

# *Waith Class Transcript*

**SEPTEMBER 20, 1994**

The Path You Walk On The Earth Plane Training Ground, Spiritually And Concretely  
A Technique To Use, In The Short Term, When You Have Absorbed Negativity From Another  
A Technique To Use When You Are Feeling Scattered And Pulled In Different Directions  
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*~ 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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For more information, please contact us ~

[terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)

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

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## The Path You Walk On The Earth Plane Training Ground, Spiritually And Concretely

*We in this session with you all would discuss an issue that is near and dear to all of you, and that is your own spiritual path. The walking of your own path, while discussed in an abstract way and a spiritual way, seems very easy, until it is time to actually walk on the earth plane as the training ground, and the concreteness of your path becomes apparent. It is very easy in your meditations when you are in the abstract of your own path, to understand the total picture, if you will, and to have the sense of what it is you must do.*

*When it actually comes to doing what you know you must be doing, it can be difficult. For example, if you are here to learn greater strength in the issue of patience, from an abstract, you would say, "Yes, that is very easy." And "Yes, Universe, present to me opportunities to test my patience." And then, The Universe, being the good little Universe that it is, does just that and presents you with an opportunity perhaps in a work environment where another person is working with you, and this other person has irritating habits.*

*Therein lies the test at the concrete for you to work on your patience. And coupled with other vibrational flows that would go with the interaction of that particular person with the irritating habits to you, would then present an emotional response rather than a response that would come out of your meditative state where you are so abstract about it, and you are loving all who would come to you. But here it is right in front of you. And you say then, "I am not responding in a very spiritual way. There must be something wrong with me, for this person's irritating habits try my patience." Well, my loved ones, that is exactly the point. You have asked to be tested and given opportunities to work on patience. So, when you are presented with them, it means that you must work on them.*

*And thus, if you are irritated, then you are indeed learning your lesson, for as you realize the irritation and the lack of patience, you begin to work through it. You take your spiritual abstraction through meditation and synthesize it with your concrete earth plane behavior. And each time that you are in the presence of this individual, you can begin to view that behavior, yours and the individual, as part of your spiritual walking. If you had completed the lesson, there would be no walk. You would simply stand and be in balance ~ in complete balance. The spiritual walk means that you are learning.*

*And thus, we would say to you, do not become irritated with yourself if you find that these lessons you have asked for are more than you think you can handle, for they are not more than you can handle. They are exactly what you are able to deal with. No more, no less. And therefore, if you find yourself being what you would consider a bit unspiritual, so what? So what.*

*So many of you are so very hard on yourselves and your perceptions of what you think is "spiritual," quote unquote. And the thinking then of your spiritual path becomes muddied, for you become mired in what you perceive to be your inappropriate behavior upon that which was presented to you as an opportunity to learn. And if the opportunity to learn then goes away, and you feel you have not learned what you needed to learn, guess what? It comes back again, in another way, but it does come back again.*

*You have various concerns, we know, in this gathering of your own spiritual path. We would find it appropriate to hear a particular concern from any number of you in which we would then give a technique that you could use that would help you in the smoothing out of your path. You will find that most of the concerns center around some very basic issues. And thus, when we give an appropriate technique, it is something that could be used by any number of entities, any of you certainly who are gathered here, and any who would hear or read of this in the future. So, let us then place on the record, if you will, a particular issue that you feel you need to have some type of smoothing technique, and we will discuss it as it is presented.*

### **A Technique To Use, In The Short Term, When You Have Absorbed Negativity From Another**

**I tend to absorb my co-worker's insecure or negative emotions. Is there a technique that I could use to help me with that?**

*Yes. The concern, for those who may not have heard, is the absorption that many of you may find yourself taking on by those who would be negative toward you. This is a very common type of situation, and regardless of how much meditation you do, and protection that you do, on occasion you will be, what you call, zapped. You will find your protection perhaps not adequate, or you will be feeling fatigued physically and at other levels, and therefore, the absorption is more easily undertaken by the energy field.*

*There is, of course, the long-term solution to that, and that entails the meditative state and the continual strengthening of the protection around your vibration. The short-term response to that ~ and you will each on occasion need a short-term response ~ is very, very simple, and can be done without those around you knowing that you have done this. It can be done as soon as you are feeling that you have absorbed negativity or absorbed verbal attacks toward you. And they do not even need to be verbal attacks, my love. They could be thoughtforms from the other entity who would be sending them toward you.*

*You would quiet yourself very, very easily. You would simply take a very long deep breath that is from very deep within what we refer to as the Solar Plexus. And you bring the breath up and you carry it up through the Tunnel of the Energy Centers up into that which is the nose and the mouth and the entire lung area. And you hold onto that breath and count to five. Simple. Count to five. Slow five. Not 1 2 3 4 5! (Waith counts fast). Slow. Bring it in. And then release it through the mouth.*

*When you have done that, then you envision a shield of very soft, soft white fabric. Use something concrete. And you have this soft, soft fabric that drapes around your shoulders, and the fabric comes down the front of you and comes just to that which is the Solar Plexus and covers the Solar Plexus.*

*And then, actually, you can take your arms and fold them as you would ~ crisscross, so that you are feeling the white fabric. And you can do this very, very easily. It does not need to be a big deal where you would be, (Waith takes a deep breath) focusing and all this sort of meditative appearance. But rather, you draw in your breath. Then, as you let out your breath, you are then envisioning very quickly this white fabric around you, and it is soft, and you feel comforted, and you feel safe.*

*And the white, representing the Light, will help to draw out that negativity that has been given to you. And you keep your arms crisscrossed for just a very short period of time. If you are in an environment where it can be unnoticed, then as long as you want to. Otherwise, a very short time, just so that you bring it across. Even if there are many, many people around, you can do this without being considered strange. But, then again, what is strange?*

*That is one effective technique, my love.*

### **A Technique To Use When You Are Feeling Scattered And Pulled In Different Directions**

**Would that work for someone who has been giving me a lot of different directions, and sometimes starting in one direction and then going off into another direction, and then into another direction? I find after a while I become very confused and start making mistakes because I am trying to follow so many different ways. Is there a way of diffusing that and calming down a bit?**

*Yes, indeed. Many of you will find yourself in those situations that give you a sense of being out of control of the environment around you. As much as you try to focus within Self, the external environment, then, attempts to keep you out of focus. Remember, of course, that there are many in your environment who are not doing a meditative form of behavior that would help them to focus. Therefore, they are scattered and they bring that scatteredness into your own attempts to center yourself.*

*It is a very common lesson that entities take on in the walk, to learn how to focus in the midst of chaos. And when that chaos occurs in your work environment, you must attempt to bring the energy around you, as well as your own energy, into a quietness. Now, we would tell you at a theoretical perspective that you would simply try to take control of this scatteredness by saying to an individual who is attempting to scatter you, "Excuse me, but you are scattering me and I must not allow that." You would very quickly find yourself in a position you would perhaps not want, for it would antagonize the entity.*

*Rather, what you would do is first to, again, draw the breath. When one is starting to feel any confusion ~ whether it is that which has just been described, or if it is when negativity is coming toward you, you must quickly. First, bring yourself into a focus, and that means to draw in the breath. Quickly draw in the breath as we have described. Then, in order to bring in your own sense of scatteredness into focus, which you must do first, you would then feel yourself being in the middle of a wheel that is moving around and around, and you are feeling the motion of the wheel moving around and around, and you are in the middle of this wheel. And you feel it moving you around and around and then you begin to slowly have it stop, and you begin to feel then that you are standing straight and without motion. You have now centered yourselves.*

*It then becomes your part to bring in the pieces that are being scattered. If someone is saying to you, "Do this and do that," take all of those pieces and bring them into your own center. Say then to the entity who is doing this, "Please help me to put this into the right priority," so that you are taking part of the control yourself. But, you are also then asking the other, who is also scattered, to take some of the responsibility and the control and work together.*

*When you are in a balancing situation, you must work together. A technique will work only if it is in harmony with another who is also working with you, when it is that type of scattered situation that has been described. This will take working on, of course, for you are in the situation to begin with to learn lessons and to learn also to help others focus. Learning to focus and to bring order out of chaos is a very difficult lesson. There are many on the plane currently who understand this and do this very effectively. And when they find themselves in environments where there is great scatteredness, they are able to very quickly bring it into focus. There are others, however, who are here to learn that lesson, and therefore, they will find themselves in situations where scatteredness is always occurring. Once you have developed an ability to bring focus to scatteredness, you will find yourself less and less in those situations. It is the way that lesson learning occurs.*

### **A Technique To Use When You Need To Keep Your Mouth Shut, And Not Say Something**

**There are times when I know I should not say something because it really would be better to just shut up. And at times I succeed, and at other times, it is just like it seems I have to say it. Can you help me with something on how my ratio is increasing with being able to just shut up about it?**

*Indeed. This is also another very common situation. And, you know, it is one of the issues that brings many of you to think that you have failed in your spiritual path, because you have said something, either to someone or about someone. As we emphasize to you over and over again, you must go through this. You must do this to learn so that, as you have said, my love, the ratio of doing this changes, until you reach the point where there is not even the thoughtform. You have developed your levels of understanding and patience and Unconditional Love so that the thoughtform does not*

*even present itself. All who are on the earth plane are seeking those levels of understanding. You must not chastise yourself when you have said something or done something. But rather, you must take that within your meditative state and determine what that meant in terms of your path.*

*A very useful way of short circuiting ~ when the words ~ let us use that first as an example ~ you feel you are about to say to another are forming in your throat and you know that you should not be saying it. Before it has a chance to get up onto the tongue, while it is still in the throat, cough. A nice hearty cough. You see, that gets it out of the throat and off of the tongue and out into the vibration, and it also allows you to momentarily stop yourself. Now, it may not work. And sometimes it will not stop you, and you simply have coughed and it is still congealed in your throat, and now it is moving its way up and ready to be presented to the situation.*

*Once it has reached that point and you are not able to stop it, then it is going to come out, but that is part of the lesson to learn, for then you will feel it coming out. And if you visualize a burning sensation in your mouth ~ visualize that your mouth is very hot as you are saying this ~ and you are feeling the emotion of it all, and yes, this time it may come out. But the next time, when it looks like it is going to come out, you will remember the burning sensation and you will say, "This is not what I really want."*

*This is not an issue that is easily and quickly, as you would say, overnight, overcome. You will gradually, if you stop yourself consciously, and that in itself is a lesson, to stop yourself consciously from saying something, even if you are feeling it. There are times, however, when, what you call, venting is just as critical to the releasing of energy as holding it in would be detrimental. And only you as an entity will know that fine line of venting and not saying anything, for sometimes the venting is what is needed. Other times, as you all have found that venting was not what you thought you needed.*

*Remember that each behavior that is exhibited by any entity is appropriate behavior even though it may appear to be, in someone else's eyes, negative, or even in your own eyes, negative. The lessons to be learned and the issues to be dealt with are what are discussed here. And if you do something you feel after the fact was not appropriate, well then you learn from that. You take it and you say, "I will not do this again. I will not do this again."*

*Some behaviors have much more of an impact, then, on others than other behaviors. Remember that each behavior that you exhibit you must take responsibility for, and you must therefore say within Self, "I take responsibility for my own behavior and its impact upon those around me." Each of us does not operate in isolation, who can merrily go on our way and say, "I will do what I want to do for it is my path." That, my loved ones, is being irresponsible. That is not taking responsibility for the impact that your behavior has on another. That is what you must take into account. And that is what you do, as you feel you want to say something, or you want to respond in a particular way. It will have an impact, but you say to Self, "I bear the responsibility of that impact on another."*

*And thus, if you say something that you know you should not be saying, and you know you cannot stop it, and you say it anyway, you must be ready to take that which is the consequence of that action upon another. And that is fine, for it is part of the balancing. It may bring about a response then from the entity to whom you directed the remark, for if there was not an issue between you and that other entity, the situation would not be presenting itself. It is as simple as that. If there is harmony between you and another, there is no issue. It is only when there is balancing to be done that there is an issue, and therefore each must take responsibility for the behavior toward each other. Indeed.*

(There is a long silence)

*I can stand here until the tape runs out and you can all simply feel my energy, or I can simply leave now if there are no other questions.*

### What If We Feel It Is Futile To Even Bother With A Situation?

**What about times when we look around at all the crazy things happening in the world, and we just feel that everything is absurd and almost a feeling of uselessness comes upon us, and we almost feel like there is not much point in doing a lot of things. And we would rather just not do anything instead of doing some of the things that we would be doing? How do we deal with that particular feeling that comes over us?**

*Oh, indeed, and that is a most common feeling that entities, especially now on the earth plane, have, for as you learn more about why you are here, and how you fit into the scheme of The Universe, there can be this sense of, "Well, why should I bother? It all seems to be running as it is supposed to. And why should I do anything?" And on one hand, that is exactly the response that you should be giving. That is, in essence, a flowing with that which is happening. You simply move and do not think about reacting to something, that you are going to be doing something "wrong", quote unquote, but that whatever you are doing is appropriate, regardless of what it is.*

*However, most entities do not have that Higher Conscientious in terms of looking around at the world, looking at all of the chaos, looking at all of what appears to be a crumbling, and saying, "What is it worth? Why do I even bother?" For something that you may believe in today, suddenly tomorrow, has proved to be different than it was the day before.*

*You are in a time frame now of rapidly changing illusions as we move into The New Illusion. And to move into The New Illusion means that crumbling will occur, but also, that glimpses into former illusions begin to sort of transpose themselves onto that which is The New Illusion and that which is the current illusion. So, you get what we call a crashing of various illusions. And it is a test for those of you who have come onto the earth plane during this time, that you have taken on, for Self to be better able to draw within Self and not be drawn to external definitions of what you feel is the truth.*

*The truth is something that you would define within yourself. When you believe something that is external to Self, then you will feel a sense of futility if it changes, for you will have believed in something that was very concrete and that you brought within yourself as a way to help you see your way through this lifetime. And when that is suddenly broken down and destroyed, or at least crumbled in some way, you could indeed find yourself lost, a sense of hopelessness.*

*You can bring yourself out of that feeling. You will have those feelings, many of you. For many of you, this is not an issue. But for most entities there is a sense of, "Why bother? Today it is here. Tomorrow it is not. Today this is what we are told. Tomorrow it is something different. What are we to believe? And why should we believe anything, for it will be dismantled? Once we feel we understand it, and we believe it, some spook will come along perhaps and dismantle it completely." Or, not even a spook, but someone right in your own back yard on the physical plane. You will read something that makes you think of why you have been believing something.*

*What you need to do with this, my loved ones, is not to fight it, but rather to say, "Yes, this is now destroyed, what I used to believe. This is now gone. I have nothing." Empty yourself. Say, "I have nothing to believe in now." And then watch what happens, for The Universe does not like emptiness. And what will come then is an understanding. There will be something to come and fill that void that you have just created by saying, "I do not believe anything anymore." Or at least what it is that you thought you used to believe in that has been destroyed, and say, "That is no longer a belief. I do not have that any more. It is gone. And instead, I have void." And then, to fill that void, The Universe will give you something. It will replace it. It may be another belief or it may be a higher understanding of why you lost the other belief, you see.*

*So you simply let it go. You say, "All right. If you want to destroy my belief, go ahead." Do not try to hold onto it, for when an entity tries to hold onto something and possess something, surely The Universe will then take it away from you. This is part of the precepts that work within the scheme of things. It will be taken away if one tries to possess it, just as if someone or something tries to possess you, you fight it, you see.*

### **Can Sequences Of Events About To Occur Be Changed By Just Changing Your Environment?**

*Yes, indeed.*

#### **Do we have that power?**

*Oh, indeed. You see, it is very easy to change the illusion simply by saying, first, "I am going to change this." So, you start it at the abstract. You put it into a thoughtform, and you visualize what you want around you, and then you go and do it, and you physically*



*change things around you. And by physically changing things around you, immediately impacts the way things might have happened.*

*Think of when you clean out your closet, and you are wearing certain clothing, and you decide that you do not want this clothing any longer, or you have not worn it for quite some time. You clean it out, and you say, "I am not going to wear this. It makes me feel a certain way." And you bring in new clothing and it makes you feel different. It makes you feel, "This is the way I want things to be." You have changed your physical illusion, and the way that others would respond to you, something as simple as the way you clothe yourself. You take that several steps further, and you change all of your environment, and that could include humans, and that can include anything around you. You change it. And then anything that was going to happen in the old illusion changes. Now, the issues that you are working with will remain. However, the way in which they look will change, and when that happens, often you are better able to respond because you see it differently, you see.*

**Can one change someone else's normal sequence of events? By you changing your environment, can you affect someone else rather than yourself?**

*Yes. You can do that. There are several issues at stake here. You must change your environment around you to be effective to your behavior and not another's, for when you do that, in terms of trying to affect another's behavior, you are imposing upon them and you are abusing power. Rather, you take it from the perspective that changing your own vibration, your own illusion, will have an effect on others, but that you will not be able to control that effect. And thus, it will, however, have an effect.*

*And again, once you take on the mode of changing your vibration and your energy and your illusion around you, you must take responsibility for its impact upon those around you. It may not have the effect that you would want it to have, but it will have the effect that it is meant to have from the Universal perspective. Oftentimes, changing the vibration around you is just the thing to do, for it breaks the cycle, if you will, of certain kinds of negative behavior that is occurring with those around you and can prove to be very beneficial.*

*If, however, you arbitrarily change your illusion around you without seeking guidance from the Higher Self and your guides, and you simply do it for the sake of doing it, you could run the risk of bringing abuse onto another energy, because you have, in effect, imposed upon them by not doing this from the guidance of the Higher Sources. It is a very powerful thing. The changing of illusions is a very easy thing to do, you know. It is very powerful and can be used by The Universe to help an entity test their own powers and the spiritual use of those powers versus the abuse of those powers. Visualization is the first step, and then bring it into the concrete and physically change your environment. You may want to physically change your environment to bring about a greater sense of yourself. Many of you do this without realizing.*

Does the end justify the means? In other words, you may do something really not illegal, but the end result might be beneficial.

*You see, what you are doing is trying to manipulate, and that is an abuse of power. If you think at the first starting point that, "By changing this illusion, I am going to bring about such and such an effect upon others," then that is an abuse and it is not justifiable by any precept in The Universe. Rather, you simply look at the effect it will have upon you first, and then you look upon the effect it will have on those around you. You then must take that responsibility for the impact that it would have. And if it has, let us say, a negative impact upon certain entities, then you must take that responsibility. If it has an impact that you did not foresee, then you must still take that responsibility for you have initiated the change.*

### Waith Discusses The Issue Of Addiction, And The Use Of Controlled Drugs

Is the controlled, responsible use of certain drugs good for spiritual growth in certain cases, or are drugs things that should be avoided altogether no matter what level a person is at?

*The use of any substance that goes into the encasement is all part of the scheme of addiction and the issues of addiction that are on the earth plane. There is not one item that one would place into the encasement that is not a form of an addiction. This is, however, what the earth plane is about, for even if you were to consume only water, you are addicted then to water. The encasement requires it.*

*There are very few entities, and you would not know of them, who do not require anything to go into their encasement. What goes into your encasement, or what does not go into your encasement, is not a sign of great spiritual advancement, for understand that each is on their own point in the path. Your spiritual path may mean that you have waited until this lifetime to tackle the addiction of food, or nicotine, or caffeine, or any of the so-called controlled substances ~ control being an arbitrary word to be used ~ and you may then have issues with that must be resolved.*

*To say that an entity is of a low spiritual vibration because they use drugs, is a judgemental positioning and one that can be very dangerous for your own spiritual growth. Rather, you look at each entity as having a point in their own spiritual path that has brought them to where they are. Some of you use nicotine and some of you do not. Some of you never have. It was not an issue. You do not have the addiction for it, at least in this lifetime. Others of you have worked through a particular amount of the addiction, and therefore, you do not have it any longer.*

### A Technique To Use When You Feel An Addiction Is Taking More Control Over You

*A technique that you can utilize, as you are feeling an addiction taking more control over you than you want it to, is simply to visualize a flushing out within the Tunnel of the*

*Energy Centers that starts at the Solar Plexus and moves all the way up through and out the Crown Chakra. That is all you need to do to help relieve it.*

*However, addictions are addictions. And there are many entities who are rather well along in their path who are using what you call controlled substances. We do not advocate that in order to reach a higher level of consciousness that you would take a particular substance, but we do not say that if you do, that it is wrong. What each of you does is appropriate to what you must be doing in your spiritual path, and that you must also respect all those around you who also have their spiritual path. Whether you like it or not, whether you agree with it, or disagree with it, you have no right to judge. You have no right to say, "That person is not doing the right thing." They are doing the right thing that is pertinent to their path.*

*No entity has the right to judge another. And you do not know when you meet another where they are on their path and what their lessons are. And if you observe their behavior and make judgement on their behavior, you would perhaps be proved quite wrong. And if you are not, it is simply a way of testing your own abilities to be accepting of another. You do not have to be friends with them. You do not have to associate with them. You do not have to like them.*

### **Group Balancing Issues For Drug Addictions**

**What if they are part of your family, and what you see is very, very destructive, and they are destroying those around them?**

*Indeed. Yes. What you have brought, then, is a Group Balancing. You have chosen to come into a group and that you must then interact with members of that group. And as we had discussed earlier about the one-on-one interaction, it becomes much more complex when it is a group. And if you see destructive behavior, whatever the balancing issues are, you must determine whether you would attempt to step in or whether you step out.*

*The fine line is always within Self as to what is imposing upon another or Being of Service. That is why the meditative state is so critical, that you get in touch with the higher sources that guide us all to help you know what you should be doing. Sometimes, it would be very appropriate that you step in, for you have been asked by the other to do that, but you do not know that at the concrete. You will only know that at the higher levels and be given that information from your guidance or from your mere intuition. Do not be afraid, however, that if you were to step in, and it were not what you were supposed to do, that you have somehow damaged someone's path. Or the opposite, if you do not step in, you have damaged your path or another's.*

*All of the lifetimes are those in which you step a little bit forward to test the waters and see if it is the way you should be behaving, and if it is not, you know it and you step*

*back. And if it is, you move a little bit further ahead, and you test it. Many situations are meant to be tested very slowly, step-by-step. Others, you jump right in. Meditation will give you the answers to that. No one outside of yourself can give you that answer. That is the taking of responsibility for the actions that you present.*

### **Why Do Some Spiritual Leaders Resort To Fasting?**

**Why do some spiritual leaders resort to fasting, to using no drugs at all? For example, Jesus went into the desert, and for forty days and forty nights, he meditated, and then he came out spiritually cleansed with new thoughts to change all the environment around him. That is using no stimulant at all.**

*Yes, indeed. And that was appropriate to his energy. For others, that is not appropriate. We do not say that you must fast in order to become spiritually aware. You could be smoking a cigarette and have an enlightenment. You could be chomping on a chicken wing and find enlightenment. You must be most careful of judging how another reaches their own awarenesses and how another cleanses themselves. For some, fasting is simply not an appropriate behavior. And fasting, by the way, does not guarantee anything except perhaps being hungry. It does not guarantee that you will reach anything. Eating certain foods does not guarantee anything. It is from within Self that you determine what is appropriate for you.*

*And when you see behavior by leaders, such as the entity Jesus, it is meant to show you a possibility ~ one of the many different ways. It was appropriate for his energy and his vibration and for the situation at that time, and it was meant to teach a lesson. For those who would want to fast, they could then use that as a model, but not to be taken verbatim. Be most careful of taking the way someone else does something and imprinting it upon yourself completely. You must always look at what others do as possible guides for your own behavior, and then take parts of it that seem appropriate. You run a great risk in trying to imprint upon yourself another's way of behaving and another's way of finding their own answers, you see.*

*We have on many occasions recommended ~ especially after a session with us in which there was a sense of, "We are very serious here and we must learn all this information," ~ that many of you perhaps go for what you call this hot fudge sundae. And you will seek your enlightenment through some chocolate. Lots of chocoholics, as you call it, in the vibration. Feeding an addiction is often the way in which you get rid of it. For some, it may take a lifetime, and that is all right. It is what it takes, and it may only be the beginning of many lifetimes in which they will have to go through this. For others, eating chocolate, they are not even wanting it, they could care less. But they have something else. Remember that. As perfect as anyone might want to present themselves to you, the fact that they are on the earth plane means that they are not.*

*And on that note, we will depart now, my loved ones. And as we are departing we will give to you a fluffing of your energies. Yes, a fluffing, my love. What is the word from Mushiba's vocabulary, a pumpkin, little pumpkin? Yes.*

*Relax now. Relax, and take your arms and shake them a bit. Just shake them a bit. And feel the energy moving out of your fingertips. Shake them onto the floor. Get the energy out, moving. There you go. Yes. Feel now the tips of your fingers feeling tingling. There. Very good. This is a very good technique to use under any circumstances when you are beginning to feel heavy with the issues around you and you begin to take all of this so seriously. Just shake your little fingers and lighten up. Lighten up. As we depart now, we surround you all with a soft gentle Light, and we send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to all.*

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