

# *Waith Class Transcript*

**MAY 07, 1996**

Search For Self, Continued ~ Meditation Concepts And Techniques

A Question Of How Many Angels Are There, Exactly?

Jacques Comes In And Discusses The Healing Of Self

What Is The Point In All This If We Are Just Going Back To The One Anyway?

When Returning Back To The One, How Long Do You Usually Stay There?

## *~ 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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## Search For Self, Continued ~ Meditation Concepts And Techniques

*We bring to you all the very Highest of the White Light.*

Thank you, Waith. It feels nice.

*Yes, it does feel nice. When we receive light to us, it feels very nice.*

### A Question Of How Many Angels Are There, Exactly?

*My love, we understand you have a question.*

I was wondering if there really are exactly 301,655,722 Angels.

*It is off by about two and a half! ☺*

You were ready for that!

*Yes, you know we are always plugged into what is going on around Mushiba. You would, Limer, give the source, so the others can understand our humor.*

**In A Dictionary of Angels, Gustav Davidson said that "If the quantity, according to church doctrine, was fixed at Creation, the aggregate must be fairly constant, and that was the exact figure, as arrived at by fourteenth century cabalists, who employed the device of calculating words into numbers and numbers into words."**

*You see how easy it is for something to become The Word? To become The Truth? My goodness! It would be an amazing feat if that was all that it took for The Angelic Kingdom to exist. It is such an interesting earth plane interpretation of energy. We find it most interesting. We thought it would be very cute to place on the record. It does not, however, account for all of the errant Angelics ~ especially those little Cherubs.*

*In our discussions with you for this gathering, and for the one after this, we will be working with Jacques who will give you some information regarding SELF-HEALING ~ for this is the topic for this particular time frame. We have moved quite a ways now from the discussion with Jenjura of The Webbing Effect, and moving then into a discussion from Francis of Community and all of the implications, and then, of course, with Teetee and the Group Balancing issues. Now, once there has been group balancing as an issue that has been dealt with, you move into really looking at Self. The Healing of Self does not mean the healing of some catastrophic bodily disease. The Healing of Self is much*

*more involved ~ and this is what we will discuss in this time frame ~ along with Jacques.*

*When we return from the Summer Retreat, we will conclude with gender issues with Boopsie, and the finality will be Miss Fluff Ball herself, Farena, who will talk of the joyfulness and the music and the color and all of that goes into tying up everything into a neat bow if you will ~ this SEARCH FOR SELF.*

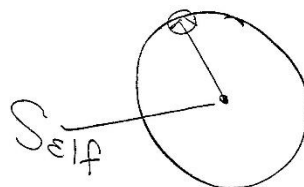
*So, we will turn the discussion over to Jacques. He will speak for a while and then we will return and give you additional information and answer any additional questions that you may have. So, enjoy Jacques' perspective on Self-Healing, for he is a healer and has been in a significant number of his incarnations on the earth plane. Take what he says from the perspective of earth plane as well as spirit. We will see you soon, as the saying goes.*

### Jacques Comes In And Discusses The Healing Of Self

*Jacques: We bring to you the blessings. In The SEARCH FOR SELF, we now reach the point of Self-Healing. It is The Healing of Self that we would call it, for by saying The Healing of Self, you take it out of the medical community. Self-Healing sounds as if you are trying to heal some lesion on your foot. And while you may certainly be addressing the issue that has brought the lesion onto the foot, it is not all that is involved in The Healing of Self.*

*We will take advantage of the writing mechanism. Let us maneuver this a bit more. (Jacques moves to the easel and picks up a marker) We have become adept at interdimensional movement, better than when we first began speaking through, so we are able to manipulate these magic markers. Yes, indeed.*

*So, remember then, it is not Self-Healing ~ it is The Healing of Self. The symbol that we gave for our mission quite some time ago is a very simple circle with a dot in the middle. This symbol represents Self as the dot and the greater Universe ~ The Circle. (Drawn by Jacques)*

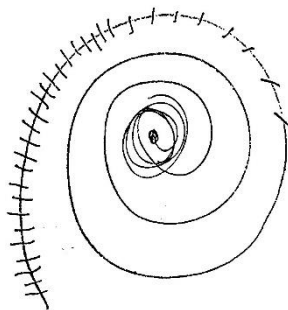


*Each of us is a dot within the greater Universe. Waith has spoken so frequently of the separateness and yet The Oneness. If you go back into the discussion Jenjura gave of The Webbing Effect, (See transcript 02.06.1996) you will understand, now, that we bring it into a greater focus. Rather than trying to look through all the webbing, we are going to have*

*you focus on a very single dot that is Self. You are Self. The very nature of being out of the Universal Consciousness means that we each are disjointed. Being disjointed simply means that part of us is not whole. That part of us that is not whole relates to the Universal Consciousness, The Circle. It is that part that is not whole that we seek to heal.*

*Being out of the Universal Consciousness requires then an attitude of healing. Every entity must be healed. There is no entity exempt, for being out of the Universal Consciousness implies the need for healing. There would be many elitists on the plane now who would say, "I am completely healed. I have found The Way. I have reached spiritual awareness. YOU, you must have something wrong with you if you have disease. You must be healed." Ah, this is an inaccurate statement and the surest signal of an elitist currently on the plane. Be proud that you SEARCH FOR SELF through inward observation and healing within. Every movement that you make is a form of healing.*

*Let us illustrate. (Neverending circle, drawn by Jacques)*



*In the neverending spiral that you know and recognize as part of the representation of Waith and Company, is the journey. This point in the very center is Self. The circle that we represented just a few moments ago is this neverending circle. Look at Self then as moving along points in this neverending circle ~ but they are disjointed points.*

*However, in the scheme of The Universe, another entity's journey fills in this neverending circle, and the disjointed component of another entity fits into an open space. Thus, all of the disjointed entities, all of us, as one, fill in the neverending circle. We need each other. If we do not acknowledge the need for each other, we will free-float in space in that middle circle, for we have not acknowledged our own disjointed component. We all fit together. That is the scheme of it all.*

*Now you would say, "This is a wonderful concept, Jacques, but how does that work in our journey back? How do we connect that with Self and The Healing of Self?" We reinforce this again ~ The Healing of Self. (Jacques writes the words on the paper) Repeat after me. (All are repeated)*

- *THE HEALING OF SELF.*
- *Now. say the words ~ SELF-HEALING.*

- Now. say the words *THE HEALING OF SELF*.

*Do you feel the difference in the vibrational tone of that? The Healing of Self has a flow to it. Self-Healing sounds rather dictatorial, "You will heal Self!" Rather now, in the SEARCH FOR SELF there is The Healing of Self.*

*Paramount in The Healing of Self is respect. We are so pleased that the GUIDELINES FOR GROWTH are now here so that we may use them in our teachings. (Jacques refers to the art work on a wall that shows the Guidelines for Growth in their entirety) The very first Guideline for Growth is Respect Self. In order to Respect Self you must Forgive Self for needing to be healed. Think about that. You must Forgive Self for needing to be healed. That is a very interesting concept, is it not? It is very easy to forgive another, is it not? It is not so easy to forgive Self.*

*There are many issues that you have brought into this lifetime that compel you to say, "I must work very hard, and it is all my fault that I have to do this ~ that ~ or the other thing. I have to balance with this entity over here. That is my fault." And in the quest for becoming One with The Universe, we forget that we are out of The One, that we are disjointed and therefore we must be healed, and therefore it is all right that we need to be healed, and thus we forgive ourselves. This is not as easy as it sounds ~ Forgive Self for needing to be healed. We all need to be healed. Every movement that we make is a movement toward healing Self.*

*Physical manifestations of the issues that you all deal with are very commonly known now and acknowledged as end results of issues at some ethereal level, or some other dimension. "It is out of my control. I am here because Higher Self and Soul said I must be here." That is the concrete logical Self, denying the need to be healed, and therefore not acknowledging the need for forgiveness.*

*The SEARCH FOR SELF means finding the Higher Self ~ yes. However, the Higher Self is not some part of your energy that is sealed up in a little room, to be let out when it has been good. It is interdimensional. Self is simply energy of layers and layers and layers ~ all part of The One Energy that makes up each one of us. It is not separate. Higher Self is not something separate from Concrete Self. It is simply another level.*

*There is no one to blame. There is no blame. We say that you must Forgive Self for needing to be healed, but that, in actuality, is a contradiction. Think of this ~ there is no blame. Therefore, there is no reason to have to forgive ~ Unconditional Love. Waith has spoken of Unconditional Love. Unconditional Love means not having to forgive, for unconditional means there is no blame. Therefore, there is no need to forgive. So, it brings us into this paradox, and that is what the SEARCH FOR SELF is actually all about, for we go now to the very focus of the discussion of the SEARCH FOR SELF, and that is Self.*

*Who is Self? You must stop thinking of yourselves as separate from other parts of Self. "There is the Soul, there is the Higher Self, there is the Concrete Self." We discuss it in terms of separateness at an elementary level to give you an understanding of the levels and the layers of Self. However, they are all One, they are all mingled. And yes, when we talk of Higher Self infusions of energy, we are simply talking about levels of awareness that are brought into the rooted concreteness of your daily activities. It simply means that you are becoming more and more integrated. It does not mean that you suddenly have this wonderful new way of looking at the world. It simply means that you have integrated Self more fully, and it was a natural type of situation.*

*Sometimes, there can be some little quirks. Sometimes infusions of energy can get caught interdimensionally. That happens, sometimes with rather amusing results. But when that happens, there is the power within Self to smooth out the energies. You, each of you, have the complete power, the only power, to integrate Self. Others serve as tools. They serve as facilitators. Accept the concept that only you are able to heal yourself. That must be your first acceptance ~ The Healing of Self can only occur within Self. No other external source can heal you.*

*Then, "What of healers?" you would ask. "Jacques, the last time you were on the earth plane you were a healer. You were what is called a doctor." I was a tool. That is all a healer is, a tool. A healer is a facilitator ~ a doctor, a nurse. A person who works with energy is in the same category as an aspirin. "Ah, blasphemy!" you would say. An aspirin is a tool. A doctor is a tool. The aspirin has things within it that it uses as a tool. The doctor uses things as tools for his or her work. So, the chemicals that make up an aspirin are in the same category as a scalpel. Do you understand the concept? It is you, and you alone, who seek out the tools for The Healing of Self.*

*Let us look at the notion of external sources healing Self. First of all, there is much in the material that Waith has given regarding healing. What we say is not a new concept that has been presented. We simply bring it into this forum. The issues that you have taken on in this lifetime, in every lifetime, were taken on to heal Self, to take care of that disjointed aspect.*

*Now then, there are many on the plane ~ not just now, but throughout the history of the plane ~ from one illusion to another who claim to be able to cure you. Whatever ails you, they will cure you. "Take this pill, it will cure you. Have this operation, it will cure you." We are not saying that these particular tools are not beneficial ~ and indeed, they may serve as cures in the moment, temporarily ~ perhaps for the lifetime. Be wary of anyone who would say to you, "I can cure you. I have the power to heal you." No one. No one. No thing has that power. Things and people are tools. It might be appropriate, however, for you to decide that in your journey for The Healing of Self you need to have part of your encasement cut out of you, for that will ease the physical condition in this particular lifetime.*

*Being on a spiritual path does not mean that you must give up all traditional medicine. "I will not go to a doctor. That would be saying that I cannot heal myself." It says no such thing. It says you simply seek out the tools. You make the decision, unless, of course, you give the power to some other entity outside of Self, which is done more frequently than you would imagine.*

*Let us look at others. When we say others, we are not being exclusive here of The Human Kingdom. Others mean all other entities, all other energy forms, all outside of Self. Others, remember, are needed to fill in the disjointed components of our path back to the Universal Consciousness. Do not give power, however, to others. Give power to Self. Easy to say. As I say this, you are perhaps thinking, "Well, of course, give power to Self. Who does he think we are? We have been listening to Waith for quite some time now. Waith says that all the time." Indeed.*

*How many of you actually know what it means to Respect Self? To Respect Self means that you have given power to Self. And, every day the journey continues to bring more power to Self by Respecting Self, and the byproduct of that is The Healing of Self. The Healing of Self occurs slowly, consistently, over time. There is not this sudden miraculous cure. It may appear that it happened overnight. "Suddenly, the cancer cells were gone!" Well, you had to work very hard to do that.*

*It may have meant that in lifetimes prior to this one, you had worked very hard on the issues that culminated in this particular manifestation called cancer. And because of the work done in prior times, it appears that when it came about in this lifetime, you were able to cure it. "Ah! I had some herbs and went to someone who does energy work, and it happened. I was cured!" You were not cured. You simply healed Self ~ the result of much work over many, many lifetimes. The Healing of Self is the culmination of an issue, and that is what we are all here to do, regardless of the kingdom in which we find ourselves.*

*The Angelic Kingdom also has The Healing of Self, for they must return to The One. And believe me, The Angelics have their own sort of disjointedness ~ a little Angelic humor there.*

*When we speak in the next session with you, we will be giving you a very specific technique that will enable you, in conjunction with The Webbing Effect, to determine within Self your own level of power to Self. The technique will be a tool to help you to Respect Self, which then will make you Love Self more unconditionally, which then means you will Respect Others, Love Others, Be of Service to Self, Be of Service to Others, Achieve Each of The Above Individually, Achieve Each of The Above Simultaneously, Be Joyful, Be Serious, Be Single of Purpose, Be Unified in Purpose ~ THE GUIDELINES FOR GROWTH.*

*It is THE GUIDELINES FOR GROWTH that is at the focus of the SEARCH FOR SELF. The focus of the SEARCH FOR SELF now comes into The Healing of Self. The technique that we will give to you will then help you to achieve what Waith has given you as THE GUIDELINES FOR GROWTH. It will help you to focus on those issues that bring about ~ in your physical encasement, perhaps ~ discomfort.*

*Having particular physical discomforts, ailments, whatever, is not something to be looked at as bad. "Oh, there must be something I am not doing. I cannot get rid of this condition. I have a cold. I cannot get rid of it. What is wrong with me? I am not spiritual enough. Others do not even get these conditions. I get them all the time." So, what if others do not? Or, so what if they are able to get rid of something easily? It is not your concern. Give power To Self and not to others.*

*We have given much information. It could be studied for quite some time ~ just the words we have spoken in this gathering. There is much more to The Healing of Self than Self-Healing. The Healing of Self is the essence of the return to The One. If there is nothing left to heal, you are back! So sit back and enjoy your journey and do not bemoan the fact that you have healing. That is what it is all about. Would there be any questions? You understand everything we have said, yes?*

**Initially.**

*Jacques: Ah, initially. Upon further contemplation, however, there is much for discussion in what we have presented to you. You are your own healer. Do not empower another for that role. Simply go to those who have the tools to help you. It is why you come to listen to what we have to say. We provide to you the tools. You can use what you want, and not use what you do not want. We cannot cure you. We can only guide you and give you the tools.*

**You said we have to realize that everything that goes wrong is not entirely our fault, and not hold ourselves at fault, because we have to forgive ourselves and respect ourselves. If we are not to give power to others, then what is the difference as to whether or not somebody else has a hand in what went wrong? It would seem that we would concentrate on what went wrong with ourselves, to be able to give ourselves the power to heal that.**

*Jacques: Yes, indeed, my son. That is the essence of what we have said. You understand it. It is the misunderstanding that others give to the concept that creates the confusion. You see, focus only within Self. Do not be concerned about what others are doing. If everyone, however, focused only within Self, as we have said, then everyone would be back in the Universal Consciousness. Part of the lessons to be learned revolve around the taking in of the power for Self.*

*The more that you become unconditional within Self, the more you become unconditional with others. It is THE GUIDELINES FOR GROWTH. Self comes first. Respect Self. Then you Love Self. As a result, you are then able to Respect Others and Love Others,*



*and The Cycle becomes greater. The more you Respect Self, the more you can Respect Others. And the more that you Respect Others, the more, then, that you can Respect Self. The entire philosophy of THE GUIDELINES FOR GROWTH is a cycle. It all feeds within itself. You are unified in purpose. That feeds back to being Respectful of Self, and that whole cycle perpetrates.*

*So, yes, my son, you have captured the essence. It is most difficult, however, to achieve, for Self wants to blame something outside of it. Indeed, Concrete Self wants to blame Higher Self, or Soul. "It was my Soul! It made the decision. I had no choice." It was within Self.*

*Respecting Self more and more is the result of taking the responsibility for Self. It does not mean, however, that you disregard others, for indeed, Respecting Self means complete Respect for Others, and you would not want to act in a way that would be disrespectful of others. So, being concerned with Self, first and foremost, means that ultimately, you are concerned about others. There is nothing selfish about it. It is Selfless. The more you Respect Self, the more Selfless you become. Your question was very well framed, my son.*

*We will see you all, in a manner of speaking, in our next session with you for the technique for The Healing of Self. We give you the blessings ~ the smoothing. Call upon us as you need assistance. Our color is green. You have seen our symbol. Farewell for now.*

*Waith: I am back! We are most pleased with the way in which Jacques has presented the information. You know, he has been a teacher in many, many of his incarnations ~ not just informally but most formally, he has taught ~ and he is very comfortable in that role. You will find him to be speaking more frequently as our mission continues. We would take any additional questions that you may have found popping into your little heads while Jacques was leaving and we were returning.*

### **What Is The Point In All This If We Are Just Going Back To The One Anyway?**

**Going back to my point of why we all have to bother going through this. If we were all One with God to begin with, and then supposedly we are like sparks of God, I guess we are going through this for the greater glory, or to bring greater glory to God.**

*There is no glory involved here ~ we are bored! 😊*

**We are content, One with God, and then here we are trying to heal Self on our way back, to be kind to everybody on the way, I mean this is like a bother.**

*But, you see, when you are in The One, there is nothing to do! It is boring! It is boring. Think about it in your own lives here. When things are going really very smoothly, you*

*look around and say, "This is much too calm. Poof! Let's go find something to do." Energy, as a composition, requires movement. In the Universal Consciousness, there is no movement ~ it is static. It IS. We have said this so often, the Universal Consciousness IS. Do you know how boring it is to be IS? And thus, we come out onto the playground, and you may want to reference the year in which we spoke of PLAYTIME ON THE EARTH PLANE (See transcripts for year 1993). It is a playground. Out of the Universal Consciousness, everything is a playground.*

**So, just like you said, do not take things too seriously.**

*Ah, so you see this is part of our GUIDELINES ~ Be Joyful, Be Serious. You have to have a balance. You cannot be floating around, for there is a seriousness of purpose to return to The One. However, it is to Be Joyful at the same time, and certainly, not to take anything seriously. We have mentioned before that there is an abort button. At any point in your journey outside of The One you can push that button and go right back in. Of course, you have to get the permission of your entire Energy Circle, but that is another discussion. ☺ We would reference you to our discussion on The Energy Circle. (See transcript 04.07.1992)*

*So you see, this is all that it is. It is simply a game, and we are all in it together. As Jacques so eloquently stated, we are disjointed, and we fill in each other's disjointedness ~ thus making unity. We are all out and separate, and yet we are all One and together.*

### **When Returning Back To The One, How Long Do You Usually Stay There?**

**Do we all return to The One when we leave here?**

*Some may when they leave the earth plane, but others may just be beginning their journey with the earth plane. The earth plane is only one of many, many, many training grounds ~ but you could. You could push that abort button wherever you are ~ at any point in your journey outside of The One ~ and go right back in. But you would get pretty bored. Let me reassure you and you would do it again. It has been a proved fact, yes, indeed.*

**How long do people usually stay in The One?**

*Not very long!*

**Not very long. You mean they work all this time to get there, then they leave?**

*If one would put time to it, yes. But since there is no time, as you know it on the earth plane, then it really is not even an issue, simply movement. And that is what energy is,*

*MOVEMENT. Energy must always move, must flow. When it does not flow, problems are created. When it flows, there is ultimate power ~ for Self.*

*We will, in this technique that will be given to you, be working with energy. We will ~ he is just going to learn of it now ~ be involving (Name) in this technique, for he has very good understandings of energy. And he is working with Mushiba in energy work, so he is moving into that wonderful world of working with Mushiba.*

*We prepare now to return to our realm, and we look forward to our next gathering with you, for there will be much energy work and discussion of the flow of energy as it relates to The Healing of Self. Relax. We send you the Highest of the White Light from the Highest of the Kingdom of Amelius. Farewell.*

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