

# *Waith Class Transcripts*

## CYCLE OF LESSON LEARNING



*~ 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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For more information, please contact us ~

[terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)

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

## CYCLE OF LESSON LEARNING

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASS OF APRIL 17, 1990)

*Waith: Greetings and the blessings to you.*

**Hi Waith!!**

*Our topic of discussion for this class is the CYCLE OF LESSON LEARNING.*

*You decide to take on a lesson, let us say, the lesson of tolerance or patience. Each of these are considered major lessons that are broken down into a SERIES OF LESSONS WITHIN the lesson ~ for if you were to attempt to take on the total lesson of, let us say, tolerance, it would be far too overwhelming.*

*Your lessons are not completely learned on the earth plane ~ only portions. Thus, you determine what PERCENTAGE you will have in learning a lesson on the earth plane.*

*Each lesson that you take on goes through a Cycle that, in actuality, is a circle. Regardless of the lesson, you must fulfill FOUR PHASES of lesson learning ~ and this process takes a number of lifetimes to complete. You are not able to skip around in this cycle ~ you must complete one phase before you are able to go into the next one.*

*Another important part of the CYCLE OF LESSON LEARNING is that you will be at various points of the learning of your lesson in any one incarnation ~ you may be in one phase for one lesson and another phase of another lesson, all within the same incarnation.*

*So, now, let us look at the FOUR PHASES of the CYCLE OF LESSON LEARNING.*

***PHASE ONE** means that you take on the lesson without any assistance from other energies ~ you must start the learning of this lesson without help. There is a certain parameter that is determined at your Soul level, when you decide to take on the lesson, as to what percentage you will have for the learning of that lesson. When you have completed Phase One, you are then ready to move into the next phase.*

***PHASE TWO** is the learning of that same lesson only now you will have help from others. Thus, you take on the lesson in a different manner because you will be receiving help. Once you have completed Phase Two, you then take this lesson into the next phase.*

*PHASE THREE is where you help another who is in Phase Two. You have lessons to learn by helping others to learn the lesson ~ thus, you begin to take on the role of teaching and learning. Once you have completed Phase Three, you move into the final phase.*

*PHASE FOUR is where you help to help one who is helping another. Thus, you are helping someone who is in Phase Three to help someone who is in Phase Two. Once you have completed Phase Four, you will be released from that part of the learning of that lesson.*

*These are the basic definitions of the CYCLE OF LESSON LEARNING. Now, let us look at the implications of this Cycle.*

*One entity may say that on the earth plane they want to learn, perhaps, five percent of the total that needs to be learned about TOLERANCE and the other ninety five percent would be learned in other training grounds ~ other dimensions.*

*Another entity may decide that on the earth plane they want to take on twenty percent of the learning of TOLERANCE and the other eighty percent would be learned in other dimensions.*

*Thus it is that we come to our favorite topic of being nonjudgmental, for as we have said, it is of no concern to any of you what another is here to learn ~ only what YOU are here to learn is of importance. You do not know who any other entity happens to be and what phase of the Cycle they are in ~ for teaching and learning, learning and teaching, sometimes have very thin veils of disguise.*

*And, to add to the issue of being nonjudgmental, not only do you not know WHY another is here and what their path is, you do not know the PERCENTAGE that they have taken on for a particular lesson ~ and it is none of your business, anyway. ☺*

*We have added more reasons, now, for you to question yourselves when you begin to judge others in saying, "Well, I'm taking on that lesson in a much more difficult way ~ and I'm feeling much more pain than that person is and, therefore, I must be much better ~ I'm growing better and faster because I've taken on much more." Be careful for you simply do not know the path of another.*

*There is a most interesting array of percentages that are currently incarnating on the earth plane. Understand that whoever you meet, while they have varying reasons for being on the plane currently, are at various points on their path and have chosen various lessons to learn ~ just as you have.*

*You may have chosen to learn a part of tolerance, for example, on the earth plane, and another may have NOT chosen tolerance as a lesson to be learned on the earth plane.*

*Rather, that entity may have chosen to take on the learning of tolerance in other training grounds ~ in other dimensions.*

*Remember that of all the lessons available, you have a choice of what you want to learn. ☺ It is quite simple ~ you do not have to take on every lesson that is available. This means that whatever you choose to take on for lessons then becomes what you must accomplish in order to return to The One ~ and not that you must learn EVERY lesson that is available in order to return to The One.*

*Some entities choose to never come onto the earth plane ~ they learn in other dimensions. The earth plane never becomes part of their training grounds, for they, perhaps, wanted to venture out of The Universal Consciousness for a short time to see what it was like. Or, they may have done this so many other times that they decided they would come out for a short time and then go back in, knowing that they can come and go.*

*You can take on one lesson and go back, or you can take on one hundred lessons ~ you, as an entity, determine that. Many entities will seek guidance from The Angelics ~ although they do not need to. Many entities simply decide on their own, and once they have written the pact ~ as you would refer to it ~ with The Universal Consciousness, they must fulfill it.*

*Thus, if you say, "I will take on ten lessons, and those lessons are ....., " it is then a pact with The Universal Consciousness. So, my dear loved ones, judge not, for you know of no one's path, of no one's choice of lessons, or, where anyone is in their Cycle of Lesson Learning.*

*The purpose of focusing, as we refer to meditation, is to assist you in learning where YOU are in a particular lesson phase, for then you are able to have a clearer sense of your mission in the incarnation and what particular phase you are in for a particular lesson.*

*If, for example, you realize that you are still in Phase One of a particular lesson, then it helps explain why everything seems so difficult, that no one understands and no one is assisting you. It is necessary for you to go through that phase.*

*You see another who appears to be going through the same kinds of issues as you, receiving help from all around, and you think that there is inequity and say, "Why is that person receiving so much help and I receive none?"*

*It is necessary, my loved ones, for, eventually, you will be in that phase where you will receive assistance. However, it is in understanding what it feels like to not receive help,*

*that you then will be able to give help. And in learning how to give help, eventually you will be able to help another to help another, for it does not come easy to help another if you have not been helped.*

*It is a marvelous Cycle. Many of you can be taking on as many as five lessons in a particular incarnation and be in each of the phases ~ it makes for great fun! It also can help you to understand the lesson of humility. For those of you who have taken on many lessons, humility is generally one of them. ☺*

*It is important that you do not become obsessed, now, with having to find out where you are in the Cycle for any particular lesson. You would waste your energies on that task rather than concentrating, simply, on receiving the messages from your Higher Self as to what you need to be doing.*

*There are lessons to be learned, my loved ones, in not knowing where you are, and there are lessons to be learned in being given that information ~ and your Higher Self will release that information to you only when you are ready to have that information.*

*To know where you are in the Cycle may not, in fact, be relevant for you for this particular incarnation, or you may be given that information for one lesson and not for another. Knowing this, you can begin to, perhaps, piece together events in your life ~ and in attempting to place some order into what is occurring in your life, then seek the answers from Self.*

*Self may say to you, "It's not for you to worry about in this incarnation," and give direction as to how to work in a particular area without knowing exactly where you are in the Cycle,*

*We enjoy watching this. ☺ ☺*

**It makes your day. ☺**

*Indeed. We see things in what you call CIRCLES ~ they move around much like what you call a carousel. You slowly move around until you come full circle.*

*From our perspective we see energy surrounding each of you, and that energy represents the lessons and where you happen to be in the Cycle ~ you will have a certain energy encircling you that indicates where you are in the Cycle. You may have energy that goes half way around, another energy that goes a third around and another that goes further around.*

*We see you as energy. When you occasionally feel a disruption in your energy, it means that you are experiencing a movement in the Cycle. Movement in the Cycle may not always go forward, dear ones ~ there may be movement backwards, and that is fine for it is part of your learning. However, once you have completed one phase and moved into the next phase, you will not move back into a former phase.*

*Any movement back is within the phase. Once you have made it through one phase, you do not have to go through it again. The Universe makes it challenging for you to get out of a phase, however, for when you move out of that phase that is it ~ you no longer need to deal with it.*

*A close friend of mine is going through much turmoil in her life and I want to help her. I don't have any idea how other than just being there for her. Can you give me a suggestion?*

*That is all you need to be doing.*

**Would what is going on with her be an indication that she is in the first phase of the Cycle?**

*That is not for you to know ~ remember our statement regarding judgement. ☺*

**Would another dimension that we learn lessons in be when we're sleeping?**

*Indeed it is, my love. The sleep state is another dimension ~ it is an altered state. The earth plane, to some dimensions, is an altered state. ☺ ☺*

**In other dimensions do we live in a similar manner that we are living here, or is it energy?**

*It is dependent upon the particular training ground. There are training grounds that have physical encasements very unlike what is on the earth plane.*

*There are training grounds where there is energy only. For the most part, the major training grounds involve encasements, of some type, for the energy. The training grounds that do not require encasements have different approaches to the learning of lessons.*

**I've been told by people close to me that I have had out of body experiences. I don't remember them. Is this learning, too? Am I going someplace I'm not aware of in order to learn something?**

*All who are incarnated on the earth plane experience what you refer to as OUT OF BODY. What many do not have, though, is the knowledge of that, for they have purposely blocked that knowledge.*

*When you go into the sleep state, you go into another dimension, and in order to do that the spirit leaves the body ~ it leaves in varying degrees and not all the time, for often the sleep state becomes simply the rest state and not a learning state.*

*Some entities can go through half of their incarnation using the sleep state simply as a rest state, where they do not leave the encasement ~ and they can at other times leave the encasement.*

*Some entities leave their encasement perhaps ninety nine percent of the time that they go into the sleep state ~ it depends on what your purpose is for coming onto the plane, where you are on your path, where you are in your Cycles of Learning and whether or not your Soul determines it to be necessary or beneficial for you to know that you have left your encasement.*

*Lessons can be very specifically learned in knowing that you have left your encasement and, in fact, being aware that you are out of body ~ it relates to very specific learning that is taken on in terms of certain abilities and relating to the issues of power.*

*And thus, if you experience out of body and understand it and know it at the time, then it simply means that your Soul wants you to know this, and you must then attempt to find out why you are being given the knowledge. If you are not aware of being out of body, do not worry about it. ☺*

**Is there any particular tool I can use to protect myself when I'm in the sleep state?**

*The focusing tools that we have been giving to you all along are beneficial. You can choose from any number of those tools to protect Self. Simply refer back to them.*

**So, if I use them in a waking state, will they carry over?**

*Yes, indeed.*

**I just wasn't sure of the length of time that it would.**

*It is for YOU to determine what length of time you need. It is you who determines whether you have protected yourself sufficiently. And, remember that we have said that your protection of Self must be continuous ~ not spotted, not thinking that you can protect yourself for four and one half hours and that is all you need. ☺ ☺*

**I've realized that when I've let it down.**

*Indeed. And when you let it down, it takes longer to build it up again. Any focusing tool is useful for protection ~ you do not need to know five hundred different ones. We have given many tools so that it can be seen that one may be more comfortable, more easily used than another ~ however, protection is protection.*

**So, the effect of using a protection tool for a long period of time accumulates?**

*Yes, it does.*

**We sometimes see some people who appear to just sail through life, everything is happy. And then we see others who are very sick, they spend their time in the hospital, or whatever, and that's where I think that this information you have given might help us.**

*Understand that in a particular incarnation, an entity may come in to simply work on one phase of one lesson, period ~ no other lesson, no other phase. They may be in Phase One and, therefore, it is a very difficult time for them or they may be in Phase Four and all appears to be smooth for them.*

*You each have the choice of how many lessons you bring in to work on in any particular incarnation. And, as we have mentioned in the past, there is an occasional rest incarnation where there are no lessons that are tackled ~ it is simply a time to enter, rest and enjoy.*

*It is encouraged that there be an occasional lifetime of rest, for as you would say in the vernacular of the plane now, "All rest and no play," is not good.*

*Understand that some entities, however, work, work, work, and take on many incarnations and very rarely will take on a play incarnation ~ and this is fine for it is their choice.*

*Once again, it is not for you to know where another is, and if it is a play incarnation or if they are simply in Phase Four of a particular lesson ~ and they have taken on one lesson, or all their lessons are in Phase Four. They may have five lessons, and are in Phase Four of each, and thus it appears to be smooth.*

**If someone is taking on, for example, five lessons, and he or she is in Phase One of those five lessons, wow, what an overwhelming lifetime that must be!**

*It could be ~ it is the entity's choice. We attempt, of course, to guide and direct. However, we cannot impose ~ we can only assist. If an entity were to ask us, "What do you think if I take five lessons into Phase One?" We would not encourage that ~ yet, depending on the entity and the strength of that entity, it may be quite appropriate.*



**Can we decide to take on lessons during the incarnation as well as before coming in?**

*Yes, indeed you can, my love, although generally, it is chosen before entry. What occurs in many situations AFTER entry, is that the particular phase of the lesson is accomplished in a much more rapid time than was expected.*

*An entity, then, is given a choice as to whether they want to remain on the plane and take on something else, or simply leave because they have finished what they had set out to do in that incarnation*

*The reverse is also true, for many times an entity will take on more than they need to, or is advisable to take on ~ and they find themselves, in the incarnation, a bit overwhelmed.*

*At Soul level, they can simply say, "I don't want to take on this lesson in this incarnation ~ I will send it away and do it another time."*

**That's good to know! 😊**

*Yes, indeed ~ to work on in another time! 😊*

*And, on that note, we have completed our discussion with you of the CYCLE OF LESSON LEARNING. 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.*

**Farewell and Thank you, Waith!!**

