

Waith Class Transcript

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Search For Self, Continued ~ Meditation Concepts And Techniques
Jacques Gives A Technique For The Healing Of Self, The Forgiveness Of Self
How Do We Frame The Questions Of The Issues We Want To Work On For Self?
How Do We Easily Find Our Issues?

~ 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 | Email: Admin@terralux.org

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

Search For Self, Continued ~ Meditation Concepts And Techniques

We are very pleased to be with you in this session before we go into our Summer Retreat. It is a session designed partially by Jacques to give a technique for The Healing of Self. It is a technique that you will be able to take with you, then, during your own reflections, during this what is called summer in the geographic area. It is a time of reflection for all on particular paths on the earth plane, and it is a time of deep reflection for us as we prepare for the New Year that will begin our Second Phase of our mission.

We will tell you at this time that when the New Year begins, the ways in which we will be speaking will change quite dramatically. Our focus will be on individual discussions and will be on special topic discussions in the form of what you might call seminars or workshops ~ the term used on the plane to bring about application to concepts. Our teachings in the New Year will be more devoted to the application of the concepts as the approaching New Illusion looms ever so closely.

We will be giving direction to Terra Lux during the Summer Retreat as to the ways in which this will begin to present itself in the New Year, and you will then be given that information from them so that you may begin to plan your calendars, as they say. You can, however, begin to wean yourself from these public sessions that we have been doing for the First Phase of our mission. We will complete ~ when we return from the Summer Retreat ~ with the remaining two members of The Company and their input into the year of meditation and the SEARCH FOR SELF. That will then be a study booklet that will be available for in-depth discussion, but we will give you more of that information as the time presents itself.

We are preparing for a new way in which we will speak with you, and we wanted to give you that information now so that you can place that into your own meditations as you begin to evaluate your own path, and especially with the technique given in this session for The Healing of Self, to begin to look more deeply within Self.

Each of the sessions that we have presented, up through the one that Teetee gave in our last month, is available in the written form, and you are encouraged to perhaps accumulate this information, either in the written form or in the taped versions of our information.

Jacques Gives A Technique For The Healing Of Self, The Forgiveness Of Self

We are ready now to go on with the technique phase of The Healing of Self, as Jacques has referred to it. He prefers, as we all do actually, the use of the phrase The Healing of Self rather than Self-Healing. Let us begin then. We will have Jacques enter in, and he will

give you the technique and then there will be discussion of that technique after he has given it. We shall return in a short time.

Jacques: We bring you all the blessings. In our last discussion we spoke of The Healing of Self and we spoke of The Neverending Circle and the SEARCH FOR SELF, going truly to the core of your being. We also spoke of the very, very important fact that you should forgive yourself for needing to be healed. It is that focus of forgiveness of Self that this technique will provide to you a tool in your SEARCH FOR SELF.

The Healing of Self is an individual process. You have been given the information for the Balancing of a Group. You have been given the information about the finding of Self within The Community of all energy. And you have been given the information of The Webbing Effect. Now it is time to take all of that information and to utilize a technique ~ very simple, very easy ~ to help you to focus on forgiving yourself, first and foremost, for needing to be healed. We would refer you to our discussion in the last session, in which we gave the information, the concept, regarding the technique that we now present to you.

It is the concept that you need to understand and appreciate in order for you then to apply the technique in its most useful form. In order to heal physical ailments, you must first heal within. You must first heal the issue that creates the physical ailment. Remember, in discussions that Waith has given over many, many sessions, that you each take on a percentage of issues when you come into the earth plane, in general, and in particular, when you take on a particular life. (See transcript 04.17.1990 The Four Phases of Lesson Learning) It is that percentage that you focus on in The Healing of Self.

It is not the entire issue of patience, for example, that you would try to heal in one lifetime. It would be a very minute part of that issue that you have taken on in this lifetime. This technique will help you to gain the awareness, from the Higher Self and Soul, of the percentage of the issue. How much do you actually have to work on in this lifetime? What exactly must you work on? There is no technique that categorically says, "Heal me! I want to be healed in all aspects." It simply does not happen that way. Parts of each of us are healed at moments in time, as we measure on the plane ~ moments within your own Energy Circle.

This technique, then, is a very individual and private technique, one in which, while you may certainly do it within a group, would do it silently. They are not words that would be spoken in the group.

The first activity that you must now do is to find a spot that is comfortable for you. (Jacques directs people to move about) This row of energies now must reconfigure. Find a spot where you have a bit of room. Move away from this line, please, my loved ones. You may lay on your back. You may simply sit against the wall. You may lay on your

stomachs. There! We have some who are getting the idea of this ~ relaxing, yes. Much better. Relax. Relax. Relax.

You see, this is the issue. Forgive yourself for needing to be healed. "I do not have to stand at attention. I will relax within the greater environment." Now then, breathe in a way that feels comfortable for you. Slowly, start to breathe and relax. Breathe in and breathe out, breathe in and breathe out.

I will give you words that you will say silently to Self. You will not repeat them out loud. These are words that you will simply integrate within your own mind, breathing slowly in and letting out the breath ~ slowly breathing in and letting out the breath. You are relaxing now, and as you relax, you are calling upon the very Highest of the White Light. So, as you relax, say within Self, "I call upon the very Highest of the White Light." Breathing slowly in and out now, call upon your Angelic Protector, saying, "I call upon my Angelic Protector." Allow yourself to relax more as your Angelic Protector comes into your immediate vibration.

Now, call upon all of your spirit guides, saying, "I call upon my spirit guides. Come into my vibration, please." You are slowly breathing and relaxing. Now you say the words, "I forgive myself for needing to be healed ~ I forgive myself for needing to be healed ~ I respect myself ~ I love myself ~ I forgive myself for needing to be healed."

You are feeling very relaxed. You feel the presence of your Angelic Protector and your spirit guides. Now, you visualize the issue that you want to work on. Perhaps you are stubborn. You are judgemental. You have no patience. You have a mean-spirited streak that you want to soften. There is someone with whom you interact who you do not get along with. Whatever it is, you would visualize, and you would surround that vision with fluffy White Light. The Light surrounds the issue, whether it is a person, an event, or simply a behavior.

Now, visualize your physical being approaching this visualization ~ this person, this event, this behavior. As you approach this visualization, you hold out your hands in Unconditional Love to that which needs to be healed. You surround your arms around that which needs to be healed, and you take it within the physical Self. You accept it. You respect it. You give it Unconditional Love.

What you will begin to do as you use this technique is to dissolve then the visualization. Visualize it melting within your embrace. It becomes a part of your physical Self. It is the merging of the physical and the nonphysical. You will feel the issue dissolving and dissolving. With this technique, you are able to spend as much time in this meditation as you need ~ hugging the issue, attempting to dissolve the issue, and always making it a part of who you are at the physical.

Spend a few moments now, trying out this technique. (There is silence for several moments) The return back into the conscious state will be easy and can be done at your own leisure. We will give you the technique for returning now. You have been hugging the issue, and now you take your arms away from the issue and hold up your hands with the palms facing outward and toward the issue. You can do this physically with your hands or you can do this with your mind. Send the issue now the very Highest of your White Light from your Angelic Protector and your spirit guides, and say, "I will return to love you again."

Slowly now, back away from the visualization until your physical encasement is no longer part of your visualization. You are feeling The Essence of Self now, and you slowly begin to bring yourself back into the conscious state. As you do this, you thank your Angelic Protector, and you thank your spirit guides, and you slowly return ~ slowly return ~ to the conscious state.

Move about a bit. It is important to move the encasement a bit when you have been in a meditation. Move about. Stretch your arms up and over ~ your legs, stretch out. Take a deep breath. We ask you all now to stand. And now, simply move your bodies in whatever way feels comfortable for you. Move your arms. Move your upper body. Move your lower body. Move your legs. This is a form of relaxation that will help you in The Healing of Self. It must be motion that is comfortable for you. Ah, very good! You have the idea. Do this when you return from your meditation. It will bring your vibration back into a sense of connectedness with the concrete dimension in which you find yourselves. Ah, very good! Very good. You may be seated again.

This technique that we have given to you is one that can be adapted in different ways for different issues. You may devote a block of time to one particular issue and use the technique for, let us say, months at a time. Or you may decide that you want to use several issues ~ one each day. You would say, "I have seven issues that I will focus on. On day one, I will focus on this particular issue. On day two, I will focus on this particular issue." And each week on that particular day, you would devote your meditation to focusing on that particular issue. And you would develop the visualization that is most appropriate.

It may simply be the word, or a phrase, or a sentence. You may simply visualize the words, "I do not like the way I respond to people who question my beliefs." That could be an issue that you would visualize. Visualize those words as if they were in a little block form on a piece of paper. You may even find it helpful to write out those words on a piece of paper and be holding them as you go into your meditation. Or, instead of closing your eyes, to focus very clearly on those words.

You may draw a picture that will help you to visualize. You may have an object that represents an issue. You may, for example, have difficulty in being patient with a child who is part of your life. You could take a toy that the child uses and receive the energy from that to help you to visualize the gaining of patience with a particular child. You

want to be specific. To simply say, "I want to be patient," could take quite a bit of time in visualizing and in focusing. Rather, be as specific as you can be. Take the issues that you deal with every moment of your life ~ every day. Do not make this some type of abstract situation. You could say, "I keep getting headaches. I must visualize this headache and how I will heal this headache. What is causing this headache? What is the energy blockage? What is the issue in the larger picture?"

This technique is a way for you to meld the abstract and the concrete. You have cut your finger. That is not simply a random act. There was a reason why you cut your finger. It may have appeared to have been an accident, but upon further reflection, you would come to understand the behavior that brought about the cutting of the finger. Visualize the finger being cut. Visualize whatever happened when the finger was cut. This is your visualization. This is your technique for *The Healing of Self*.

When you begin to understand the issues that you are dealing with, you may then decide you need to seek out a facilitator, one who is a tool on the earth plane, who can help you to further heal yourself, someone or something that may enable you to relax more about the healing of the issue, who may be able to give you insight or relief. Taking an aspirin is a facilitator and is all right to do. You do not have to visualize that you are taking an aspirin. You can actually do it. Do not dismiss the doctors currently on the plane. Analyze their ability to be a tool for you. As with anything, you do not wholeheartedly embrace someone or something simply because they say they want to be. You must analyze their ability to be facilitators for you in *The Healing of Self*.

Those who work with energy only can do so because you allow them to work with your energy. Your energy has said, "I go to you as someone who can help me to heal myself. It is not you who will do the healing. *The Healing of Self* will come from within." You must be honest with yourselves. This technique forces you to look at yourself and to be blunt with Self about those issues that nag at you, that gnaw away at your inner being, that create a disruption in the flow of your own lives.

No one is going to know what you are visualizing. This is private. This is individual. And while you may do this meditation when there are others around ~ in a group meditation ~ no one will know what you are visualizing. No one will know that you are taking on a *Healing of Self* meditation.

The most difficult thing that any energy has in its path is facing Self. That is why we have called this year the *SEARCH FOR SELF*. Yes, you can go to all of these people and things that claim they can bring you enlightenment, that claim that they can help you to find the way. They are facilitators. Do not give them any more power than that, however. Do not give power to anything outside of yourself. Be careful of anyone or anything that claims to be the miracle cure that claims to be able to do it for you. Give it only the power that it is a facilitator, not the cure. Facilitators can ease and bring about what appears to be a cure. But be careful of the empowerment that you give to anything and anyone outside of Self.

You have Self to acknowledge. You have Self to blame, for no one and no thing outside of yourself is responsible for anything that is what you are all about. You are it. Face that. Take a particular issue, a behavior perhaps that you exhibit with another, and write it out on a piece of paper. Write out all the ugly details ~ he said, she said ~ I felt, she felt ~ all of the things that were a part of the interaction. Write it out. Use that as a tool for The Healing of Self. Visualize it. Embrace it. Love it. For with love, everything dissolves. Love Self. Love Others. Two of the GUIDELINES FOR GROWTH.

Love Self. The love of Self will enable you then to love the issue. Put your arms around it and embrace the issue. When you do that, you take away the power that the issue has over you, for you have embraced it and said, "I respect you and I love you, unconditionally." And then, gradually, it dissolves.

It will not happen the first time you use this technique. Do not expect instantaneous cures here of issues. But over time, as you visualize the words, or the activity, or the behavior ~ as you hug it each time ~ it becomes smaller and smaller and dissolves, until eventually, there is nothing left to visualize. You have let go of it. By your very embracing of it, you have let go of it. That is all there is to it, my loved ones. It is as simple as that. The power belongs to each of you. Only you can heal Self. Would there be any questions?

How Do We Frame The Questions Of The Issues We Want To Work On For Self?

If you have for an issue ~ something that you frame in a positive form ~ say, respect and love Self ~ and then you embrace it, if you dissolve it, then you might be dissolving the positive.

Jacques: You cannot frame it in a positive way. That is a very good question. It needs to be framed in the negative. So, you would say, rather than Respect and Love Self, you would say, "I do not Respect Self. I do not Love Self." Therefore, as you embrace it, the dissolving of the issue of not loving Self goes away and is replaced with the positive, you see.

It must be framed in the negative of the issue. When we look at issues ~ when we define them ~ we are talking of them in terms of the flipside of the positive. This must be worked on. You do not need to work on Loving Self if you Love Self. What you need to work on is not Loving Self. You say, "I do not Love Self enough ~ I must work on that." That is the way in which we always frame issues ~ in that context. For yes, truly, if you try to embrace Loving Self, you would end up with nothing.

I was dissolving myself, right here!

Jacques: You were dissolving yourself. Although we could say that occurs on a regular basis, in some way or another.

As I slip out.

Jacques: Slipping in and out, yes ~ common behavior among many of you, we know.

Remember that we are not focusing on negatives. None of our teachings focus on negatives. However, the sending of love and light is meant to go toward the darker side ~ negatives being the darker side. Sending Light is what dissolves and brings the darkness into the Light. So, in order to dissolve something, you send it Light. That is the concept in framing it in that way.

We would return now, and Waith will give you some final discussions. We have been most pleased to have participated in this component of the SEARCH FOR SELF through meditation. Remember that our color is green. Visualize that color and call upon us as you may struggle with this technique ~ as you struggle in the SEARCH FOR SELF, in the facing of Self. We have all had to face Self, and we continue to all have to face Self. None of us is exempt. We all face Self until we return to The One ~ get bored and then come out again. We thank you for participating in this meditation technique. We send to you the healing Light of green and smooth you in your journey to the facing of Self and The Healing of Self. Farewell. (Waith returns at this point)

Waith: Would there be any concerns or questions that you would want to raise at this point?

What do you have to tell us?

Oh, now, that is a very interesting way to ask a question. We do not like to simply speak without interaction. We really have nothing to say.

We do not believe that.

We have spoken many, many words over many, many earth plane years. We really do not have any further information on this issue. Jacques has done his part by bringing into focus the issue of The Healing of Self. We have many, many sessions in which we have discussed Self-Healing as well as The Healing of Self, and those sessions will serve as supplemental information to this particular focus that has been given in this time with Jacques.

We will, in the future, when we move into the Second Phase of our mission, be having some gatherings in which there will be very specific healing issues, very specific discussions. When we say that we will focus on the individual, we mean not only in private individual sessions, but with an individual bringing themselves into a gathering and discussing, perhaps openly, an issue and perhaps bringing some resolve to it. We have

much in the planning stages which will be given to you soon, you can rest assured, for information.

*When we return from our Summer Retreat, it will be Boopsie who will be on board. She is the one who has replaced Bathusela. And her focus, as you may recall, is on gender issues. She will have some very new and interesting perspectives to relay to you relating to gender issues, first, in the ways in which you will deal with them now, currently in the illusion, and also, as you will have to deal with the evolving and emerging gender issues, and the issues of gender in *The New Illusion*. It will prove to be, for many of you, an eye opener perhaps. She will give a discussion on concepts of gender issues, and then there will be a technique to help you to work within *Self* on your own gender issues.*

*After that session will be Farena who will talk of joyfulness and Lightheartedness, color and sound, and all of the things that bring the *SEARCH FOR SELF* into complete focus by looking at the lighthearted as well as the serious. And that will be our agenda when we return from this Summer Retreat.*

We wish you all relaxation. We hope that you will attempt this technique that Jacques has given to you, and perhaps when we return, you would have specific questions that you might raise, as it relates to this technique, as well as any of the techniques and concepts that we have given. For we will devote one of the months remaining after the Summer Retreat to that type of discussion ~ after Boopsie and Farena have given their information. So, be thinking of questions that you might have for any of the topics that have been presented to you.

How Do We Easily Find Our Issues?

*Ah, but you see, this is the issue. That might be, in fact, one issue that you would write down on a piece of paper, "I do not know my issues." Before you can begin to even use this technique, you would have to face *Self*. Oftentimes, we do not want to face *Self*. An issue is right there sitting beside you in the work place, in the home environment, on the subway, walking down the street ~ any number of situations present themselves that create a response in you. And anything that creates a response is a good chance that it is something you are working on. You see?*

*The *SEARCH FOR SELF* is not easy. And it is nothing that we can say to you specifically, "This is how you do it." We would certainly be more than pleased ~ and we will be doing this in the Second Phase of the mission to address, more specifically, issues of the individual. So, you might consider searching yourself a bit and then perhaps asking a question of us as to the validity of it.*

*We will return now to our clicker of *The Universe*. We have to check in on all the other little scenarios on the plane. You know, the equivalent of the Emmy Awards is coming up in the Angelic Kingdom. ☺ We give awards. We all make nominations, you know.*

My kingdom has its own set, and the other four kingdoms have their set, and we all bring them together ~ there is a Universe Award, and then there are Kingdom Awards for the best types of scenarios. You know, we have to do something to keep from getting bored.

Do all the Angels show up in all their beautiful outfits?

Of course. Oh, but of course. We have special kinds of attire, special kinds of wings. My special wings are at the beauty parlor.

Are there awards for the best dressed and the worst dressed?

Oh, yes. Oh, yes.

Blackwell has not died yet.

*Yes, we have the equivalent in the Angelic Kingdom of this Blackwell you speak of, yes.
(There is much laughter as Waith plays with the audience)*

We now then return to our own playground and we will see you upon our return from the Summer Retreat. We send you our love and our blessings and the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
