

# *Waith Class Transcript*

DECEMBER 07, 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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## DECEMBER 07, 2000

SPECIAL TOPIC SESSION ~ GUIDELINES FOR GROWTH, FEEDBACK ON APPLICATION EXERCISES

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

**Hi, Waith, and greetings.**

*Greetings to you all. We are pleased to be in the vibration and to feel somewhat lighter vibration than the last time we were with this grouping. Apparently the tracking process has yielded some added benefits that you had not expected for this homework assignment.*

*So, let us begin, before talking of your specifics in this homework assignment, and receive feedback from each of you in terms of your response now that this homework assignment is over ~ at least at this point in time. Who would like to begin?*

**I did exactly as you said. I haven't analyzed anything at all that I've written. I attributed my lighter feeling to the new medication for hot flashes! 😊😊**

*That can have an added benefit, also. You bring up a very interesting point now, and we would comment on it because we have been so very adamant through the time we have been speaking of how critical it is to use the tools provided by the earth plane ~ not what some alternative way of doing something is supposed to be if you are on a spiritual path. But rather, whatever tools are available, and if they work for you, then you should use those tools.*

*And, what works for you may not work for another. It may not be appropriate for another. Certainly, if taking an aspirin relieves pain, and drinking an herb tea, that, for some, relieves pain but not for you, then certainly you take the aspirin. This is nothing that an Archangel has to tell you. This is something that needs to be logical in its understanding.*

*The tools are meant to help you along your path, and if you are feeling physically incapable of doing certain things, and something that is considered, "Oh, traditional medicine on the earth plane," and it works, that means that it is going to give you relief that will help you in other aspects of your path. And when the time comes for you to be healing in ways closer to the realm of WITHIN SELF, then it will happen. And so, yes, medication is fine ~ by any definition!*

**Even with side effects. I've always been ~ I have to say, Waith, before I started coming here, or tried to be, I guess, elitist, it was always, "Oh, medicine is bad," and alternative means and doing the natural route and health and all that was the best way to go, to work in tune with Mother Nature. And I still believe that, but Mother Nature, alone, wasn't doing it!**

*Well, indeed. Working in harmony with nature is one way of working within Self to heal, but it is not the only way. And also, remember that Mother Nature, as it is called on the earth plane, is in absolute disharmony right now. So you think about that.*

No, that's a good point. 😊😊

*Now, certainly, with The New Illusion, when the physical planet as well as the vibrational earth plane settles down, there will be a very different response to what you call the natural healings ~ it will be much more effective. It is very difficult for it to be effective now because of the shifting of the planet ~ the physical planet is shifting ~ we have said this for many earth plane years.*

*It is going back and forth, and when it is having one of those moments of shifting, it is like you would feel if you are nauseous and you certainly are not able to help anyone when you are feeling nauseous, well, so too, the Earth and all of the energy that it is able to provide to those who would seek out. So, we would say BRAVO that you have embraced a tool that will help and also you acknowledge the path of that tool.*

*Remember that EVERYTHING that you see is an encasement for energy, and therefore, it has a path. So nothing is bad. It may not work for you, or it may work for you, and you are helping it along its path as IT is helping YOU along with your path.*

Aside from that, I have known that some things were issues and some became very evident, which I was already aware of as I was writing them down. But I guess my dilemma is how to work through them, or how to find the right course of action in order to get the lesson learned so I don't have to keep dealing with them, and the problems that manifest because of it, and that they keep presenting themselves because I haven't learned it yet.

*Indeed. Tell us, though, before we move into the realm of how to deal with this process. How did you feel during these thirty days about the process that we assigned you?*

About actually keeping a journal?

Yes.

I personally don't have a problem with it because it's very easy for me to write. It's something I've been blessed with in this incarnation. It's not difficult for me to put down my feelings on paper. So whenever something occurred to me, I'd just write it out.

*And what of the issue of keeping track of time?*

If I didn't have the opportunity at the time it occurred, I would make a note of the time and I mentally noted what I was thinking, and then when I'd have a chance, then I'd write it down later when I had a chance to.

*That is appropriate. It does not need to be done at the exact moment of time, but also in terms of the issue that you had of, "Why do I have to write down the time?" How do you feel?*

It wasn't that I had an issue with it so much as I was curious as to why ~ what was the significance of the time.

*And have you come to an answer for that?*

Not really, because nothing was consistent with me. There wasn't any one thing that occurred at the same time every day. My issue with time is that I always run late, and it was one of my entries, actually, because I was a couple minutes late for the Chiropractor, and I was thinking, "Why do I do this?" And I don't have an answer yet. I don't know why. And I know that is, obviously, a lesson that I wasn't even aware of before. It was, "Oh, I run late all the time." And it's been a lifelong thing. I remember running for the school bus in high school and missing it and mom having to take me to school. It's been all my life.

*And so you can say now, however, that for the first time you are seeing it as, A, an issue and, B, something that can be worked through.*

Yes!

*Ah-h, perhaps now you could say that you might have a bit of control of it and IT not controlling you.*

Possibly, Waith, but I still don't understand the reasonings behind why.

*That is the journey, my love. The most difficult part of learning a lesson is ACKNOWLEDGING it.*

Okay, because what you said last time was something I had never thought of, not having Respect for linear time, because I never thought of linear time as a thing. I always just thought of it as, time, and I knew outside the earth plane it didn't even exist. And I never thought of it as being disrespectful to others, and I never thought of it as being disrespectful to me. But when you said that, it really got me to thinking, and so it comes back to the issue of Self Respect, and its obvious seeing Respect for Others. But I still can't figure out why it's a problem for me.

*Yes, but you see the most challenging component has been met and that is that you see it now as an issue ~ and that you recognize it as such ~ it is not just something that, "Oh, I am always late." But you see it now for what it is and resolving it and working through that issue actually now becomes the easy part. ACKNOWLEDGING the issue is the most difficult. That is the ultimate challenge, you see. And so, this is very good news. You have reached quite a point in your own understandings of Self. And the fact that there is nothing consistent about the timing of anything in your thirty day accounting is exactly the point.*

Okay! 😊😊

*We will come back to it, my love.*

Okay, because I was all over the board as far as the time goes.

*Indeed, because time, for you, is a very MAJOR issue that you are suddenly now recognizing for what it is. But also, an issue needs to be respected ~ not degraded by saying, "Oh, that is my issue, humph," and try to avoid it. No, come right up and say, "Hello issue, I respect you. Now let's work together and get through this." So you have made a monumental breakthrough.*

Gee, Waith, I didn't think of it like that. It was just a minor revelation.

Ah-h, enlightenment! 😊😊😊

*Let us hear now from a Metager. My love, how did you feel about the process of keeping this journal?*

For myself, it crystallized the issues that I had. I knew that they were there, for the most part, but it slapped me in the face. So, for myself, it was also very hard not to analyze it while I was going through it because I was trying to apply at the same time.

*Ah, indeed. The actual process of physically writing down something and keeping track of it ~ how was that for you?*

It was challenging at times, because of when I had insight, my hands were in cookie dough, or my hands were under the water 😊😊 so I made mental notes, and most of the time went at the end of day to do it.

*We understand that there is this technology on the earth plane that is called a hand held tape recorder. 😊😊😊 Might that be a particular technology that you could use for a situation such as this?*

It could be used.

*Indeed. Anything else to add at this point in your revelations?*

No.

*Did you find anything consistent in timing and issues?*

Yes, most of it was early morning or midafternoon, for myself, and that there were some very consistent issues that I dealt with, and feel that I've broken through.

*Very good! And now, my love, what of your responses?* (Waith speaks to another participant)

I was struggling with the process, and even the process reflected for me an issue ~ the insecurity. I had a hard time at the very beginning to write down how I feel. So I tried to not really write down what I actually feel but try to go around it, so that it wasn't so obvious.

*You were avoiding Self.*

Exactly. But as time went on, I became more secure in the process and it became easier, so recognizing even my issue in having to write things down. And then, my issues were all over the place, and what I noticed were the extremes I'm going through constantly. That was a pattern every day ~ sometimes extremes are happening from one minute to the next.

*Indeed. How often did you find yourself writing down particular thoughts within a day?*

Mostly in the evening, but sometimes several times a day. But I also made a mental note and then I wrote it down later. But sometimes I wrote down things several times a day.

*So one of the issues for you is actually forcing yourself to write down.*

**I struggle with that.**

*Yes. It is one thing to be able to verbalize, but it is much more important to be able to put that verbalization into a concrete, written form in some way, you see ~ FOR YOU, for this particular issue, because this will help to strengthen your own understandings of Self, if you write it down. Others do not need to do this. But this, as you have recognized, is a very critical part of blockages that you have when it comes to studying.*

**Yes, it was very hard for me.**

*Indeed, but it became easier as you did it.*

**With everything that I start out, I have a really hard time finding self-confidence, and as soon as I do it regularly and force myself, then it becomes a little easier, and then later on I almost enjoy it.**

*And so, what conclusion could you draw from Self with that type of understanding that now that you have been doing it for a little while, it is easier? What is the logical conclusion?*

**That I need to just start a process and not give up already before I even start it.**

*That is one conclusion, and from that what would you then conclude?*

**When I have worked through it, that I become more confident about it.**

*Indeed, and then what would you do as a result of becoming more confident because you have been doing something over and over? How would you become better at it?*

**By doing it.**

*Continuing to do it. Do not stop when you reach a certain point where you think you feel comfortable, but rather, to continue it, stretching yourself even more. "Practice makes perfect." Who said that? ☺ ☺ You know, my love, starting something, for many entities, is a very difficult thing to do. But more difficult is continuing something that is proving, though difficult during the process, to become very beneficial by doing it over and over again, until you reach the point where you say, "Ah, I really have mastered this to the point that I feel comfortable." And then, of course, you reach another level within Self where you say, "But I want to learn more. Even though this feels that I have mastered it, I want to learn more in this same arena." And so you are struggling to write down your feelings and your thoughts, and you begin to feel more comfortable doing it, and that is fine.*

*But when the assignment is over, do not stop. Impose upon Self the discipline, because now you do it for Self, not for Waith. We will not say to any of you, "Well, now that the thirty days is over, you can stop." We will not give you any information about what to do after this initial homework. That, then, becomes your decision, you see.*

*For some of you, you do not need to write down things. Maybe you want to record them into this new technology. Or you have a shortcut in which you have found it easier to record the issues in a way that meets the concept of what we have given. Or, in your case, my love, forcing yourself to write it down until it no longer is a burden. And that will be yours to determine. But congratulations on starting the process. That is part of the challenge.*

I noticed that I am very impatient. I can be very patient, but in this regard I am impatient ~ I want to know it now ~ I want to be able to do it now ~ and I don't want to put the effort in ~ and that came through over and over. And then I give up when I see it's too much work and then that feeds, again, the circle into my insecurity ~ again I gave it up. And that is what I recognized after a few entries ~ I was writing always the same thing down. There is lots of work for me to do.

*If you were alone in this particular situation, then we would feel sorry for you ~ however ~ 😊 😊*

**Join the club!!**

*Join the club, indeed.*

**You are exactly like me.** (Another participant responds) **It's too hard ~ I want to say, "Okay, don't want to do this anymore."**

*But, you see, discipline of Self is another issue completely, and that is something that is worked through, not to be feeling horrible because you are impatient or you do not have the discipline for something. This is to be recognized and then to decide how you are going to do it. Once you recognize an issue, it is a sign from The Universe that it is time for you, and that you are indeed ready to deal with the issue. If you are not ready ~ if you do not have the tools ~ or it is not time for you to actually deal with an issue, you will not recognize it ~ you will cover it with something else.*

*So that is part of the optimism of this ~ as you recognize an issue, "Ah, it is time now to deal with this." And more importantly, you have the tools to deal with it, even though you may have to dig very deep to gather those tools.*

**It's amazing, on the other hand, in certain areas, I can be extremely disciplined ~ it is the extremes that are always with me.**

*And you are different from?*

**Nobody! 😊 😊**

*Indeed. It is about the extremes.*

*My love, tell us about how you felt doing the process of this assignment.* (Waith speaks to another participant)

**I didn't mind doing it. I did try during the day different times to zero in on just what it was and then I would do it at night ~ I would sit down and find a few things that I thought were issues and write them down. I found that I kept bringing up one issue all the time. I find that I have a lot of little irritations all day long, which is no revelation to me, and that would be patience, and in the end,**

that's what I'm working on. But, irritations constantly ~ irritations. Every once in a while something good would come along, but most of the time it was that, irritations. But it didn't irritate me to do the assignment.

*So would you think of these irritations, perhaps, as little loose ends flapping around in your life?*

I don't know exactly what the definition would be of loose ends in this case.

*Things are not quite finished ~ there is just a little bit of a string left.*

I'm not wise enough to figure that out.

*A very profound statement! 😊 😊 😊 Think about it and we will come back to it. In recording these insights, did you, as you had indicated in our last gathering, use napkins and envelopes to write down thoughts and then bring them all together?*

No, I had a little book ~ and then I, in turn, did it on the computer.

Wow! (Several responses from others in the gathering)

*Indeed, did anyone else do it on the computer? (People shaking their heads No) The late arrival to the computer world, my love, you have outsmarted them all.*

I guess so. Even the computer whiz over here didn't do it on the computer. (She is referring to one of the participants)

*Very good! Now, my love? (Waith speaks to another Metager)*

It wasn't too bad. I had a little bit of difficulty remembering to write things down so I ended up having a lot of little pieces that I put into a nice little book, which was kind of good in a way because then I got to see the whole day in one fell swoop!

*What is a fell swoop?! 😊 😊 How many entries, on average, did you find yourself making daily?*

Some days, a couple, some days, I missed, some days there were quite a few.

*Did you find that the days that you missed, in themselves, were a pattern?*

Yeah, I guess. I just figured I was too busy to write it down. That's what I thought. It sounded good.

*And, of course, you are also not aware of this technology on the earth plane ~ the hand held recorder.*

Actually, I didn't think of it until you actually said it, and I thought, "That's a good idea. Would have been a lot easier." It worked out very good in an earth plane sense as a wonderful tool for my doctor to see how my moods have not been the best ~ been pretty cranky and the different patterns that it had. So it worked out as a really good tool.



*And perhaps it would become an even more valuable tool as medications are part of how you are attempting to bring balance to the physical encasement. And, further again, supporting the premise to use what the earth plane provides for the tools that will help the physical encasement so that the mental and emotional layers of Self are better able to deal with the life you have chosen.*

*Actually, I found myself, toward the end, taking the few minutes to think before I did anything because I didn't want to write down, "I got angry again today," and this and that. So, it was really good. And I didn't realize that until I started thinking about it and I said, "You know, I'm doing this to myself. I don't want to write it down in the book again, so let's do this and let's do that." So I thought that was very interesting. I kind of psychoanalyzed myself.*

*That is a very good insight. Indeed, it is one of the goals of this type of exercise, much like the conditional training of the proverbial dog on the earth plane, where the stimulus hits you and you say, "Ah, the response is ~" This is a very good thing. It makes you aware, very concretely, of what you are challenged with.*

*Abstract is all well and good, my loved ones. But you are living in a concrete world and you must, therefore, be able to respond in a concrete way that will then feed back into the abstract, where you can then reconfigure in the abstract and send back ideas into the concrete. But it is the concrete that plays out the plan, and you must not be afraid of facing that. Many people talk about how they want to face Self, but they do not face Self because it requires actually confronting Self and seeing right in front of you ~ in front of your eyes, "Ah, here it is, here is the issue."*

*You may find only one issue. It may be a major issue, it may be a minor issue. But it is important that you ACKNOWLEDGE an issue because then you will begin to see the residual of that in concrete. You will be able to take what appears to be scatteredness in the issues being presented ~ in the behaviors that are presented to you ~ and say, "This, I think, relates to this issue." And so it does not appear that you have fifteen or twenty different issues but rather you have taken the residuals of what appear to be those issues ~ they are residuals, not the actual issue ~ and you have organized them into one or two issues ~ it becomes much more manageable.*

*The reason that we have held this dialogue with you thus far is because those who would be coming here and given this type of assignment, need to know that they are not alone in the different responses that they have to writing down their issues ~ for keeping a journal. It is very difficult for most on the plane to discipline themselves to write down ~ to put into some type of concreteness ~ the issues they face in their lives. It is all very easy to think about it, "Ah, it is here, it is there, it is scattered, it feels good today, it does not feel tomorrow, I will deal with this today, I will deal with this tomorrow," rather than employ a process by which one takes control of their own lives.*

*So you each have control of Self at the concrete by developing a discipline of Self that forces you to come face to face with things that go on in your everyday life. And not only to come face to face with the things that are in your everyday life, but to develop a way in which you can implement a way to deal with those issues that you have acknowledged, that you want to work on ~ not just in a haphazard manner.*

*You have issues of time, my love.* (Waith refers to one of the participants)

**Among other things!**

*But many of the OTHER THINGS relate to time. As you would closely begin to look at the OTHER THINGS ~ truly look at it objectively ~ time becomes a magnet for the OTHER THINGS. You have recognized that you need to respect time ~ that has very interesting implications for you in terms of how you can bring control into the twenty four hour time frame that the earth plane exist under.*

*Loose ends, my love, irritations that you have mentioned.* (Waith refers to another participant)  
*What kind of irritations are they? They are simply little frays, if you will, like thread from clothing.*

**Yes, if I was really working on patience, that is, on the big picture of patience, then I would be presented with stronger lessons. Whereas the little things ~ yes, the little threads.**

*The little things are just as important as the big things.*

**Yes, I agree with that, too.**

*And little things can become the big things.*

**Yes, if we allow it to do that.**

*So, for you, it might become beneficial if you were to look at the irritations that you have identified as the theme, or the pattern, and try now to find a pattern with the irritations. Categorize the irritations. You may be able to do that by going back over the last thirty days, or you may find that now that you see that irritations are the issue, that you want to extend now for another thirty days or fifteen or fifty or whatever time that it takes, to help you to categorize those irritations. We can assure you, my love, that they will be categorized ~ they will not appear to be random and haphazard as they appear to be now.*

*And once you have been able to categorize the irritations, that then enables you to take control of them and, as (Name given) said, she recognizes it immediately and knows that it is part of this particular category, this irritation category, and, "This is how I am going to respond to it."*

**So, I'll put my computer now into columns.**

*However you would best want to organize. Indeed, that could be part of the challenge for you, my love.*

**Yes that would be a challenge!**

*Think about what we have just given you for insight. Why are there so many loose ends in your life?*

**That's a good question.**

*Indeed, one for you to answer ~ for Self. That is the pattern that has come out of your recordkeeping. We have given you a bit of an answer ~ now it is time for you to take that and run with it ~ organizing!*

**The trouble I'm having with my issue of time relates to manifesting. I mean, is it wrong to want to manifest something?**

*My love, being outside of The One is all about manifesting. What is it about manifesting that, for you, is a perception of negativity?*

**It's a throwback from my religious background.**

*Manifesting is essential ~ manifesting is concrete.*

**It's also because I have no confidence in my ability to do it.**

*But, you are doing it.*

**I know. I have created everything that has happened in my life. I know this, I understand this and I believe it. Why is it so much easier to automatically think of the negative? The negative, for me, just flows like water. But to create something that is positive and worthwhile in my life is ten times more difficult than to keep manifesting the negative things, because it is a habit with the negative.**

*Ah, indeed, you are in a habit. That is all that it is, and that can be broken very easily! There is nothing magical about this concept. This is a very simple concept ~ to take control of your concrete life by writing down what you identify as patterns and then looking at those patterns and putting them into some type of order for Self.*

*My son, you knew at some point we would be coming to you. (Waith speaks to another participant)*

**Yes.**

*He has already figured this out in a very interesting way. He has created quite a concrete response to self-discipline in terms of identifying the components of life, the number of hours ~ concrete, definitive hours ~ in one week on the earth plane. No one has any more or any less than anyone else ~ how you use that time is up to you. You can, as you say, fritter it away ~ and that is perfectly all right, to do some frittering. Or, you can take control of the events in your life ~ the activities, the people, people who are important to you.*

*Recognize the people who are draining your energy. You may not even realize people and events who are draining your energy. It has become a habit, "Oh, so and so needs to talk to me." Well, they are talking about the same thing over and over again, hour after hour and they drain your energy. Rather, you establish a grid for yourself. And if this sounds a little too organized and concrete, then so be it ~ then you will wallow around in your own inability to control your life.*

**What do you mean by establish a grid?**

*It is simply making little cells, if you will, and placing times and people and activities so that you can see where everything is and where it is allocated for its particular importance in your life. You simply draw lines to make a grid ~ lines down and lines across and you have little blocks and you can relate to time. You can have control of your life and not say, "Oh, it is Higher Self that controls ~ it is some other level of Self that controls me ~ oh, poor me at concrete."*

**Isn't there a blueprint that we follow, though, when we come here?**

*A blueprint ~ written in pencil, as you might use as an analogy ~ nothing is written in stone. Yes, there is a plan that you design prior to entry, but like every plan in writing it looks just wonderful, and then once you start working that plan, all the contingencies are there. Other people, for example, often are not figured into the plan ~ their emotions, their reactions ~ that all has to be part of it. And you will not know what their emotions and reactions are, oftentimes, until you actually start doing something. You cannot predict how another is going to respond to you or react to you ~ you cannot predict.*

*You, my love, were traveling to Terra Lux and there was traffic. (Waith is referring to one of the participants) Your plan was to leave at X time and that you would get here based on an old estimate, but, ah, time figured into it ~ it was rush hour, as you call it. And then, of course, there is the ever present possibility of other people's behavior creating an accident.*

*So, certainly, part of that is controllable. You can say, "If I leave at such and such a time, I know it will take me longer because of traffic. If I leave at another time, it will not take as long because there will not be traffic." And so it would be foolish to leave at the time where there is traffic thinking that you will get there in the shortest amount of time, my love. ☺ ☺ ☺ It is the recognition of that which is important ~ and also to know that you can control it ~ it does NOT have to control you.*

*Let us now refer back to some words we wrote on the easel for you during our session with you in which we gave you this process. (Waith goes to the sheets of paper) Please repeat what is on this paper.*

**Spiritual beings living Spiritual lives ~ Spiritual living in a physical world.**

*And, the operative word is?*

**Spiritual.**

*So, if we say then that you must take control at the concrete, are we saying then that you are diminishing your spirituality?*

**No.**

*Why?*

**Because everything is spiritual.**

*Everything is spiritual. And that means that you respect everything. Everything that is concrete is spiritual. There is nothing BAD that is concrete ~ there is nothing BAD. This is a very important component ~ everything is spiritual ~ it is the way in which it is applied that takes on a flow on The Spectrum of Light. Ultimately, it is a learning tool ~ whatever you have chosen as a response or an attitude toward the concrete.*

*Alternative medicine is wonderful. Well, so is traditional medicine. There is nothing BAD about anything. Recognize that everything presented to you on a daily basis is spiritual ~ it can be nothing else. And if you embrace that idea that it is spiritual, then you are flowing with a spiritual existence.*

*Yes, you have irritations, my love. They are spiritual, for they are part of what you have brought into your life to strengthen you and to give you greater awareness.*

*My love, it is difficult for you to start a project that you feel insecure about ~ that is a spiritual component for you. It is saying to you, "This is an issue." It is not so much the issue of writing as you might think. It is the issue of starting something in which you feel insecure and then completing it. It matters not what the project is, you see.*

*My love, you have partially identified the Pavlov's Dog Syndrome for Self. What else came from this exercise for you?*

*I think a greater insight into the people around me, because I saw how I wrote it down a lot of times as they saw it, because a lot of times we can look at ourselves and say, "Oh, I can't be that bad." But when we have to write it down, I guess we could lie to ourselves, but I wrote it down very honestly and said, "Wow, is that how I look to other people?" And then, as I continued, I wrote down other people's reactions to it, which, to me, gave me a lot of insight into many things.*

*That is a very difficult behavior to face up to, to try and step back and view how others are looking at you. It is difficult enough to face Self ~ this is a more advanced version of facing Self, "Well, I see the way I'm reacting to this situation. It seems perfectly all right to me. It's the other person's problem." How many times have you said that, "It is the other person's problem?"*

*Remember that any PROBLEM that exists between you and another is a reflection, for both you and the other. And that means that it is in you, as well as the other, if there is a problem. And the way that you can break that cycle is by attempting to look at how the other is perceiving you, even to the point ~ and this is another advanced step ~ of going to the person and saying, "Please tell me how I am appearing to you." And then more importantly, listening and not jumping down their throat because they have told you the truth. ☺ ☺ You have to create a safe environment for those who you would go to and say, "How am I appearing to you?" That takes a great deal of courage for someone to ask another ~ and that is truly facing Self.*

**And, Waith, doesn't it take as much courage for the other person to be completely honest?**

*It can. When we say that you must create a safe environment, that in itself can be part of the challenge, and that is where you create trust and safety with another, so that when*

*you ask for that kind of information, and you jump down their throat, you can be certain that they will not respond in the way that is honest, for they fear for their life. ☺*  
☺

**But there are some people who are at a point where you can't get the truth out of them.**

*That is very correct, and it really takes for you, as an entity, patience to develop a feeling of trust with another even though it would appear that you cannot get the truth from another and at some point you will say, "This is as far as I have energy to try and work through this." These are decisions that you make within your own relationships. But the point coming out of this with (Name given) is that for her this is a very important insight to have reached because of the mood swings and the issue of REACTION rather than RESPONSE ~ and to acknowledge that the greatest issue is THAT ~ reaction rather than response.*

*If one can be now saying, "Ah, I am not going to react. This is a familiar little territory I'm in now. Let me step back from this," if only because you do not want to write it down in the book! ☺ ☺ But, you see, that is the conditioning that you give for Self. It is all about conditioning Self, it is not about BEING conditioned by someone else, but conditioning Self. That is the only way control ultimately comes about for Self. Habits are conditioning ~ you can have good habits, you can have not so good habits ~ positive, negative ~ it is up to you. You can break them just as easily as you make them.*

*Now, my love, you said in the beginning of this gathering that you had gained some insights. Would you want to share with us?*

**Yes, well it's an incredible freedom and lightheartedness that comes from gaining those insights, that it's a freeing of energy that's unbelievable once I identified the issue and then faced it. So, for me, it was a very light filled journey, even though while I was going through this process and facing this issue, it looked dark and dismal and very discouraging, like there was no answer. But as I went through it, it is incredible the feeling of freedom and how easily we can start flowing once we face the fear.**

*And so from the writing down of situations you were able to very quickly identify an issue, is what you are saying.*

**Yes.**

*You said earlier that you had difficulty in not trying to analyze at the same time. It sounds as if you did just that. ☺ ☺*

**I did because I, for myself, needed to analyze it in order get rid of some physical symptoms that I was having. So I needed to face it and do something about it.**

*Indeed. There is always one in the class, is there not, who jumps ahead! ☺ ☺ But, you see, there was nothing definitive in our assignment. You each responded in the appropriate way, for you. For some, this was quite a revelation to be actually writing down something. And for others it was not quite as new a behavior. The concept, however, is what is so important here.*

*If you begin to write down, daily, things that are going on with you and keeping a record of these things, after thirty days, after five days, after one hundred days, whatever the number is ~ for there is no magic number here ~ you come to a point where you say, "Ah, there it is. Now I understand how I am to organize this particular issue." And you analyze it at that point, as (Name given) did, early on in the process, which is fine. This is not to say, however, that she is home free now!*

**Oh, no, and I recognize that. I recognize that I'll be tested consistently.**

*Indeed, and you each will be tested for your new insights and the mischievous entities and the dark forces will try to disrupt you, "It really doesn't matter if you're a few minutes late, honey, they'll understand." ☺ ☺*

**Oh, I was only two minutes late instead of ten minutes!**

*And it again becomes Self that determines how you respond to that.*

*So now let us hear comments, questions, concerns.*

**In a later session, Waith, are you going to tell us how to analyze this stuff?**

*What does "analyze this" mean?*

**I think it is my confidence factor. Sometimes I require hand holding and that's why I ask questions I really do know the answers to.**

*What would you want us to give you for information about analyzing it?*

- ⊗ **I guess I wish it could be as simple as one, two, three. It goes back to what another said earlier about when it gets too hard, they want to quit ~ and my confidence level. So I'm looking to you to hold my hand. It's really hard to do something I fear.**
- ⊗ **But by avoiding it, though, it's that much harder.**
- ⊗ **I know that.**
- ⊗ **Believe me, with this issue, this was a major issue for me that I got to a point within Self that I no longer liked the physical manifestation of the issue ~ that I had to take control in order to physically function. I made a decision that it was easier to face the issue than to continue to avoid the issue. Now that point's different for all of us but there comes a point within ourselves that we say, "Enough is enough." And you'll find that point. But beating yourself up over it to get to that point is wasted energy.**
- ⊗ **I do that, too and I found in my journal that I would write down what I knew was an issue and I'd say, "Why do I do this? Why can't I do this or that and the other thing? Why can't I be like so and so and do it this way or why can't I be more of a dynamo." I know that I am very self-critical.**
- ⊗ **And I also beat myself up about this issue, and I'm sure that this issue is going to present itself again, and I am going to repeat some of my behavior. And I'm going to beat myself up for it again, but that's okay, that's how I reinforce that I've really learned this issue. If I step back and if it looks like I'm slipping a little bit, that's okay because in and of itself I've learned that, "Okay, maybe I didn't understand it as fully as I needed to," and I go from there.**

- ⊗ I have a suggestion on when you said it should be like one, two, three. Look at it as one, two, three, but there is a 1A, B, C ~ but it's still the one, two, three and still what your goal is. So, it's not like you think you're a failure because you didn't get to three yet.
- ⊗ And, I have a tendency to do that because I haven't performed to expectations.
- ⊗ So think of littler goals ~ goals that you can attain, that you think you can attain. Then you're not setting yourself up for failure ~ you're setting yourself up to succeed, which then builds the confidence. Then you create this whole positive spin to yourself.
- ⊗ Take baby steps, whereas I have a tendency and say, "This is what I know I'm capable of, why am I not doing this?" And what does this have to do with time, anyway?

*Ah, you want us to analyze it for you, my love. ☺ ☺ ☺*

**I need to talk with you again privately, Waith.**

*No, my love, you do not need to talk with us again. You need to talk within Self. We are not a crutch. We are here to give guidance when needed, and we are very clear in where we draw that line, because giving you the answer will not help you.*

**I don't mean giving me the answer. I mean it was very helpful talking with you privately.**

*Indeed, but you have not listened to what we gave you for information.*

**I don't remember all of it! ☺**

*We rest our case! It is time to speak less with us and more with Self. You have the answers. You have been given the answers in this gathering ~ you have been given the answers. Now, however, you have to figure out how they apply to you. No one else can do that.*

**Right, this is the work you have been referring to.**

*Yes. You can ask (Name given) after we depart, of the work that went into what he has created. The finished product is magnificent and the untrained eye would think, "Oh, that must have been pretty easy, what a fun thing that was to do." Well, yes, it had its joyous component to it, but it was hard work ~ and implementing it is even more challenging.*

**And very fluid.**

*Yes, very fluid ~ grids need to be fluid.*

**I was just going to ask you about that.**

*The fluidity component ~ you cannot say, "This is the way it will be, period." You want a step by step process, one, two, three, four, five ~ NO ~ it is evolutionary.*

**It should be a flow chart and not a grid.**



*Well, you know, we had debated whether to use the analogy of a flow chart or a grid. However, as we envision a grid from the vocabulary of Mushiba, grid is multidimensional. A flow chart only goes from one point to another point. So a grid has much more complexity to it and interacting components ~ and the challenge is to make a grid fluid.*

*So we will not analyze it for you, although we actually have given you the basic underpinnings for you then to take it to the next step for Self. Even though we indicated we would not tell you to take this another thirty days, we would strongly recommend that you take this for as long as you need to, in terms of writing down things ~ and not to hide from some of the things that you do not want to write down. Write it down ~ if it takes you three hundred sixty five days, then write it down every day.*

*Do not be afraid to face Self ~ THIS IS THE ISSUE ~ facing Self ~ recognizing that Self is a spiritual being ~ and everything else around you is spiritual also ~ and showing it the respect of it being spiritual.*

**The fear is probably worse than the actuality.**

*Indeed it is. It is the fear of looking at Self that keeps people from looking at Self. Once you begin to do that, once you have done it a few times and seen that, "Oh, I am still alive to talk about it," you will see that it is a freeing experience, as (Name given) said. For you have one less fear, and you build your own confidence when you face your own fears, and you face DOWN your fears. You look it right in the eye and you say, "I see you for what you are."*

**Fear is crippling.**

*Yes, it can be. Fear is the strongest and most powerful of emotions. We have talked of this in other sessions. It is the one definitive emotion that the dark grabs onto. The dark senses fear ~ it comes right to it and grabs onto it and spins it in a negative way. So face Self ~ do not be afraid. There is nothing bad about facing Self ~ not to face Self simply keeps you spinning, if you will, in place. And that is a perfectly acceptable behavior. There are many entities who have been spinning in place for eternity, and that is fine ~ there is a place for that.*

*However, energy as a definition, requires movement, either forward or backward, but it requires movement. To simply stay in one place is against the definition of energy, for any length of time for it to stay in one place. So the fact that you have been brought to this environment ~ the attention has been brought to the forefront ~ means you are ready to face it, each of you. You are ready to face what it is you have identified.*

*My son, do you have any comments?*

**I guess what comes to mind is that to make a lot of changes and face a lot of these issues is bringing a purpose or meaning to what it is we're really trying to deal with. If we want to deal with Self or deal with the problem, we need that fuel, that burning reason to say, "I've got to do it." There needs to be some kind of story that we can tell ourselves to follow through.**

*Yes, that is the point. It has to come from Self. YOU have to say within Self, "This is the reason I want to do this," it is for Self, it is not for someone else. Growth is not accomplished because you want to please someone else. Ultimately, you have to please Self and then you please others as a result of that. Ultimately, if you are pleased with Self, that reflects onto others. So you must determine what it is, what is your purpose ~ what do you want to accomplish? You must bring it to purpose within Self for it to have meaning.*

*So each of you have had tremendous breakthroughs without even realizing it because you are so self-critical. You need, now, to take the contents of this discussion and TRULY analyze the contents of what we have given you for information ~ and create the purpose for Self.*

*We are very pleased at the progress you have made, actually, in a very short time. Thirty earth plane days to use as a way of identifying and acknowledging issues is a relatively short time frame when you consider the history that you bring into it.*

*We are ready to depart. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*