

Waith Class Transcript

APRIL 11, 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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APRIL 11, 1999

SPECIAL TOPIC SESSION ~ SPIRITUAL LEADERSHIP CONVOCATION, DAY TWO

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

- ⊗ **Hi, Waith!**
- ⊗ **Back to you, too!**

Thank you! We are pleased that you have returned, lighthearted and ready to go for this next component and, of course, a component that will include some very concrete techniques ~ how to do it!

We refer you to these sheets of paper that represent the word Spiritual that you each wrote when you were finishing in our session yesterday. We want to review a bit, what has been written, for that will lead us into the next exercise, if you will.

Let us, then, review your words ~ infinity, love, power, light, abstract, knowledge, in touch with Self, able to communicate to Higher Self levels and perhaps soul level, able to make decisions for the highest good of Self and others, acknowledgement of other dimensions, to be guided, sensitive, levels of Self, blending of abstract and concrete, life, all things, Universe, connected, combination of all my others, alignment, harmony, seeking, sense of searching with humility, sense of not knowing it all, resonance, not imposing on other beings, integrity, resolving issues with honesty, Self forgiveness and forgiveness of others which lead into going beyond judgement, individual path, for greater good, service, helpfulness, honesty of the heart, not trying to project something you're not, exploration of potential, holy, pure, goodness, balanced, insightful, calming, together, infused, caring for others, sharing of Self, joined, unconditional ~ leading to love ~ leading to forgiveness, spotless ☺ ☺ , control and power.

If we were spotless, we wouldn't be here.

Ah, but the goal is to become spotless ~ ultimate spirituality, perhaps. So then, as you can see in the same way that the listing for Leadership was given, so too, is there a listing for Spiritual that is given. And each of you, just as before with Leadership, gave your own unique response to what you believe Spiritual is. This is a very important component to keep in mind, that you have your sense of Leadership and you have your sense of Spiritual, each very unique, but also bringing in many similarities ~ if not the exact words, but the sentiment there, the feeling, the sense.

Now then, this is a Convocation called Spiritual Leadership and we have defined, in a somewhat loose term, Leadership. And, we have these words that are giving us definition to Spiritual. It is time, now, to bring them together into some type of flow, if you will. This is your exercise, first thing in this glorious convocation. We would want you to come up with, each of you, your own flow of how you would recognize Spiritual Leadership.

And we want you to come up with this definition, so to speak, by looking at the words given for Leadership, and, looking at the words given for Spiritual. Come up with ~ it does not have to include every single word from every single component, based on what you have seen in these listing ~ what you think Spiritual Leadership represents. So this will mean that you will have to, perhaps, stand up and review the Leadership and Spiritual wording. And we will sit here for a bit of time while you come up with your definition. You may consult with others if you want, also. This is not meant to be absolutely by yourself.

(There is silence followed by the sounds of individuals talking with each other)

Let us hear each of your responses now. We will start here and go around.

- ⊗ I thought, respect of Self and others, focused, larger perspective, acknowledgment of Self and others, recognition of others' life path and their song like their special contribution while remaining true to one's own life path, uplifting others, offering hope, empathy, humor, thoughtfulness, appreciation, being reflective, able to face the shadow in one's Self, sharing one's own journey when it's appropriate with others without imposing, receptivity, accepting love. And, then, I know it sounds like a shortcut, but I was really looking at *The Guidelines For Growth* and they seem like they have all the components ~ not to plagiarize/
- ⊗ Why not?! I did! 😊😊
- ⊗ That's what they're there for!!

(They are referring to *The Guidelines For Growth* painted on the wall ~ given by Waith many years ago and distributed freely)

So, it felt like, "Oh, there it is!"

Indeed ~ very good, my love.

By respecting and loving Self we see more of the positive in others ~ respecting others and looking at good that is there with people, one is better able to embrace all of the actions mentioned such as harmony, humility, service with a smile, honesty, etc., and as works of the light are embraced being of service to Self becomes more real. The End! 😊😊

The end ~ very good, my love. So often we have to do that ~ we have to say, "The end." 😊😊😊

I, too, plagiarized from *The Guidelines* because I'm looking at it ~ back and forth ~ and all of a sudden I realized, "Oh!" So I put, respectful of Self and others, awareness of higher levels of understanding, seeking to understand Self, striving to learn lessons in helping others when called upon, an ability to make decisions. The end ~ it's not really the end ~ it's continuous!

Very good, my love.

I felt Spiritual Leadership was, acknowledgment and communication with Higher Self in other dimensions, pure of heart, integrity, honesty, inspiring, effective, balanced, intuitive ~ which equals able to see a larger picture ~ lighthearted, modeling by example ~ and that had sort of equal with Unconditional Love.

Very good, my love.

I wrote, seek guidance with compassion and Unconditional Love going beyond judgement, focus on giving pure love so love can balance, able to communicate all these aspects and to have magnetic love.

Ah, magnetic love! Very good, my love.

I looked at each of the things and I shook the words up and tried to see what would fall out! 😊😊
And I came up with six areas. One was decisive ~ I saw that as very important in a leader. And confident and a good communicator to share the vision. And, then again, using control and power to serve others. And, setting an example ~ respected by others and, Unconditional Love as being the underlying goal.

Very good!

What do you think of each of your responses to this?

- ⚙️ They're all pretty much the same.
- ⚙️ And yet, they all had their own little unique twists.

Ah, indeed, indeed. One of the things that we would point out in your listing of Spiritual is that there seems to be nothing concretely listed that says lightheartedness ~ you had it with Leadership, humor was one of those components. And yet, as we look at this representation of the elephant, the words are framed in lightheartedness by the illustration of The Animal Kingdom member known as the elephant!

I said, service with a smile! 😊😊

Oh, indeed, what we enjoyed hearing was when you combined the two, you brought in the humor, or the lightheartedness, into your combination. One of the things that we emphasize so much in our teachings is that spirituality is framed in lightheartedness.

And, you all fell into that very serious mode of spiritual! 😊😊😊 Except, of course, for this one person, who did frame her words in lightheartedness. (Referring to the elephant) So, it is an example ~ and once again, leadership, as you have all recognized, is example ~ positive, respectful.

And it is good, then, that you each can look at each other, for example, and some of you have shown some very fine insight where spiritual is concerned. You know, it is predictable when asking about, "What does it mean to be spiritual?" that the immediate response brings about all these very serious perceptions.

I don't want to get it wrong!!!! 😊😊

O-h-h-h, "Spiritual, we do not want to get it wrong!" 😊😊😊

What is spiritual, after all? Can you really define it?

- ⚙️ I don't think we can.
- ⚙️ No!

Why not, my love?

- ⊗ **Even with all of us here, we all have pretty much the same idea but we all have a different point that we see it from.**
- ⊗ **We are all connected.**

To be connected is a way of saying, spiritual.

It's very personalized.

It is very personalized. What have we been emphasizing, in our discussions in the first session, about the layers? They each have what two components?

Abstract and concrete.

Abstract and concrete. Leadership, if we were to look at those two terms ~ abstract and concrete ~ is very easily defined, is it not? It is this and this and this! It is very, what?

Concrete.

It is very concrete. Spiritual then, with only one choice remaining, ☺ ☺ would be what?

Abstract.

Very good, you all guessed the right answer!

But, really, we tend to think of them in those terms.

Yes, indeed. Remember that we have said that our mission here, with all of you, is to help bring balance into the abstract and the concrete. And we have, indeed, said that the earth plane is the concrete, and that which is the spiritual is the abstract.

Abstract to each energy form is different than it is to another energy form. It is individual. It is something that is seen from Self's own levels of awareness. It is the reason why we caution you so often about the spiritual elitist who tell you what it means to be spiritual, "This is what you must do ~ this is what you must say ~ this is what you must believe ~ and this is how you say it ~ and this is how you behave ~ here is the ritual that you will adhere to ~ and, if you do this, this and this, you will achieve some high level of spirituality ~ you must fast ~ you must consume only certain kinds of food ~ you certainly must not consume animal, after all, if you are spiritual, then you must have cleansing of body." Well, this is all nonsense, as we have said on the record, over and over again.

Spiritual is your sense of balance between the abstract and the concrete. And every one of you is different. One of the reasons that you are different relates to that concept of taking a percentage of the lesson to be learned, and that every one of you are at various points of completion within a particular percentage, and that you, also, have various percentages that are different from others in learning your lessons.

Therefore, Spiritual Leadership is simply the abstract and concrete coming together.

When you think of leaders and leadership on the earth plane, what words come to mind immediately ~ quick words!

- ⊗ Power.
- ⊗ Decisive.
- ⊗ Confident.

Yes, we are starting to bring back some of the words.

- ⊗ In control.
- ⊗ Strength.
- ⊗ Sense of mission.
- ⊗ Focused.

These are all words, once again, that are a coin in that Spectrum of Light that can be used for benefit, or not for benefit, of Self, as well as for others. And as we spoke in Part One, the layers ~ let us return to the consciousness within Self, each having their own spots and sparks. If you are going to attain Spiritual Leadership, it simply means that you are in control within Self of your spots and sparks.

Leadership on the plane, so often, is represented by those energies who are having difficulty in even understanding Self, and because of that, they are projecting onto others their lack of balance within Self. Well, my loved ones, we are here to tell you that is all right ~ that is the way it is.

Each of you have imbalances within Self and yet you lead in various ways, sometimes a bit more insightful than other times. And yes, if there is a leader who brings groups together to perform mass murders, my loved ones, that is part of living on the plane ~ that is part of being involved in the quest for Spiritual Leadership that can only be attained by going within Self to work on the spots and the sparks.

You are each leaders, some in larger arenas than others. It is just as important to be a good follower as it is to be a leader. And every leader, in some component of their life, has a role to follow. That is the way it is. It may be less infrequently than another, but there is virtually no known leader, if you would look at it from, "Ah, this person leads in everything that he or she does." This is not true. If you were to look more closely, you would see that there would be at least one area of that entity's life ~ concrete life ~ that they are not leading, that they are following.

This concrete concept ~ and it is a concrete concept ~ goes back into the abstract ~ the layers of Self, where you are, in some layers a follower and in some layers a leader. Thus, you get the abstract view from within Self, of leading and following. And if you are comfortable with both components, you bring that ~ over time, over experiences ~ into the concrete that you exist now and find, then, the ability to follow and lead simultaneously.

Good leaders are followers and good followers are leaders ~ it is the same coin ~ it is The Spectrum ~ The Spectrum of Light ~ The Spectrum of Spirituality. It is not a spectrum of leadership ~ it is a Spectrum of Spirituality. And, out of your own development of your own spirituality comes leadership.

As you develop your leadership, you develop your ability to follow, and that strengthens, then, your ability to lead, which strengthens your ability to follow ~ and it becomes that Spectrum of Spirituality ~ lead, follow, lead, follow ~ spiritual, concrete ~ we would put in parentheses, abstract, under spiritual, concrete feeds into spirituality, which feeds into concrete, which feeds into spirituality. It is a Spectrum and it is surrounded, then, by following and leading, following and leading.

Every entity who you see now on the plane in various forms of leadership is in their own point on this Spectrum of Spirituality. They may be very aware of it or they may be very unaware of it, just as some entities are very unaware of the spiritual, or the abstract, and very much aware of the concrete. This does not mean that they do not have spirituality or that they have low levels of abstractness that have been developed. This goes back to judgement. You look at another and say, "Oh, they are so concrete ~ they are not spiritually evolved."

Well, my loved ones, be very careful, for they may have taken on a very specific kind of lesson in this lifetime and at the concrete it was determined that they would not have concrete awareness of higher levels of understanding ~ they would be focused, they would be very, very concrete.

While our mission is to help entities bring balance into abstract and concrete, there are some on the plane who will not respond to this particular mission because their path is that they will remain absolutely grounded in the concrete or they will be in, what we like to call la-la land ~ in the abstract. So too, when each of you go out into the world and you are living ~ as we have been emphasizing ~ you will find that there are some who are very grounded. Do not attempt to bring them into something other than that.

If an entity has, as part of its path, to move out of that groundedness, they will on their own, not because of something you have particularly said, directed, at them, "Ah, let me tell you about Waith and Company." Do not do that. You will find others who are in such an abstract component of life that even to say to them, "Ah, let me tell you about Waith and Company" ~ they are in their own abstractness ~ they would not respond to our words. And then, there is everyone else ~ all the others who are at some varying degree in The Spectrum of Spirituality.

Questions, comments, observations up until now?

Everything you say just brings to mind different people, different events, different things are flashing into my mind, "Oops, got to do that one over again," kind of like that.

Indeed, indeed. Why do some people follow a particular leader?

The leader is inspiring.

The leader may be inspiring. Inspiring is a double edged sword, is it not? You can inspire to good ~ you can inspire to do things that another might perceive as not good, as we touched on in Part One. Inspiration ~ certainly that is a way in which leaders gather others around them. You can inspire to kill millions of people or you can inspire to save millions of people. You see it happening currently on the plane in various geographic areas.

There are those leaders who are inspiring others. They have motivated them. They have brought forth their way of belief ~ to bring harm to millions of humans ~ humans as a beginning, but animals and minerals and all the others. And in that same scenario, on the same stage, within the same play, are leaders who are inspiring others to bring good into the situation that is being inspired to kill others. And then, all along the outskirts, if you will, across the Earth, there are splinter inspirations, if you will, for both major camps. And you, as entities, can decide in your own way if you will respond to that particular calling that the leader sends out.

As we said before, each of you chooses your own battle. Therefore, you will choose your own leaders. You will not choose a leader that does not ring a bell with Self. So too, you as a leader would not bring others into your arena if you did not ring a bell with those followers.

Now then, we have this Spectrum of Spirituality. What do you think this Spectrum of Spirituality has in relationship to The Spectrum of Light?

Spots and Sparks?!

Spots, sparks.

The circular model.

It is the same circular model, indeed.

I just see parallels between the sparks and spots in The Spectrum of Spirituality and The Spectrum of Light so that we have areas of difficulty that we were working on or that would come up still.

Spots and sparks. (Waith refers to a drawing)

Concrete and abstract.

Ah, would we not then superimpose. What would happen if we superimposed The Spectrum of Spirituality with The Spectrum of Light? Think about it ~ what would happen?

Sometime my lead would match up with my spot instead of my spark so although I would want to lead with my spark, I may be leading someone down the path of my spot.

Yes! You see, spots lead as well as sparks ~ that is what we have just been telling you. Leadership is not always in the light, as you would call it. However, being in the light is relative. Remember that. You are light to one entity but dark to another entity, depending on the spot, spark situation.

So you simply then, would superimpose The Spectrum of Light onto The Spectrum of Spirituality. And you would have, then, an idea, within Self, of just what was stated, "Perhaps I want to be leading, or even following, with my sparks ~ but that is not the case because my spots are lining up in my Spirituality Spectrum in a way that brings, perhaps, a darker view of how to lead or how to follow in a particular situation, in a particular layer of consciousness of Self."

So The Spectrum of Spirituality superimposes upon The Spectrum of Light and The Spectrum of Light superimposes upon The Spectrum of Spirituality for every layer of consciousness within Self. So the spots and sparks and the lead and the follow and the abstract and the concrete, as Spectrums, are within each layer of consciousness of Self. Thus, we add in one more layer, if you will, of going to Higher Self.

Now each layer of Self has its own agenda on its Spectrum of Spirituality and its leading and following, and whether a particular behavior of leading is aligned with a spot or a spark, or any particular behavior of following is aligned with a spot or a spark within the layers of consciousness of Self. That adds to the fun of communication between the layers of Self, you see.

Questions?

I was just thinking of the role of other kingdoms in offering inspiration and sparks. It seems like there's certain animals or plants that I feel a great affinity for, and I feel that they've always really uplifted and inspired me at deep levels. I just wondered about The Tree Kingdom and about dolphins and things like that helping humanity on some level.

Every kingdom has the same concept of spots and sparks. We speak only of The Human Kingdom in this discussion of Spiritual Leadership. The interaction with other kingdoms would bring us into an advanced discussion that would incorporate the Energy Circle, which we choose not to bring into this particular discussion, for it may, then, bring circuit overload.

We prefer to use the remaining time to bring in the techniques for The Human Kingdom. Once you have those techniques, then it becomes appropriate to look at how the spots and the sparks in The Human Kingdom work in harmony, or disharmony, with the spots and the sparks in other kingdoms.

Certainly, you can accept that if you feel a particular harmony with a tree or an animal, that the spot spark scenario is in harmony ~ for you, and for that particular tree or animal, or whatever ~ just as you would feel a particular harmony or disharmony with another human for the spots and sparks are aligned in some way, or are working in harmony in some way, or working in a disharmony, you see. So that conversation, my love, will be held at another time.

How do we know when we are imposing our leadership on another person ~ that we are making disharmony with the spots and sparks?

You may not, my love, and that is part of the game. That is part of the journey, for imposition is not a bad thing. It simply means that, "Ah, I have imposed. Now I must learn what the signs are so that I will not impose again." The only way that you will know to recognize that something is imposition, for you, is to recognize it. And the only way you can recognize it, is to have done it.

Live and learn. 😊 😊

Yes that is where that adage comes from ~ live and learn. It is why we emphasize all the time ~ to live the life ~ to make the decision ~ do what you feel you must do. We do not want to sound like one of these commercials, "Just Do It!" 😊 😊 😊 The influence on the plane, indeed! But truly, in order to know what you do not want to do, you must have done it to recognize it.

And if, indeed, you impose upon an entity, they were a willing participant at some level of that imposition, for they had determined that they needed to be imposed upon so that they would know what it, too, felt like to be imposed upon, to know where the line within Self is. If an entity were to begin to impose upon you, and you have had experience in the past of entities trying to impose upon you, you would recognize it before it even began, and you would say, "No!" 😊 😊

So our message, then, is not that you obsess about whether you are going to impose leadership upon another, but rather, to go within Self to ask Self if this is an imposition. And you may get an answer, or you may not get an answer. And if you do not get an answer, it simply means that concrete Self apparently has enough information to make a decision. It may not be the information that you think is enough, but you must then act.

Once you have acted, you step back from it and you view it and you say, "Ah, this was good about it ~ and this was not good about it." Then you have information for when the next situation presents itself. And again, you go within Self and maybe now a few layers of Self will say, "All right, let's talk about what you did before, and now we'll give you more information based on our storage of information." And then you act again. And then you step back from it and the same process continues. That is the way in which it occurs. That is the process. It is individual for each ~ that is why we say that this is a Spectrum of Spirituality ~ the leading and the following.

Are there questions or observations? Comments?

It would seem like the abstract is sometimes kind of intangible to our aware minds, so it's almost like we see the results of the abstract brought into the concrete. It's sort of like a filtering down process. Sometimes I look around in my life and I go, "Oh, my goodness, I must have not really seen something."

But that is the point. Understand that when we say that our mission is to bring balance into the abstract and the concrete, it means that concrete is the physical manifestation of abstract ~ and abstract is the result of concrete ~ one feeds on the other ~ one gives

information to the other. Abstract tells concrete, "Here, go out and play it." And you go out and play it and then you send back the results to abstract ~ and abstract now reconfigures itself, if you will. And then abstract says, "Ah, based on the experiences of concrete, here's a new abstract ~ here, go play it." And, concrete plays it ~ sends it back to abstract ~ that is the way in which growth occurs ~ abstract and concrete working together. And then, of course, the sparks and the spots all overlay into this harmony between abstract and concrete.

Remember that harmony is an abstract. What is harmony, after all? Is it something that you can, concretely, define? No. And as we have placed on the record, the earth plane is a training ground of disharmony, and what you try to do is to learn to become harmonious within the disharmonious.

One thing I've observed in my own life is that it seems when I'm in the abstract and speaking with other entities trying to figure things out, then I get a concrete confirmation. So there's a real tie between the abstract and the concrete. If I focus in the abstract, it comes out in the concrete, good or bad, so it's important for me to keep purity of heart when I'm in the abstract so that my concrete comes out with a purity of heart.

Indeed, but there will be times when the purity of heart ~

Yeah, I know! ☺ ☺

But this is all right. The goal certainly is to be pure of heart, but just as the goal is to be harmonious, you must be impure of heart in order to know what pure of heart means ~ and that will vary from one nanosecond to another nanosecond on the plane.

And the important thing is that you do not beat yourselves up, "Oh, I should not have done that!" Well, perhaps you should not have done a particular thing. But step back from it and say, "Ah, the next time I will do better," and, guaranteed, there will be a next time ☺ ☺ and you might not do any better. You might, in fact, do worse, because sometimes, remember, the teeter totter. We go up and down, and we have to look at the extremes, and we may not have brought into the extreme enough so that, indeed, the next time it is presented, we do even worse than the first time. But that is because we are testing our own extremes. And then, the third time that it is presented again, we may do even worse ~ until we reach our own extremes.

No one can define to anyone else what their own extremes are ~ only Self. And so, then, you start to bring yourself back into the balance. And then you may go to the other extreme ~ completely to the other extreme. You let everybody walk all over you, because in the other extreme you said to everybody, "I'm in control and you will not impose upon me." And then, at the other extreme you let everybody walk all over you, until finally you come to your own ~ this is the key word, YOUR OWN ~ sense of balance in a particular issue.

So be pure of heart, as defined by you, but do not be obsessed with being impure.

I realize that sometimes by body and my mouth are out of control, and how about PMS for an excuse?

Well, if that works for you!

On the earth plane it's a generally accepted excuse.

Indeed, by some. Remember that Self in this concrete, is a physical manifestation of its own layer of abstract, and any other of these layers of Self that happen to want to work with concrete ~ could be many, many different layers at any moment in time. And so you may, indeed, get physical signs, "Ah, I was just thinking about that ~ and now we have the concrete."

Because the Self comes in within different incarnations to learn lessons, sometimes one might be experiencing something in the concrete that the Soul's been working on for a long time ~ different patterns of experiences come up again and again.

Indeed. Not always the same layer of Self comes into the concrete.

I was just wondering about that!

Indeed, there are some layers that have never been in the concrete of Self and there are some layers of Self that come and go, "Ah, it is my turn, now, to go on to the earth plane ~ you become a level outside of the concrete earth plane."

What is really interesting is when one of the really intense levels of Self, what you might refer to as the really higher, higher levels of Self that have never been on the earth plane, decide to come in for the first time. It has the Soul memories of Self, and thus, if a level comes in, either through the normal birthing process or through an infusion that we spoke of earlier, that level will find itself looking around saying, "Ah, a tree ~ ah, another human being ~ ah, I am in a concrete world ~ I am not used to this." And, it could be a bit disconcerting.

For some that could be for the entire life ~ they have never been on the plane, and yet, they have all of the memories of the other layers of Self that have been on the plane, and can use that to their advantage. "Ah, my lower levels of Self," as the higher levels would refer. Sometimes, "Oh, my lower levels of Self did this. How could they ever have done that? I would never do that." 😊😊 But they would never do that because the lower levels did it, and they learned and they did not then have to transfer to any higher levels.

So Higher Self, generally, when it infuses, which is the usual situation ~ those very high levels of Self ~ come in because of a very specific reason and have tremendous responsibility to the other layers of Self. Generally, there has been achieved a very strong harmony within the layers of Self when the highest levels of Self infuse. It does not mean that the spots are gone ~ remember that.

All layers have spots and sparks. It just means that there is a much greater level of integration that has occurred within Self, when some of the very highest of the levels of Self infuse on to the earth plane. Generally, that is left to either the last life or several lives just remaining.

But all along the way in the journey, there are allocated levels of Self that come and go on the earth plane. So let us say that the first level, just for definitive sake, the first level closest to the concrete and the second level and perhaps the third, fourth and fifth level closest to the concrete Self on the plane, are those levels designated to come and go. And as one level learns something, it retreats into Self and another level comes in and learns something ~ retreats into Self, talks with the level that was just in, hopefully communicating, sharing information. It is a way in which the levels can learn to live with each other.

You have a question, my love?

Well, yes and no. For instance, one of my selves could come in for a moment, a week, a day or a whole lifetime?

Yes. Those infusions can be exactly that ~ they can be for the entire lifetime or they can be for a period of time in which perhaps the concrete Self needs help when it comes to strength and insight. And then, that level may indeed go back into its position, or may remain. It depends on what Self decides.

Let's say I was at the first level and I was comfortable being in the concrete. So the Higher Self comes in, one of the upper layers. What's the difference between that and just connecting with the Higher Self?

There can be no difference. It depends on what the Self wants. When a level actually infuses into the concrete, it brings with it a different perspective, a physical different perspective, a physical different way of behaving and acting with others. It brings in an immediate ability to interact with higher levels of understanding without the necessity of having a telephone line to one of its higher selves.

Certainly, when the concrete has achieved a level of harmony with other layers and can communicate without blockage, that is worthwhile and appropriate for most entities. However, there is always the chance that the line of communication might be blocked by one of the other levels, for any number of reasons ~ the spark, spot scenario gets out of sync a little bit.

When a higher level actually infuses, there is no longer the need to have that line of communication. That higher level brings in all of the understandings that the other lower levels have gone through in their experiences ~ so it is part of the consciousness, and it is also part of the Soul memory. So there is a higher level of soul memory that comes in with an infusion as opposed to the Soul memory, which is there, but there is a tunnel that one must go through in order to reach it, and that can be blocked. Infusions of very high levels of Self are rare.

I see in my own life that for thirty earth plane years I believed in the death penalty. Suddenly, that began to change to the point where it's completely changed. I don't feel that I, as one energy, have the right to judge another and take their life. So it was a total opposite of what I had felt for so long. And during that time it felt justified, it felt real ~ why wouldn't I believe in that? Now, I try to put in other situations, testing my own mind. What about if this or that were to occur? Would I still feel that same way in my heart of not believing in the death penalty? So I don't know. Am I on the right track?

What track would that be?! 😊😊 What do you think?

That's how I relate it to myself in terms of how I went forward in that particular perspective and then changed completely. We experiment, trying different ideas. And also, maybe how you selected your leaders and their influences, you met someone else or you had a set of experiences that suddenly caused you to reconsider. We all have our focus or our experiences on what the death penalty means and we may have had people who were part of that process with us. Who knows? I guess people can change. It's probably a good thing! 😊😊

Indeed. And that was very well described, my son. That is exactly what we have been saying, is that you have the abstract and the concrete. Remember? Concrete experiences ~ sends it back to abstract ~ abstract says, "Oh, de de de do!" 😊😊 Sends it back to concrete. Now that is relating to the levels of Self, and so your closest layer of Self may be that abstract that is sending you back the information, or it might be another level that is part of the comings and goings of the earth plane.

And as you have experiences, you bring it into another level ~ play with it. And then, it comes back again, and you have another experience, and you start to reconsider ~ you have a different view of something based on your experiences for this lifetime, based on the percentage that you brought in, you see.

When the life is over, all of the information from all of the experiences of the life, and all the layers that participated in that particular life, all go back into this kind of consideration stage, "Let's look at what happened." Then it is time to come in again, and whichever level it is that is going to come in, will come in, maybe with the same kind of insight about ~ in this example that you have given ~ the death penalty. You may feel, when coming in, that, "Ah, absolutely not ~ there should not be the death penalty."

And then, you start again on this journey of experiences ~ back and forth. And you may end the life completely opposite, "Ah, absolutely!" Back and forth. The next life you come in, "Absolutely, the death penalty!" And you end the life, "No, no, no, no!" And then, somewhere along the line you come to the point where this is the belief. And it remains stable within the layer of Self, but to be tested every once in a while ~ when you least expect it ~ in the life that you least expect it, "Ah, I have resolved this issue. Ah, lucky me!" The moment an entity says, "I have resolved this issue, lucky me," it is a set up!

It is!!

Test me, test me! But that is good, for you want to be tested. Even Angelics, for example, will return to the earth plane ~ those who have been in human form. They have learned all of their lessons on the earth plane and they come back in, periodically, for a refresher course. We have said this in the past. And indeed, other entities will come back in for refresher courses after they have completed their sojourn on the earth plane and they are out in other training grounds ~ they no longer have to come on the plane ~ they learned certain things. But every once in a while, they want to make sure that it has been learned ~ or maybe there is some new stuff to add to it! 😊😊 And so they come in for a life, or two or three, as a refresher course, and that is a whole other discussion. Entities

coming onto the earth plane after they have finished their sojourn, have a whole different scenario with layers of Self that we will not touch upon now ~ but give you as a little teaser. ☺ ☺

So, when you are interacting with others on the plane, again, you know not whether they are still bound to the earth plane or whether they are back for a refresher course. And certainly, the way in which they behave will be different if they are taking a refresher course than if they are bound to the earth plane. And your sparks and spots will have a different reaction response mechanism to those who are in a refresher course mode than those who are bound.

I was just thinking about these different layers of Self, as they connect with the individual lifetime and this model makes me feel much more respectful of understanding things, like memory lapses, or when people are not able to access memories because of different things that have happened. Maybe they're in a deep state of reflection, taking their concrete experiences into the abstract. Maybe that is why hypnosis could be a very helpful tool.

Indeed. Hypnosis can be for some, but for others it is ineffective. But think of this ~ if an entity is having, what you call this memory lapse, a layer of Self, maybe the fifth layer, infuses because the concrete layer, for whatever the reason, is having difficulty with the life, needs to step back from the life ~ does not want to give up the life to a walk-in energy, but simply wants to reflect. Another layer says, "All right, I'll come in for a while." And in doing so, with that infusion, does not diffuse throughout the energy of the concrete energy, but simply comes in and shares the space ~ much like we share the encasement of Mushiba's energy. Mushiba is so often clueless as to what has gone on unless we imprint that information upon her energy as she comes back in and we depart.

In this case, however, there would then be lapses of memory, if you will, of the concrete Self because it is a layer of Self that is doing the responding ~ it is actually helping the physical encasement to function while reflection goes on ~ it could be for several days, it could be for the remainder of the life, it could be periodically, "Ah, I do not remember what happened." You may never have that concrete memory because it is happening to another layer and that layer is holding it within its own memories.

At some point each layer will know what other layers have for knowledge. But it is a way of protecting Self also. Generally, when the life is getting just a bit too much, but yet concrete Self does not want to give away Self ~ concrete Self ~ to another layer of Self, rather wants to share it for a while, while they step back and take a deep breath and then reclaim.

We have spoken of the condition now increasing on the plane called Alzheimer's. All this is part of what happens. We have given that information in its simplistic form already, on the plane. However, there are more interesting reasons for it. As you increase in your own understanding of layers of consciousness within Self. It is a protection mode. It is an interdimensional mode of communication also.

We have completed our abstract information for this convocation and now it is time to show you application ~ give you some concrete tools.

Would there be questions or observations, concerns?

I sometimes feel if we were left alone, and deal with our own problems, and we don't get the help, we don't feel it, because we have to learn that lesson?

Ultimately. Everything that happens is happening because it is meant to happen and it is appropriate at the time that it is happening. When we say appropriate it simply means that whether you determine it to be a good move, or not a good move, is your decision, is your reflection. But it is appropriate, for in our view there is nothing that is bad. Ultimately, everything is meant to bring one back to Self's sparks.

And I also get very confused, because who's making the decisions, if I have all these layers, if I have my Higher Self, my soul and all my layers?

It is you.

My Angelic, also.

The Angelic is external to Self ~ the Angelic is not part of Self.

They are cheerleaders!!

Yes that is an adjective! ☺ ☺ ☺ But, do not speak of the layers of Self as them. As long as you speak of the layers of Self as them, then there will be a greater difficulty in bringing harmony. Them is YOU ~ my other parts of Self, my soul, my claimant ~ claim the layers of Self as Self.

As we so jokingly say, when you do something that you think is inappropriate at the earth plane level, you say, "it was the Higher Self that did it!" ☺ ☺ Instead say, "It was me who did it. I am the concrete manifestation of an abstract layer of Self." That is how you must look at it.

And yes, it is what the journey is all about. It is what the challenge is all about, to go within Self and talk, have a group discussion. And it cannot be done just immediately, "Ah, suddenly we have not been talking and I have this new technique. It's going to bring harmony instantaneously." That will not happen. It is a slow, progressive process and a percentage is achieved on the earth plane of bringing harmony into Self.

Now then let us do a very sort of warm up exercise ~ technique.

We would like you all to stand ~ stretch ~ move your bodies ~ loosen the encasement ~ stretch and breathe ~ breathe in and breathe out ~ move your arms and your legs ~ breathing in and breathing out.

Now we want each of you to come up to this paper (Referring to the easel) and draw a circle and place your name in the middle of the circle. My love, you would begin. (Each person draws a circle on the paper. It is recommended that you, the person reading these words, draw a circle on a piece of paper and place your name in the middle of the circle so that you can follow what Waith says next)

TECHNIQUE ~

- *We want you now to stand and focus on the circle that has your name in it ~ focus on it ~ feel it ~ it is a circle and it has Self within in ~ it is you ~ focus on it ~ it is Self. (There is about a minute of silence)*
- *Now bring your eyes into what you would call a squinting position and focus still on the circle with your name in it ~ but bring a sense of fuzziness to the circle ~ the lines are less severe ~ they are fuzzy.*
- *As you are doing this, bring those lines into sparks ~ shooting out of the fuzzy.*
- *You are visualizing Self ~ the layer of Self that is at concrete, and you are bringing the concrete line, the circle, into an abstract by making it fuzzy with sparks coming out of it.*
- *Feel yourself fuzzy with sparks coming out of you.*
- *Bring the circle that you have of Self closer into you now ~ visualize that it is coming toward you and superimposing upon your physical encasement ~ you are fuzzy and you have sparks ~ all beautiful sparks ~ surrounding your encasement.*
- *You are warm and fuzzy now ~ you are one big spark.*
- *Now relax ~ bring yourself back into the room ~ move your body a bit and breathe.*

END OF TECHNIQUE ~

How do you all feel, my fuzzy sparks?

Like the sun!

Ah, like the sun.

For a moment did you feel fuzzy and sparky?!

Fuzzy.

Fuzzy, ah! With a bit of practice you can utilize this technique before you go into any kind of earth plane activity and then take that feeling with you saying, "I am sparky. I am fuzzy," emphasizing the spark, for we did not bring the spot into this ~ it is the spark. It is an easy technique that you can do on your own at any time. It brings you into a sense of comfort with Self, "I am a spark. I am a fuzzy spark."

Now we would want you to experiment during the coming break by taking your fuzzy spark ~ Self ~ into your discussions with each other and your interaction with each other. We will review it when we return.

(There is a break now)



Waith: The blessings to you from the Highest of the White Light. And are you all still your wonderful little sparks that you were when we last saw you? Tell us what you thought of that particular exercise. Give us feedback.

It was more difficult to picture the sparks than I thought. It was definitely a challenge to bring them in.

Ah, were you wanting to bring in the spots?

No, they were just there!

Ah, they were just there, trying to hide them with the sparks.

Sometimes I have trouble with visualization but the more I practice it, the more it should get easier.

Well, that is the entire concept. As you do it, it becomes a little easier. It is a concrete thing. Understand that abstract is something that you are not aware of occurring in the concrete. That is why they are called abstract.

Well, there is a certain amount of trust that is there. We're visualizing, and if we're not seeing it in our mind's eye, that still we trust that it is there at some level.

That is part of the process, most definitely, "We want something concrete that we can see." It becomes difficult oftentimes to actually see what you think you should be seeing, or what another tells you that you should be seeing. Did you all see sparks?

The answer is no.

No, what did you see?

What I saw was that there was another ball that was in back of it. Sometimes it went around, and it was white ~ all white. Everything was white ~ the black became white. And then it was kind of rising.

Indeed and this was appropriate to Self. That was the way in which you interpreted the message that we were giving. That was appropriate to you, to visualize in a particular way.

I was visualizing like a pinwheel ~ it was easier. When I kept doing that in motion, it helped.

Indeed.

I was picturing more like a flashing, fluorescent bulb. I don't know why! It was like light dancing around.

And that was a way in which you were able to bring it into Self.

I do something similar to this exercise every morning. I picture the sun when it is sunrise and it's really nice, and I keep on keeping track of the sun, how it sparks glow more and more, and I close my eyes. Every time is different, like I get the sun in my heart and myself and I can see the sparks. They are different every single time.

Indeed. So then what you might be saying, each of you, is that you have your own way of visualizing what it was that "Waith said ~" Waith said, 'look at the circle and visualize

and do this and do that'." It is very important that you find that which feels best for Self. What we give you is guidance. It is a starting point, if you will. It is a concreteness. And as we have said so often, concrete can be in as many forms as there are entities, "Waith, tell us how to do it." Well, we can give you a frame of reference ~ that is our mission, to give frames of reference. From IT you then have your own frame of reference, your own perspective on things, "This is how I see it."

My son, you visualized a fluorescent bulb. That is your frame of reference, for whatever the reason, that is appropriate for Self. It is the concept that we give that then comes into concrete. This is very important ~ you say that you want to have concrete and to know how to do it because abstract is so difficult ~ well this is true. Abstract, however, is a concept, and from a concept, you can create any number of concretes. So what then is the concept that brought about this particular concrete technique that we gave to you? Let us recognize the concept.

For our inner sparks to be more outward so we carry that with us with what we do in our life.

That is a result of it ~ bring it in a little more into the concept.

Exploration of Self?

Exploration of Self ~

A little too vague, maybe!

Just a little too vague ~ relate it to the layers of consciousness within Self.

The expression or the connection with the sparks within Self.

You do not need to put the sparks in. You are attempting to ~

Visualize ourselves.

Visualize Self ~

Identify the layers?

By ~

Blending the abstract into the concrete?

Blending the abstract into the concrete.

You are attempting to explore the levels of consciousness within Self. And then part of that would be one of the ways in which you would explore the levels of consciousness within Self would be to visualize sparks, because you know from our discussions that sparks and spots are a part of the levels of consciousness of Self, you see. So that in order to explore the levels of consciousness of Self, there would be many ways that you would

do that. One of the ways would be to visualize sparks. Another would be to visualize what?

Spots?

Spots! Yes, we had you visualize sparks ~ you could visualize spots. You could also visualize what?

Both of them at the same time.

You could ~ to see if you could somehow look at and connect with the alignment of spots and sparks. Yes. What else could you visualize?

Layers?

Indeed, take that a bit further ~ layers, be more specific.

I guess, as you mentioned, the spots and sparks and how they line up with the layers ~ maybe as we're getting closer to our Higher Self, some sort of continuum.

Ah, you could do that. Or what could you also do as you are visualizing your layers of Self, concentrate on ~

A particular layer?

A particular layer ~ or try to see if there is a number of layers that have committed to the comings and goings on the earth plane and where the spots and sparks line up in a particular layer. You can take it from its very simple form, such as we gave you ~ visualize sparks ~ to any number of complex visualizations that are best for you.

Now this is going to be the fun part for this final component. You have a blank piece of paper in your notepad. This is creative also for you. We want you now to come up with your own concrete visualization. There is an interesting combination of words, a concrete visualization. But it is actually, just as we had you draw a circle with your name in the middle.

Based on what you have already done in your own interpretation of this technique that we gave to you ~ you have each described a different approach to it ~ we want you now to come up with what you think for Self would be a good way to address this concept of trying to explore the layers of Self.

So, let us take some time now. Come up with a visualization, and then when that concreteness is completed, perhaps place your notepad beside you and we will know that you have finished with that component, and then we will guide you in a way of using that concreteness. So take a moment now to draw something that you would like to represent your visualization.

(There is a silence of about five minutes)

The next step is for each of you to describe to the greater group, what you have drawn as a visualization. So let us begin, my love, with you.

Okay. Those are my layers, and this is the concrete Self, and levels that are closer to that. And as they start, they move up where the rings increase and the sparks and spots are there. And I took the liberty of putting some bridges in to make the trip a little smoother. 😊 😊

Very nice! Next, my love.

I centered on the sun, which are the sparks, and I brought the layers into the center, and I make them become like one ~ the layers ~ just one sun, and they all sparkle. Well, the layers have the spots on them, but they become one.

Very nice! Next, my love.

My visualization, after I did it, reminded me of a painting I had done on my wall as a child, and I miss it, I guess. But it's a sun that's smiling and has many sparks going off of it, and even off the ends of the sparks have sparks.

That is very nice, my love. Next, my love.

I'll stick with my pinwheel design and the different layers, sort of like an onion, but a wheel, too, and the sparks are going through all the layers, continuous. Then there are spots, of course, to add in there. 😊 😊 And it's spinning. I like to see it spinning and kind of blending together. The faster it spins, the more they all blend together, rather than separateness.

Indeed, very nice. Next, my love.

Mine is just clouds, layers and layers of clouds. And in my image they had various colors sort of coming forth, like deep pink and blues, but layers and layers of clouds, which is how dimensions look to me, behind what look like clouds.

The operative here is that is how they look to YOU. That is the way that you can frame it for Self.

Now then, we will have a meditation to see if you can actually do this. It is a little practice run. It will also enable you, as you are doing this meditation, and you are visualizing this little drawing that you have, to make modifications to it, you see.

So we will give you a guidance up to a very certain point, at which we will then have you go on your merry little way in Self to see how this particular drawing that you have designed works for you. And we will let you play in that place for a while, and then we will bring you back, and we will talk about what you have experienced in the designing of your own meditation, you see.

Relax, as you would for any type of focusing, any meditation that you would go into. Move into a position that feels right and comfortable for you. You can lie down ~ you can do anything ~ remember that sleep is a form of meditation. 😊 😊

If it weren't I would never meditate!

TECHNIQUE ~

- *Now you begin to relax yourselves and breathe in a way that is comfortable for Self, breathing slowly in and out ~ in through the mouth and out through the nose, or in through the nose and out through the mouth ~ slowly, what is comfortable, breathing in ~ deep breaths ~ breathing out slowly ~ relaxing ~ placing all the stimuli away ~ clearing your head ~ clearing your thoughts.*
- *Call upon your Angelic Protector ~ come in for protection and safety ~ and bring in the very Highest of the White Light for protection and safety ~ surround yourself with soft, fluffy white light.*
- *You are relaxing ~ call in your spirit guides ~ ask them to be available for questions and feedback.*
- *You are relaxing ~ your thoughts are clearing ~ you are visualizing this drawing that you have just done ~ it will be your focus point.*
- *You will bring yourself into your own meditation using the visualization of this drawing.*
- *Journey now into your own visualizations ~ we will return to bring you back to concrete ~ relax ~ relax ~ visualize ~ visualize.*

MEDITATION TIME ~

- *It is time now to return back into the concrete.*
- *Slowly dissolve the visualization ~ thank your Angelic Protector and thank your spirit guides and slowly return into the concrete ~ slowly returning ~ breathing ~ in through the nose and out through the mouth ~ or in through the mouth ~ out through the nose.*
- *As you return, wiggle your feet ~ move your arms ~ wiggle your body a bit to bring you back into the concrete.*

END OF TECHNIQUE ~

Now take a moment and look at your drawing and make any modifications to it that come as a result of this meditation. Write yourself a note if you need to. (There is silence for a few minutes)

Let us explore what happened in your meditations, that you designed all by yourselves. Let us begin in the same order as before. What happened in your meditation and how was it similar or different from what your drawing was?

I noticed that once I got into the visualization and found, or created, my own world in there, the things that I saw were a little different, because I passed through the layers. There was some distance, and the sparks and the spots were where I had drawn them here on each ring. They are actually, of course, inside the layer itself, all surrounding me in kind of a shell. And the sparks were electrical, and the spots were almost like a void ~ they would block out the background. I looked closer ~ it was kind of difficult ~ I could see that there was information there, almost like movie sequences, or something that was hard to make out. And the structure around me was made of kind of a stone, very concrete in a sense, and each layer had some sort of a numbering scheme. And then, I'd go on to the stone bridge and go to the next layer, and one seemed very much like another.

Sound like one of these computer games you might be able to design, my son. ☺ ☺

There is an application for it!!! 😊😊

Indeed!

That virtual reality thing ~ it's easier to visualize.

Yes, indeed. A new career path for you, perhaps.

- ⚙️ Pick out a spark or a spot ~ sequences of somebody's life!
- ⚙️ Your own!

We, indeed, might consider that in The Angelic Realm for our own pleasures!

I'm available! 😊😊😊

Were there changes, once you were into this meditation, to what you had actually thought would be?

Well, just again, the fact that the sparks and spots were in the layers, and this of course doesn't really do it justice, but I guess I'm better at visualizing than drawing.

Ah, it was much more multidimensional than your drawing.

Yes, the feeling of atmosphere. It was cool and moist.

Ah, cool and moist. Amelius will not let us go any further with that! 😊😊

Now how would he understand any of that?

Oh, Amelius knows all!

Oh, he does!

Yes, or so he pretends!! 😊😊 Let us continue!

I saw very different things than what I thought I would see. I saw somebody coming upstairs from the basement, and I started seeing many colors ~ symbols ~ information ~ the spots, the sparks ~ but they were not like the ones I was supposed to see in my drawing!

It was not what concrete had designed!!! 😊😊

No, not at all!

What do you think the stairs represent?

Well, that was a layer and was coming ~ it was invited to the light. Well, I also saw stars, symbols. It was all around the layers, and then everything came to a flat place, and I liked that ~ it was in green. I think it was a good meditation.

And, is this a visualization that you would want to use again?

Yes, I liked it.

Ah, perhaps this concrete drawing is something that is a way to at least get you into a deeper part of Self, where other visualizations will present themselves to you.

It was like a kind of communication that we were having there to bring to the concrete, I guess.

Oh, very good. Did you hear any answers?

Just the symbols.

Ah, the symbols. Do you remember the symbols?

It's hard to bring them to the concrete, as they were, because they were multidimensional. And it's hard to bring them to the concrete.

Ah, but you can visualize them? You know them? You sense them?

Yes, I sense them.

You will be able to, by sensing, bring that into the concrete without it being concrete.

Oh, that's good!

It is the balance between concrete and abstract that only each of you knows for Self. You cannot describe the symbols to anyone but for you, you can sense it ~ it is part of Self, and it has meaning for Self, which then can be brought into the concrete in your own responses to the world around you. Trust us on this. 😊😊 Famous last words, "Trust us."

Next!

In my visualization I got a sense that I'm paying a lot of attention to the sparks, and I need to pay more attention to the spots. It doesn't matter how many sparks I have. It's the spots that I must work on. So I had a big spot, and I guess I recreated the sun to make an example of the spots turning into the sparks. So what I got out of it was that if I want to have more sparks, I need to concentrate on more spots and get those cleared up and into sparks.

Well, indeed, that is how sparks are created ~ sparks come from spots and spots come from sparks ~ it is all the same thing.

Energy.

Yes, indeed, energy ~ just in a different form. So you have heard the message from Self that you need to stop ignoring your spots.

I tend to like to live in that Utopia that I create and always have this higher Utopia view that many don't agree with or think is realistic. Yes, I need to pull myself back to the spots!

But, my love, living in a world where you see the good and the Utopia, as you call it, is not a bad thing. This is not something that you would want to throw away.

No, but modify maybe!

But you would want it to influence your journey into the spots, to have it with you, that you have this view of a higher source, and at the same time, to not be in la-la land, as we like to say. It is the balance. And certainly, for each of you, you have to go into your spots sometimes without any sparks with you ~ but not always.

So they are not, what you would say, mutually exclusive ~ that you have to let go of this utopian view that you have in order to look at your spots ~ that you can only have one and not the other ~ you can have both, you see. Having that utopian view will help to temper the journey into the spots.

Okay.

Very good. Let us continue.

Well, my little pinwheel kind of changed a bit. It became more fluid, but it was still a circular motion and the spinning. First, it was like a web spinning ~ the outline. I could see like a spider's web, and then it was spinning and it was dark. And then it changed and I seemed to be drawn toward the center. And it got brighter, and colors came in, and then iridescence and then white. And then I seemed to be going to the different layers, like my Higher Self came with me, and then I went to another layer, which I assumed was my soul and it was gold. And we sat down and I asked for information. There was still the spinning. I could see the motion of it and the light which helped draw me in to the different layers. It was a way of drawing me to a particular level. I didn't really get much answer at the time, other than fluidity is important. That's all I got, was the fluidness ~ motion. I asked if there was any information that was important for me to have right now and just that I got fluidity ~ I guess, change. Doing the same thing all the time doesn't work with me!

So, you were receiving a message that you must be much more fluid ~ flow.

Yes, and I got a sense of water, too, that came in.

Indeed, to flow and not hold things to be self-evident ~ is that part of your legal system?

Yes.

There is nothing that is self-evident except within Self ~ not for others. What is evident for Self is evident for Self, you see. And so you have been given an answer. You asked and you have received.

Now, what do I do with it?! 😊 😊

Ah, but, you see, this is the joy of meditation, for when you receive information like that and you come back and you say, "Well, that's good ~ what do I do with this?" 😊 😊

Yeah, what do I do with it now!! 😊 😊

Well, that is your cue, you see, for another meditation. Rather than to go in and say, "All right, tell me what I need to know." Well, they will tell you what you need to know, but

you are not quite sure what that means. Now you go back with the very specific, “All right, you told me something about being fluid. Well, what does that mean? Let’s get a little more specific. Let’s have a little talk here.”

This is good, for this is what the journey within Self is about. Sometimes you will go into Self not knowing what to ask. And so you ask, and you may receive specific answers at that time, or may simply be given a little teaser. It brings you back into concrete and you think about it, and you think about it, and see if you can come to an understanding at concrete to test what concrete has for awareness. And then you say, “Ah, no ~ must go back.” And you go back now with something very concrete, and you can say, “Ah, I have tried this and this and this ~ in trying to interpret what was given to me for information, but it is not working ~ so tell me more.”

You are talking to Self. You are not imposing upon any other entity by asking them to give you information. You are talking to Self. You cannot impose upon Self. You can impose upon external, but you cannot impose upon internal ~ even if layers of Self are being stubborn! ☺ ☺

Well, it was funny because I visualized being with the Higher Self and going into the Soul, but the Higher Self was reluctant to go through that doorway with me at first, but the Higher Self did. That was kind of interesting.

Yes, it is one of the eternal conflicts within Self, going from layer to layer. And the Soul, that, “Be all that ends all,” if you will, that highest of Self is sometimes not reachable because a layer of Self, commonly known as the Higher Self, the one that guides the Soul, if you will, holds the key to the Soul and is reluctant, or stubborn, so you work it out.

⊗ **Let’s go talk to the boss! ☺ ☺**
⊗ **Can’t do that!!!**

Actually, you can!

Bosses ~ the other people in between get very upset when you go over their head.

So? ☺ ☺ If, and this is a concept that you can apply, a layer of Self is not willing to listen to a layer lower of Self and go through that communication process, then it is certainly appropriate to go to a higher layer ~ that applies on the earth plane.

If you cannot get what you need from the closest layer, then you go to another layer. You go to the top if you have to. It is you ~ you are blocking you by saying, “Oh, this layer of Self does not want to talk to me. Oh, poor me. I’m a victim.” It is YOU. It is then you who must break through that blockage by saying, “Well, fine, layer, I will go above you.” And sometimes that is enough to have the layer say, “Oh, all right.”

Ultimately, all must integrate, and sometimes it is the higher layers then that will look at the lower layers that are being stubborn and say, “Ah, if you do not integrate, we will absorb you.” And then that becomes, what you can best refer to as, a hostile takeover within Self. And that layer loses its identity, you see.

Ultimately, there is no harm to the entity ~ YOU ~ you simply become absorbed, which is what happens when you go back into The Universal Consciousness ~ you are absorbed ~ which can be sometimes a hostile takeover, because The Universal Consciousness has said, "All right, it's time for everyone to come back." There might be some who say, "No! No! I'm not done" ~ "Yes you are ~ it's time to come back ~ it's time regroup." The Universal Consciousness does that.

It is all of you who decide, "All right, we've all been out enough." In a nanosecond, a flash, absorption occurs, and in the same flash, output occurs again ~ but that is for another discussion. ☺ ☺ We like to do this at the end of our workshops. We like to give these little teasers for future.

So, my love, have you received what you think will be helpful? And did this visualization work for you?

I like it. I'm thinking that maybe even at more concrete to help for those times when it's harder to visualize, there are things I can get that have the light spinning. That would be something that would help draw me in.

Very good, my love, to actually have something that represents your drawing ~ and you can take it with you and as things start to get a little too earth planey for you, you can have your little pinwheel. We are very much in favor of having the concrete to represent something ~ a toy to represent your toy. You know, we have given that type of discussion in our talk about The Toy Box quite some time ago.

So just as you used this globe as your concrete friend earlier, it enables you to perhaps quickly zoom in at concrete, as a reminder ~ any of you ~ to create a three dimensional version of your drawing, to carry with you in your automobile.

Next!!

I don't see the dots. I see the trees. I always see trees in the way of trying to see something and I don't know what they represent, but I'm beginning to have some insight that maybe they're the blockages. But, at the same time, I saw what I would characterize as the pinwheel with all these beautiful colors, and I finally saw it with all the rays, and that was kind of in back of the trees and in front of the trees. All I saw were lights and lights and kinds of lights and clouds and royal blue was on the side of the pinwheel ~ royal blue, royal blue, royal blue, as opposed to the other colors that were on the other side where the trees are. And then I saw the rocks ~ they're like on the side with all the layers ~ the layered rocks ~ and then the pond, for fluidity. It was beautiful, the water coming down, like a waterfall, and into this gorgeous pond. I more or less saw sparkles in the pond and the layers.

You also have seen color!

Color ~ all kinds of color!

Indeed. What do you think the color means for your own visualizations?

What I was trying to determine in my own mind was why I was seeing so much blue in the pinwheel, which really was myself, and royal blue ~ I pretty much understood that part because I keep seeing royal blue.

And what does that mean if you keep seeing royal blue? How might you interpret that?

At one point, my understanding from my meditation was that if I surrounded myself with royal blue, that it would be helpful to me ~ and I don't surround myself enough with royal blue.

Do you wear it, physically?

I wear blue jeans, but that's not royal blue.

So, just as were saying that the physical representation of a pinwheel might be useful for help in visualizing fluidity, perhaps what your meditations have been screaming at you for a while, "royal blue" is a color that may be harmonious for Self. Have something that is royal blue that you keep in your regular environment that goes with you, much as Mushiba wears purple, gold and white ~ that is always part of her environment that is the physical representation of vibration for her. Royal blue, might then, be the color that would help you to bring your own sense of spark and spot resolution.

I have some royal blue material from the workshop on color.

Ah, you see, it comes back again, royal blue. How many times does it have to come to you before you will say, "Ah, there must be something to this. Perhaps I should investigate a little bit further what this means," and act upon it, eventually.

Eventually!

As we say, and as you hear so often, "It takes as long as it takes." It may take several more impressions before you see what royal blue has as an importance in your own issue resolution.

The answers are always there. We are the ones who don't always see it.

Indeed. That is what happens!

Until we get it!

This is the way of The Universe. And indeed, when we mentioned just now that when The Universal Consciousness decides that it is time for every energy to come back ~ it simply brings every energy back ~ you may not see that you are done. You may think, "Ah, I have still so much to do." And The Universal Consciousness says, "No, actually you've done enough."

Reminds me of dinnertime ~ calling in the children and they don't want to come, they're still riding their bikes!

Indeed, "We want to play some more!" And while at concrete you may not like to think that this is a playground outside of The Universal Consciousness, "Oh, it is so difficult. My lessons are so difficult and so serious," but it is a playground. And, eventually, it is time to come home for the meal. Only then to be released ~ go back out into the playground, you see. So, in the meantime, you have this view that, "Ah, I have all this

work to do.” Or, “I have all this playing to do.” However spin you want to take on it, you see.

So now, what you have just gone through is an exercise in which you can design your own meditations. You do not need to have someone tell you how to do it. Certainly, there are many on the plane who would want to be told exactly how they have to meditate. But if you were to ask them and they were to tell you the truth, they would say to you, “Ah, but I do not meditate the way I am being directed ~ but I don’t want to tell anyone because I am supposed to be doing it a certain way, and if I say I’m not doing it in that particular way, then I will be banned from the group or I will be told that I am not spiritual enough.” Again, that is nonsense. You each have the capabilities.

Let us bring a connection as we bring closure to our time with you, in Spiritual LEADERSHIP WITHIN SELF and then manifesting onto the plane, being a leader with spiritual truths, for this is what it is about.

You are a leader in many different arenas on the plane and that leadership that you exhibit comes from Self and truth that you hold true to Self. If you remember from Leadership listing that you all created, you gave ~ living true to one’s belief ~ keeping the flow going within the group ~ being true to one’s beliefs ~ what are your beliefs? This is the question you must be always asking Self, “What are my beliefs?” They will change from day to day, even within a day they may change. It is up to you to connect with your own spirituality ~ that which is you ~ your essence. And allow that essence, which is an abstract, to come into the concrete as an experience.

Lead with your Spirit. (Waith writes these words on the board) That is what it is about, my loved ones, to lead with your spirit. And your spirit is evolving. That is what the journey is all about. How you define spiritual within Self will change with every experience that you have. Therefore, at the end of every day, you will have a different spirituality, for you have had experiences, even if you do not leave your house. Not leaving the house is an experience. It is impossible to live on the plane without an experience.

Look at the end of each day at what you have experienced. Reflect on it. This is always a good practice ~ to take a few moments at the end of each day and reflect on the day, “What have I experienced?” Take that into the dream state with you. Whether you remember it or not is not the issue. Write it down ~ physically ~ write down, “What I have experienced today.” That experience goes into where?

- ⚙ **Our Higher Self.**
- ⚙ **Other levels of us.**

The abstract ~ and then the abstract does what with that experience knowledge?

Sends back information?

Sends back more instructions, to the concrete, “Here, this is the result. And we have mixed it with all your other experiences. Now it’s back.” The next you wake up and you say, “Ah, based on the experiences that I had yesterday, this is how I will go today.” You

may not say that in a defined way, but it would be a good practice as you are trying to bring it into a way of being natural for Self, to do that ~ the end of each day, "This is what I have experienced."

And when you wake up in the morning, you should have had some kind of synthesis at abstract that then gives you instructions for the day. That is what living on the plane is all about. Live it ~ experience it ~ reflect on it ~ live it ~ experience it ~ reflect on it, constant feedback.

Only you can determine what is best for you. Look at the world around you. Look at what others are doing, and use that as part of the input for Self. And you may look at another and see how they are behaving and think, "Ah, I think I will try that," to experience it ~ how does it feel, "Ah, that felt wonderful. That felt very comfortable, that kind of behavior." Or, "That was terrible. I will never act like that again." Or, somewhere in between, "Ah, part of that felt good and part of that did not."

You put that into your experience portfolio and you send it back to abstract. Do not be concerned where it lands in the abstract, which level of Self it is going to. That information will come to you as you need to know it. Just trust. If you do not begin trusting in Self, then Self is not going to give you a reason to trust Self. If you say, "I do not trust this layer of Self to give me the answer," then that layer of Self is not going to give you the answer.

You have to prove to Self that you trust Self. Just saying it does not work, "I trust you, Self. Here. Here's information about my experiences. I'm going to trust you to synthesize this in abstract and give me a response." Now, why do we run into trouble, at concrete, when we do this? Why are there issues of non-trust of Self? What is a condition we put on when we say this? "Use the information, abstract, that I'm going to give you about my experiences at concrete." Then what is, generally, the next thing that you might say?

I want some results and I want it this way.

That is correct, "I want it this way and I want it in the morning!" ☺ ☺

Make it clear!!

Make it clear ~ nothing nebulous here! And so, you put conditions on that request and that so called trust. And so that level of Self that receives the information says, "Oh, sure, they want it right back and they want it in this particular way. Well, see what I'm going to do!" Instead, simply say, "Here it is." And, you trust by being patient ~ there it is!

The P word!

The P word! Oftentimes people think that developing patience is something that they do with others, "Ah, I'm developing patience. I'm very patient with this person." But, you see, it is the patience of Self that is more important, "Why can't I get this done? What's the matter with me? I've learned. I should be knowing this. It's been presented to me ten hundred times. Why can't I figure it out? What's the matter with me?"

The level of patience that one has for Self is then reflected in the level of patience that one has for others. It always comes down to that. Whatever one has in Self is what one gives to others. So be patient with Self ~ forgive Self. At the end of every day, as you are writing down your experiences, say, "I forgive me." As you are writing out each of these experiences of the day, you will be judging yourself. That is normal, "Oh, how could I have done that? Oh, wasn't this wonderful? Aren't I superior?" It would be all over the map, as they would say.

So, you pull yourself in and you say, "All right, first of all, it was all right that I did this. I forgive me." On the other hand, as you look at something you have done that puffs you up, you say, "Remember humility," for it can be taken away, more rapidly than it was received. That is one of the games of The Universe, "If they get puffy about it, poof, we'll take it away."

So continually reflect on experiences, and where necessary, forgive Self, and where necessary, be humble and say, "Ah, this is good. I can use this to be of service to others." For that is the expectation of The Universe, that you be of service to others and that service to others comes in the form of leadership. That is what it is about.

Service to Others Comes in the Form of Leadership. (Waith writes these words on the board). And leadership is a spiritual activity.

Questions, comments, observations?

I didn't look at my cleaning business as leadership until now. But I actually do lead because the people I help get into it and then they're also cleaning and happy and joyous for their space.

You have given a very good example of the application, of seeing it beyond what it appears. Leadership is not just having groups of people follow you. It is energy that responds to leadership ~ it may not be people. Maybe the carpet, maybe the sofa, "Ah, I'm clean!" Very good observation.

When we lead with our spirit, we are not dealing with the ego anymore?

Not necessarily. Remember that ego is necessary for all energy to maintain itself outside of The One. Ego is, again, that coin in which ego can be used for good, or ego can be used to not be of service. So there needs to be ego. Ego is part of the spirit. However, as you develop spirit, your ego takes on more of a service to others.

Remember that one can be leading and have more spots than sparks, but be leading from a spot, rather than a spark. Leading with Spirit means that you are leading with your essence. Now at any point you may be leading with a spot spirit ~ but, that spot may actually be considered light to those who you are leading. Remember The Spectrum of Light ~ what may be dark to one may be light to another. And so if one is leading from a spot, they may actually be seen as the light by those who follow. Makes sense, does it not?

Yes, you said it so it so it has to make sense!! 😊 😊

Oh, indeed, if we said it, it must make sense!! (Group laughter and much bantering with Waith)

Are there different levels to come of this information you have given during this convocation?

What do you think?

Yes!

Indeed. There are levels upon levels of understanding. The degree to which we will go in terms of how high a level will be determined by many factors. This is simply one layer of the information. We can bring it down into a simpler form, which we have done, and we certainly can bring it to a higher level with even more complexities, which we have already indicated when one of you asked us about the spot, spark relationship with other kingdoms. That is another layer of discussion and it would certainly short circuit you all in this gathering.

It would be great if we could continue the momentum.

In what way, my love? What would you like to do?

- ⚙️ I don't know!! 😊 😊 😊 Maybe to connect with each other!
- ⚙️ We can connect in meditation with each other.
- ⚙️ That could work!!

That can certainly work, and a way in which that can work, however, is through a concreteness where you remember the person's name ~ hence the little directory in the back of the book. (That was given to each person for this workshop) You are quite cute, my love, in recognizing this, "There must have been a reason why Waith wanted that!" You connect with each other, certainly, as a form of community. This is, after all, The Community of Terra Lux, and it is a way in which the information that you learn in a workshop then can be disseminated to a larger audience. It is not just us who disseminate the information. We give it out and then it is expected that as you learn it, you will disseminate it in whatever way you think is appropriate for Self. We are certainly not going to be the ones controlling the way that you would disseminate to another.

And it would certainly be a good reinforcement to have each other's names and contact information for, "Ah, we would want to continue this." And would not it be nice if one of you would call the other in a few weeks and say, "I was just thinking about my meditation that I just had and I wanted to talk to you about it." What is wrong with sharing that kind of information, "Do you have a few moments? It's been three weeks since the workshop. Let's talk about it. I feel like I need to talk about."

It is your responsibility ~ remember one of the words defining leadership is responsibility. It is also a definition within Self for spiritual ~ being responsible within Self for Self ~ no one else is going to be. So if you want something additional to come as a result of this gathering, then take the initiative. That would be part of the lesson. And

who knows what might come as a result of it. Finding your own spot ~ spark ~ spot ~ spark ~ spot ~ spark.

What do we do when we see that the spot is coming? 😊 😊

Here comes the spot!! 😊 😊 😊

It's a spot remover!!

Spot Alert!! 😊 😊

Laugh at it ~ laugh at it! We have consistently said that there are many things you can do to get rid of the dark. One of the most effective ways is to laugh at it. The dark hates being laughed at! That is why lightheartedness and humor are so essential in the framing of one's own spirituality ~ to laugh at it. Just as we said, "Spot Alert," you will make it something that is humorous for Self.

That would probably be good to do at the end of our review each day ~ just laugh at what we have done.

Spot alert, yes! You must ~ that is part of forgiving Self, to laugh, "Ah, silly me. Tomorrow will be another day. I'll make other errors in judgement. So what, I did ~ oh well!" Try to improve each time, "Ah, that was not a very good judgement that I made. That was an error. Let's try not to do it again." You will be tested. Maybe you will improve a little bit.

And maybe not! 😊 😊

And maybe not!! Oh well, it will come again! And it will come again and again and again. Even after you have learned it, it will come again to see if you truly have learned it.

Somehow it feels more comfortable as I learn a little and then it comes back again. It's not quite so severe. Sometimes it feels, "Oh, maybe I have learned a little bit here."

That is the whole point. As you learn it, it becomes easier. You become more comfortable with it, "Ah, okay, it's a little bit different now. It's a little more intense, but I have survived all these other lessons. I have learned my foundation." Much like mathematics, you learn the foundation, and as you learn higher concepts, you have the foundation.

So, yes, it is new knowledge. It is a new formula to learn. But you have the foundation and so it is comfortable, until it reaches a level where you say, "No, this is no longer comfortable. Ah, it must mean that the percentage is over. I have not chosen to study the highest levels of mathematics. I have only chosen to study up to a certain point, and that's when it will end. I will not have to learn the same level of lessons that another has to learn because I have not taken as high a percentage as they have." It is as easy as that!

Lead with your spirit, as it exists at the moment. Key ~ as it EXISTS at the moment. And be ever on the lookout for changes of the spirit.

Changes of the spirit are a process and continue until return to The Universal Consciousness.

The End ~ for now!

We would like you now to reflect on what you have learned in this convocation. And if someone were to say to you, "Well, you have spent eight hours listening to some spook talk about Spiritual Leadership. I don't have eight hours to hear what you learned. I have a minute for you to tell me what you learned." What would you say? Think about this. Find a blank piece of paper and write out what you would say to, "What I have learned in this convocation?"

(There is silence for several minutes)

There will be more, of course, that you will think you have learned upon reflection. This is your first response. So, my love, let us begin with what you have learned.

- ⊗ **It all begins and ends with Self ~ to meditate for answers from Self. Responsibility to others begins with myself using peaceful means ~ all the peaceful means ~ of being of service to others.**
- ⊗ **I learned what Spiritual Leadership means, for me, at this particular time, and the importance of balancing between the concrete and the abstract and becoming more focused on accessing the different layers of Self and responsibility to Self and to others, all from that access.**
- ⊗ **I have not, as you said, nearly begun writing the answer. But I've started with that I've learned to lead with spirit, and each day truly is a brand new start, leaving yesterday behind, learning from the various lessons of myself for that day and changing those things that one wishes to change for this day.**
- ⊗ **I learned that leadership is leading with the spirit, respect, beyond judgement and forgiveness for Self and for others.**
- ⊗ **I put that we lead from the Self and must work on Self first which I can do through visualizations. Leadership comes from the spirit and is a form of service. When we lead or follow, take some time to reflect on what we have experienced and trust that those experiences have been sent to an abstract part of Self and wait patiently for an answer ~ in this way we will grow.**

Very good. No one mentioned spots ~ just kidding! 😊 😊

- ⊗ **I put it as my last sentence, but I didn't mention it. "We learned about sparks and spots."**
- ⊗ **Well, I forgive the spots!! 😊 😊**

You forgive the spots ~ and do not be inflated by the sparks!

Well my loved ones, you have received a great deal of information. We trust that you will absorb it and disseminate it appropriately, and we look forward to other gatherings in which we can give you information.

- ⊗ **Thank you, Waith.**
- ⊗ **Thanks for having us!**

Thanks for having us!

We are sending you a very fluffy energy for you to enjoy the remainder of the earth plane day and to reflect. Begin your Experience Log this evening.

We send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell, my loved ones.

Farewell.