure this out yourself. We have been on the record from the very beginning of our discussions that being what you call vegetarian is appropriate for some entities who choose simply to eat in that way, and to not be that way is also appropriate and is not an indication of spiritual advancement. So too, is the consumption of what you call ~ oh, what is that we call ~ Twinkies. ☺ For some, Twinkies is an appropriate food to consume at a particular moment.

Excesses of anything will create disharmony. And as you begin to change in your vibration, you will naturally follow a simpler diet. You will very naturally change the way in which you consume, and what you consume, without it becoming an issue, with yourself and with others. You simply will consume, regardless of whatever, when you want to consume it, and what you want, and how much you want. But, of course, this comes as you know Self and not from another who would tell you that this is what you must consume.

If you are feeling vibrational changes occurring in your encasement, you feel pain ~ physical pain ~ try one of these that we have suggested, at least as a beginning. They will work. Whether you like them or not is the issue for Self. And when you see that a particular food does indeed work to help soothe you, then you will be more inclined to experiment with other foods, and indeed to talk with others about what they use to help soothe them.

The use of this milk derivative, yogurt, is beneficial for some. For others, not beneficial. Consumption of the potato, consumption of the tomato, is very appropriate. Consumption of that which is pineapple is very appropriate, the breads that have grains in them are appropriate, but not to the point where you become so obsessed with only eating certain foods because you fear that your encasement will be toxic if you eat white bread, for example. Your body, your attunement, knows what it needs. And you will consume then what is appropriate for you. Even if it does appear to be an excessive amount, it is appropriate at the time for you in order to balance and bring you back into that which is not excessive.

When you say grapefruit juice, eating of the whole grapefruit, is that the same?

Oh, indeed. Indeed. What you would of course want to determine is the content of the fluid. What is the amount of the fluid versus that which is the nonfluid. So that in order for the cleansing of the chemicals to help you, you would need to have what you would call perhaps one half to one cup of liquid at the time of consumption. So, if the fruit is providing that amount of liquid, then you would have it accompanied by the nonliquid portion of the fruit.

Is It Possible That We Can Heal Ourselves, And Others, Combining Our Energies?

Each energy is able to heal Self. This is the ultimate end to the path of return to The One, and that is that you are able to heal Self and jump back into The Universal Consciousness. The way in which you are able to heal Self will show itself in the physical in ways that are appropriate to where you are in your own development of Self, so that you do not need to have perfected the ability to heal Self in order to be able to heal Self. It depends on your particular lifetime that you have taken on and the portion of the healing techniques that you have taken on to learn in a lifetime. So, there are many currently on the plane who are indeed able to heal Self, as it is appropriate to that which

has been taken on in the lifetime. It relates to the percentages that each takes on for learning of lessons in any given lifetime.

So, for example, if you take on in a particular lifetime to learn one percent of the total amount of patience that you want to learn throughout your sojourn ~ and that part of the patience lesson physically manifests itself in a particular skin condition perhaps, which is common ~ if one is working on patience, certain types of skin lesions appear. It is not always an indicator that if you have lesions on your skin that, oh, you must be working on patience, but it is typical. So, be careful of judgement. It is a typical physical manifestation.

Now. You may then have said in your planning of the lifetime that since you are taking on one percent to learn patience, then your healing abilities would also be at either one percent of the learning or perhaps a bit higher. It would coincide then, if you are able to develop your healing to the one percent level and your patience is at the one percent level, then you can at that percentage point heal your lesions, for they have then corresponded to the percentage that you needed to learn for a particular lesson.

Some entities are able to heal themselves in dramatic ways. The issue is not how dramatic a person is able to heal themselves but that they are able to do it. And again, you must be careful of those who are so dramatic in the way that they would say, "I had a life-threatening disease and I thought wonderful thoughts, and I healed myself." Be very careful of thinking that you must then compare yourself to the way someone else has projected the healing.

It may be very small for Self, the healing that has occurred. It is the activity that matters, that you are able to do it, for then, as you go from lifetime to lifetime and you are developing your abilities to heal greater and greater percentages of Self, you then reach the point where, regardless of the magnitude of the lesson and the manifestation of that lesson in physical ~ be it a mental, emotional, or physical condition ~ you are able to heal it to the benefit of Self.

When the issues of healing others come into the scenario, you then bring in many other situations. To heal Self is to one thing. To work with another to help them heal is an entirely different scenario. And it is used with an entity to help test their own application of healing, for the ability to heal Self is very powerful, and if one is able to heal Self, at whatever percentage of achievement, you are then also able to heal others in that same percentage.

However, you come into the issue of imposition onto another, and you come into the issue of abuse of your powers. And this is the age-old issue, abuse and nonabuse. When you have a particular ability, a technique, a power, you can either use it to Be of Service to Others, and therefore, it is used in the spiritual, or you can use it to abuse others. And the only way in which balance is achieved, of course, is going to both of those extremes,

so that you come into the ability to work with others and not force yourself upon them, but rather, to serve as a facilitator, for the healing of someone else is an imposition upon that entity, for only Self should heal Self.

Self may call upon others who have healing abilities to guide them to help them facilitate their own healing, but true healing will only come from Self. Outside facilitators may mask the healing. Indeed, in an entire lifetime it may appear that a particular entity has the power to heal others when, in actuality, it is all part of a greater lesson learning and scenario that has been set up between yourself and those entities who you would come in contact with to help heal, or to give the impression that you have healed another. In the long term, even if you appear to have healed in a lifetime, another, the ultimate healing has not taken place. It is only for the illusion of the lifetime that the healing has taken place. The long-term healing of any entity must come from Self.

I am still a little confused. It sounds almost selfish to one extent. Maybe I am thinking human, rather than spiritual, that I would think it would be wonderful to heal somebody physically.

Oh, indeed.

And what you are saying ~ well, heal yourself, and it is an imposition to help someone else?

Oh, no, it is not an imposition to help, if you are asked. The imposition comes when you do the actual healing at a temporary level without the higher levels agreeing to it. And the higher levels, you see, very rarely will agree to anything other than short-term healing, for the higher levels of Self know that ultimate return to The Universal Consciousness requires Self-healing. However, what you are doing as you develop your own abilities to heal is then providing yourself to Be of Service to help others to find their own way to heal. When you have the power to heal yourself, you have the power to heal others in the short term in that particular illusion. You do not have the power to heal beyond the constraints of the illusion ~ the life in which you are living.

So, you have met another person, and they have an incurable disease, and for whatever the reasons, you have appeared to heal the person. You have laid hands on this person, and your energy has intermingled with their energy and you have in effect healed this person. The effects of that may indeed last for the rest of that person's lifetime. However, when the life is finished, and the energy takes the issue that was at the heart of the healing and brings it back into the Soul for consideration of its accomplishment in terms of learning, then it is determined that another lifetime is needed to work on the issue.

And so, let us say that there were ~ just for a graphic sake ~ there were boils on the skin in the lifetime, and the healer touched the boils and they were gone, and they never came back again in the lifetime. An external source did that, not an internal source. When that energy who had the boils returns to a lifetime again in which that issue is back on the agenda, the boils will be there, or some manifestation of those boils, if you will. It

is not until that entity were able to rid Self of the boils on their own that another lifetime of not having boils could be achieved, you see. There is the short term and the long term, and the learning of lessons involves both short term and long term.

And the reason that there are what you call healers is very beneficial, is very necessary to the progression of all entities appropriate paths. It could be that there are issues related to the one who is healing, and that the one who is healing has lessons to learn about healing, about imposition, about abuse of power, about spiritual use of power, whatever it might be, and that the entity who is being healed is, indeed, the teacher. Remember that we all, in our path outside of The Universal Consciousness, serve as both learner and teacher. We learn, we teach. We teach, we learn. And we may be teaching another entity and learning from another entity. And so, it is all for the progress of the path.

And what is important is that in your own search for answers, that the meditation is where you receive your answers. This is what we stress for all answers that come, that they will come from Self, and that only through the connection with the Higher Self will you know where you need to be in the development, let us say, of your healing abilities and whether it is appropriate that you work with another to help them heal, or to indeed do the short term healing, for whatever the reasons, you see. There is not a simple response to this, for it brings in all of the issues of why any entity comes onto the earth plane, for example, to learn lessons in the physical.

Predisposition Versus What Happens When You Enter Into Your Incarnation

Is it predisposed that if I were to lay of hands on someone who did not want that, because it was part of their lesson that they had wanted to come to the earth plane to live through ~ I am getting the feeling that this is all predisposed, that this is all decided before we come here.

The scenarios are planned out before entry on the plane. However, once you hit the plane, it all can change, for what looks good in the planning stage does not necessarily happen in reality. And this is what happens, you see. You plan that you will travel along a particular path, and you plan it usually in your own little bubble where you are planning your own life, and then you may bring in some other few entities who will play major roles in your path. But you cannot, and are not, actually, privy to the paths of all the other entities with whom you will come in contact with. And so, you simply plan out your basic action that you are going to take, and then, as you travel along your path ~ and this is where the true growth comes ~ you will come upon entities who have their own path that are coming in contact with your path, and they with you, unexpectedly. And then you are tested. Each of you are tested for what you have come in to learn.

You think you are so smart planning it all ahead of time and thinking that you will have all the answers when you meet up with a particular entity, because you have predetermined it. If that were the case of being predetermined, there would be no need to do it, for the fun would be gone, you see ~ Playtime on the Earth Plane, as we so much like to refer to it. So, it is not predetermined, the behaviors, and indeed the

outcomes, for even if the scenario is planned ahead of time, each entity has the ability to change the scenario once they have come onto the plane. You can be on the plane for several years and say, "This is not what I want to do. I want to change this," and you can. It is as easy as that. You plan your own playground and then you wait to see who is going to show up on your playground.

What Can You Say About Therapeutic Touch?

Therapeutic touch also goes along with the issues that we have just been discussing, and it is a way in which entities can develop a particular tool for healing, and it also goes into these areas of abuse and spiritual use. Therapeutic touch, if used in a spiritual context, can help to soothe the vibration of the energy field of an entity. It can help bring a sense of calmness, a sense of harmony. If used in an abusive way, it can impose upon an energy. And a therapeutic touch has the power to actually short circuit an energy field, for you are working within the limbs of your encasement that give out energy.

You see, as I use the fingers of Mushiba now, there is tremendous power of energy able to come out to all of you. Indeed, I give you energy when I enter and when I depart, but it is done in a gentle, spiritual way. I could very easily use this to what you say, zap you. You know, I could do this, as these fingers move, my energy is such that it could very easily strike you and you would fall, or any number of things. Rather, that is not even in the consciousness, for that is not part of my behaviors.

However, those who are developing therapeutic touch are aware now of a new flow of energy that goes through the encasement. And there are many who are in this lifetime to test their abilities, and at the same time, they have asked The Universe to test their use of their abilities. Will they abuse or will they Be of Service? And sometimes they begin by Being of Service, and somehow it gets out of balance for many different reasons related to the entity's path, and they begin to abuse their abilities. The opposite can occur where they begin with these abilities, and they are abusing, and they gradually come into the Light, and they take the powers that they have and begin to use them to Be of Service rather than to be of disservice.

And so, therapeutic touch, when it is used in the spiritual context, is a very significant way to help an entity learn how to heal themselves. If an entity is in tremendous pain, physically, emotionally, spiritually, mentally, and is not able to develop the ability to heal that, it may then be appropriate that one who can give them the short term comfort ~ even if it is for the remainder of the lifetime ~ comes in and soothes out the energy, so that when the entity leaves the lifetime not having healed Self, but at least, shall we say, catching their breath, so that when they come into the next lifetime, they may have a little stronger foundation to work on the Healing of Self.

The Use And Value Of Conventional Western Medicine And Self-Healing

Were you saying that the use of conventional Western medication is ultimately of no value in the long run?

Well, in the long run, ultimately, nothing is of value except the Healing of Self. In the short run ~ and that is what you all must be concerned about ~ in order to achieve the long term you must do the short-term steps. And we have gone on the record as saying that the traditional medicine that currently exists on the plane for many is most appropriate. It may be the way in which the easing of the pain is accomplished so that the energy who is feeling the pain can gather the strength to attempt to work on healing Self.

If you are so caught up in the pain, wherever it is, at whatever level, that then becomes the focus and may be ~ we say MAY BE ~ difficult to focus the energies on the Healing of Self. But if you were to receive relief, even temporarily, from pain by the use of a medication, that would then free you to meditate, or to focus, or to work on your own healing, then it is beneficial.

All that is on the plane is to be used. It is not to be discarded. And while traditional medicine may not be appropriate for some, it is entirely appropriate for others, and it is very dangerous for entities to take up the doctrine of Self healing if they do not have the ability to do this. They can inhibit their own growth through the sojourn on the earth plane, through many lifetimes to come. It may take them longer because perhaps they were stubborn.

You know, stubbornness is an issue, a lesson to be learned. If you are stubborn in a lifetime and say, "I am not going to take this aspirin ~ I will not take this medication because I should be able to heal myself. After all, I am on a spiritual path." The focus then becomes the inability to heal Self. The pain is so tremendous that you are not able to think of anything other than the pain, and the fact that you now feel guilty because others know that you are on a spiritual path, because you have told them, and now you cannot heal yourself. What an embarrassment.

And thus, what occurs is, other issues now come into your scenario. And rather than give into the limitations that the life has presented ~ and which are normal and natural in a lifetime to have the limitations ~ you become fixated, and you then take that into the next lifetime that you have to deal with the issue, be it the very next one or one hundred lifetimes in the future. You will have to deal with it along with the issue of stubbornness, which perhaps you have resolved in those one hundred lifetimes prior to taking it on again. So, do not discard that which is available. And certainly, do not judge others who would use any of the other traditional medicines. An entity must choose what is appropriate for Self, what feels appropriate for Self.

And there are many healers ~ and we have placed this on the record ~ there are many strong healers on the earth plane who are in traditional medicine. Do not say that because an entity practices traditional medicine that they are evil, they are bad, they do

not do holistic healing, they do not do herbal healing, they do not do this, they do not do that, therefore, they are to be dismissed as appropriate. There are many who have developed tremendous healing who have come into, let us say, traditional medicine to help teach, to help others who are in the same arena, on the same playground, who may not have the same abilities and understand healing from a higher perspective, and thus, they are there to help teach. Remember, teaching and learning. And be most careful of the judgements of what you see others doing or not doing.

Is All Physical Pain And Illness And Disease On The Earth Plane Related To Learning Lessons?

Oh, indeed. Everything that is of the physical is a manifestation of the lessons that have been taken on in the nonphysical. So, everything, regardless of its intensity, regardless of its magnitude is in some way a response to something to be learned or something to be taught ~ even a slight twinge, shall we say, in the finger. It may not have a dramatic spiritual implication, but it does relate to the flow of energy and the particular vibration, and its particular interaction at a moment when it comes in contact with some other energy, be it human, animal, mineral, whatever ~ WHATEVER.

How Does It Affect The Body If You Travel In A Very Short Time Over Several Time Zones?

How does it affect the body if you travel in a very short time over several time zones? Does it have a negative effect? What can you do to reduce the impact on yourself by meditating, or eating differently, or behaving differently?

It is a very valid concern that you place on the record, for there is much travel that occurs from time zone to time zone. There is also much travel that occurs interdimensionally. And we bring up this particular comparison to place it on the record, for we will be speaking in greater detail about interdimensional travel. And there is a connection between time travel differences and interdimensional travel and its effect upon the vibration and your energy. Interdimensional travel relates to more of the long-term effects of your path and of course time change travel relates to the short term, concrete effects of your path. Many entities have no difficulty in moving from one time zone to another in very short periods of time. Other entities can absolutely not do it without it having very drastic effects upon them.

A Technique Of The Use Of Herbs To Help Those Finding Difficulty In Travel

There is a particular herb that has proved to be helpful to those who find difficulty in traveling in short amounts of time from one time zone to another. It is actually a combination of herbs. The use of that which is the fennel seed and that which is the chamomile seed, and to combine them into simple liquid form, taken as hot as possible into the encasement as you are moving from one time zone to another. This has proved to be an equalizer of the energy.

There are other techniques which we will actually be rather pleased to share with you when we have our discussion on the interdimensional travel and its connection with time travel. As we move you now into The New Illusion and the upcoming shifting of the earth's axis, there will be much travel occurring, physical and nonphysical. We will leave our answer at that particular point and pick up that discussion when the appropriate time presents itself for the continuance of this discussion.

We are ready now to begin our closure with all of you and to give you the parting energy. And all of you now focus your energies upon that which is the Heart Energy Center and feel the energy of Self surrounding the Heart Center, massaging the Heart Center. And feel the love of Self now filling the encasement. Slowly, the warmth of the love of Self fills the encasement. And slowly now, allow the energy that is the love of Self to enter out into the greater gathering of energies in this session. And envision your energy moving into the Center of all the energies. And you all now become one with each other, feeling the love of Self combining with the love of the whole.

And now imagine this beautiful energy Ball of Light that is the combination of all your love, each of you, now flowing out into the entire gathering and sprinkling all of you with the love of each other. Feel the love of each other and carry the feeling the love of each other and the love of Self with you now and see those around you through the eyes of love. And we now send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
