

Waith Class Transcript

FEBRUARY 22, 1998



~ 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*

Waith Institute for Spiritual Leadership

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For more information, please contact us ~

www.terralux.org | Email: helloterralux@gmail.com

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

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THE SEARCH FOR SELF ~ THE HEALING OF SELF, WORKSHOP

Waith: We bring to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius.

It is a most joy filled environment that we enter into ~ many bright and bouncy vibrations and renewals of some vibrations from former lifetimes ~ very, very nice.

The topic for this gathering is THE HEALING OF SELF. Accompanying me in this discussion will be Jacques, the Waith and Company member who is charged with the mission of THE HEALING OF SELF. There is much information that has come through from Jacques, as you have in the initial information given in the transcribed session from the original SEARCH FOR SELF discussions. Jacques will be here to give you some new meditations and some new information on THE HEALING OF SELF. He is here, however, to answer questions, more specifically, than for you to receive strict one way communication.

THE HEALING OF SELF as a topic is a very widely popular topic and also one that is very, very much misunderstood. Let us go into the mode of the written visualization. Ah, the green vibration will be for Jacques when he enters in and we will use the red vibration. (Waith refers to markers used for drawing illustration)

First to remember is that we do not refer to it as Self Healing. You may hear this on the plane, Self Healing. We refer to it, then, as THE HEALING OF SELF. This is a very important distinction that we have presented in the written form in our previous discussions. THE HEALING OF SELF brings it into the arena of the responsibility to Self ~ of healing. Healing Self allows, then, to bring in external sources of information and power within the mindset of the entity, that the healing takes place from outside of Self when you say healing Self. And it also has a much harsher tone to it. THE HEALING OF SELF brings it into the arena of Self.

The only way that you can heal is through Self. Nothing external to Self can heal you. No one who proclaims themselves to be healers actually heal you. They are facilitators. They are tools on the earth plane. Just as you would take an aspirin as a tool to help you in the comforting of the physical encasement, so too are those who are called healers, or those who work with energy, considered a tool. They are facilitators. They are a very necessary part, however, of THE HEALING OF SELF.

Until you reach a certain level of ability to heal within Self, you need to have facilitators. You need the concrete manifestation, external to Self, that can guide you in the direction you need to go within Self ~ to give you the strength, to give you the courage sometimes to seek the answers from within.

This entire series of workshops that we are having is THE SEARCH FOR SELF, with a subtitle of Through Meditation. Meditation then is the implication that one goes within Self to find the answers. Healing, therefore, cannot be done by external sources. There may be

short term indications of an entity being healed by an external source ~ the doctor, for example, has given you a miracle drug that has healed you physically.

Remember that, often, there are the short term healings to enable you to catch your breath at the physical level. However, it is the higher levels issues of Self that need to be addressed. And if the higher levels have not addressed these particular issues in this lifetime, then it simply means that you return in another lifetime, whether it is the next one or twenty or one hundred lifetimes in the future, to work on the issue that created the physical manifestation. Often when there is a so called cure of a physical manifestation ~ a healing has occurred ~ then it usually means you have not resolved the higher level issues. When the healing occurs as a result of working from within, it generally means you have, if not resolved the complete issue, you have resolved a tremendous amount of that issue from within.

This is nothing that one would berate themselves about, "Oh, I need external sources to help me in my healing." This is the journey, my loved ones. You must have external sources ~ tools ~ to help you. So, eventually you will bring it within Self to bring about the healing, whether it is a physical healing ~ concrete ~ or whether it is an abstract or a spiritual healing that you need. Remember that the spiritual issues are the abstract and the physical are the concrete and that the physical are, therefore, manifestations of the higher level ~ the issue at Higher Self.

So, one must be most careful on the earth plane today, my loved ones, of those who would proclaim themselves to be some type of elitist, in comparison to you. They would say, "I am able to heal myself from within and you are not. Therefore, I am more spiritually evolved than you are." Be most careful of taking that as anything that has validity, for it means that the entity saying these words to you has issues of ego that must be dealt with. What you must understand, my loved ones, is that you are on your path for THE HEALING OF SELF in the speed and momentum that is appropriate for Self, not in comparison with any other entity. You and you alone determine the degree of success that you have in THE HEALING OF SELF. At the same time, do not feel ashamed or that you must hide the fact that you are seeking external help in THE HEALING OF SELF.

We have been on the record indicating that there are many on the plane in the medical profession ~ those who are called doctors ~ who are also healers, meaning that they have an ability to work as a very solid spiritual tool with you. There are many doctors who are not healers ~ they are mechanics, if you will, of the trade, of the profession. And even if you were to seek one out in that arena, it is all right. Remember that everyone is evolving in their own path, and a doctor who is not yet really a healer must work in his or her path through many lifetimes before reaching that arena of being a doctor and a healer.

Do not pass judgement on any who come into your environment. Do not proclaim that they are not good enough. They may not be beneficial for YOU ~ that is appropriate. But do not condemn them as being inappropriate for ALL, for then surely you will not pass issues of judgement. You will be relegated into an arena of more issues of judgement, the more that you proclaim that another is not worthy of anyone because they are not worthy of you.

Jacques will enter in now to give you a bit of information and also to give you a meditation that is different from what is in the written material for this particular topic. So, we will return when Jacques has finished and have the usual break so that you may go into the eating mode once again. We will return shortly.

Jacques: The blessings to all of you.

Thank you.

Jacques: We are pleased to be here and to answer your questions about THE HEALING OF SELF. We first will scan the gathering ~ a very large gathering. You are being attacked! (Jacques addresses one who is sitting next to a plant whose leaves are on her head)

No, we're bonding! It's a look.

Jacques: It is a look.

Each of you are on your very own path toward returning to The One, to The Universal Consciousness. We are very aware that there is a general feeling on the earth plane that to need to be healed in some way indicates that you are bad ~ bad energy ~ and that somehow you have not performed spiritually because you have a spiritual condition or you feel that your spiritual being is out of balance. And therefore, you must not admit to anyone that you have issues to deal with, that you see others as having evolved ~ they are enlightened, as you might call it.

We reinforce at this point a statement that we have made that is in the written material that you have ~ FORGIVE YOURSELF FOR NEEDING TO BE HEALED. Can anyone here remember what we said when we made that original statement ~ FORGIVE YOURSELF FOR NEEDING TO BE HEALED ~ and why we say that?

If we hold onto the issue, then we are making a judgement towards ourselves.

Jacques: That is certainly a part of it, yes. Why, however, do we say, categorically, FORGIVE YOURSELF FOR NEEDING TO BE HEALED? What is the inherent concept behind that statement?

*Yes, it would be too much to go to the material and look it up ~ we understand that! 😊
😊 Make a note, either mentally or within your readings, that we have brought an emphasis to this particular point, for now we will bring it back into emphasis.*

Can I ask you a question?

Jacques: Yes.

If somebody is ill and they have the capability of healing themselves and they don't do it, they choose not to do it, why do they do that?

Jacques: They may have decided that after all, they do not want to do it in this life. There are many reasons why an entity, when given the opportunity to heal Self, having the ability to do it, chooses not to do it. There is nothing wrong with that. Remember that upon entering the earth plane there is a plan of action, if you will, that says from the entity's point of view, "This is what I will go into this life to do and I will work on dealing with the higher levels of this particular issue." The entity gets into the life, looks around, and says "I don't think so in this lifetime after all." No big deal.

So The Universe presents the opportunity, for perhaps the entity forgot to tell The Universe, "Not this time after all." Or maybe did not realize until the opportunity was presented that they did not want to do it this time after all. There is nothing wrong with this. This relates ~ your question ~ to this basic concept that is the foundation of FORGIVE YOURSELF FOR NEEDING TO BE HEALED. For, upon entry into the playground, if you will, out of The Universal Consciousness, it is inherent you have to be healed in order to return to The Universal Consciousness. There is no energy outside of The Universal Consciousness that does not have some issues that need to be resolved. That is what the game is about. It is a game. It is a playground.

We spent an entire earth plane year several years ago talking about THE EARTH PLANE CONNECTION and all of those discussions that Waith gave in that time frame. This is a game ~ PLAYTIME ON THE EARTH PLANE, if any of you care to access that year of information. It discusses the fact that to be outside of The Universal Consciousness means that you are broken ~ we all are.

Everyone is not perfect ~ is not whole ~ for the mere reason that we are outside of The Universal Consciousness. Therefore, everyone is equal, you see. There is no better energy form than another. They may have different awarenesses than you do, but they are not better. You are not any better than another. You are not any worse than another. And simply because you have said, "After all, I do not want to heal Self in this lifetime, even though I can." Maybe something else popped up instead that took your attention away. And that is a very normal, natural occurrence.

Your life on the earth plane is an evolving life. It is a flexible life. There is nothing written in stone that says, "The life that you planned upon entry is the life that you must follow." You can change that any moment of any time in the life. It is your life. There is nothing external to Self that controls that. There may be advice given as you seek the counsel of your Angelic Protectors or your spirit guides, but you ultimately, in the end, make your own choices. If you choose to blame something external to Self and say, "It was his or her fault that I did not heal myself," then you bring up all other issues of Self responsibility.

When one doesn't heal one's physical Self, even though one can do it, I think that since we are always on a healing journey, one just heals other issues. We choose not to look at something right now, but to go another way, because the encountering of wherever we are going, in itself, always has healing potential.

Jacques: It always has healing POTENTIAL, yes. There are lifetimes when you may not do any appreciable amount of healing on any issues. That is fine. Or, you may take a side road. You may be going along and think that this is the issue you are going to heal and

work on in this lifetime. You have all these other issues that are on other roads and you decide, after all, to take this other road and do that instead. Eventually, in another lifetime, you will come back to this other issue. That is all right. Remember that the plan always looks easier and better on paper than in actuality. So when you are planning your lifetime in another dimension, before coming into this one, it looks easy.

When we are allowing ourselves to play in this lifetime, why are there others who will not allow us to do this? It is frowned upon.

Jacques: You are allowing THEM to judge YOU. You see, it all comes back to THE GUIDELINES FOR GROWTH that Waith has given that are on the wall there. Respect Self, first and foremost, and by Respecting Self you say, if another imposes their belief upon you, "That is your opinion. That is fine. That does not happen to be my opinion." You ALLOW another to judge you. You simply ignore what they say, and if you allow them to impose their beliefs upon you, then those are issues you are working on yourself ~ for Respect of Self. It is an evolution.

You may have chosen, for example, a lifetime where you will concentrate on having others impose their views upon you. That will be what you have asked The Universe to provide as opportunities for you to learn. You will be bombarded by entities who will say, "This is not what you should be doing ~ you should be doing this." Who are they to know this?

However, the only way you can gain the strength and the courage and eventually the Respect of Self is to be bombarded regularly by those who would try to impose upon you, and perhaps giving into them. And then, suddenly, after all of the bombardment ~ it may be at the very end of the lifetime, it may be in the middle of the lifetime ~ you say, "Wait a minute. This does not make any sense." And the next person comes along and tries to impose their views upon you. You have heard a click in your head that says, "Enough is enough," a very common phrase on the earth plane. WHERE that finally comes in your vibration is dependent upon your own levels of issues and where you were when you entered into the life, in terms of your own development of Respect of Self ~ certainly not to compare it to another's ability to Respect Self, but your own.

Does that answer the question?

Yes, it does.

Jacques: And, my love, did that answer your question?

Yes.

Jacques: FORGIVE YOURSELVES FOR NEEDING TO BE HEALED. It is a judgement upon Self that you would say, "I need to be healed. Oh, woe is me." We all need to be healed ~ various issues. Some may not be as concretely manifested. Others may have issues in other dimensions of themselves that need to be worked upon and may not manifest itself too clearly or too strongly in the physical. But, let us assure you of something ~ there is not a perfect human encasement on the earth plane. Remember this. While it may appear that there is a perfect specimen of humanness, there is always something that is

less than perfect, for if it were perfect, there would be no reason to be on the plane. If any of you were perfect ~ if any of us were perfect ~ we would be back in The One being bored out of our minds.

There is no fun in Oneness. The fun is in the duality. We are One but we are separate ~ that is why you are here. You jumped out of the Oneness so that you could have something to do. And the ground rule in something to do is fixing yourself again to bring you back into The One. As Waith and the others in The Company have said throughout all of these years, once we get back into The One, we are bored, so we come back out again and do something different ~ do it again different ways.

We have a meditation for you that will give you a tool to use in the journey through Self to determine a particular issue that you came into this life to deal with. We will give you the meditation and bring you through it in a shortened form. But it is one you can take with you when you leave from this gathering so that you can work on discovering, perhaps, the main issue that you came in to work on, or a minor issue that you came in to work on. Most of you in this gathering will not have that realization in this immediate meditation. However, the intent of the meditation is to give you the tool and then to bring you into the ability to then use it when you are in your own environs. So we would ask you then to find a spot and a position that is comfortable for you.

You have said we need to forgive ourselves for needing to be healed because we have not yet reached Unconditional Love and perfection. Is it true we need to forgive ourselves for needing to be healed because if we don't, we can build up blockages and not be able to Respect Self, and therefore, not be able to heal Self?

Jacques: Yes. As you build up your blockages about forgiving Self, then that is a blockage to THE HEALING OF SELF.

So, we need to understand that we do have to judge ourselves in order to be able to heal Self.

Jacques: It is sort of the paradox of it. In order to become nonjudgemental, you must judge. It is the exaggeration on both sides of the equation, if you will ~ exaggeration of judgement and exaggeration of nonjudgement ~ to bring Self into the flip and have it the same coin, if you will. So, yes, it is easy to say forgive Self for needing to be healed. To actually do this is the difficult part. Living outside of The One is difficult ~ it looks easy enough from one dimension into another. But when you move into a particular dimension to work out in concrete, the abstract, it looks much different.

When you are looking at anything from another dimension, it looks different. It looks easier in some cases. From our dimension it all looks so very easy, what you are attempting to do, but as everyone in Waith and Company has experienced, life on the plane is not as easy as it appears to be. That is why it is a playground, with all kinds of toys. PLAYTIME ON THE EARTH PLANE may want to be revisited by some of you. It is a reinforcement.

Does that answer your question?

Yes, thank you.

Jacques: Become comfortable. We see that some of you have taken us at our absolute word in being comfortable. This is fine. Remember that meditation does not mean you must sit in a lotus position and sing a particular mantra. It means that you become comfortable and have the ability to focus. This meditation can be used in the quiet of your own environs. It can be used if you are walking. It can be used if you are driving. It can be used in any way that YOU utilize to bring yourself into focus.

TECHNIQUE ~

- *Breathe slowly and deeply in a way that is comfortable for you. Breathe in and breathe out ~ breathe in and breathe out ~ be comfortable ~ breathe in and breathe out.*
- *Slowly, you are relaxing. Feel yourself relaxing ~ breathing in and breathing out.*
- *Call upon the very Highest of the White Light to journey with you as you go through Self.*
- *As you call upon the Highest of the White Light, ask your Angelic Protector and your spirit guides to come with you in this journey. Your Angelic Protector will protect and defend you. Your Angelic guides, be they Angelic or simply evolved, will be there to give you the information as you need to call upon them.*
- *Envision yourselves, now, surrounded by the white light ~ it is soft and fluffy and white ~ soft surrounding you ~ feel warmed from the light.*
- *We will begin the journey into the other dimensions of Self.*
- *You are in the concrete dimension of Self now. You will move into the abstract dimensions of Self ~ slowly now ~ relax, relax.*
- *Envision a ball of white light ~ it is several feet away from you.*
- *Fix your visualization on this ball of white light several feet away from you.*
- *You are going to follow this ball of white light as it moves out of this concrete dimension ~ it is a tool to guide you out of the dimension.*
- *Watch it now, for it begins to move slowly ~ follow it. Trust that you are protected as it moves out of the dimension, taking your energy with it.*
- *It is moving slowly out of the concrete dimension. You are following it, slowly. It moves close, now, to the dimension of the Higher Self.*
- *You are moving into the dimension of your own Higher Self. Feel yourself moving, following the white ball of light ~ moving into your own dimension of Higher Self ~ slowly, slowly.*
- *The white ball of light stops now and you rest within the dimension of your own Higher Self.*
- *Your Higher Self contains the information about the issue you want to focus on in this lifetime ~ and all of the healing associated with it.*
- *It is time for you to listen to what the Higher Self may give you for information. Do not ask questions ~ simply listen.*
- *We will come back soon ~ listen to your Higher Self.*

QUIET TIME ~

- *It is time now to return back into the concrete dimension.*
- *Thank your Higher Self for any information that was given.*

- *The white ball of light is now ready to guide you back into the concrete dimension.*
- *Follow the white ball of light, now, as it comes back into the concrete dimension.*
- *Slowly, slowly it is returning into the concrete dimension ~ slowly returning you back into the consciousness.*
- *Your Angelic Protector and your spirit guides come with you. You are bringing back part of your Higher Self ~ the knowledge that comes from it.*
- *Thank your Angelic Protector and spirit guides for going with you on this journey.*
- *Slowly, now, the ball of white light is returning into the concreteness and you are returning ~ slowly returning.*
- *As you return, wiggle your toes and your hands ~ bringing you back into the concrete ~ wiggle your toes ~ wiggle your hands.*
- *You are returning ~ returning ~ returning. Wiggle your hands and wiggle your toes ~ you are returning.*
- *Wiggle your feet, wiggle your hands ~ you are returning. Wiggle your hands and wiggle your feet ~ you are returning ~ returning ~ wiggle ~ very good.*
- *Take deep breaths ~ another one, a deep breath. Hold it and let it out. Move your encasements a bit.*

END OF TECHNIQUE ~

It is very important to move your encasement upon returning from a meditation. Firmly implant yourself into the vibration of this dimension. To bring yourself completely out of that other dimension, root yourself so there are no loose ends still out in that dimension that could create a sense of airiness. Some have not quite perfected that ability ~ always in a state of airiness ~ we understand that.

Ah, the vibration of green. (Jacques refers to the green magic marker) This is our symbol ~ a circle with a dot in the middle. (See Illustration A at the end of this transcript) The circle represents The Universe. The dot represents each of you as individuals. THE HEALING OF SELF must occur in connection with Self and with The Universe. It cannot occur one without the other. You cannot heal within Self the first time out. It takes many lifetimes before you can begin to bring within Self that healing. In the meantime, you must bring all of The Universe and all of the tools The Universe provides to you.

After this meditation that you have had, what might you want to ask of us about the meditation and about the technique, about something that you may have learned in your meditations ~ an observation or a comment or a question.

I had a hard time finding the light. I could see the clouds going by.

Jacques: You can certainly use the cloud to hold onto. One of the things you must be understanding is the absolute control Self has over its own journey. We, as an external source, gave you a tool ~ a ball of white light ~ that you could use to help you to journey through. Now this particular tool may not be of use to everyone and they may find that they use something else. Or if they are not able to see that white light, something else is there, like a cloud passing by. Grab onto the cloud, for it is moving.

The concept behind this visualization is to hold onto something that will help you to move from one dimension into another. There are many entities who do not need anything concrete to visualize to move from one dimension to another. But most entities do, at least initially. The only way that you can move into the ability to not need something concrete is to have used the concrete. You cannot automatically, without practicing lifetime after lifetime, do this without a tool. It would have been perfectly all right for you to have grabbed onto the cloud and used that as a visualization ~ something concrete to bring you out. You are moving yourself out of the dimension. A silly white ball of light is not doing it

I grabbed onto the cloud to find the light.

Jacques: Yes, and did you?

I could kind of see it, but I didn't really.

Jacques: Might the cloud be a representative of the light? So you actually had the light ~ you simply did not recognize it as such. You were looking for something that an external source of information had given you as the truth. And it did not appear as your truth ~ therefore, you did not recognize something else. This is the basis for all of the teachings that come from Waith and Company ~ it is your own truth. And, yes, us telling you about a white ball of light can be an appropriate tool, initially. But you might not even recognize that as the light ~ you may see something else. We each see our own symbol of light.

And so, yes, you did find the light after all ~ you simply did not recognize it. You have the ability to determine that whatever you think is the light, is indeed the light. You simply acknowledge it as the truth within Self. You see? Any other concerns about this?

I wanted to see what was on the other side of the cloud ~ if you can see the entire Universe from that dimension.

Jacques: From that dimension, no, you cannot. You cannot see the entire Universe from any dimension. The only way that you can see The Universe in its entirety is in the moment ~ the instant ~ before returning into The Universal Consciousness. Suddenly all is clear ~ you understand everything. Then you go into The One and it does not matter anymore.

When we are outside of The One, there is an inherent need to see everything. But, you see, there is no real necessity to see everything because if you saw everything, then you would have no need to be here doing anything. It is one of the paradoxes. You reach a point where you recognize that you will never see everything ~ even in our dimension ~ in Waith's dimension, in The Angelics. At the highest of the Angelic Force, in which Waith resides, he still does not see everything. That is fine. We would not want to see everything. It is boring to see everything because then you see perfection. Not being perfect is all right. It is expected. Anything outside of The Universal Consciousness is imperfect. So do not be concerned that you must see The Universe. There is nothing to see ~ it is perfect. Therefore, there is nothing to see. The Universe is The Universal Consciousness.

You had a question?

I just had an observation. I got a wonderful statement from my Higher Self, which was that healing is really living without fear and one of the reasons we do set up our challenges is to be able to decide, "Do I want to let a fear come up or not." By actually living through it is the only way. One cannot solve fear unless one faces it. So by creating situations in our lives that are commonly placed, fearful, the only way we heal ourselves is by not contracting into fear and by saying, "In the face of this, there is no need to be fearful."

Jacques: Yes, there have been many discussions with Waith about the issue of fear. They are well documented in the material and address that very issue ~ facing your fears. There is nothing to be feared, my loved ones. This is well documented in the Waith material. There is nothing to be feared. You create the fear within Self and you fear the fear. There is nothing to be feared. What is the worst thing that is going to happen to you? What is the worst thing that can happen to any of you?

We get to leave here! 😊😊

That's the best thing that can happen!

Jacques: Fear brings about fear, which brings about darkness, which brings about fear ~ and then it loops back ~ and brings about fear, an additional fear. (See Illustration B at the end of this transcript) Then it becomes exponential for as it loops back after the darkness has brought more fear into you, loops back and you have more fear, feeding into fear, feeding into fear. So, exponentially, you can have so much fear feeding into the darkness that it feeds into even more fear if you do not break that cycle.

There is nothing that can happen to you. You are energy. You are not killed. You do not die. Your encasement dies ~ it goes away, dissolves ~ whatever. It is no longer housing your energy.

In the concrete world that you live in now, you fear so many things. At the end of an illusion ~ as we now are with you in this timeframe ~ fear is exaggerated. Everyone is filled with fear ~ fear that this is going to happen and this is going to happen, "I won't have enough money and I won't have a house to live in and I won't have a job and the banks are going to fall and the social systems are going to fall."

The sky will fall!

Jacques: The sky will fall said Henny Penny to Ducky Lucky. Ah, I accessed the memories ~ very good.

There is so much fear. There is nothing to fear. There is NOTHING to fear. The worst thing is NOTHING! So you leave the life because your encasement no longer could support the energy. So what? You come back again and do it again, maybe with a similar encasement, maybe with a different one ~ completely different, different gender, different everything.

You must think beyond Self in the concrete as the only definitive position. You must think more globally, if you will, within your own realm of Self. If you get something in your physical encasement that is going to allow your encasement to no longer support your energy, so what! What has happened? Nothing. It means that either the lessons you have taken on have reached their conclusion. Or, it means that whatever the lessons you took on, you decided it was time to stop and you were going to come back another time to pick up where you left off in this lifetime.

Remember this one prime directive from The Universe, "When it is time for an energy to leave a particular dimension and go into another, is the time when it will happen." There will be nothing external that forces it. There is nothing that you can do in this dimension to keep you from leaving, or to keep another from leaving. All of the medicine that is out now on the earth plane, meant to help live a longer life, is simply a tool to help you to live to the point where you are going to live and to work with the issues that you are meant to work on.

You each have a point of departure. When it is time, it is time. That is it. There is nothing in concrete that can stop that. There is no such thing as leaving too soon, "Oh, she had such a short life." She had the life she was supposed to have. "Oh, if we could only help him to live longer by inserting tubes into him." Well, if that is the case that is part of the lesson that the entity has taken on in conjunction with another. Do not be judgemental of those who have prolonged life through mechanisms. When it is time to go, it is time to go.

What about those who take their own life?

Jacques: We all take our own lives. They simply take it in a very visible way ~ in a way that is meant at the same time to help others to learn issues. The fallout from that with those left behind can be very dramatic, and actually can be defining moments for individuals where they change suddenly as a result. Their perceptions of relationships can change.

Nothing happens randomly. Suicide is not a bad thing. It is simply a way to leave the life. It is no different than being in an automobile accident and being killed from the impact. It was time to go. Every one of you, every one of us, when it is time to leave a particular manifestation in a particular dimension, whether it is the earth plane, whether it is another training ground, it is time to go. There is nothing wrong with that. That is a joyful thing. It means you finished that particular lesson, that particular journey. That was fine. You should rejoice in that.

So fear, understand, comes from this feeling that, "I am going to be hurt in some way, physically or emotionally, and it might kill me!" The fear will serve as a barricade to your own ability to heal yourself, for you buy into the concreteness and you are buying into what the darkness is giving you more and more. It starts with fear and fear brings about fear, and then, that is when the darkness comes in. The darkness will attack your most vulnerable spots, and if it thinks that you are in a fear mode ~ wham ~ it goes right after you.

The best entities on the earth plane can have bouts of fear. They can be the most aware of any on the plane and fear can wedge its way in. The only way that growth occurs, however, in fending off the dark attacks, is by getting into a mode of fear. Sometimes you bring it on yourself to see how well you will defend yourself against the dark and be able to break the cycle of fear. Remember that there is no such thing as perfection. There is no one on the earth plane absolutely absent from fear. That would be perfection. There are degrees, however, of absence of fear and what you may see in another is a very high level of awareness of the lack of fear and it, therefore, appears that the individual has no fear ~ is perfect.

Remember the words that come from Waith and Company ~ there is no such thing as perfect. We are all imperfect and that is a wonderful thing. Imagine if everyone was perfect. That is why we leave The One ~ we are all bored with each other. There is nothing to do ~ everyone agrees. ☺ ☺ We sit around and look at each other.

I was wondering how guilt works into this and that maybe the individual doesn't feel they deserve healing or that they have somehow failed in some way.

Jacques: One of our favorite topics ~ guilt. This is a part of THE HEALING OF SELF ~ feeling guilty, feeling guilty about many things. Only YOU allow yourself to feel guilty. No one external to you can make you feel guilty. It comes back again to Respect of Self. Do not allow anyone to make you feel guilty, "You have no right to be here because you are sick," and they make you feel guilty. "I don't have any right to be here, after all ~ I have healing ~ I must not be here." And the guilt then can create the fear, or the fear can create the guilt.

Suddenly you are back in that cycle, because regardless of whether the fear created the guilt or the guilt created the fear, you are into the fear cycle. Unless you can break that fear cycle, it is going to continue and continue. And then you have guilt added into this fear cycle and the guilt increases and you become more vulnerable to people making you feel guilty ~ about any number of things. There is nothing to be guilty about.

If you do not take responsibility for yourself, first and foremost, and respect yourself, then you will allow others to make you feel guilty. Now, understand that taking responsibility for Self is a very complex issue in THE HEALING OF SELF. You cannot just arbitrarily and in isolation say, "Well, it is all right for me ~ after all, I am me." This is a very irresponsible behavior. It is a behavior that is on the plane, currently, among many of the elitists who say, "What's good for me is good for me. It does not matter what goes on around me." This is a very irresponsible attitude.

When you take responsibility for Self, you must understand the implications it has for those around you ~ who you, by the way, have chosen to enter in with and be a part of, interactions. You cannot just arbitrarily say, "If you do not like it, too bad!" That is irresponsible. On the other hand ~ and this is where the fine line is ~ where is the line for Self between being imposed upon and being respectful of Self and taking responsibility for your own actions?

This is what each entity has as their defining line. It cannot be imposed upon by another who might say to you, "THIS is where you say, enough is enough ~ THIS is where you are being imposed upon." No, you cannot say that, in comparison to another entity, this is where MY line of imposition is, "Oh, it is not as great as this other entity." You cannot make that comparison. You cannot judge another and you cannot, then, judge yourself on the basis of another.

What else might contribute to not being able to heal Self? Fear and guilt are certainly the two big ones.

Unconditional Love must have something to do with it.

Jacques: Remember that Unconditional Love is a perfection. There is no entity on the plane ~ or indeed, outside of The Universal Consciousness ~ that has perfect Unconditional Love. It is the goal. You seek to strive for levels of perfection, within a percentage of what you have taken on for Unconditional Love. Unconditional Love ~ and on the other end of that what would you say?

⊗ **Conditional love.**

⊗ **Judgement.**

Jacques: Judgement or conditional love. Everything that occurs in any of our lives is working on this little two way activity. We reach an Unconditional Love mode ~ we are able to do it with a particular entity but not with another. We have all kinds of judgement and conditional love. We look around and we see others who seem to have much more Unconditional Love toward the world and others have much more judgement or conditional love toward the world.

The entire situation means that you must not look with judgement upon those who judge. And, you must not look at Unconditional Love as, being in another entity, as something to make you feel guilty about, "Oh, I should be much more unconditional in my love. Look at that person. So nice. That is the way I should have reacted, and instead I was so conditional. I was so judging. I'm a horrible, horrible entity. I'm guilty." And then what might happen is, "Oh, because I'm not unconditional, I feel so guilty ~ I might regress in my own healing of Self," and then fear and then the cycle.

Where does hatred come into all of this?

Jacques: Hatred. Hate is the most powerful emotion in the human condition ~ it is in and of itself. It is in the material that Waith has given. Hate is the most powerful of emotions in the human condition and it stands outside of all of this. Why do we say that hate is the most powerful of human emotions ~ more powerful than love?

We can destroy ourselves.

Jacques: Yes, you can destroy yourself. What does hate do also?

It destroys others.

Jacques: It destroys others. What else does it do?

It motivates.

Jacques: It motivates. Hate motivates. Love does not motivate. Love is the essence of light. Hate is the essence of dark. Remember this one thing. The dark attacks the light. The light does not attack the dark. The light defends from the dark. It instigates the dark a lot. 😊😊 Of all of the emotions in the human condition, hate is the only one that motivates ~ it is the only one. It motivates and brings about everything else. You might think that, "Well, I'm feeling guilty but I don't hate." What are you hating if you are feeling guilty?

Ourselves.

Jacques: Hate is not necessarily a bad thing. Remember this. For whatever motivates you, is then going to work you toward becoming, within Self, peaceful and whole. There is no such thing horrible. Even the darkness, you understand, is not a horrible thing. The dark attacks, but it does that to get you moving and to move you toward a greater sense of Unconditional Love and a lack of fear.

It is all part of the cycle. It is all part of what has to be done. If the darkness was something that we would want to get rid of, The Universal Consciousness would not have put it into the play in the first place. It motivates. It enables us to grow and to move more and more back into The Oneness, which is total light ~ which, by the way, is total boredom. 😊😊

Sometimes with guilt, one feels that one deserves to be punished for something. Forgiveness is the antidote.

Jacques: Forgiveness of Self. Remember, as has been stated in the Waith material, to forgive another is to judge, for you are saying that something that another did was wrong. Who are you to judge? Ultimately, even for us to say FORGIVE YOURSELF FOR NEEDING TO BE HEALED, is a judgement upon Self. But that is all right. This is the paradox of it. This is why it is so much fun on the earth plane, for one feeds into the other. "Oh, what should I be doing now? Should I be forgiving? No, that's judging. If I judge, then I'm..." "You see, it brings about all kinds of paranoia, which is the intention.

I'm not judging, I'm forming an opinion! 😊😊

Jacques: Yes, you see, that is correct.

There are certainly other things that can motivate us to take action. If we are unsatisfied in some way, we will take action. But hate is the strongest motivator, and it can be generally hate within Self. If you feel unsatisfied with yourself at some abstract level, "Oh, I am not good enough," and then you begin to hate Self for not being good enough. It may not be an extreme hate, but it is a lack of Respect of Self.

That is why THE GUIDELINES FOR GROWTH have Respect Self first ~ and only then can you Love Self. And as you move into that cycle, it feeds back and you Respect Self more and

you Love Self more and you Respect Others and you Love Others. You do those things individually. You do those things simultaneously. You are of Service to Others. You are of Service to Self. It all feeds in. THE GUIDELINES FOR GROWTH from Waith is all about living outside of The Universal Consciousness, whether it is in this training ground or another. Those are standard guidelines for living.

You are going to have to deal with all of these issues ~ fear, darkness. Here you are in the middle struggling to understand Self. That is what it is about. You will heal Self in the way that you need to heal Self. You may not trust Self in this lifetime to do this healing ~ that is all right. Do not be made to feel guilty that you are not doing it in a particular way, "You're not doing it the right way. Why don't you do it this way?" Instead, simply respond by saying to Self, "I'm doing it the best way that I can." And trust in Self to know that.

Do not allow the world around you to make you feel guilty. It may irritate the living life out of those around you, but so be it. You have to live your life in a way that is appropriate for you, and at the same time, in a way that does not harm the world around you because you are being irresponsible in the way that you are behaving. It is, again, a paradox, and a fine line that each of you must find yourselves.

It is time now for Waith to return so that a break can occur for all of you. We will see you again.

Waith: Quite a bit of information has been given by Jacques. We sense that the vibration needs a little fluffing. It appears there is a great deal of warmth in this vibration, which you may want to take care of during this break. We will remain in the vibration. If any of you would like to speak with us, we will be seated and we will return for the remainder of our discussion with you after the break. Enjoy yourselves.

BREAK TIME ~



Waith: Rejuvenated? 😊 😊 (There is laughter and discussion)

Let us review what Jacques has indicated to you about this particular cycle. We would add in here that hate motivates. This is a very important component of this.

*What questions do you have thus far about what has occurred in this gathering?
Comments, observations?*

Everything that you are doing and saying is written in this book. (Referring to THE SEARCH FOR SELF book) **I expected something that wasn't compared, something where everyone would sit around and ask questions.**

That is what we have been presenting throughout the gathering.

You are following a format. What you are doing is already written down.

Yes, we have said that. Those are our words from a time frame when we first presented the material in the year that THE SEARCH FOR SELF information was given out. What you have in the written form is an edited version of that, meaning that all of the playfulness that goes on in a session was eliminated and the core of the information is given. What we are doing now is simply reinforcing that information that is written down, providing a bit of new information to add to this database. And also, we are providing you with opportunities to ask questions, which is what we have been attempting to drag out of you, actually, for this entire gathering. 😊 😊

So yes, it is very planned that we are referring to that information, since it is our original information. If it appears that we are saying things that come right from that information that would be appropriate, since it is our information.

Okay. I haven't been here before. This is channelling.

Yes. This is an appropriate question to be asking, my love, for the information that is in that written material comes from us originally and we do not sit around and reread it to make certain that we remember what we said. We do not need to do that, for our source is able to maintain that information. However, what is very obvious is that most whom are coming to the workshops are hearing and reading the information ~ many for the first time. In order for this first level of understanding to be reached, there needs to be continual reinforcement of what has been placed in writing and what will then be verbalized. It is very reassuring to see that you are one of the few in the gathering who has actually opened the material and actually is making a response to the material ~ just a little point. 😊 😊

I can read it later.

You can read it later, yes.

For that, my love, we thank you for having that type of diligence and actual interest.

It piques my curiosity.

That is a good thing. Perhaps it will be piqued even further now. We have had eleven earth plane years of discussions which has provided tremendous volumes of information.

You have obviously been here before, in order for you to understand what is going on here.

Yes, we have been here only in times with Mushiba. We have not had an incarnation ~ a journey, if you will ~ as a human. We have come in as human several times to be with Mushiba, but our mission is in The Angelics. We came out of The One as an Angelic and that is our mission. But we have an understanding of the earth plane. And, of course, being here now through Mushiba for all of this time frame has been an experience in and of itself ~ one that is new for us. Our experiences with Mushiba have been when we entered in through a human encasement and actually lived in the dimension with her. Now we are living interdimensionally with her, and as she would say, "It is truly an interesting little journey." for both of us.

We know that there are groups of people who come together with one idea in mind ~ to hate this one and that one ~ so they are also grouping, becoming groups.

Understand that within every group there is darkness and light, for every entity has darkness and light. It is the duality of the individual. There is no individual that does not have a light side. There is no individual that does not have a dark side. So depending on the grouping, the degree of hate within that group would be very dependent on the entities gathered in the grouping. One entity may have a great deal of lightness in them but they are in a grouping where there is a great deal of hate. They may then be associated with that group ~ with a great deal of hate. But when they move into another group, they are with those who are not filled with as much hate, whether it is Self or external, and therefore they meld into that group, perceptually.

You need to be very careful about making any judgements about any groups as being hate filled and therefore, they are dark ~ or, they do not have much hate, so therefore they are light. You must be most careful of those judgements. Those are judgements. You do not know why a group has come together. They may give you an appearance of being hateful, of being dark filled. They may be, indeed, a group of Angelics who have come in to actually present that illusion ~ to motivate. If you see hate, then you have it within you.

What if you are seeing one thing but you are feeling another? Could you elaborate on that?

Why do not you elaborate on what your thought is, my love?

If it feels uncomfortable for my encasement because I'm feeling something that I can't even see, then I choose to leave the group to go to the other group that has a little more non hate in it.

Oh, indeed, when you get a feeling about something, what should you ordinarily do?

Follow my feelings.

Your Higher Self is trying to tell you something. These are dimensions. When we say Higher Self, it is not something that is up here. (Waith raises the hand over the head) It is a dimension that is surrounding us. The Soul surrounds us ~ it is a dimension. When you are feeling something that means there is an infusion coming from some other dimension of Self. The concrete is the physical manifestation of the other dimensions of Self that are abstract.

The abstract is meant to give instinct, feeling, information and knowledge to Self in the concrete. What appears to be hate to you, may not appear to be hate to another. It is all gradations of the same Spectrum. You and you alone, can determine what is hateful to you and the world around you. Highly evolved awarenesses do not look at things as hate. They simply look at things as issues that are being worked out within another. Hate is a perception that Self takes on.

So if you have a feeling about something, regardless of what the world around you is saying, then you must follow that feeling. You must respond to that feeling. If you

question the feeling, then go within Self through meditation to determine if that feeling is something that is coming from an external source to try and throw you off, or whether it is truly coming from Self.

If you have a feeling, then investigate it. Do not slough it off. This is part of the problem on the plane now. There is too much attention to the concreteness of it, "Well, this whole group says this, so therefore it must be right." And something inside you says, "No, wait a minute ~ maybe for that group of people it is right, but for me it is not." This is how Self heals Self ~ by trusting in your own Self and not in what another tells you.

The ability to trust in Self through meditation does not just happen like that. It is not something that is given to you. It is a process by which you work from lifetime to lifetime to come to an understanding within Self about Self, to trust in Self, to know when you feel something. If you cannot act upon it because you have hesitations, it means then to go within Self through meditation to make certain that what is being given to you through meditation is SELF information and not EXTERNAL information. And no one can do this for you. We certainly cannot say to you, "This is right and this is wrong." We would not do that.

What is right and what is wrong are your own levels of perception. The important thing is to work on your own judgements about saying, "This is right and this is wrong." When someone says to you, "You're doing things the wrong way," you step back and say, "You're certainly able to have your own perceptions on things, but they do not apply to me." Then you have to be strong enough within Self and Respect Self enough to get the repercussions of making that kind of a statement to someone. Eventually, you project such an energy about you that entities do not dare to impose upon you by making imposition.

I've always kind of felt that hate was more a fear of something that was misunderstood or not understood and not a feeling in itself. A person can't just hate something, but must feel threatened by it or afraid of it because it's different, so they hate it.

From an external perspective that is correct, but hate does not begin externally to Self. Hate begins where?

Internally.

Hate begins internally. There is a hatred of Self. Again, this is not a negative that you are a horrible person. For some reason that you have brought into a particular lifetime, you have this emotion called hate. Hate is a part of ~

If you were to go into our material, you would find the information that we have talked about regarding The Toy Box, where you take an issue and you bring it into your arena ~ it is your little Toy Box that you carry with you from life to life. THE HEALING OF SELF is inherent in this Toy Box ~ it is the lining, if you will, of The Toy Box. Hate is a particular issue available for entities to take on, in any degree that they want to. It is a favorite toy, in fact, for then it allows all of these other issues to come into play.

Understand that there are entities on the plane who take on various kinds of paths. They may take on very short paths that will entail ten or fifteen lifetimes or one hundred lifetimes ~ and they have not chosen hate. Therefore, this whole cycle does not happen to them. They have other kinds of issues they are dealing with. You see, the issue of judgement again kicks in. If you have chosen hate as a toy ~ and we have placed everything into this playtime kind of arena ~ it is a toy. It means that you will want to play with it and you will take every opportunity that you can to play with it. It will mean that it embeds itself into Self upon movement into a training ground. Therefore, it is in you ~ it then feeds.

If hate exists, and only if hate exists, can fear come after it? Fear does not come before hate. Hate must exist in order for fear to manifest, in order for guilt to manifest. However, once it goes external, then it gets into this feeding frenzy. Then it no longer matters because the hate itself has manifested.

So, again, do not berate yourselves ~ do not judge yourselves ~ that you have pockets of hate. Hate motivates you and it feeds back into Self. If you are able to get rid of the hate that is external, "I hate the way that person acts or that institution acts," then you can burn it out at the external level. You can burn it out. Once it is burned out at the concrete, it soothes in the internal. Eventually, the internal is no longer there ~ the internal hate is gone because you have burned it out at the external.

It will take many, many, many lifetimes. It may take the entire sojourn on the earth plane. We will not get back into the discussion of The Toy Box here. But, it depends on the percentage of hate that you took on. You may have taken on ten percent ~ someone else may have taken on fifty percent ~ and another may have taken on one percent. You have, then, three different kinds of intensities where this toy is concerned ~ and the healing of that within Self.

So here is your Toy Box ~ a little circle. And here is the lining which is HEALING OF SELF, and then all of your little toys, all comforted by THE HEALING OF SELF ~ all within a circle. Remember the circle is the symbol ~ THE HEALING OF SELF.

Isn't hate just a temporary feeling that you can dispose of at some point in time?

It can be, for if hate is one of the toys you have taken on, you may come into a lifetime without that toy. You may have taken other toys out of your Toy Box, so that in a particular lifetime you do not even have the toy with you. In another lifetime you may have brought it in for the first part of the lifetime and then put it back in the Toy Box at the end ~ or the opposite. You are without your toy the first part of your lifetime, and the last part of your lifetime you decide to bring it in to play with because you have other issues that are also at play ~ simultaneously. THE HEALING OF SELF, then, is an ongoing, continuous thing.

When we come into this plane, we bring that percentage of hate with us and we see things through a lens that has ten percent, fifty percent, or whatever, and that's our learning process ~ to change that lens and see nothing but goodness and love?

That is the ultimate goal. And that is exactly correct. Each path is filtered by the percentages that an entity has taken on. And therefore the ability to heal Self is dependent upon many of these filters, and the percentages and the interaction that a person who has one percent of hate has with someone who has fifty percent of hate. It is much more intense with an entity who has taken on fifty percent than it is with an entity who has taken on one percent.

The issues of judgement interplay for the entity with fifty percent would say to the entity with one percent, "You are really pretty stupid. Why don't you hate this person?" The person with one percent is going to say to this person with fifty percent, "How can you be so hateful. Cannot you see the world around you? It is a beautiful place." Fifty Percent says, "What are you talking about? It's not a beautiful place." ☺ ☺ So they come together. Depending upon what percentage of the issue of judgement they have taken on, it adds in. We have had quite a discussion on this percentage thing.

We can put that into fear also.

Indeed, anything.

Most of my life I've been very fearful of anybody. Since I've gained resources in healing, if I get back into that fear mode, I put on a different lens. When everything behind it starts to pile up, I finally realize I can be an observer now. I can stop it, center myself, and change my lens quickly because I don't like all this stuff backing up.

Indeed. That is how it is done, my son. It is done within Self to determine what you need to do for Self. We can give you information ~ we are simply a source of guidance ~ but we cannot teach you anything. We have indicated this at the beginning of our workshop series for this SEARCH FOR SELF. We cannot teach you anything. No one can teach anyone anything. It is learning. We each learn, and we learn within Self. It is as simple as that ~ we learn within self. We find the tools within Self to heal Self, and those tools are found by external sources, by going for guidance.

You come to hear us. You read our words. We do not give you the answer. We simply give you guidance, information that you may or may not find useful. You may take one bit of information that works for you and the rest you throw away. Fine. One bit of information may be all that you need. We do not give answers. We do not solve problems. That is what TAKING RESPONSIBILITY FOR SELF is about.

There are many on the plane who pretend to give you the answer, "Here are ten steps toward better health." Or, "Here are six steps toward enlightenment." They make it very concrete, "If you follow these steps you will be enlightened." Or, "You will be able to heal yourself if you follow this procedure." It may be a tool for an entity to bring themselves into at least the beginning discussion within Self of how to heal Self, and that may be what the entity needs. We are not that kind of informational source. It does not make the other sources bad. It simply makes them other sources ~ for individuals who need that information.

THE HEALING OF SELF ultimately comes from Self and your own discoveries of how to do that ~ synthesizing information that you have received from all the external sources,

even synthesizing information that comes from your spirit guides and your Angelic Protector. Even your Angelic Protector and your spirit guides do not tell you what to do. They give you information ~ they guide you. You ultimately take that or not and synthesize it.

Remember that no one is perfect, and that means, as we have stated so often, that no source of information is perfect. Some have higher levels of awareness, such as ours ~ very high levels of understanding. However, it is not perfect, for there are dimensions that we are not able to plug into. It is the way that it is, just as there are dimensions that many are not able to plug into. Understand THAT and give credit to yourselves for your own ability to heal within Self ~ and to do it completely on your own, ultimately.

The paradox in Jacques' symbol, THE HEALING OF SELF, is that the individual is alone within The Universe, but is surrounded by The Universe. Therefore, one cannot exist without the other. The Universe would have no reason for existence if there were not something in it. We would not be able to exist outside of The Universe because we are connected by energy threads. So there is an interconnectedness ~ the individual and the duality and The Universe. Individual means separate from ~ it is dual. The Universe is The One ~ part of the duality.

When we were talking about hate a little while ago, it sounded as though at some point a person might take a focus of hate and burn that out of them by manifesting it fully.

Yes.

Does that eventually flip back into recognition of the Oneness with all?

That is the ultimate goal, to burn out. Remember the teeter-totter, the extremes of an issue ~ for example, Unconditional Love and conditional love. You have to keep balancing with it in order to bring yourself into a sense of equality within Self. And so, yes, it will flip.

Remember that all entities ~ this is a circle, this is like a coin. (Waith refers to an illustration) We each have the opposite of every issue, within Self. It is a matter within Self of flipping back and forth. You may take on a percentage of hate, for example, let us say you have taken on one percent for your total journey. Out of that one percent you have taken on point five percent to focus on in a particular series of lifetimes ~ one lifetime would be too intense. So, for example, you have taken on five lifetimes. You split that into fifths. In a particular lifetime you focus to the point that you are filled with hate. And it appears that you could, in fact, have taken on fifty to one hundred percent because it is so focused ~ it forces the exaggeration of it. The ultimate goal is that it forces you back out of it into a sense of non hate ~ not love, but non hate. Does that answer your question?

Sometimes Angelics will come in and give the appearance of some very strong judgement or being lightning rods.

Not us! Us ~ lightning rods? ☺ ☺ We find that hard to believe!

Can I give you an example of this? My father divorced my mother and she hated him ~ I mean hated him ~ and so did my sister. They got together and went to this devil worship group where they wanted to cast a spell on him. I don't know if they succeeded or not. My mother finally could foresee that by dwelling on this and going into this, and into this, and into this, it wasn't going to do any good. So she got rid of everything, went out to California and found a group of people who were loving and encouraged her to give up everything that she had in the past that could bring evil upon her and turn it into love. My father just recently passed away and she was waiting for this to happen by looking for a sign because she had said her goodbye to my father in a different way and looked for the bird to come and said goodbye. So, it was totally different. It changes.

That is a very good example of what we have been talking about, my love. There has to be focus and then at some point there is what we said earlier ~ a sort of a click that goes on and you say, "Enough is enough." You have burned yourself out. That is exactly what happens where negativity is concerned ~ whether it is hate or some other negative emotion. You burn yourself out enough and so it fizzles away and there is nothing left. The only way you can work yourself out of that is to burn it. Negatives are burned out ~ the use of the symbol of fire is part of the darkness. One of the symbols of the darkness is fire and to get rid of something negative, you use fire. This is an age old tradition on the earth plane ~ in this particular illusion.

Is it like dispelling darkness?

Dispelling darkness is a form of fire. White light is a form of fire. It can be fluffy, but it is still a form of fire ~ it serves to protect. Remember that ~ protect and defend. How else do you think it works?

You have asked very good questions and a given good example. Any other questions?

Jacques will return for some closing comments and a very brief technique with you and then we will return to close out our discussions.

Jacques: You have been given a great deal of information. Some of it is repetitious of what has been said, not only in our original discussions in THE SEARCH FOR SELF, but throughout the time that we have all been with you through Waith and Company. We have given you some new information ~ not really new, for it is old. However, it is new for the database that is establishing at Terra Lux for your informational purposes.

We have a very brief technique to share with you, to bring you into a sense of THE HEALING OF SELF when you forget that you need to heal yourself and you need to FORGIVE YOURSELF FOR HEALING SELF.

TECHNIQUE ~

- *Repeat after us. I ~ STATE YOUR NAME ~ am healing Self.*
- *I forgive myself for having to heal myself.*
- *I love Self.*

And that is all that you need to do.

Now who does remember what we just said and would like to repeat it?

Can I read it?

Jacques: Yes.

Q: I, (Name given), 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.

Jacques: That is indeed the longer version. We gave you a shortened version. You can use either one of them. And we are so pleased that you found that in the material, my love! The others sitting here thought we were giving you something brand new. We are very pleased at your references. Now, does anyone remember the shortened version ~ that we just gave?

⚙ **Basically, I love myself.**

⚙ **I am healing Self. That is the only part that wasn't in there.**

Jacques: Well, you will just have to figure it out yourselves.

I'll try to say it.

I, (Name given), am healing Self. I forgive myself for needing to be healed and love myself ~ along that line?

Jacques: Along that line! (Applause from the group) Remember something, my loves. You do not need to remember exactly what has been given to you, but to remember the essence of what has been given to you so that you can take that and bring it into what feels appropriate for Self.

Bringing Self into the equation means using humor also. You cannot go on your journey without humor. You must take what we have given you as basic guidance ~ seriously, as part of the tool for you, but certainly be lighthearted about it. We do not give you the definitive way to do something. We give you one way, one particular way that may help you then to find other ways appropriate to Self. You do not need to repeat the words exactly, for oftentimes, once we have given words, we forget what we have said.

That's why you wouldn't repeat it!

Jacques: Could be!

You got us to do it. 😊 😊

Jacques: It is more important to remember the essence of something, rather than the concreteness of something. If all you know is the concreteness, you are only partly there and you will struggle for lifetime after lifetime until you suddenly see the essence. Then it manifests in many different concrete ways. There is not just one concrete way for anything. There are as many concrete ways to do something as you can think of ~ once you have the essence. THE HEALING OF SELF is an essence. How you do that is up to you.

Are there any questions or comments or concerns?

What we just said is an affirmation, and it seems to me, it would be important to say it emotionally, because you need that emotion behind it to help it manifest. As you say it, it reinforces it and as you feel it, it reinforces it together.

Jacques: Yes, that is exactly what it is, my love. For some entities, they are just beginning their journey of affirmation and need to hear themselves physically say this day to day, hour to hour, minute by minute, until it becomes such a part of you that It is automatic. That is how every journey begins, with the very concrete ~ affirming and reaffirming. That is why it takes so many lifetimes to get through. It cannot be done in one lifetime ~ it is an impossibility.

Do we have a positive energy force with us at all times, or do we create it?

Jacques: It is always a part of an energy. Energy is positive. It is also negative. Energy is composed of positive and negative. What happens to be emphasized at a particular moment in time is entirely up to the energy. You define whether you are positive or negative. You can be very, shall we say, enlightened and project a negative energy ~ to defend Self perhaps, sometimes, or to get into a particular situation. That is not a bad thing.

You determine whether you are going to defend or attack. Not all, what you would call enlightened, energies are always, always just defending and not attacking ~ that does not happen. It depends on the situation ~ even in The Angelic Force. We are warriors. There are times when we attack ~ there are times when we defend. So be it with all energies. You make that determination, and then if your determination was the correct one ~ wonderful. If it turned out not to be the correct one, then it just means a rethinking of your own force field. So you defend yourself, in whatever way is appropriate at that time to defend Self.

Waith will return now to give you the closing energy and final words. We have been most pleased to be of service to you in this gathering. Remember that if you need to call upon us for guidance, our symbol, and our color, is green. We send you all the very Highest of the White Light.

Thank you, Jacques.

Waith: Well, then, we are ready to bring closure to this gathering. We would ask for any final questions, observations ~ anything to show that you are alive.

I learned a lot. This is the first time I've been here. I really appreciate this. It's been great. Thank you.

You are welcome. We have been pleased.

I needed that kick over the edge of the cliff. 😊 😊

Indeed, and you fly after all. It is the fear that so many have that they will not be able to meet the challenge. Just understand that if the challenge is presented to you, you are ready to meet it ~ there is nothing to fear. Nothing is presented to any of us from The Universe that we are not ready to meet ~ it is one of the precepts of The Universal activity. We must only be given those things that we are able to meet. They may appear to be stretching us, but that is what it is meant to do.

Are there other comments, observations, questions?

When we go to our Higher Selves, my understanding is that we are going into another dimension.

Your own dimension of Self.

My own dimension. Thank you.

We are ready to depart now and will give you a final energy to take with you ~ a blessing and fluffiness, if you will. We are looking forward to seeing some of you in the next workshop in which Boopsie will be discussing Gender Harmony. That will be followed by Farena with Lightheartedness, and then the Closing Ceremonies, if you will.

You've been watching the Olympics, haven't you! 😊😊

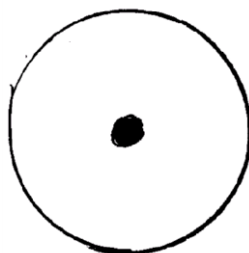
We look forward to seeing many of you in the future gatherings. Receive the departing energy and the fluffiness of the white light. It does not burn ~ it simply protects. Feel it as a protective force. You are loved and held dear by all in The Angelics and all who come through Guide School to help you.

We have been pleased to be of service to you and we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Farewell.

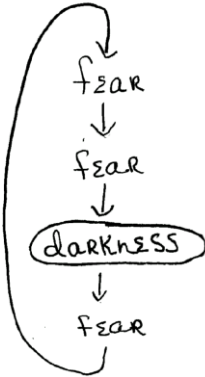


**ILLUSTRATION A
SYMBOL FOR HEALING OF SELF**



THIS IS A REPRESENTATION OF THE ORIGINAL DRAWING BY JACQUES

ILLUSTRATION B
CYCLE OF FEAR



THIS IS A REPRESENTATION OF
THE ORIGINAL DRAWING BY JACQUES