

Waith Class Transcripts

**ENERGY FLUIDITY MANAGEMENT ~ SELF AND OTHERS ~
APPLYING THE CONCEPTS FOR SELF**



~ 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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ENERGY FLUIDITY MANAGEMENT ~ SELF AND OTHERS ~ APPLYING THE CONCEPTS FOR SELF

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH WORKSHOP OF OCTOBER 22, 2005)

Waith: The blessings to all of you!

Hi Waith!

Greetings! Greetings! The energy flow is bright and bouncy! ☺

We are gathered for this discussion, my loved ones, to move into the next phase of energy fluidity management ~ and we will now be applying the concepts to Self. And you had ~ and we say this with great anticipation ~ a homework assignment. Would one of you like to summarize what the assignment was? Not your response to it, yet ~ simply what the assignment was?

I wish I could ~ that's really my response! I really wish that I could do that!

That is an appropriate response. Yes, indeed. ☺ ☺

We were supposed to look for things that are in our energy in different arenas, like at home and at work and different places where we go ~ look for commonalities.

Yes indeed. And with those commonalities, what were you, then, supposed to produce?

A master list.

A master list, yes. So, our first question is, how did you feel as you were doing this assignment, for those of you who did it? ☺

Excited. I don't know why so much, yet it was exciting because I was looking at what could possibly be a link and it was a way that I had never looked at my environment before. I think that's why I thought it was exciting.

You just answered your own concern about not knowing why you were excited, "I don't know why I was excited, except that...!" ☺

Well, it got me into the explanation! 😊

Yes it did! Who else?

I was very interested to see how many similarities there were between the energies that I dealt with in my home and the energies in my work environment.

Ah-h-h! So many similarities. Another response?

I didn't do the assignment, Waith.

That is a response.

It's the truth!

Indeed. It is always the best policy to be truthful, you see ~ not to try and fake it, for we would know.

I do have a comment, though.

Yes, my love.

We're taught that so many things are inanimate objects ~ it doesn't breathe, doesn't have life ~ so what you're teaching us is so different. I look at things much more differently. For example, I thank my car for getting me here and taking me places. It seems funny and if I share that with someone who is not at this level, they kind of look at me like I'm ridiculous. Sometimes it's funny, yet, I have to be careful who I share this with.

This is true of anything ~ any knowledge that you have. You are discriminating in who you share information with, for some ~ even if it is a high awareness of language or other earth plane skills ~ it is not an appropriate discussion to have for any number of reasons. So certainly, any awareness that any of you have, you are careful of being perceived as showing off or being someone who knows it all.

The information that we share, for your own insight, falls within that category also. There are some who you can say anything to regarding discussions of spirituality, for example, and others who you cannot, in terms of understanding.

I find myself apologizing to things I'm throwing away, though.

Yes, and we have discussed that in great detail in the past. All energy has a path ~ and BEING THROWN AWAY is a path.

The way we behave and the way we respect, is what reflects ~ the way we do and understand sets an example or model. We don't have to talk and say, "Look what I'm doing, what I can do."

And that is the extension of the discussion that it is the behavior and not the words. It is the reason that when we give information, it is the concept ~ the words. And we emphasize to you that you must LIVE YOUR LIVES ~ you are living your spirituality ~ and it is THAT which, ultimately, others respond to. Another response?

I have been doing home cleaning and many of the energies that I surround myself with in my home environment are also in the homes in my work environment. When I injured my foot, I found a temporary job at a call center and it is an interesting experience. I feel the difference. We are in a large room, in little cubicles with a computer and a chair and that's all. It feels very barren ~ there are no live plants, which I'm used to having, and there are fewer energies in my immediate surroundings than I have been used to in homes. So, I feel very much at a loss, almost.

At a loss ~ in what way, my love?

⚙ I don't even know if that's the right word, LOSS ~ it is different...

⚙ Bereft?

⚙ Yes, bereft. I would feel more comfortable having the plants or other elements around me that I am used to. And not having that, it feels almost like a part of myself is missing.

Indeed, and that you were not able to bring anything that represented who you are.

There are some work environments where it is very acceptable that you bring in things that are part of your environment and other work environments where that is not acceptable ~ it is, indeed, very barren, if you will, not at all personalized. And if you work in such an environment, it tells you something about the types of environments that you are seeking out.

Another response to doing the assignment.

I was fascinated to see all the similarities because I hadn't been consciously collecting things of any kind of a theme, so when I actually sat down and looked at the different environments and made my list, I saw a lot of things that were pervasive in all elements of my life.

And you said a key word ~ THEME.

So let us move into themes. Let us take a couple of examples of themes that you found in your master list. Perhaps we could start with you since you brought up the word.

Well, I would say that a theme could be a pond or something like that, because I found a lot of elements of different colors and animals and minerals that we would find around a pond ~ little rocks, toads, dragonflies, greens ~ different things like that.

And what makes it a theme for you?

They just all seem to go together when I look at this list. That's the word I would use to sum it up.

So regardless of the environment that you find yourself in, items that are in both environments revolve around this theme.

Another theme.

In my environment there are a lot of herbs, spices, plants and soil.

And what do you think, then, this represents to you?

It represents to me a connection with nature ~ a very strong earth plane connection for me.

And why would that be, my love?

Maybe because they ground me and make me feel good, both internally and externally.

Why do you think you need such strong grounding?

Because my mind and other parts of me ~ other dimensions of me ~ would float around continuously. I have an extremely active nervous system and I think that helps me to ground and calm down ~ the soil, the herbs. Internally and externally that connection is necessary to keep me on the earth plane! 😊

Yes, indeed. Another theme?

For me it is my animals and that when I do my part time job of pet sitting, it calms me and makes me feel more grounded, especially after my job, which is very stressful. When I come home from work, all I have to do is hold one of my kittens and just the mere fact of holding and stroking her fur soothes and calms me. I'd be absolutely lost without my cats.

And in your work environment, my love, do you have anything that can be representative of animals?

The only thing there is a cat calendar that I have hanging on the wall ~ that's it. There's nothing in the environment that is soothing at all.

Except for the calendar.

I look over several times a day and see the picture of a cat.

Yes, indeed. Another response to the theme.

I have taken on in this lifetime to balance between my spiritual and family and when I take care of the grandchildren once in awhile, I think, "Oh-h-h, here it is, one of the themes, family." And of course, seeing people all day long in my job, I have noticed that, at least they give me the impression, they are pretty much in the same way of acting. In other words, they are easy to get along with and in many work environments such as I have, it can be just the opposite.

So those who come into your work environment as customers you find easy to communicate with?

Yes.

For they perhaps share your same beliefs about family?

Not only family ~ their personalities kind of meld with mine. And I also know having an experience quite a few years ago in another Laundromat that the people did not meld with me.

So, what we have in this homework assignment is the end result being what for each of you?

We all have a theme?

It could be.

Just that there's commonness between our home and our work.

Yes, it can be that ~ that there is commonness between work and home.

A source of harmony?

In what way?

I mean peace ~ in other words, we feel contented with our choices, whether it's animals or plants or whatever, it's a balance

You could. And flipping that particular thoughtform, what might be the opposite?

Stress.

Yes, so that your environments could also be a source of disharmony for you. You may find that you have one environment that is harmonious and another that is not harmonious. With this information that you have now, what does it tell you about Self?

We seek a balance?

How did your environments show that to you?

They're different and yet have similarities with the carpeting, the paint and the lighting because all those things exist in both places. However, there's a lot more communication that goes on in my office than in my home.

Communication with The Human Kingdom?

Yes. There's none at home, so there's a lot there ~ so I see that as a balance.

It is a balance. Yes indeed.

And what about you, my love?

I've become very aware of how many energies I interact with at home. I try to see what energies are pretty much similar and then I use them to put a calming atmosphere into my work environment, especially in my thoughts. I try to think of some of the energies that I do not have at the work environment and I try to bring the energies from THOUGHT into the work environment from the home environment. It has a very calming effect. It definitely helps me through the day, especially when it is very hectic.

Yes, indeed. Thought forms.

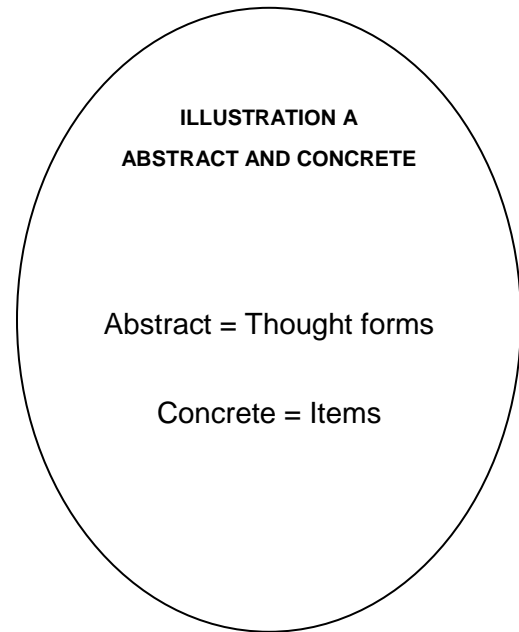
If we would define, for this particular discussion, that a thoughtform is an abstract representation of your trying to bring balance to your environments ~ all of them ~ what might be the concrete?

The list?

It could be the list.

The actual items?

The item or items. (Waith writes on the board. See Illustration A)



This brings us to the core of energy management ~ there is always the seeking of balance. Every energy form is always attempting to seek balance and it is done in many different ways. It is done with some by strictly abstract, using thoughtform, focusing, going within Self ~ meditation as it is sometimes referred to. And it is also done with concrete, such as the actual item.

Over the years we have given many tools that embrace both the thoughtform and the item. Our material is filled with these types of focusings ~ some very long and detailed and others rather short. And in all of our discussions, we have emphasized that you create your own way of going within Self and focusing. You may do it strictly in the abstract, you may do it strictly in the concrete, or you may have a combination.

What is important from this exercise that we asked you to do is that you begin to look more clearly at how you can bring balance to yourself regardless of where you are and that you find certain things that make you feel good ~ and in some situations you can bring in the actual item and in other situations you bring in the thoughtform. The actual item could be a calendar with cats on it. The abstract of that would be what, my love? What might be a possible abstractness of that?

Trying to see the positive in things rather than the negative?

Listen to our question. If a calendar of cats gives you the concrete of your love for cats as a way of bringing soothing and balance into your life, what then might be an abstract version of that?

Focusing, I guess.

Doing what? Let her think it through. (Waith is addressing the other class members) You see a cat on a calendar ~ that is the concrete for you. How, then, do you translate that into abstract for you? (There is silence)

Trying to...this is hard! Remembering the feeling that I have when I have a cat.

There you go! ☺

I haven't been up that long! ☺

It takes as long as it takes! ☺

Yes, simply thinking about the feeling or perhaps visualizing it ~ depending on what feels appropriate for Self ~ and it could be different from one moment to the next. You may be able to quiet yourself and close your eyes and actually picture the cat ~ and another time you may simply be working and not able to do that kind of focusing and yet you have within you the energy of sensing the feeling of having one or many of your cats with you.

Or using an anchor ~ squeezing your hands or doing petting. Make it a little more concrete.

Yes, indeed. It could be another form ~ that would be a way of bringing a little concreteness in by pretending that it is there and that you are petting it and at the same time you are fluffing your own energy field.

Now that you have figured that one out, it was not so difficult after all, was it?

No, Waith! ☺

No, it was not or yes, it really was and you are humoring me? ☺

It was difficult in the beginning, and now that I've come to it, I'm thinking, "Why didn't I think of that immediately?"

Well yes, and is that not true about everything, my loves? It seems so acceptable to others ~ they understand something and you do not and you think it is a big deal that you do not understand it. Until you are ready to understand it, you then say, "Eureka!"

A light bulb moment!

Yes indeed. So, what you had in this example, my loves ~ and the reason that we wanted to have her answer this rather than the others of you saying, "Pick me ~ pick me ~ I know the answer, I know the answer!"

It is very important to understand, within Self, where your line is in understanding something and when you need to seek out assistance in understanding something. What you did not say, my love ~ which is the reason that we kept going ~ is you did not look at anyone and say, "Help me." And that meant that some part of Self was sending out to the concrete the message, "You must get this yourself." You were not asking for help. And remember, also, as a group in a class where there was one of the members struggling with the answer, that it is just as important to NOT shout out the answer that YOU think is appropriate unless that other person, who is struggling, asks.

This is a very easy concept to understand. However, most people now on the plane are programmed in just the opposite when going into a classroom situation such as this, in the work environment or whether it is simply in social environments. There is this sense that if you do not have the answer, then something is wrong with you ~ that you must have the answer and others around you seem to know the answer.

Part of your own energy fluidity revolves around what we have just used as an example. She knew the answer ~ she was simply struggling a bit. The rest of you were eagerly wanting to lend your voice. She could have had the answer from one of you. However, it would not have had the impact within Self that it had when she finally realized, "That was not quite as difficult now that I know the answer and I went through that process." Energy fluidity management is a process ~ it is not something that you suddenly have. And when you do have a sense of management of your own fluidity, it does not stay as a static component of your existence ~ it is dynamic and always changing.

How would you summarize what we have just said?

I think we have to remember to respect that we're here for different reasons and at different levels. And so, even though, maybe out of love, we want to help another with an answer or whatever, we shouldn't do that unless someone asks or if we ask them, "Do you want us to help you?"

And it is appropriate to go to another and say, "Would you like help?" When you do, however, you need to be careful for it is the fine line between imposition and service.

What else have you learned?

I can only talk for myself. When questions are asked to me and somebody answers it for me, I hear it and then I may forget. I have not gone through the process. When I have to seek for the answer myself and go through the process, it becomes part of me and I won't forget ~ it sticks with me. So, that is for me, energy fluidity management.

And taking this further as a process, when we say, "It takes as long as it takes," that is not as flippant a remark as you might think it to be.

A process takes forever sometimes ~ forever being a very long time. ☺ And it may seem in your own management of Self that you are able to have answers immediately in many parts of your life and in other parts of your life you do not seem to have answers ~ you seem to struggle.

Understand that where you are in your learning is the result of, for many of you, thousands of lifetimes. You did not just pop into this lifetime and start learning something. There are many on the earth plane, as humans, who are in, what we call, the Orientation Stage of their lives on the earth plane ~ and they are establishing their energy groupings.

However, at the end of an illusion, most of the energies on the earth plane, this close to the end of the illusion, have had thousands of lifetimes. If some of you think, "I don't have much experience in this," cast that out of your thoughts, my love.

Our audience, as we discussed regarding energy imprinting, is for the start up of the next illusion, who have had much experience on the earth plane ~ and it is that experience that each of you have had that imprints for the next illusion. (He is referring to his first workshop on ENERGY FLUIDITY MANAGEMENT ~ SELF AND OTHERS ~ INTRODUCTION TO THE CONCEPTS)

And the example that we just used was a further imprint to help those who will pull this information, to understand that it is all right to not know the answer and to ask someone for the answer. Taking it, however, one step further ~ just because someone gives you the answer, does not mean that it is YOUR answer. It simply is a frame of reference that you take within Self ~ assimilate as to whether it rings true for you or not. If it rings true, then you begin to gather more information. If it does not ring true, you throw it away FOR NOW ~ for it may be information that comes into Self as an imprint because you will need it at some other point, in this life or in another life.

Is there anything else to add?

I know, for myself, that many times when I'm doing something and it just isn't working out right, no matter what I think or try to figure out or look up, I don't get the answer. All of a sudden, when I'm away from the item, something pops into my head ~ there's the answer!

Yes, remembering, of course, that if you ask the question, you have the answer ~ somewhere. And sometimes it takes a little more to get that answer out from the dimensions of Self. ☺

So let us talk about the process of getting that answer out from the dimensions of Self.

We would like you all to stand and place your things on the chair or the floor. Move your hands a bit ~ shake them or simply move so that energy is flowing. Move your feet a bit. Move other parts of your body as you feel that you would want to ~ stretching, wiggling, fluffing. ☺ Fluffing Self ~ going all around your energy field.

⚙️ **Fluffing my hair!** ☺ ☺

Yes, indeed! Fluffy, fluffy! ☺ Move from the spot where you were ~ we never told you that you had to stay in that spot as you were moving. Move around all of you ~ we are not limiting you to this circle.

We also did not say that you could not talk to each other. (The room is quiet as the people move about) There are quite a number of assumptions going on here. ☺

⚙️ **We were all respecting the instructions!** ☺

⚙️ **We were doing as we were told, right?** ☺

Oh-h-h! Doing as you were told!

Oh-h-h yes! There are so many rules!

All right my loves, do return now. Ah-h-h ~ we see food moving into the environment! That was an opportunity that you seized, my love! ☺ Yes, we commend you for that! ☺

How do you feel now?

⚙️ **Energized!**

⚙️ **Refreshed!**

There is that word ~ ENERGIZED ~ energy fluidity management is not a big mystical secret. You are all sitting here and the energy was getting denser and denser as a group ~ for indeed you felt, "This is such a serious discussion and certainly we must be serious." And so, we just gave you an example of how you can manage your own fluidity.

We began by saying move about ~ wiggle your hands first is what we said and then wiggle your feet. And, yes, you were following the instructions ~ some of you. Some of you began to move about on your own. However, there seemed to have been this assumption that, "Waith is giving us the rules for this so we must respect the rules."

We know that some of you do not hold that particular statement as a philosophy of life and some of you have varying degrees of respecting rules. We did not give any rules, even though you assumed that we did, until you realized that you could move about, talk and had the an opportunity to get food!" 😊 We have said throughout our time speaking that there is sometimes food and there is always hot water, as you call it, that you can get up whenever you want to and get it. Very few ever do that. Why is that?

We're in a classroom setting. You're obviously in charge.

Are we?

We're listening intently.

Obviously in charge! 😊

Yes! You're the instructor and so no one wants to disrespect that. We know that there's a break coming and that you will let us know when you are ready to do that. Wouldn't it be rude for someone to just get up when you were trying to express a point, because we're all here to learn?

Well, you see, you bring up some very important points regarding energy fluidity. It would be rude if you were to get up ~ if we HAD NOT said to you, "Feel free to move about if you need to." If we had not said that and if, in fact, in all of our discussions we were very strict, saying, "Once you sit, you stay there until we have finished talking, because after all, we're in charge." Then, yes, to do anything other than that would be a conflict within Self from a respect standpoint. However, we have not said that. We have been very clear regarding the fluidity of the classes. And even when we gave you all the opportunity to move about, you stayed in your little circle until we said, "Move about!"

Yes, well we were following your instructions. You just told us to stand up and so we did. And plus you're time here is so limited with us and I don't think anybody wants to miss out on anything that you have to say!

Our pearls of wisdom! 😊 Yes, after twenty years, everything we still say is a pearl! 😊 Yes!

Another response?

I think that oftentimes I try to honor the other members of the group because they may have some belief that they want to have an uninterrupted experience and if I get up and do something that may interrupt their energy flow. Oftentimes I do what I feel like, and I think in the past I have been told, "If you could just sit down, the rest of us would really appreciate it." And so, that's made a little thing inside me where I think, "Well, all right, I don't want to step on anyone's experiences." I sit here and think, "I wish I could get up and get some water."

And, what is a compromise you could bring to the desire to get up and not get up?

I certainly could have a conversation with everybody beforehand and say, "Would anybody mind if I do get up and get some water or leave?" And I could get their response. However, I can't really think of one in the middle of it, because that would be interrupting everyone!

Indeed! It is quite the dilemma, is it not?

I think we weren't clear that it was a break.

It was not, as we defined the break.

We were just waiting for the instructions. Maybe you had something planned.

We did! And we accomplished it. 😊 It was an example to you of attempting to connect within Self ~ and it always goes to Self ~ to the flow of your energy as you began to hear what we were saying. Were you so intent on what we were saying that you listened only to the exact words rather than to the nuances that went with it and the way that your energy was feeling? We are not talking about others ~ we are talking about Self. In our next workshop we will bring in the interaction with others.

So with Self, you stand and we begin giving you instructions and at one point we say, "Move!" And you all move. Why? If you did not feel like moving, you did not have to move. If you wanted to move, you were given the opportunity. And only two of you used the opportunity to get food, which is not a negative or a positive ~ simply that the opportunity was seized. You do not need to do what others tell you to do. 😊

It depends on what forum you're in! 😊 (There is much group chatter)

Let us expand on this, my loves.

When you go into an environment, and remember you choose your environments ~ you have the choice ~ you have chosen the environment. That means that you adhere to the basic structure of that environment and the rules of that environment. You respect the rules of that environment when you are first in the flow of energy of that environment until you have learned completely what the rules are.

We have discussed this concept in the past about the rules for The Game. You might want to check out our discussion on this. (The topic to which Waith is referring is LIVING IN YOUR WORLD AS A SPIRITUAL BEING) In order to determine your own energy fluidity ~ when you go into an environment that is not one that you have created for yourself ~ you need to go in with an attitude of respect because you have chosen that environment.

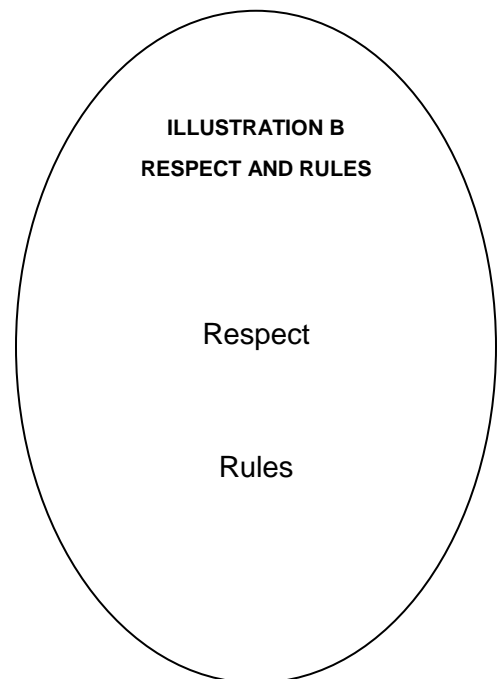
Your next step is to find out what the rules are of that environment. (Waith writes on the board. See Illustration B)

Rules are rules ~ every environment has them. Some are much more strict than others ~ some have much more fluidity to them.

Rules, guidelines, suggestions for conduct, the culture of the organization, the unspoken ways that behavior is expected in an organization ~ you need to learn all of that so that you are, then, able to determine if this is appropriate for your flow of energy. This does not mean that it must feel harmonious.

Living on the earth plane is not about always being harmonious. It is about learning to live harmoniously in a disharmonious world. You could be in an environment that is not harmonious to your flow of energy and you want to learn how to bring greater harmony to Self within disharmony.

You know what the rules, the conduct, or the guidelines of an organization are and you can then begin to act accordingly ~ you can either accept them or not. You can either,



stay and try to make change, or not. It does not mean that you are stuck anywhere. Freedom and energy fluidity ~ the managing of energy fluidity ~ are synonymous.

You are free if you are managing your own energy flow ~ and that means that you may be someplace where you do not agree with the rules, yet you are staying there because you think you can make some change and you can learn. That, my loved ones, is energy fluidity management.

You are not complaining about the rules. If you do not like them, leave or make changes. It is all right to speak up. To sit submissively in an environment where you do not feel good, may work for the short term ~ however, not for the long term. Speak up!

What if that gets us fired?

What if it gets you fired? Are you in an environment that you dislike so much and feel so constricted that you cannot even speak or behave in a way other than the dictum? If you are in that kind of environment, look at it from two perspectives, saying, "I am here to learn something by my not being able to say or do anything ~ what is it that I'm here to learn?" Or, you leave the environment.

When I ask Self a question, then I am still in harmony with Self.

You could be, yes indeed.

Because I accept it in a way, "Yes, I do need to learn something."

Or, you say, "No, I don't need to learn" ~ and you leave. It is not an easy situation to be in, for as you look at all of the stressors in your life and say, "I need money ~ I have to stay at this job." Perhaps, then, that is part of your learning.

How would you summarize what we have discussed to this point?

- ⚙️ **I think we were basically talking about how we deal with rules in the environment and either we can accept them or we can leave them.**
- ⚙️ **What about the job, the money, we're earning a salary?**
- ⚙️ **That we're not stuck anywhere ~ that we are free to manage our own energy as we see fit and if it's not working, then we're not bound to that environment unless we feel there's something to learn.**
- ⚙️ **What if I don't know what it is I'm supposed to learn! 😊**

Well, is that not the journey?

What if it's causing all kinds of stress and we're tied up in knots and tired all the time. How can we learn when we're feeling like that? It can overwhelm.

Yes, and what is a signal when you are in that type of environment to Self?

- ⚙ **Something's not working!**
- ⚙ **We might be feeling tired.**
- ⚙ **Maybe we need to speak up. Maybe we need to take action on what we're really feeling and we're not being honest with Self.**

It does not necessarily mean that you do that with another ~ rather, you do it with Self. You are not IT at the concrete. The rules are everywhere, my loved ones, and Self, at each dimension, is living different rules ~ remember this.

In our last class, we used the phrase, ILLUSION EQUALS DIMENSION ~ they mean the same from our perspective. Along with our discussion about the DIMENSIONS, or LEVELS, of Self existing simultaneously within all the dimensions of Self, as well as this concrete one, means that each dimension of Self is living a life ~ just as you are living a life right here, right now.

You, in this dimension, live by certain rules, both external and internal. So, too, do all the other dimensions of Self.

The conflict within Self relates to understanding what the rules are in those other dimensions of Self that are working with you specifically for this lifetime ~ this dimension that you are in.

Not every dimension of Self is working with every other dimension of Self in the running of the life for a particular dimension. You may have, for simplicity's sake, ten other dimensions within your being that are part of ~ and a helping assistant for ~ this concrete existence. Those ten dimensions have their own rules. You are helping other parts of Self in other dimensions and are coming into that experience to help other dimensions of Self with the rules that you are living by in this lifetime.

When we said to you, "Find out what the similarities are in your environments," this was something very concrete that we were asking you, as a way to get you moving into this

idea of now going into a more enlarged view. What is similar in the rules that Self lives by in this concrete experience and how are those similar to the rules that other parts of Self have and are living? How do you find that out?

Isn't it the same way that we just did with the other exercise ~ we write down all of the different similarities, or we write down the individual ones and then look for commonalities?

And how would you do that with other dimensions of Self?

Convene a meeting.

Convene a meeting of the dimensions of Self! ☺ As easy as it is to say to convene a meeting, how do you go about that?

Isn't it a focusing?

It is a focusing. However, it is not quite as abstract as you might think it to be ~ it has a concreteness to it. It means that in your living ~ and this is going to be an assignment ~ you now will write down the rules that you find yourself exposed to in the greater environment, in your personal environment, meaning your friends, your family, and in your internal environment.

For example, one of the rules of the greater community at large is that you wear seat belts when you are in an automobile. One of the rules within the family that relate to that rule in the outer would be that everybody agrees with that rule and everyone wears their seat belt. We are being very concrete and very specific here. And everyone wears their seatbelt and you may even, when you are in the company of these people, wear your seatbelt because you do not want to speak up and say that your internal Self does not agree with that rule. So, internally, you do not agree with the rules of the close external environment you live in and the larger external environment that you live in.

How do you then live? We do not want an answer ~ this is a hypothetical question. This is an example to you of how you are going to look at what you have concretely for rules. And make a list of, perhaps, ten that you feel are the most important to you ~ the most significant. The example we gave you may be minor in the realm of other rules that you would come up with.

It is then that list that you study and bring into your thoughtform. Start to feel the differences relating to how you react to a rule in the larger external environment that seems to control you, for example, "You must drive on the right side of the street if you live in this country." You then have something very concrete. You have a list of the items

that you can now begin to put into the thoughtform ~ the abstract ~ and you let that infuse through the energy of Self.

This is not one of these quick ONE, TWO, THREE STEPS TO GAINING ENLIGHTENMENT. We are not here to give you a quick and easy solution to managing your own energy by saying, "All you do is this and this and poof, you're perfect!"

We are giving you the TOOL ~ it is a challenge and may take some the rest of the lifetime and several more. Some of you may already have begun doing this in other lifetimes where you are connecting with Self and hearing information from other dimensions of Self, "Oh-h-h, I heard something yet I don't think it was some other dimension ~ I think it was just my imagination." Well, that is a dimension of Self! It is not something external.

Anything that you call IMAGINATION is a dimension of Self. Go to that dimension ~ what you call imagination ~ for that is your most significant link within Self to other dimensions. It is the tool for creativity within Self and gaining access to other parts of Self ~ the middle person, if you will, within Self.

If you feed the imagination ~ so often thought of in negative terms on the earth plane now ~ with the thoughtforms that are the result of your concrete list of rules, you will begin to hear other dimensions of Self giving you responses to the list of rules that you have written.

We say to do ten only as a start ~ you may want to do five or one, and experiment with it to see how it works. You may decide you can do twenty ~ it is up to you. The PROCESS is what we have given to you.

By external environments do you mean the work place?

For that larger one, yes.

And personal is family and friends?

Yes.

And internal is?

Self.

Within Self ~ abstract?

It could be. Remember that Self is filled with both abstract and concrete. You are in the concrete right now, so yes, other parts of Self appear to be abstract to you, although they are living concrete experiences that are abstract to them in other dimensions ~ and around and around. ☺

To state again ~ there are three environments. There is the internal Self, the first level of external, which is family, friends, and then the larger external, which can be the community in which you live, the government or rules and laws by which you find yourself. You can determine for Self how far that greater environment will be for YOU. It may not be as far as another would have it ~ it depends on Self.

That is the process. Make the list and study it. Make the list become part of you and let it infuse within. Do not expect that in one sitting you will say, "I will spend one hour studying this list and then spend the next hour letting it infuse and then the next hour waiting for my imagination to tell me something." ☺ This is not the way that it works.

It may take you several months to come up with a list ~ or for some of you it may take several days ~ or it may take an hour. It matters not how long it takes you ~ it is that you begin the process.

Do you all understand this exercise?

Are we looking for commonalities again?

You are looking for responses to a rule at each environmental level. So, it would be either a commonality with all three environments, or not ~ as we gave in the seatbelt illustration. Inner Self did not agree and was in conflict with the external environment.

Isn't it funny how we try to find the rules of something so that we could figure out where the line is to how far we can go to either break them or not?

Yes, in many cases. Rules are dynamic ~ they are not static. And yet, The Human Kingdom likes to make them static by thinking, "That's the rule!" Well, yes, for right now it may work. You may find that you have rules for Self and your behavior that do not harmonize with the greater world. Indeed, that is a very critical thing to look at. How much similarity in agreement with the rules and how much nonagreement is there ~ for this is what affects your energy fluidity.

If you find yourself always in disharmony with the workings of the greater world, then that is something that you need to look at within Self. It does not mean that you change Self or you change the rules around you ~ it simply means you look at this and determine what you need to do, as we said earlier.

“Now that I know,” you say, “that I do not like this particular rule, I’ve decided I’m going to try and change the rule.” Or, “I know that I can’t change it and I also know that I must adhere to it, thus I will,” you might say. Or, you could say, “No, I will not ~ I will find some other way so that the rule does not apply to me.”

For example ~ and again, very specific and very concrete ~ you have to drive on the right side of the road, “Well, I don’t like that,” you say, “I come from another country and we drive on the other side of the road and I don’t want to drive on the right side of the road ~ however, I want to live in this country ~ however, I can say now that I’ll not drive in this country, I’ll have others drive me.” That is one way of existing with the rules and not having to obey the rules. For certainly, if you try to “disobey” ~ we put that in quotes ~ the rules by driving on the wrong side of the road, it would create great havoc.

This exercise is a way of helping you to determine how much control you have. You have ultimate control, for in the example we just gave you, you can say, “I’m not going to adhere to the rules and I’ll risk having an accident.” Or, “That is one of the rules that I must abide by if I want to live in this environment.” This is what flowing within Self is about ~ it is acknowledging that you will do certain things even if you do not like them because the tradeoff is worth it, or not worth it.

Managing your own energy is not about always having perfection and thinking, “I know how to manage my fluidity and, therefore, I have the perfect job, and, therefore, I have the perfect life.” That is not at all what it is about. It is recognizing where you have the control of your environment and where you will make changes one way or the other ~ accepting your environment for the lessons to be learned or changing your environment for the lessons to be learned. It is as simple as that.

A lot of these things are universal. I’m thinking that personal hygiene is one. What society places on people, what our limits are, what we think is the right, appropriate size and weight, for example

Oh, indeed, and do you have to adhere to what society says?

No, of course not. However, look at some of the ramifications that people experience if they don’t or if they voice their opinion.

Yes, indeed.

And we might think, “What if I get fired?” There’s that tradeoff. What if we do get fired? What if somebody says something?

Yes, indeed ~ from region to region, around the world, there are differing cultural norms. You move into a culture and stay in that culture until it no longer satisfies whatever reasons you had to be in that culture. And you may be in the culture of a country that has certain expectations of behavior and not agree with it, rebel against it and form your own subculture ~ which is a very common situation.

You can be certain, as you look at the rules that are in your life, that the ones that you do not agree with, someone else is going to agree with ~ and those who do not agree with it, are not as few as you might think. It is simply that many feel out of control of their own destiny.

Energy fluidity management is about controlling your own destiny, for as you interact with others, how you control your own destiny impacts upon the way that you relate to others.

You can decide, culturally, for example, that you do not like having to wear orange every day. That is one of the cultural norms ~ everyone wears orange every day. You may say, “One day I want to wear yellow,” and you wear yellow. And many of the people will say to you, “How dare you wear something other than what we have told you to wear ~ everyone wears orange ~ that’s the rule.” Yet, someone may come up to you and say, “I’ve wanted to wear yellow also ~ in fact, I have something that’s green and I never had the courage ~ how about we form a group?”

That is Self connecting with Others ~ and yes, you may become ostracized from the orange group. However, if it is important enough to the development of Self that you be able to wear yellow, then it means you must take a stand in order for Self to truly flow. If you do not take the stand, and you continue to wear orange, that is all right also, my loved ones.

It simply means that the managing of your energy fluidity is slowing down for this particular lifetime ~ or this particular time in the life ~ until you are able to understand within Self why you adhered to the rule that you did not feel comfortable with and why you did not do something to move yourself out of that environment that imposed the rule that you did not feel comfortable with.

If you feel comfortable wearing orange and it does not bother you, then wear orange ~ it is not a conflict. If you feel comfortable wearing orange and you do it every day, you are flowing with your energy because you are responding to, "I like wearing orange every day." It is not universal that, "Everyone in this group must wear orange and therefore, everyone must feel OUT OF HARMONY because they are being told to wear orange." That is not it at all, my loves. It does not matter what others think. And yes, that may sound like a very flippant statement ~ it is not. It is what Self thinks and will be able to accommodate the structure that is necessary for living in a concrete world.

It seems to me this is making us make a decision because if we're confronting Self with these rules, we're making it more concrete and we can make a decision not to do anything about it, if we find a conflict, or change it, or go with it even though it's conflicting with our own internal Self ~ nevertheless, it's still a decision.

Yes it is. And how might this information help you with your own fluidity?

I think it could relieve some stress. Perhaps we weren't aware of the conflict with the rules, so, without changing our situation, just being aware of that, can help diffuse some of that tension.

You become aware of the conflicts. If you are feeling blocked, "Why do I always keep doing this, this, or this," you might say, or, "Why do I always go into horrible work environments with horrible people?"

This is not easily answered unless you begin to analyze what it is that YOU determine to be important in your life as structure ~ the rules, you see. And whether you want to admit it or not, all energy lives by Self imposed rules, whether it is the greater external environment or the internal environment, there are rules. This is not a negative thing ~ this is a very important, positive thing for Self and relates to Self managing Self.

Someone is going to ask you what you learned in this workshop. How would you answer them?

- ⚙ **To thine own Self be true.**
- ⚙ **I think the one phrase that comes to mind with me is that energy fluidity management is ultimately about controlling Self's destiny.**
- ⚙ **Continuously question Self. Question our Self imposed rules as well as the rules that come from the external environment. Questioning for its impact within our own harmony or fluidity.**
- ⚙ **Becoming more aware of tools we have right at our fingertips for bringing ourselves more into balance when we need to.**

What might some of those tools RIGHT AT THE FINGERTIPS be? 😊

Some of my little rocks or the different things that we have discovered are all around us.

Yes, indeed. By looking at your environment that we had you do, it gives you the beginning of tools that can help you to look at your rules. You work at a place that tells you that you cannot bring rocks in to sit on your desk and you really like rocks ~ and you have a rock that goes with you everywhere. What are you to do?

- ⚙️ Bring it anyway! 😊
- ⚙️ Put in the drawer! 😊
- ⚙️ I can think about the rock!
- ⚙️ Hide it in my pocket.
- ⚙️ How big is this rock?
- ⚙️ The rock might not like coming! 😊
- ⚙️ I'm breaking the rules of the rock!

Indeed, the rock may not want to come and you may be imposing upon a particular rule that the rock has. There are many different answers ~ there is not just one answer. You may think about the rock, you may bring it and hide it, it may actually be too big to bring or, you may attempt to bring the rock and it continually drops out of your hand, telling you, "No, no!" 😊

You can take anything that surrounds you as a tool to help you find your answers. Always question Self. It is fine to question others ~ it is fine to come to us with questions. Nothing external is going to answer fully your particular question. It may partially answer your question. It may be ninety percent or even very close to fully answering your question. Understand, however, that because you are individuals, you have a larger component of any question that cannot be answered by an external source.

Only by going within Self do you find the full dimension of that question ~ even for questions that might appear to be very concrete, such as, "How do I turn on this computer?" ~ Which might seem very easy, "You push this button." You might then say, "How hard do I push this button ~ do I push it too hard and it hurts the computer ~ or maybe I need to, before pushing the button, prepare the computer that I am going to push the button." You could take this to any extent that you wanted to. 😊

Things are not as pat and easy as they sometimes appear ~ it is up to you to make the decision as to what issues are important for Self. You may say, "Push the button ~ don't

be thinking how the computer feels about whether you are going to push it hard or soft!" That may not even be an issue for you and for someone else it may be.

You will find what is important for you ~ that is the reason for beginning this process of questioning Self and determining the rules. This is not something that you do for the next week or the next month thinking, "I must have some answers for the next workshop." We will not be asking for specific answers ~ we will be looking at how it is interacting with our discussion of Self and understanding energy fluidity in relation with Others to Self.

This is, or can be, a lifelong process for Self, for as you find resolution with one rule that you have identified, it will be replaced by another rule that, perhaps, was not of as great importance for you to resolve and work through ~ until there was space for it.

You do not want to take on your whole life at once thinking, "My whole life is messed up ~ nothing's going right ~ what am I to do?" Start somewhere and do not try to solve the entire thing in an hour. Relax. Give Self the freedom to say, "This issue is what I want to work on and see how it relates to some other issues so, this is what I'll work on now."

It is easy to be overwhelmed by the immensity of what you perceive to be problems in your life and, then, truly, you will not be able to get through the muck which is, also, a path. Energy Fluidity Management allows you to work through the muck.

And if you are hearing these words that we speak, it means that you are ready to work through the muck ~ even if you feel you are not. ☺

We are often so hard on ourselves, setting all these difficult rules for ourselves and when we can't adhere to all these rules, we give up instead of adjusting them as time goes on.

Oh, indeed ~ Self imposed rules.

And then we even, sometimes, use an excuse and say, "It's all too much and I can't do it," instead of adjusting and then trying to do it again. It's a great excuse to say there is too much to do.

Yes, it is. And it is a rule that Self has created that inhibits.

In actuality, we create everything ~ even what comes from external, the internalizing created it.

Yes, indeed. You make something more than it actually is because of a Self imposed rule.

I know that in the past when I have looked at some of my own rules and I've been shocked by what I found ~ and I remember feeling this incredible sense of embarrassment each time. I remember I sort of had to push through that sense of embarrassment just so I could move on. Otherwise, I would just be sitting saying, "What a loser I am," or something like that.

And that is an example of truly going within Self, looking at Self and making decisions that you are going to get through this sense of embarrassment you feel. You are feeling embarrassed about Self ~ that is legitimate. You do not need to feel embarrassed about anything except Self.

If you react to some external environmental stimulus and people say something to you and try to make you feel embarrassment by saying, "You wore the wrong color ~ we were all wearing orange and you wore yellow." You will only be embarrassed if it was something that truly went against Self. Otherwise, so what?

It is not quite as flippant as saying, "So what." If somebody comes to you and says, "You were supposed to wear orange today," and you say, "I don't care for orange ~ I like to wear yellow." Period. If THEY do not like that, fine. If you are in an environment where that is not acceptable, go back to the discussion that we have just finished having. ☺

Facing Self is the ultimate challenge, my loved ones ~ it is the predisposition to blame external sources for the woes ~ and it is all about Self. Understand that there is tremendous hope that exists within Self. If you feel no sense of hope, it means that you are reacting only to the external environment.

To look around the external environment at the end of an illusion would give many a sense of despair. However, that is NOT what is occurring ~ for if you go within Self, you see that Self has the ability to change. That is the only way that external environments change. You may not see the change ~ it may not occur in your lifetime. However, it is only the internal Self that allows external change to occur and that, my loved ones, is where the hope is ~ the ability to go within Self and face Self.

See the joy and beauty of Self ~ especially when you face down your own darkness. And that is the challenge, is it not, for realizing, for example, that, "I'm realizing that I actually do like orange and I've just been pretending all along that I don't ~ what was that all about?" ☺

It can also become a little complicated because everything is interconnected. When we just think about the responsibilities for the encasement, the interconnectedness with our encasement, we set certain rules to live healthy, to not smoke, and all of this. Sometimes we can't adhere to it and we also need to accept that sometimes we can't adhere to the rule and maybe our encasement or whoever is involved with that, needs to learn that particular lesson, so it comes down, again, to acceptance and respect ~ not to be used as an excuse. I think it's a fine line between an excuse

and acceptance and respect. Because it is so interconnected, we continuously have to look within Self for why we are doing it, without beating ourselves up in the process!

Yes, and it is ongoing and that is the challenge. It is not where you just one time view a particular rule within Self and say, "All right now ~ I faced it ~ I realize now that I really do like orange and so I do not ever have to worry about this again." Well, what was the greater issue? And maybe the greater issue has not truly been looked at and so, it becomes packaged differently and it is not orange anymore ~ maybe it is a style the next time where the rule says, "You must wear tight fitting boots all the time" and you say, "I like tight fitting boots or, no I do not like tight fitting boots." It is the same issue.

They even cut toes now to fit into tight fitting boots!

Yes, indeed. What The Human Kingdom will do ~ not unlike The Mineral Kingdom, however.

Really? The Mineral Kingdom? I'm going to think about that for weeks now! 😊 Could you give me an example?

We COULD. 😊

Would you?

Would we?

And would you now, perhaps? 😊

Oh-h-h! To frame it even more specifically! 😊

The Mineral Kingdom, not at all unlike The Human Kingdom, will come upon, in its environment, a particular setting of jewelry that it likes, "Oh-h-h ~ I would like to be in that setting ~ it's gold and it's pretty ~ oh-h-h, I'm too big for it ~ I have a little part of me that's sticking out ~ this person right here can help me ~ he can cut it off so that I can fit in this setting and look pretty ~ who cares if its going to hurt me for the rest of my life ~ I'll be able to fit in this pretty setting and I will look like all the other friends I have and that's very important to me."

As opposed to another crystal or rock in the same group that would say, "What's the big deal about getting a setting that fits my body ~ why do I have to have my body fit into the setting?" And then a new journey begins and the Mineral says, "I'm not in the right

environment ~ this environment only lets you cut parts of you off and so I need to travel to another environment.” And The Mineral Kingdom can travel much more easily than you think it can.

You mentioned hurt. Do they hurt, or was that just a frame of reference?

In their own way, yes ~ all kingdoms do.

So I have to apologize to my jewelry now?

Not necessarily. And this will come in our next discussion regarding Others ~ the fluidity of others and how your own fluidity interacts with the path of another. It is the path of the crystal or the rock to become part of another encasement ~ just as some of you wear particular shoes for comfort and others wear particular shoes for style and not comfort. It is the journey you have chosen.

You do not need to apologize to any other, unless you have deliberately done something harmful ~ then you may consider apologizing. That is your decision, however, and what you might do to perceive harm to another, someone else may not perceive it as harm at all ~ always going within Self.

So, my loved ones, that brings closure to our time with you We have been pleased to have you in this environment and we will see you in our next workshop. Find out what some of your rules are and play with them! 😊 It is a play thing ~ it is a toy! 😊

We send to you all the very highest of the white light from the very highest of The Kingdom of Amelius. Farewell.

Bye, Waith, and thank you.

