

Waith Class Transcript

NOVEMBER 02, 2000



~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

Questions and responses from those in the class appear in this font style.

☀ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

*Information Given Interdimensionally
By Waith
Through Mushiba*

Waith Institute for Spiritual Leadership

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NOVEMBER 02, 2000

SPECIAL TOPIC SESSION ~ GUIDELINES FOR GROWTH, APPLICATION EXERCISES

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

Hi, Waith, We send you light also!

We thank you. We will take any component of light that any entity would want to give to us.

We ask, now, "What does THE GUIDELINES FOR GROWTH, as a concept, mean to you?" There is no right or wrong answer here. So, if someone comes to you and asks, "What exactly is this listing of THE GUIDELINES FOR GROWTH?" Let us begin with a Metager. My love, my love, tell us. One of your customers sees the bookmark that has THE GUIDELINES FOR GROWTH on it and says to you, "What does this mean?" To which you respond ~

It's a way in which I live my life.

They then would say to you, "What does that mean? What do you mean, live your life? How do you do that?"

The discussion with a customer would be that what you see at our shop is the manifestation of THE GUIDELINES FOR GROWTH, which is that because I Respect things, because I Love things, that in turn gives back to me.

Manifestation? 😊 😊

What you see! 😊 😊

Indeed. Would you respond differently to someone in the Terra Lux environment who asked you that question?

Definitely.

How would it be different?

Depending on where they're at, how much they've been exposed to Waith and Company, would determine if they were stuck on a particular issue like Respecting Self and Loving Self, that I would focus more on how they could bring that about in their own daily lives.

So, why would there be a difference in the entity coming to your business versus an entity coming into the Terra Lux environment, perhaps for the first time?

Because people coming into our business do not necessarily think that we're part of Terra Lux. People coming to Terra Lux know we're part of Terra Lux.

Another response: And they're not searching for spiritual enlightenment!

Not consciously, but then you know not what they consciously are seeking.

Very true!

If someone were to simply ask the question, what would that give you a pretty good indicator of ~ if someone were to say, to even notice?

They're looking.

That they are looking, indeed.

And they came to a source.

They were brought to a source. So the response in either environment would not, necessarily, be different.

Not necessarily, but it could be.

It MAY be, yes, indeed. Remember that whenever any entity sends out to The Universe that they are looking for information, they are brought to many sources ~ us being one of an infinite number of available sources ~ and you being one of an infinite number of sources, be you concretely connected to Terra Lux or not, you have the information ~ this is the critical component ~ that you have the information that The Universe deems appropriate to give to an entity who is searching out for that particular message, if you will. So, essentially, then it is a way of life for you ~ the way you attempt to live your life.

Yes.

We always like to put The Metagers on the hot spot!

Now, my love, how would you respond? (Waith refers to another participant) What does it mean to you, personally?

I guess it has focused me more in my search for spiritual growth. It has given me something concrete that's also abstract, that I can look to and remind myself that this is what I need to do in order to get to where I want to go. It's very simple and yet it is very, very hard. So, I would agree that it is definitely the way I strive to live my life. I'm not always successful.

Ah-h, you are not perfect?

Absolutely not! 😊 😊

We have found an imperfect being! 😊 😊

My love, how would you respond? (Referring to another participant)

Personally, it means Respect for Self and Love Others. I think that I just have to remember that I am who I am and what I do, on a daily basis, is an extension of how I see things and how I want to present them.

Very well stated.

My love, how would you respond? (Referring to another participant)

A simple explanation would be in working through life and dealing with issues, dealing with difficulties and confrontations. I take *THE GUIDELINES*, like it says, as my guide, to bring in focus and light into a difficult situation.

Good, you have given an added dimension to what has already been given by the others. Now then, to close up the questioning component, we began with a Metager and we will end with a Metager. Your response to this now, my love.

It would depend on who I was speaking with as to how I would explain it. But it's basically how I live my life ~ or try to.

Indeed, TRY TO ~ this is always the operative in anything. And each of you has, in some way, identified that very important component of trying to. This is a concept that is given out ~ concepts are wonderful. The application of that concept, the concreteness of it, is always the challenge ~ is always the difficulty, "How do we actually do this?"

How do we apply THE GUIDELINES FOR GROWTH? It is part of the way that we want to live ~ as each of you have, in your own way, given as a meaning for you ~ that it is an attempt for you to have guidance for a life ~ not to say a SPIRITUAL life because LIFE IS SPIRITUAL. Just as there is no such thing as a nonspiritual path ~ every path is spiritual ~ therefore, EVERY LIFE THAT IS LIVED IS A SPIRITUAL LIFE. It can be nothing other than that, since all of us are spiritual beings incarnated into some kind of concrete form.

In this case, you are all spiritual beings living a human life and therefore your human life becomes spiritual. Regardless of what anyone is doing in their life ~ REGARDLESS of the path they have chosen ~ they are spiritual beings and they are living a spiritual life. That is the very first component that needs to be placed on the record. (Waith writes on the easel: Spiritual Beings Living Spiritual Lives)

First and foremost, this needs to become almost a mantra for people ~ Spiritual Beings Living Spiritual Lives. The operative words here are?

Spiritual.

Spiritual and ~

**Living? No.
Beings?
Lives? ☺ ☺**

There is one word left! ☺ ☺ (Waith underlines the words spiritual)

You fooled us!

We did. We said, "What are the operative WORDS here," and you immediately assumed that they were two DIFFERENT words ~ they were not!

Spiritual is the word that needs to be kept uppermost in the mind ~ we have stated over our time through Mushiba that we are here to help bring balance to the abstract and the concrete ~ the spiritual and the earth plane. It has been interpreted and, indeed, we have given a bit of reinforcement to the definition that this means that they are separate, that there must then be a balance that comes between being concrete and abstract or spiritual and physical ~ there really is not, my loves. It is all about spiritual ~ IT IS ALL ABOUT SPIRITUAL ~ one cannot eliminate this word from the thought process ~ spiritual.

THE GUIDELINES FOR GROWTH is about spiritual living that is taking place in a physical world. (Waith writes on the easel: Spiritual Living in a Physical World). Now, what does that mean? Spiritual Living in a Physical World? This is where it becomes tricky. This is the challenge because this is where the imbalance occurs.

Remember we are on the record as saying that imbalance is not a bad thing ~ imbalance is necessary in order to learn. There should, however, be the focus that no matter how out of balance an entity becomes, they are looking at the word Spiritual, and the focus ~ use that as a focus in your meditations when you are feeling out of balance in the physical world ~ too much stuff coming at you in the physical world. When it is all said and done, you focus on the word Spiritual ~ that is all there is to it. It is spiritual ~ SPIRITUAL IS THE COMBINATION OF ABSTRACT AND CONCRETE.

THE GUIDELINES FOR GROWTH ~ it is abstract and concrete. Each one of those elements is both and there has been, in the past, many who are trying to say, "Well, one of them is concrete and one of them is abstract and eventually they have to balance." That is not the purpose of THE GUIDELINES FOR GROWTH. THE GUIDELINES FOR GROWTH, then, is all about SPIRITUAL LIVING IN A PHYSICAL WORLD BY SPIRITUAL BEINGS LIVING SPIRITUAL LIVES. How many times have we used the word Spiritual? Three ~ that is all that THE GUIDELINES FOR GROWTH are about.

Applications ~ what does it mean and how do we apply being Spiritual? When seen in the framework that we have just presented it ~ Spiritual Application, we would begin with the neverending circle. (Waith draws a neverending circle on the board) Think that there is a beginning and an end, because you live in a linear world in which time, supposedly, begins and ends. Each day has a beginning and an end as determined by time. Of course, from your knowledge and your studies you know that time is an energy flow.

To try and give spiritual application in a physical world is a very difficult thing, if not impossible. And so, the first thing that you need to do as you look at applying THE GUIDELINES FOR GROWTH is that it is neverending in its flow ~ it is separate, yet it is combined. Each one of those GUIDELINES that you see all are working simultaneously ~ there is no beginning and end. It appears that it starts with Respect Self, but it really does not. It can start anywhere it wants to.

Depending on the issues we focus on.

Not so much depending on the ISSUES that one is focusing on, but simply in understanding that it is a flow that you are dealing with and that at any point in that flow you would say, "Ah-h, this is a time to focus on Respect of Self," which would then bring you into issues. IT IS THE RECOGNITION OF THE COMPONENT, WHICH THEN BRINGS THE RECOGNITION OF THE ISSUE. So you may be working on being joyful ~ Be Joy Filled. That could be here (Waith places dots within the neverending circle), another one could be here, and another one here, and so forth ~ all these little dots represent a component of THE GUIDELINES FOR GROWTH. And it is swirling around in your linear lives trying to become a flow rather than simply one point to the other.

So spiritual application, before you can bring it into the concreteness, must then follow, in your mind, with what we stated earlier. In order to bring in spiritual application, we must remember that we are ~?

Spiritual living in a physical world by spiritual beings living spiritual lives.

Yes. So let us take this one step further. We are spiritual living in a physical world by spiritual beings living spiritual lives ~ attempting to give spiritual application. How many times, now, have we used the word spiritual?

Four times!

Yes. Attempting to give spiritual application in a linear physical dimension. Central to this, then, is the neverending circle. And the attempt, then, to go into any point in these GUIDELINES and deal, then, with the issues that come with that particular component.

When an entity is looking at THE GUIDELINES FOR GROWTH as a listing, we deliberately started with Respect Self because that is the most critical and most predominate issue that most entities find themselves dealing with, and all of the other components become secondary to it.

However, it is not written in stone that you would not be dealing with Being Serious ~ "Ah-h, we need to be more serious." And perhaps in this entire lifetime an entity has plugged into this neverending circle and said, "I must work on the issues of being serious." It may, in fact, be for a series of lifetimes. It could be five or ten lifetimes that have been plotted out in which the thread is being serious. Another series of lifetime, five or ten, may have been about being joy filled ~ and now it is time to look at another component.

In the meantime, that entity who perhaps is focusing on being serious is living with another entity ~ whether in the family grouping, in the work grouping, or just in general ~ who is attempting to Be of Service to Self, or Be of Service to Others, and that is their focus. So it becomes critical that the understanding is there that it does not follow some hierarchical order.

Yes, it is a way in which one lives their life, their spiritual life, and here is the listing. And yes, it is given in linear form so that those who are first exposed to the concept can see

that these are GUIDELINES for living a spiritual life but that it does not mean that you have to start at Respect Self and if you do not accomplish that, then, "Oh, my goodness, we don't get through the others and we're a failure."

It does not matter what any one entity is working on. All that matters is the understanding that everyone is working within this neverending circle flow. And through your own meditations you may gain insight into knowing where you happen to be in this life with THE GUIDELINES FOR GROWTH ~ which component are you working on.

Each of you has your own neverending circle and so you would develop your own little matrix, perhaps, that says, "Ah-h, in relation to this component, here I am with another component." Or, maybe not. Maybe all you want is to have an understanding that you are working on being joy filled or Being of Service to Others or Being Serious or Respecting Self.

So you will find very often, especially in this time at the end of an illusion that many entities have come into this life specifically to focus on one of those components ~ ONE COMPONENT. It is usually what happens at the end of an illusion. So now you are saying, "What are these application exercises that Waith is going to give us? We want something really concrete." Does not application mean concrete? Does it?

It should. To me it means that.

Indeed ~ to YOU it means that! What does application exercise mean to you?

It means at whatever point, in whatever I'm doing, I'm doing THE GUIDELINES ~ I'm living it.

Is that concrete or abstract?

Both.

Ah-h! We have a smart little group here. My love, what does application exercise mean to you? (Waith asks another participant)

It means concrete to me, but then I have to back off of that and realize that it does have abstract applications as well. It is something I can do in meditations, for instance. And it's a way, in the physical world, if I start going off in the earth plane stuff, it's a way to bring myself back and to refocus and to realize that this is not what it appears to be.

Indeed, very good. My love, what does application exercise mean to you? (Waith asks another participant)

It's begun in the spiritual idea and then somewhere along the line it works itself into the concrete and there's a flag that comes up and says, "Here's the issue."

Oh, indeed, and you have come to recognize the flags ~ that are appropriate for Self!!

Yes, there's lots of them!

Yes, there are many little ones ~ there are many very big ones ~ there are some that are subtle ~ there are some that are screaming out, "Look at me, look at me." And you have come to recognize these flags over the years, because you have been doing what?

Looking for them. 😊 😊

Indeed ~ very key ~ looking for them! You have very deliberately been saying, "I know that I am here to deal with issues." And so you are looking for them, and when they are presented to you, you have been identifying them and indeed placing them into categories, "These flags represent this issue, these flags represent this issue." And without realizing it you have perhaps color coded your flags for when a particular situation presents itself, and the flag comes up, you identify it as being red or blue or green or purple and that immediately puts it into a particular category and you say, "Ah-h, it is that issue again."

My love, to you what does application exercise mean? (Waith asks another participant)

Going back to what was said before, that everything starts in the spiritual and then becomes concrete, and that everything is spiritual. So spiritual can be abstract and also concrete. Application means, for me, abstract as well as concrete and there's the circle. I cannot say it starts in the abstract and then becomes concrete ~ it's just part of the circle. It becomes concrete and then as an application it goes back into the abstract again and then it's redefined and then becomes the circle.

Indeed, it is the neverending circle. It is the concept of duality also. It is individual and yet it is one ~ it is separate and yet it is not.

So, my love, your final words on this particular question?

It's hard work! 😊 😊

Yes, it means hard work. It means all that you have said, bringing it into the neverending circle and it is the concrete and the abstract. It is all of that. It is hard work. And we are not here to sugarcoat anything. There are many on the plane who would present the easy way, the quick way, to gain enlightenment, "In ten steps this is what you can do ~ step number one, step number two." Now this is appropriate for certain audiences for they are at a particular point in their development where it is necessary for them to have steps, to have something very concrete that they can measure, whether it is right or wrong as defined by someone else's standard, by someone else's frame of reference.

That is not what we present. And so there will be many who will not want to listen to our counsel because it means hard work. We are not here as guides to give you this false hope that, "Ah-h, with a little bit of a poof here and a poof there and a little bit of energy work, it will be done ~ you will be enlightened!!"

To the outside world, it might appear at times that you suddenly have this new glow about you that you are feeling and appearing to be at peace with Self. That, my loved ones, is only an indication of a great deal of hard work that was done little by little and

finally it all came together and in a moment ~ it appears overnight that you have become this peace filled entity, filled with patience, filled with tolerance.

And indeed, you may have achieved that percentage of the issue of patience or tolerance that you came in to learn, or a very strong percentage of the percentage. And so, yes, to others around you, you do look like you have a very high level of patience. But you achieved that through HARD WORK ~ and that hard work is achieved only through THE SEARCH FOR SELF ~ through meditation.

Application Exercises ~ not quite what it, at first glance, would appear to be. But this is what we suggest for application exercises. (Waith writes on the easel) Number one ~ Get a blank piece of paper. It could be a journal, it could be scattered pieces of paper.

Envelopes?

It could be, my love ~ whatever works. We are not saying to you that you must write a journal. We simply say to you, "Get a blank piece of paper," however that applies to your own flow of energy.

Number two ~ write on it. Now, what would you write on it, do you think? (There is a silence) Remember we are talking about THE GUIDELINES FOR GROWTH. It is the middle of the day and you are in the midst of doing something. Suddenly you realize, "I need to write this down." What might it be that you are writing down?

Inspiration?

And what might an inspiration be for you?

Perhaps a spiritual light bulb.

Give us something more specific.

The most recent one from personal experience was instead of judging my brother for what he's doing was the realization to have compassion.

A good example. You would write that down when you realized, "Ah, I have just responded to my brother out of compassion rather than judgement." And when you write that down, you do number three, which is to date it with the time of day.

What might be an example of something that you would write down?

I get a new recipe or a new combination of energies.

You get a new combination of energies ~ you would write that down. You would date it and the time of day.

I'm thinking I see things that irritate me during the day. For example, my son-in-law doesn't do anything that he should do in the business and that bothers me.

Indeed, now let us stop at that point. This is one particular kind of irritation, and so something happens with your son-in-law and you are irritated. So you very consciously say, "I have to write this down on such and such a day, at such and such a time, my son-in-law irritated me because ~"and you write it down. We will come back to this.

My love, your response to this question. (Waith asks another participant)

I can also make a positive statement that I didn't allow somebody to walk all over me. I was strong and could stand my ground.

Indeed, and when you bring in that kind feeling, you write down who it was and what the situation was and the day and the time.

My love, what is your response? (Waith asks another participant)

Patience in dealing with someone yelling in my face!

And you would then say ~ in your writings ~ what the situation was.

That I didn't kill them! 😊 😊

And that you did not kill them! But what was it? Why were they yelling in your face? Not just that it was happening, but why was it happening and what time of day and what day. Do this briefly ~ no need to have a great deal of writing. You may do this several times a day. And indeed, you may find a little scrap of paper to write it down so you do not forget it, and then at the end of day, you bring it into something that has more permanence, if you will, to it ~ or something that shows the flow, whether it simply is paper that is stapled together ~ so that you do not lose this flow.

Number four ~ do this for thirty days ~ and thirty nights. 😊 😊

So we could figure out what kind of component of THE GUIDELINES we focus on the most.

Very good. During these thirty days you do not try to analyze what the particular pattern is for it will take time for a pattern to emerge. You want, then, to simply write down whatever it is that you feel compelled to write down. It could be something every hour. It could be something every thirty minutes. Some days you may have more and some days you may have fewer. EVERY DAY SHOULD HAVE AT LEAST ONE. So that means that you should have, then, a minimum of thirty entries. Some of you could have thirty times one hundred ~ that is all right ~ it does not matter how many you have beyond thirty. It matters, however, that you have at least one entry per day.

Number five ~ at the end of thirty days begin to look for patterns. Do us all a favor and do not try to figure out patterns during the thirty days ~ write it down and turn the page ~ do not allow yourself to be influenced by the past for the future. This is important ~ DO NOT TRY TO ANALYZE DURING THE THIRTY DAYS!

At the end of thirty days you will return here. Number six ~ you will return to Waith ~ the ever present threat! ☺ ☺ At the end of that time, when you return here, we will do the Feedback on Application.

Isn't this personal? I don't know if I want to share this information.

Oh, indeed, you will not have to share everything, my love. You will share that which you feel comfortable in sharing. We will be using your inspirations as guidelines, as a teaching tool. We will not have you stand up and read all of your entries, for by this time, you will have begun to look for patterns. So by the time you come here, you will have gone through that process of beginning to look for patterns. And so, you would be citing the patterns that you think you have identified. We will be here to help you to identify the patterns and that may mean expressing something that is personal.

It's a great way for entry into THE SEARCH FOR SELF.

Yes, indeed. Do you think we have a plan? ☺ ☺

Thus, these are the application exercises ~ very concrete but very abstract. You will have to record the abstract into the written form, whether it is an envelope that you find just sitting around or a napkin on the table. It could be all of those different forms as long as they are clipped together for you, or as long as you have a way in which you can, at the end of thirty days, bring them together. That is why we say to you to date them and time them.

At the end, then, of those thirty days, and when you come back and you are here and we are sitting like this, very informally, talking about the patterns, we will then have brought into full circle the three components of THE GUIDELINES FOR GROWTH. Why do you think we want this flow of energy to be placed on the record?

As a teaching tool to help others to understand.

Yes, indeed. And, my love, you have quite rightly expressed that this could be a lead in to THE SEARCH FOR SELF. In THE SEARCH FOR SELF how does one begin searching within Self? For most on the plane it can be an overwhelming idea, "Well, you begin with The Webbing Effect." Oh, "What is that?" And indeed, by us giving the description of the neverending circle as part of where you find your pattern, will help an entity to understand a bit more what The Webbing Effect means.

It is necessary for an entity to have some sense of the patterns that are in their lives so that they can use those patterns to search within Self. To go randomly within Self is one track, of course, that an entity can take. But for most on the plane now, they want to have some way in which they can bring a focus into their SEARCH FOR SELF, because it will be hard work, as we have stated. It means that every entity must face themselves every day ~ that you become concretely aware of what is being presented to you and what that mean.

It does not mean that everything that is presented to you, you must analyze, "Oh, wait. I cannot move anymore, I must sit and analyze why this bumble bee crossed in front of

my face.” Now, for some that might, indeed, be an issue. They may find that a bumble bee crosses in front of their face every five minutes, no matter where they are ~ and for them, there must be a reason for it. For others, the bumble bee just happened to be walking in front of them, just as you would walk in front of someone else ~ no earth shattering, mystical reason related to the cosmos.

What this is meant to do is to bring an entity into some kind of focus within Self of what appears to be the same kind of pattern. And then, at that point, we say, “Well now, let us look at the components of THE GUIDELINES FOR GROWTH. What does this pattern seem to be focusing on? Is it one, two, five, eight of THE GUIDELINES?” It is bound to be one of them. And then THE SEARCH FOR SELF can truly take on a focus ~ a plan of action that will be very hard work.

What questions might you have about what we have presented thus far?

What if it's a very dull day?

There is no such thing as a dull day when it comes to issues. There is always one issue, even if it is one little issue that comes in ~ could be a joy filled day, my love. When you say dull, it needs to have a frame of reference.

Depression overshadows a lot of what I do and some days are just really blah.

Indeed, and so that is what you write down ~ that is the issue.

So, nothing of any significance has to happen.

But the significant thing is that you were in a day of depression ~ which is an issue.

Okay, I understand. But I go into many, many days of depression.

And you may find that there are several days where it is just that. You are in depression. And you write that down. And then you see that on day number four, there was a little bit of light ~ something happened. It was still a day of depression, but there was a little bit of light. And you record, “This was a day of depression, but this is what happened that was light filled or joy filled.” And then it may be three days of depression and another day of being light filled. You see a pattern that, perhaps, is developing. IT IS ALL ABOUT FINDING PATTERNS, my love.

So what is the significance of writing down the time of day? Time is only a conceptual idea on this plane.

One could respond that way and use it as an excuse to not put down time, especially if one is challenged by the respect of linear time.

I'm running late all the time.

That, my love, is an issue of disrespect toward linear time. Linear time is an energy. It is the way in which the earth plane is established for learning of lessons. Running late, as

one would say, is an issue of not respecting the function and the path of linear time. And it is a lack of Respect within Self which shows as a lack of Respect to Others ~ for especially those who respect time, and you are late, you see.

There are many who feel that they do not want to be bound by time, and we bring them into being bound by time, for time has its benchmark, if you will, in terms of patterns. You may find that at a particular time of every day, you have this particular thought or this particular situation presents itself ~ same time every day ~ but you have not written it down and therefore have not really seen it. At four p.m. every day you feel that you must consume a candy bar. Well, that would tell you something about the physical body, and do you want to do that or do you want to change that. What is the issue that is being presented here? Instead of wanting to eat a piece of fruit you want to eat a piece of chocolate. What is the issue?

If it is habitual, if it is a pattern, you may say, when identifying a pattern, "This is fine with me. So I eat a piece of chocolate at four p.m. every day. That's a pattern. Fine. At this point in time that's going to be put over here because I have other patterns that I have identified that are more important for me to deal with, and eating a piece of chocolate at the same time every day is not significant for me ~ at this point in time." Unless, of course, there is a larger pattern of abuse of food ~ but, then, again, this is where you will find your patterns.

For some of you, you may find that you need an additional thirty days to refine your patterns ~ to find perhaps even more fine-tuned issues being presented. This is not written in stone, "This is only thirty days ~ it begins and it ends," this application exercise. This can indeed become a pattern, a way in which you are able to track your own flow of energy.

It's a very good tool to have control of Self, and then gives us the feeling in doing the hard work, that the hard work is actually not as hard, because we have more insight into ourselves and more awareness of Self, and we know why we behave in a certain way, and what we can do about it after we figure out the pattern. So it's not quite as hard because we feel more in control. It still makes it hard work, but it is not as overwhelming.

Yes. It is that feeling of lack of control that can overwhelm an entity. There will be those moments when you will feel this lack of control. The reason for this type of exercise is to help you to begin a habit of writing down what appear to be random issues on a daily basis. At the end of a particular time frame you look back at those, and they appear, after all, to not be so random ~ they were just presented in different packages. And it enables you then to say, "Ah-h, here is this same issue coming again. It's pretty much packaged the same way. I just forgot about it. I forgot it came in this package. It didn't come in this package for two years, but it did one other time, or two months ago it appeared like this, this issue."

We can always find joy in it, that we recognized it.

This is the point. To be able to say, "It's not controlling me. I am controlling it. This is an issue that I have taken on, and it is happening." This is a good thing, not to bemoan the fact that it is happening, but rather, "Ah-h, this is happening and I know that it is

happening and I know why it is happening.” And then to find your own insights in whatever way becomes appropriate ~ in your own altered states ~ meditation being one of them, the dream state being another of them ~ many other altered states.

This concludes the information for this second component. We thank you for your help in bringing onto the record this information. We look forward to meeting with you again in our next gathering for the third component. Remember to call upon us if you need help during these coming thirty days.

We send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Farewell and thank you, Waith.