

Waith Class Transcript

JANUARY 17, 1999



~ 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

A Publication of Terra Lux Media ~ 1999

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MEDITATION YOUR WAY, PART I

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

Hi Ya! 😊😊

Hi Ya! We are very pleased at this harmonious gathering of energies and the desire that you have to learn about meditation ~ but more importantly ~ Meditation Your Way, which is what our focus of discussion has always been in the time that we have been speaking.

There is much on the plane about how to meditate. Oh! There are rules and regulations abounding on the plane! If you do not sit in a particular position, then you certainly will not have the correct flow of energy ~ the feet must be flat on the floor or they must be in what is called the lotus position. You must have a particular sound that you use and, of course, the ever present candle must be in place so that you can properly meditate.

Well, as we are on record for saying, and we will reiterate it in this gathering, that type of regulation or rule is appropriate for some. When an entity is perhaps needing very specific ways in which to meditate, then it is a tool, it is a form of a ritual that is appropriate, if it does indeed help you to focus. And there are many on the plane who utilize very specific rituals throughout this particular life that they have on the plane. And this is fine. They must focus at a particular time each day, in the morning or in the evening. And they must have a particular environment in which they do this. And if this is appropriate for Self, then we are fully encouraging of this kind of ritual.

However, part of the mission that we have in the dissemination of information is to, first, give you the concept, the abstract, for a particular issue, if you will, and then to help you develop your own ritual for it, not the ritual of someone else, even though you may find that the rituals already developed for a particular concept are appropriate for Self. But the important component is that you recognize that a ritual that has already been developed ~ in this case for meditation ~ is done by someone else and that you recognize it as such, and not say, "Ah, if I am not doing it that way, then I am not doing it the right way." You see, there is no right way to do anything. That is not just for meditation, but for life outside The Universal Consciousness in general. There is no right way to do anything ~ it is your way to do it.

You receive guidance from those around you. You receive guidance from us. Certainly, we are not the definitive word in anything ~ that can be difficult for many to accept, "No, there must be a definitive word, this must be exactly the way it is." We have been described in our meditation discussions as having the definitive word in meditation. Well, that may be a nice fuzzy, wuzzy thing to hear as you are trying to come to terms with what you must do for Self ~ for, as always, our focus is on the development of Self from within Self ~ and ultimately, you come up with your rituals. You come up with that

which feels comfortable for you. For example, you are each now seated in very unique ways, even though there are similarities in the way that each of you is positioning yourselves. Each of you has already expressed a component of Self by the way in which you are seated and the way in which you have positioned yourselves, for you will then begin to relax a bit.

We are here with you in this gathering to discuss the concept and then to help you to find particular ways in which you can meditate for Self. First, we will put you into commonly held rituals of meditation, and then we will show you the difference that you can express from within Self. Some of you may already know what we give for information. For some of you it will be new information. But most assuredly, if we are doing our job correctly, you will leave this gathering with a more acute understanding of your own way in which to meditate and be able to develop your own techniques.

Let us look at the concept of what has come to be known as meditation. What exactly does this word meditation mean when you hear it for the first time ~ or even just when you hear it? Meditation, what do you think of?

Quiet reflection.

Quiet reflection. What do you think of, my love?

Asking questions.

Asking questions. What do you think of, my love?

Centering Self, going within Self and then try to find the answers.

Good. What do you think of?

Peaceful contemplation.

Peaceful contemplation. What do you think of?

I'm certainly at a different place than everyone else. I think the first word that comes to mind is unattainable.

Unattainable. Very good. Unattainable. My love, what do you think of?

I think of going inward and that is sometimes very interesting ~ it can be a slippery slope.

Indeed. What is the first thing that comes to your mind?

Stilling the mind.

Stilling the mind.

Quiet.

Quiet.

Altered state.

Altered state.

Peacefulness.

Peacefulness. Ah-h-h, unattainable peacefulness. ☺ ☺ Unattainable ability to go within Self. Unattainable ways to ask questions. Unattainable ways of quieting Self. Unattainable ways of stilling the mind. Meditation ~ the word itself brings about a dichotomy of response ~ from unattainable to peaceful ~ and yet they are the same. Is peacefulness truly attainable?

Yes, when we stop trying.

Ah, we have spoken of peacefulness and this earth plane component of, "I must be peaceful, I must be happy, I must be joyful." As it relates to meditation, feeling peaceful is something that has many different layers to it. Percentagewise you may feel peaceful to a point, where you feel that you have attained the level of understanding that you need and you feel, "Ah, I am in heaven, I am there." And that may last for the lifetime.

Or, if your path is such, it may then trigger the next layer in which new lessons and issues will be presented to you to increase your levels of understanding. And therefore, your peacefulness will start to be jittery, for you will be striving for higher layers of peacefulness, and your levels of understanding within this so called meditation change. And the unattainable presents itself ~ for when you are peaceful, you feel that you have attained everything. But let us reassure you how boring it is to be peaceful! ☺ ☺

Being peaceful, ultimately, one hundred percent, means that you are back in The Universal Consciousness. And we have spoken so often on the record of how boring it is in The Universal Consciousness. There is nothing to do. Everything has been achieved ~ everyone is in harmony. It is all wonderful. That is why everyone comes out, for it is more fun to be reaching for the unattainable.

About now, I'd like to be bored, just for a minute or so. ☺ ☺

Generally, based on your path, my love, to have a minute of peacefulness is equivalent to some having a lifetime of peacefulness! ☺ ☺ You see, it depends on the acceleration component of the lessons that you have taken on in your path. We have spoken so often of how you may feel that you have reached a balance within a particular issue ~ and for a nanosecond you feel at peace ~ you feel in harmony. And then, because of the acceleration that you have taken on in your path, it comes again ~ the issue ~ but in a different package at a more advanced level of understanding. And therefore, that peacefulness that you had attained now starts to be disrupted a bit.

What meditation allows you to do is twofold. It allows you, simultaneously, to feel peaceful and to feel that everything is unattainable. That is why we say that unattainable and peaceful are on a spectrum, which is really a circle ~ spectrums are circles for they

feed on each other. As you become peaceful within Self, it triggers unattainable. It may trigger it periodically throughout the lifetime, or it may trigger it from lifetime to lifetime.

So you may, as we said earlier, remain peaceful throughout the lifetime, for the triggering mechanism may not enter in until you go into the next lifetime where the unattainable may be triggered. This is why you will see many on the plane who appear to be completely at peace ~ they have no issues ~ they have a sense of absolute harmony. You look at them and say, "How can this be? I am in continual evolution," you would say within Self. And then the lesson comes to you of trying to compare yourself with another, "Why do they seem so peaceful and I seem to always be having all this disruption? I am always working on something. Just when I think I have it conquered, something else comes along." Have you felt that way?

Yes!

Of course. Most have in this time at the end of an illusion. This is the common path that humans, especially, take on ~ acceleration, "Bring me my lessons, I have no time to waste. I will not waste this lifetime sitting around feeling peaceful, waiting for the next lifetime to come along. I will continually have things happening." This is what many entities are feeling. As we have said so often, the earth plane is a training ground of disharmony, and you can find harmony within the disharmony.

So too, can you find peacefulness in the unattainable. And indeed, that is what we are here to help you to do. First, to understand that meditation simply means that you have the ability to hear Self talk. It is as simple as that. Now, whether that is peaceful or not is entirely up to Self! ☺ ☺ If your higher levels of Self are not especially happy and peaceful, then that means that the answers that you are going to hear from Higher Self or whatever level of Self that you are tapping into, is going to be reflected.

There is this myth that the utopia is going to Higher Self, that all is in harmony at the Higher Self level. Well, that is not true. We have said that on the record. Higher Self and Soul, for example, can be at battle with each other, for Soul is the highest of the abstract in Self, within Self, of Self. Higher Self is a personality and what happens whenever personality enters into a situation?

The ego can take over!

Ego is not a bad thing. Nothing is bad unless you misuse it. Ego is an important component for the development of strength within Self. The conflict within Self comes because all the different layers of Self ~ and there are infinitesimal layers of Self ~ all have their little egos. And they go to each other, "No, I want to do it my way!" ~ "No, I want to do it my way!" ~ "No, listen to me, I'm higher than you!" Those kinds of issues are within Self. So when you go within Self to hear yourself talk, what do you think might happen?

Conflict.

Conflict. There is generally conflict within Self. That is not a bad thing. Conflict, if used correctly, is a good thing for it enables you to look at an issue and spread it out on the table, if you will, and determine how to smooth it, "How do we resolve this?" The only way that Self ultimately comes to resolution within Self is by facing the conflicts, for all the layers of Self have had different experiences ~ some on the earth plane, some in other training grounds. They are all layers of energy within Self. Concrete Self is having a particular experience right now which gives it ego related situations, which gives it its own perspective. Higher Self has had experiences where it was the Lower Self to itself.

All your levels of energy are lower to one level and higher to another within Self. So, while concrete, right now, that you are experiencing, is a lower level of energy to Higher Self. What you need to determine within Self is where in relationship to you and Higher Self is Higher Self to some other level of Self.

The Soul is the highest level to Self within Self. However, the Soul is a lower level to The Universal Consciousness, to which it is connected. So, ultimately, each Self, since it is connected to The Universal Consciousness, is its own Higher and Lower Self to Self ~ which is The Universal Consciousness, ultimately.

So when you are attempting to hear answers, to talk within Self, you are ultimately trying to connect to The One ~ to The Universal Consciousness. That is the easy part ~ that is the concept. The application of it, how we implement this concept, is the fun part. For all you are trying to do is to hear yourself talk. Each of you generally likes to do that. ☺ ☺ Yes?

I generally don't listen when I talk.

Which is part of the conflict. ☺ ☺

That's the truth.

And while we would bring humor to that response, it is indeed part of the conflict. You may say you want to go to Higher Self and hear answers ~ ask questions, "But don't tell me the answer ~ I do not want to hear that."

No, don't tell me that answer, and I want it in a jiffy!

"I want another answer." ☺ ☺ That is correct. You have highlighted, my love, that conflict, which is why so often entities say, "I cannot meditate." They cannot meditate because they are not ready to really hear the answers, and that is all right. But you cannot meditate ~ by way of the definition that is given on the earth plane of meditation. You hear yourself talking all the time ~ you simply do not listen.

Whenever you have a problem to solve, you have all the answers that want to flood in, but Concrete Self says, "No!" Or, you will hear something and you say, "That is my imagination, that is silly, that won't work," and you discount what you are hearing. You discount it, "That can't be right, that is not what I want to hear, tell me something else,

and when you finally get it right, then I'll listen." ☺ ☺ That is pretty much what you say, "It's what I think I need to know."

A basic precept of The Universe is that, we all receive what we need, not what we want, but what we need. And oftentimes, we are want oriented, "That is not what I asked for ~ that is not what I need," so often an entity will say. "I asked for a Mercedes Benz and I did not get one, instead I got roller skates." The Universe determined that what you needed was transportation to move from one spot to another and roller skates would do it, and if each entity would accept and hear the need being satisfied rather than the want, the flow becomes much easier.

What has evolved over so many time frames on the earth plane since Atlantis was in the illusion is this misrepresentation of what meditation is about, "Oh, it is supposed to be this utopian state. Ah, I cannot reach that utopian state, therefore I must be bad. There must be something wrong with me. I am not spiritual enough!" The fact that you exist means that you are spiritual. The fact that you are outside of The Universal Consciousness means that you are spiritual. You are all spiritual beings experiencing concreteness, whether it is as a human or whether it is as the carpet upon which you sit, or the food that you consume. It is all energy that is encased, having an experience.

Now then, what do you think that means, what we have just said? How would you respond to it? Ah, my love, you are thinking, "No, don't call on me, Waith, please, no, don't call on me! No, no!" ☺ ☺ ☺

I can't repeat as you have given it.

Ah-h-h, just give us back the information we gave you in your own words.

That's the problem because I didn't listen very well!

Ah-h-h, ah-h-h, you see, a highlight! If you do not listen to the pearls of wisdom from an Angelic, you certainly are not going to listen to Self, "I was not listening." What were you doing?

I was concentrating ~ I think you were talking about different encasements all having an experience and having consciousness. I think, something like that! ☺ ☺

Indeed!

And we are all spiritual beings out of The Universal Consciousness. I got this one, too!

You did get more than you realized, ☺ ☺ which is actually part of what we highlight ~ you get more than you realize, but you discount it unless you are challenged ~ just as we did with you, "Give us the information back." When you are within Self, you are half listening to yourself. But if you were to challenge Self, you would find that you heard much more than you realized.

You are all spiritual. Every one of us is spiritual. There is not one energy form out of The Universal Consciousness that is not spiritual. So first and foremost, we debunk what

others say about, "Well, you're not on a spiritual path." Every path is spiritual. Every energy form is spiritual. Therefore, you are all equal ~ all energy is equal. You are equal energy wise to the carpet ~ to the plants ~ to the sofa. What did we just say?

We're all equal energy forms.

All are equal. So when someone comes to you and says, "I am highly evolved." anyone who would say that to you, step back ~ for, yes, an entity may have a higher level of awareness in a particular area than you do, but they are not better than you. No one is better or less than another ~ just different levels of understanding, different levels of awareness.

Be careful, then, of what we call the Spiritual Elitists, who will tend to say things about how good they are, they can see auras, "Ah, I go into a very deep state of meditation and I hear all the answers I need to hear. My Higher Self is extremely evolved." That means nothing. Being evolved simply means that you have certainly had significant experiences that have brought you to a particular level of understanding. But the more you understand from The Universal Consciousness perspective, the more you are expected, then, to use it to be of service to others, and the more there is to understand.

Once you accept that you do not understand anything and yet you understand everything, you will be much better off in your journey, for the journey is regaining the information that you already have. You already have the information. You just put it into little boxes, much like a birthday time ~ little boxes that have presents in them. You are going to each little box and opening it, and you are finding the knowledge. But the little boxes, the little presents are then hidden. And the fun is in trying to find where they were hidden. That is all it is. That is the journey. You say, "Where is my little present? Here it is ~ I found it. Now how do I get it open?" Some people tear off the paper. Others very meticulously take layer upon layer off. It is part of the journey and that is what meditation is about ~ it is finding your presents.

We are going to work with you now using a particular ritual of meditation that is currently on the plane to give you an idea of how far removed we are from that particular type of ritual. We enjoy bringing people to extremes, for it is only in the extreme that you find, ultimately, the balance. You go from this end to this end ~ The Spectrum ~ which is, ultimately, a circle ~ brings you back to your point of origin, which circles around and around and gives you all of the variations that exists in the circle simultaneously ~ all simultaneous.

So then, we will give you an example of what you might experience if you went into an environment where there is the definitive word on how to meditate so that you will have a sense of how it feels. We are very big on emotion and how it feels ~ that is why you are on the plane ~ to feel, to have emotion. That is why you chose to come on the earth plane. Not everyone chooses to come on the earth plane as a human. Generally, it is those who have drawn the short straw that come on the earth plane as a human. ☺ ☺ Try to make the best of it, though!

We want you all to fold your legs as best as you can. Indeed! ☺ ☺ Now, place your hands on top of your knees with the palms up, with the fingers cupped and your back must be straight ~ breathe in through the mouth and out through the nose. Do this ten times. Three, four, in, out, five, in, out, six, in, out, seven, in, out, eight, in, out, nine, in, out, ten, in, out. (Waith says the last two very rapidly) What ~ you cannot go by my timetable! ☺ ☺

How does that feel for you?

- ☺ **It hurts!**
- ☺ **My legs ache**

Ah, it has only been a few seconds of earth plane time ~ you are already feeling uncomfortable. You cannot meditate? Why can you not meditate?

It's already longer than I usually pay attention! ☺ ☺

Indeed. This is a guided meditation. We are going to take you to a spot where you are supposed to be ~ "Oh! No! The pressure!" Indeed. Relax yourselves now. ☺ ☺ Yes indeed. The pressure is off ~ there is no need to have to respond to the voice of some external source.

Tell us, my love, of your experience with what we have just done.

It wouldn't work for me to get anywhere ~ I couldn't hear anything that you were saying because what my encasement was saying was, "Pain ~ this doesn't feel good, so you're flunking!"

Ah-h-h! So you are flunking, "I cannot do it," according to what you are telling me. What about you, my love?

I wouldn't want to do it for a long time, but I could do it for a while. It was a nice position, but not for a very long period of time.

How would you define a period of time?

I don't think for more than fifteen minutes.

Ah-h-h! Indeed. My love?

I kind of agree with her. I don't even know if I could do it for fifteen minutes. But for five, ten minutes, maybe. Then I think there would be too much physical stuff interfering because I would be worried about keeping my fingers together. I would be worried about keeping my back straight. I'd be worried about the physical position, I wouldn't be able to think about anything else.

Indeed. My love?

I used to do it that way many years ago and I can tap into that and I think I could force myself, but I think I wouldn't go far anymore.

Ah-h-h. What is the operative word in what you have just said?

Used to?

Yes, but even more strong.

In the past?

Someone to help her?

- ⊗ Probably not going far.
- ⊗ Wouldn't go.
- ⊗ Yes, I may not be able to attune, to listen to Self anymore.

Forced. You are forcing Self.

Yes.

You are saying, "I used to do it, but now I could, if I forced myself."

The flow would be interrupted because of the force. The force gives me blockages. I could go back to the time that I did it and also meditate with that flow, but then the blockage would still be there.

For it is no longer the flow. What worked in the past now does not work. My love?

It wasn't so bad. I could probably do it for a while. The longer I was in that position, it would get more comfortable. My body would get used to it. And my mind would take over.

Ah, indeed. And this was the way, my love, you used to feel.

Yes.

Yes. It felt comfortable ~ the flow was there, for that was an appropriate way to feel and to position yourself. My love?

I felt that the process was enhanced by being here because I felt a greater sense of trust and relaxation. But I've tried to do similar things elsewhere and had my monkey mind running all up and down the trees, jumping from place to place. So, I felt it relaxing, focusing on the breathing that way, but it felt very unnatural to start with.

Ah, indeed. And it only felt okay, as you would say, because you were in this environment?

Well, I think that was really key for me.

So outside of this environment it would not work?

I've tried it in other places, not the same thing, but similar things, and felt forced. And it was nice knowing the context, too, as this being kind of a play, of doing an experiment.

You had all varying responses, which is what it is all about. We are not here to say do not sit in a lotus position, do not use candles, do not do this, do not do that ~ we are

not here to say that. We are here to say to you to evaluate what feels comfortable for you without forcing it.

Position has nothing to do with your ability to talk to Self ~ to hear Self talk. Where you are has nothing to do with the ability to hear yourself talk. However, for many entities, before they can reach that point of hearing Self, wherever they happen to be ~ in the midst of chaos ~ they must develop the skill within Self. You must begin to trust Self, and that is the hardest part. We can give you all kinds of information, all the tools, all the techniques. There are myriad tools and techniques, as many as you can think of, infinite, on how to do it. The doing of it ultimately comes down to trusting Self, hearing the words that are coming from Self, opening up Self.

And that is why, so often, an entity will resort to rituals in a particular point in time. My love, you were discussing how, in the past, you were able, quite effectively, to sit in that position that we placed you, and it worked ~ that was appropriate at that point in time. Now things are different. An evolution has occurred in the flow of energy and the trusting within Self. We do not say it is better or worse. We say an evolution has occurred, which simply means that things have changed. Evolution means things change. Some think that evolution automatically means it is better. Evolution just means change. We are evolving into a New Illusion ~ we are changing into a New Illusion.

Now then, we think it would be appropriate before we bring you into the next kind of play with meditation that you take a bit of a break ~ just to stand up, move about, perhaps have some sugar! ☺ ☺ With cookie in hand.

I think I need my own cookie.

It is the way we feel in The Universe in general ~ to have our own cookie. ☺ ☺

The trouble is, putting it in my hand, it automatically goes to my mouth! We have to move quickly!
☺ ☺

*Now then, quiet yourselves with your cookie. Have you eaten all of your cookies? ☺ ☺
You could get another one. Now then, take either the cookie or the tea, or both.*

I can have it all?

Yes, actually.

Have it your way!

Yes, Meditation Your Way.

This is turning into a Burger King commercial. ☺ ☺

Now then, quiet yourselves.

TECHNIQUE ~

- *Look at the focus, whether it is the cookie, the tea, or both ~ look at it.*
- *Look in your own space ~ think about this cookie or tea, what it means to you.*
- *This cookie or tea has become the focus of your Universe ~ you are bonding with it ~ it is going to satisfy you ~ it is being of service to you and you to it.*
- *What feeling are you having with this cookie or tea ~ you can be happy, peaceful, anxious to consume it ~ focus.*

FOCUS TIME ~ ABOUT FIVE MINUTES ~

- *Now it is time to break your focus and do what you want with the cookie or the tea. (A short time of silence)*

END OF FOCUS TIME ~

Let us get some response. Let us start here, my love. Tell us what happened during this quiet time with you and your cookie.

I felt really grateful. And I felt grateful for all the different things that went into the cookie. How it got here. The intention and attention that it got in all its different parts of being made ~ I felt like the rain and the sun, all the different entities that went into it. And I just felt grateful and I realized that we were both in this point in time.

Truly a cosmic experience, then! 😊 😊

Well, I also thought it was really good that I'm not starving! Actually, I am quite watery mouthed, too. I was really grateful I wasn't so hungry that I couldn't meditate. I would have just looked at the cookie as an object that I take for granted and consumed.

Indeed. My love?

I was curious about why the cookie became a cookie and where was that energy before? If all the energies are the same, then why am I not a cookie and why is this a cookie? I was just more curious about it.

Ah-h-h, perhaps you were a cookie in another lifetime ~ or a future one.

And it changed shapes in my hands. I could see that there was definitely something to it ~ that it didn't stay, it didn't look the same after focusing on it for a while ~ it looked very different.

Indeed. My love?

Well, I felt like it was a very happy little cookie and it didn't want to be totally eaten and I didn't want to totally eat it all. And, I don't know, it's just not ready to go yet. So I am just letting it sit there.

Very good. My love?

I had an interesting experience. The cookie was a world and I was on the surface of the cookie running around on the cookie, and having an experience with this cookie. And somewhere on the other side I started thinking, what if this isn't the top? What if this is the top and I just thought it was the top. What if I made an assumption and I'm totally wrong about all of this? Or maybe it's not wrong. Maybe it's just questions, tons and tons of experiences and questions and fascinating

things all happening at once. And then part of the cookie rolled away and I was really upset and I put it back. It just had to go back to the cookie. And then I started experiencing the textures of it, touching it, and wondering if maybe the inside was what really was the top ~ and so it continues because all these things are still running around ~ they haven't quieted down.

Indeed. My love?

I didn't have all these kinds of experiences! 😊😊

Oh, no, then you must not be spiritually advanced! 😊😊

I'm not as spiritually advanced, no! I just didn't need to force myself in what I was doing. That was the first thing ~ comparing it to the other meditation. This was a better flow for me, having something in my hand was very familiar to me, too, because when I meditate, I like to carry something in my hand ~ a crystal, or animal, or something. So I didn't really make a big connection with the cookie or tea. I just felt good and relaxed. That's all!

Well, that is significant.

And I didn't feel forced ~ I felt good, in my own flow.

Good. My love?

Well, I'm definitely in the same boat as her. I didn't really have any cosmic awakening about the tea or anything. My mind just wandered, as it would, and I thought about all the little air bubbles in the tea and then I thought that my tea must be quite strong because the bag's been sitting there, so I started to take a sip. It was hot so I decided that I didn't want to drink it for a while. And I started looking at my teabag and I was wondering who the first person was who decided to crush up little herbs and put them into a bag and pour hot water through them ~ how they came to that decision that it would make a nice drink. And then, I got into thinking who the first person was who made cookie dough and how bread was invented ~ just stuff like that ~ grinding wheat into flour. It's complicated! I think about that stuff. Who figured out yeast? It's very complicated.

It is!

Absolutely.

But it is!

It's probably channelled information! 😊😊

All information is channelled, my loved ones ~ whether it comes from an external source such as we ~ through Mushiba ~ or the majority of it comes from Self ~ from levels of Self that have different awarenesses than the concrete and are able to communicate that awareness to the concrete. Everything that you experience comes from some source. Every informational piece that you have comes from a source within Self.

You were ultimately, in this exercise, communicating with Self, for we take the concept that all energy is equal and all energy is connected to The Universal Consciousness. Therefore, all energy is One ~ yet separate ~ but One. And if all energy is One ~ yet separate ~ then all impact on each other. And if you are focusing on a cookie or tea and

experiencing thoughts about the cookie or asking questions as, “Where did yeast come from?” you are communicating with Self, ultimately.

So let us take the mystique away that to communicate within Self means a very restrictive sense of Self, “Me, me, me, me, me,” the separate me. Rather, to communicate with Self, look at The Universal me, The One. Everything that you come in contact with is ultimately Self. You are sitting on yourself, on this carpet. The clothing that you wear is Self. The trees that surround you, my loves, are Self. It brings in a much greater sense of respect, for whatever you do to anything else you do to Self.

But more importantly, it takes away the mystique of communicating with Self as being something restrictive. You can learn to hear yourself talk by respecting everything that surrounds you, everything that makes up your environment ~ not just other people, but also the clothing that you wear, your hair, your fingernails, the ribbon on a tree, is all encased energy. If you took the time in a deliberate sense as we had you do with the cookie, you could contemplate its essence.

If we had left you more time in this exercise, imagine the thoughts that may have begun to come in. Imagine the quietness and being given permission to just focus on one thing. You do not have to focus on all the things that are going on in your world. In this environment we told you that you had to focus and therefore it was all right ~ and therefore you gave yourselves permission to focus!

Now we want you to think about something that you enjoy doing. Take a moment. For many of you, there could be a list of things that you enjoy doing. Pick one. What is something that you really enjoy doing that you can talk about in public? ☺ ☺ So take a moment and think about this. We will then ask you individually. (Several minutes of silence)

Let us begin. My love, tell us one thing that you enjoy doing.

Digging in the garden.

Digging in the garden. Ah-h-h! A nice activity. My love, what do you enjoy doing?

I'm a line dancer. I love to dance.

Ah-h-h! You love to dance. My love, what do you enjoy doing?

Creating.

Creating. Can you be more specific?

No, I don't know. Because there are many things that I enjoy creating but I can't choose whether I enjoy creating one thing more than another.

Do you enjoy creating thought forms? Do you enjoy creating physical forms? Can you narrow it down a bit for purposes of this exercise?

Wow, I don't know!

Ooh! Such pressure!

Can you come back to me ~ give me a couple more minutes to decide?

Yes, we will return. My love?

I enjoy creating physical things.

You enjoy creating physical things. Now we do not want to have two of the same thing in the exercise! Now the pressure has really ~ 😊 😊

Because even physical things that I create, I suppose, invoke thoughts within myself and other people, so definitely, I enjoy creating thoughts and moods.

Ah! Very good. My love?

I enjoy being on the water. I have a little kayak and I enjoy paddling around on the water.

Very good.

I enjoy being with animals, particularly with my babies.

The babies being ~

My two doggies.

Two doggies. Yes, indeed. My love?

This is going to sound very similar, but the first thing that came to heart was the names of my friend's dogs that I love very much.

Ah-h-h! Visiting another's dogs. This is a bit different than being with your own dogs. Significantly different.

I like Cooking.

Cooking, good! My love?

Talking to the crystals.

Talking to crystals.

Now then, for each of what you have described as liking to do, we want you now, in quietness for a few moments ~ we will bring you back ~ to focus on why you like to do what you have just said you like to do. Quiet time now and focus. (Several minutes of silence)

Slowly come out of your focusing now. Let us talk about what you focused on. Let us start with you, my love.

Well, I like being on the water because it's both very relaxing and exhilarating. It allows me to be in an environment that's very different from my normal one, yet it doesn't affect the environment. It doesn't hurt it or destroy it or anything like that. It brings me to places where I can't go by foot. It's very relaxing and yet, because of the physical exertion, which at times is a lot because of wind or whatever, it's exhilarating and exciting. And when it's over I have a whole myriad of experiences that run the gamut of everything. It's just a wonderful experience.

Good. My son?

I enjoy creating moods because it makes me powerful, because one of the things that I do is I am a photographer. I make photographs ~ all different types, and through those photographs, everything that I make, I have the power to make someone happy or sad or frightened or comfortable. When I'm making music, I'm playing my saxophone or playing the drums, I have that same power and I enjoy that.

Good. My love?

It's an emotional experience for me in a lot of different layers. I am in control of me. Nobody else is. I feel good. I feel happy. It's a lighthearted activity. It just feels good. I connect with me. I can zone out and I can connect with me in a way that at no other time is it as evident.

Good. My love?

I feel a lot of love when I am with the dogs. I feel very welcomed, and there is joy on both sides, and gentleness and recognition, and they always help balance me no matter what kind of interesting experiences I have. And I am really in the moment with joy. They bring a lot to my heart.

Good. My love?

When I communicate or am with my dogs, it gives me a feeling of safety in particular because my life is pretty crazy around me sometimes, and so I can always go to that place of safety. Being with my dogs feels like it is as perfect as it can be on the earth plane for me at this particular time. It creates a space of safety, and of course, love, compassion and peacefulness goes along with that. But in particular, the safety that I can go to, and then I can find myself and connect with whatever I need to do.

Good. My love?

It gives me the opportunity to be outside by myself. Creating a garden, for me, is a nurturing of a lot of different kingdoms of plants, the birds, it is just the whole creating of an environment outside.

Good. My love?

For me it is the ability to use a lot of parts of me and to combine my intellectual side. I am thinking of something and I am using my hands to help make that happen and coming out with something that is sort of a product of all of that. I really like using different mediums. It is bigger than I am, which I like.

Good. What you have each expressed is a spot that is safe for you, however you define safe, where you feel empowerment within Self as it relates to where you are on your path right now. When you are performing each of these activities ~ digging in a garden

or engaging in dancing, being with animals, being on the water, creating ~ it gives you a sense of Self. And yet it gives you a sense of outside of Self, perhaps a power greater than yours, which ultimately is yours ~ for anything greater than Self is Self, ultimately.

The highest of power is The Universal Consciousness and we are each part of The Universal Consciousness. There is always the important consideration here ~ we are One but we are Separate. And the way that we can truly enhance the separateness is to remember the Oneness. To go within Self, then, simply means to bring into focus something that makes you feel good.

Oftentimes, you are not able to physically be doing a particular activity. You may have to be doing some of the mundane earth plane things, going to and from on the earth plane. The climate may not be agreeable to go out on the water, to dig in the garden. You may not have the opportunity to visit physically with the dogs. However, you can visualize the activity because you know that it is something you have access to, just not at this moment.

You do not have to sit in a particular position and begin to visualize digging in the garden or being in the water or dancing. Rather, you take the memory of, for example, what you have just experienced, that brief moment of experience where you were thinking about why you enjoy doing what you were doing and holding onto that as you go through your life. It becomes then a way to connect with Self in a pleasant way.

Connecting with Self in a pleasant way gives you then the ability to eventually smooth out the unpleasant, as you might call it, conflicts ~ although we do not consider conflict unpleasant. But it enables you to face the conflict better because you have this essence of something that makes you feel good, like cooking. However, are there not times, my love, in which it is not as enjoyable as you might like?

Definitely.

And during that time frame, what do you think of?

The pleasant times, the enjoyable times. Or I project into the future where I can achieve that again and I know that this is a short point in time that I need to get through and then I can go back and create again.

Indeed. There are periods of time in the flow of your energy. The flow of energy is simply time. Time is energy. Time is an encasement for energy. Therefore, it is a flow, and therefore it will have its moments and its other moments, just as you have your moments and your other moments. You can project into the next time frame when you would be able to physically enjoy what you are now thinking about so that you carry it with you as something pleasant.

Questions? Observations, comments?

I'm still having somewhat of a hard time understanding the concept of Self outside of Self to The Universal Consciousness.

We will give you an illustration that may perhaps help you. It is one of our favorite illustrations. Think of what is called the spider plant. It is the plant that has its oneness. It then has shoots that come out of it that produce other plants and yet the shoots, in order to live, must stay connected to the main plant, you see. And the shoots produce shoots, if you will. So that, as you are looking at this spider plant that is growing, it is one plant and yet it is separate. And so each of those shoots, if you will, has all kinds of little leaves. You are one of those little leaves on a shoot. You are separate from the main plant and yet you are connected. Rather simple. Does that help to clear that up?

Yes that helps a lot.

Another response: I have a hard time articulating this, but when we are all part of The Universal Consciousness, and we either get a short straw or would just like to leave, we are like an individual expression of that energy. Then it seems that when we are trying to meditate, our ego is something that gets in the way of going back to that place of consciousness. It just seems that it is inherent in being out of The One that we have our own individual expression and own individual exploration of what our path is. I'm just wondering how do we distinguish between our level of Self, which is ego, and the level of Self which is higher consciousness?

All levels of Self are ego. Ego exists outside of The Universal Consciousness. It cannot not exist. It is inherent in being outside of The One. The only time that ego is not there is upon return to The Universal Consciousness. Ego is a good thing. Ego is something that is constantly being tested for abuse or non-abuse. You need ego to develop strength within Self first, and once that strength within Self begins to develop, you will be tested for whether you use that strength to be of service to The Universe or not. That is the journey. That is also for future discussions and also for investigation into past discussions that we have given on the very issues of abuse of ego.

We have an ego. We know you find that hard to believe! ☺ ☺ We could not exist without it. We would not have the ability to communicate as we do without it. It is a good thing. Each of you must have ego. This is the conflict within Self, for each of the infinitesimal layers of Self has their own egos. It is the bringing together in harmony of the ego that is the challenge within Self. It brings the ultimate Respect of Self. The more that you bring your ego components into harmony within an inherently disharmonious environment, the more you are able to strengthen, and the more, then, you Respect Self. Our ultimate goal ~ Respect Self ~ that is the first and most important GUIDELINE FOR GROWTH. From it all else flows.

We are ready to depart for this first component. Before we give the departing energy would there be any final questions, comments, observations, concerns?

Next time I'd love to be able to ask questions about how to find harmony within Self.

Oh, those are always good questions, "How do I find harmony within Self?" You need to meditate on that one, my love!

That's like the cat chasing its tail!

That is the stock answer for anything. Any question that would be given to us ultimately, we could just say, "Well, meditate on that, find your own answers!" ☺ ☺

How wise of you! 😊😊

Yes, indeed. You see? You have recognized the wisdom ~ there it is! 😊😊

Well then, we have enjoyed this gathering very much and we wish you happy focusing ~ talking within Self. My loved ones, we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Farewell and thanks, Waith!