

Waith Class Transcript

SEPTEMBER 12, 2001



~ 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 ~ 2001

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

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

SEPTEMBER 12, 2001

ORIENTATION FOR THE CERTIFICATE FOR SELF AWARENESS

Waith: We welcome you to our introduction to the Certificate in Meditation. We have a brief orientation to this certificate that we are going to give to you now.

Meditation is a word that is used and overused. Meditation is a word that is confusing to people. Meditation seems to bring about a particular frame of reference to people that may bear no resemblance to what it is all about anyway. Meditation, it seems to many people on the plane, is some mystical, difficult, unachievable activity that they see Buddhist Monks performing, sitting in a cross legged position, arms in a particular position with the fingers up, sitting straight and chanting with candle.

This is certainly one way of meditation. It is not, however, the true essence of meditation. It is a technique for meditation. That is all that it is. It is not meditation. We feel that the word meditation being overused and misunderstood as it is and that it immediately brings to mind what we have just described and therefore entities would say, "I cannot meditate." They have some mysterious belief of meditation, "It's something we cannot do ~ I am not trained to sit in that position ~ I do not know how to sit in that position ~ I cannot sit in that position, and when I do, I can't concentrate on anything else except how horrible my body feels."

There is nothing mysterious about meditation. Meditation is simply the finding of answers from within Self. How do you find answers? When you have a questions about something, how do you find the answer to it?

I ask

You ask. How do you ask? What form does the asking take?

A question.

How do you ask that question? What form?

Verbally.

Verbally is one way. You verbalize it. What might be some other ways?

I think about it.

You think about it.

I like to write it down.

Write it down. There are different ways in which we ask our questions. Therefore, there are different ways in which we are going to be seeking the answers that we have. If we write out a question, we may get the answer back in writing or we may get it back in

verbalizing ~ we may get it back in the thought process. So Meditation becomes very unique to Self.

We feel that the word meditation needs to be changed because it carries too much baggage ~ meditation. If we change it, then it has a brand new identity. It has, as you call on the plane, reinvented itself. It is good to reinvent Self on occasion. It means that there is a new flow of energy. It means that there has been a change of awareness ~ a change of awareness within Self.

We will now be referring to meditation as SELF AWARENESS. It is as simple as that! Just as we have indicated that teacher is not the word that we use, but rather, facilitator or guide, meditation now in the literature of Terra Lux will become Self Awareness. So it will be SELF AWARENESS TECHNIQUES.

Tell us how that feels to you as you hear Self Awareness versus Meditation.

It feels more accessible.

Indeed. Why, my love?

Like you said, it doesn't carry the baggage.

Indeed. How else does it feel?

⊗ **More personal.**

⊗ **A greater responsibility.**

The "R" word ~ greater responsibility ☺ ☺ ☺ because it truly is Self. Meditation makes it almost something external to Self, does it not? You would say, "I can't meditate." Well, my loved ones, you meditate every moment of your existence, whether you are sleeping or moving about, you are meditating. You have to be because that is the only way that you get your answers and how to respond. Yes, that Self Awareness may be coming from a very close, close level of Self to this concrete ~ but it is Self. There is not one movement that you make ~ not one word that you speak ~ that does not come from Self Awareness.

The issue then becomes as to what is the issue of Self Awareness ~ and that is the journey, my loved ones ~ that is the journey within Self ~ that is The Search for Self. It is as simple as that ~ Self Awareness.

The certificate that we introduce now has been changed in its name to The Certificate for Self Awareness ~ not in, but for. The nomenclature in Terra Lux changes now ~ Meditation is replaced by Self Awareness. It is a major shifting and one that will carry through into The New Illusion. for the energy in The New Illusion will be one of understanding Self and it will be very natural, this searching for Self, because in The New Illusion there is the lesson being taken on of Interdimensional Travel and Communication. But, you see, you already do that.

Every time you speak, you are speaking words that have come from another dimension of Self. It is not the concrete ~ the concrete is, as you might call it, the puppet of Self. It is ~ even the very closest level of Self ~ the very closest dimension of Self to the concrete ~ it is coming from another dimension of Self.

It is impossible to not have Self Awareness and to be unable to be Self Aware ~ it is impossible.

Consciousness exists in everything. Self Awareness exists in everything ~ maybe not to the same standard, as you would call it, for humans. But certainly as you sit in this gathering on the sofa, on the chair, on the carpet, there is a Self Awareness, there is a consciousness of that energy that is encased ~ in everything. Steel, stone, glass ~ everything is consciousness and Self Aware. Within its encasement ~ whatever energy decides to take on as an encasement ~ the nature of that encasement has its own parameters of Self Awareness and lessons to be learned that are not up for discussion ~ they simply are.

As a human, you have parameters for Self Awareness and life that is not understood by other forms of encasements that have different Self Awareness parameters. As one becomes more Self Aware, one becomes accepting of the Self Awareness of all other encasements ~ accepting, maybe not understanding, but accepting. One does not need to understand in order to accept. These are issues of judgement. Understand is another issue complete. Learn to understand Self and you will learn to understand others ~ and it will happen very naturally.

Of course, there are formal ways in which one can gain Self Awareness ~ techniques, tools. We have given many tools and techniques for gaining Self Awareness. We will continue to give tools and techniques for gaining Self Awareness. There are formal ways and there are informal ways.

The Certificate for Self Awareness will give you the tools by which you can gain Self Awareness in both formal and informal ways, utilizing that which is best for Self. And if what is best for Self is sitting in a Lotus position, then so be it! Respect the tools and techniques that others use to gain Self Awareness and they will respect your tools and techniques for gaining Self Awareness. And if they do not, so be it. The more Self Aware you become, the more you understand that others may not respect. Self Awareness ~ that is all it is. It is not mysterious ~ it is not mystical.

Every energy has Self Awareness ~ if you did not, you would be back in The One, for The One does not have Self Awareness, it has Oneness. The concept behind Self Awareness is that we are each out of The One and individuals. And that is all about learning individuality versus duality versus Oneness.

Does that seem simple enough?

It's very simple in a complex way.

Yes, indeed it is. Very simple in a complex way, for the issue then become trusting Self for what you hear ~ what you hear when you are driving, when you are walking, when

you are drawing pictures, when you are dancing, when you are bathing. When you least expect it, a thought form comes in.

Self Awareness means that one is also dealing with all the dimensions of Self, some of which are part of the darkness of Self and some of which are of the lightness of Self and, therefore, Self must challenge Self as to the information coming through ~ is it of the dark of Self or is it of the light of Self?

If it is of the dark of Self, so what? It means that it is something for you to deal with and to learn, "Ah, I should not have done that ~ that was a horrible thing to do." You did it, you responded to whatever came through Self. It motivated you to do something. Self Awareness means reflect on what you did ~ send it back through Self ~ evaluate it and have it come back again. It is Self doing it ~ it is nothing external doing it.

The Universe helps ~ it keeps sending opportunities for Self to understand Self. And The Universe will keep sending and sending and sending until Self says, "Enough!" There is nothing external that says it. Self says, "Enough!" Trusting in Self for Self's own Self Awareness.

The Certificate for Self Awareness gives you the confidence, the strength to truly go within Self and to face Self, for this is what it is ~ it is the facing of Self ~ all the nooks and crannies that are in there.

The only way that you see the light is by coming out of the dark.

It is really quite complex and it is quite complex. But, in its complexity it is simple ~ for the facing of Self is really quite simple. It is simply taking the courage within Self to say to Self, "I will face you now, Self." Once you have done that, it become quite easy. It is all about having a little conference with Self. The tools and techniques for Self Awareness can enable you to have that conversation within Self ~ that is what it is about. This word meditation ~ that is all it is about ~ it is bringing Self into Self at a conference table and saying, "Okay, let's talk."

To have Self Awareness does not mean that you have to go through formal tools and techniques to find answers within Self. You are doing it right now as you sit here, as you are listening to these pearls of wisdom, you are thinking. Some of you are thinking way beyond anything we are saying, but you are thinking. Thinking means that you are within Self ~ that is Self Awareness ~ and it is in the learning of lessons and the testing of those lessons that increases the levels of awareness that, then, increase Self Awareness. It is a process ~ it is a cycle ~ it is neverending. As you learn more, there is more to learn.

The study, formally, of Self Awareness can be very beneficial to gain confidence in Self and in facing Self.

Questions, comments or concerns?

I need a verb.

For?

More specifically, we say, "We are going to mediate." I need something.

Why do you have to use the old paradigm for the new one?

Habit?

Habit, indeed. Self Awareness, period.

Well, I'm just thinking of how I tell people and I say, "I want to have some time to go and meditate."

"I want to have some time for Self Awareness."

Okay, I can do that.

Try it out!

I'll try it out ~ I'll let you know.

Oh, thank you! Remember that when you replace the old with the new, there will be many who will resist, and there will be sometimes confusion ~ as the question was just asked, "I need a verb." Not necessarily. It becomes its own definition, just as the word meditation has become its own definition, so too, then will Self Awareness. And within one thousand years into The New Illusion, the words Self Awareness will have taken on the same type of baggage that meditation has taken on ~ and there will be a new word that will replace Self Awareness!

Probably Meditation. 😊😊

Yes, "Let us try this new word we have come up with ~ it's called meditation." And so the circle continues.

Speaking of circles, do we then call our Meditation Circle a Self Awareness Circle?

"We are gathering for Self Awareness." A Self Awareness Circle would be appropriate for it is a circle of those seeking Self Awareness. Mushiba will be the one having the most fun with all of this changing of nomenclature of the literature. It is no longer a Meditation Circle.

We will depart now and are sending you the light and encouraging you to continue to send Circles of White Protective Light to all those who are in distress because of the attack and to view it now as a unification opportunity to bring together the forces of light, to diffuse the dark. (Waith is referring to the attack on The World Trade Center)

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

Bye. Thanks, Waith!