

Waith Class Transcripts

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



~ 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 ~ 2005

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

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH WORKSHOP OF NOVEMBER 19, 2005)

Waith: This workshop will focus on Energy Fluidity Management ~ Self and Others ~ Applying the Concepts toward Others.

You had a little exercise to do since our last workshop. What was the premise of that exercise?

Write down the current rules that I find myself exposed to in my greater environment, in my personal environment and my internal environment and then look at it, study it, and see how I react to the rules and how do they control me.

Indeed. Does anyone want to add anything?

We also were to see the similarity of the rules between our rules, family rules and the rules of the greater environment.

Look for the similarities and differences. Yes. How did you feel as you were becoming more aware of the rules in your lives?

I've been thinking about rules for a while, struggling with them and doing my free flow writing every day and all of a sudden, these rules popped up. I thought about where that came from. I had forgotten that these are things that I have heard over and over again growing up. I had internalized them and totally forgot, and now I realize that they influenced my behavior.

Ah-h-h! Influence your behavior. What other responses?

There were some things that I used to take for granted that they were just how the world worked, yet, it turns out it was just my own rule.

Indeed. It seemed to be the dogma, thinking, "This is simply the way that it is," ~ without thinking about it. Understand that, in order to function on a day to day basis on the earth plane, there are certain things that you create in your world that helps you to move from point to point without always stopping to think, "Should I do this ~ oh, no, I should do..." ~ and always having to make a decision. They are sometimes referred to as habits ~ and that is fine.

Periodically, however, it is important to go back and look at all of the things that you are doing to see if those habits still apply, for when you undergo change in any way, whether it is at the concrete or at the abstract, your flow of energy changes and that which you used to do or used to respond to ~ your habits ~ change also.

Unless YOU reevaluate those habits periodically, those behaviors that are influencing you could drag you down because they represent an old flow of energy and do not represent the new flow of energy.

Habit is something that needs to be evaluated on a regular basis. This means that you go into your environment and into your own thoughts ~ concrete, abstract ~ and evaluate your way of thinking. Now this is a very challenging situation for many people because of the big word that begins with a C ~ Change.

From our perspective ~ and the flow of energy perspective ~ change is one of the most feared words that people hear. Some welcome change, some love change, some are what you call CHANGE AGENTS. However, even change agents have their threshold of comfort with change.

Just because someone, to you, appears to be very comfortable with change does not mean that they do not have their own end of that comfort zone ~ for if everyone had an unlimited comfort zone, there would be no reason to be on the plane. There would be nothing to learn ~ there would be nothing to overcome.

Change is, perhaps, the most difficult component of energy fluidity that all energy faces ~ and not just humans. Any of you who live with animals know that if you make changes in the flow of their behavior ~ you move their food dish or you get up later than they are accustomed to ~ some respond in a negative way to the change, while others seem to flow with the change. When you change, everything in your environment is affected, remembering that everything is a form for energy ~ an encasement for energy.

Change for some is easier than others. When you meet someone who is resisting change that you have no difficulty in resisting, understand it is part of your journey and the journey of that particular energy form to learn about the effects of change on both.

One serves as a catalyst to the other, for issues of judgement rear their ugly little head when it comes to CHANGE.

Someone who is comfortable with change may say judgemental things to another who is having difficulty accepting the change, such as, "Why can't you change ~ what's the

matter with you” ~ and the person would say, “I can’t deal with this change ~ why do you force me ~ how can you do what you do?” That is just as judgemental as the other one saying, “What’s the matter with you ~ why can’t you change?” So both are faced with the issue of judgement.

When you are applying the concept of energy fluidity to Self, you have a particular number of things that you have become accustomed to learning about Self and applying to Self. When you now begin to apply energy fluidity to Others, there is an added component that comes into the formula. What is that added component?

Imposition?

Imposing is part of it ~ however, you can impose upon Self.

Imposing on the other person’s journey?

Imposing upon their path is a component, a part of the overall DIFFERENT component. What is unique about something outside of Self that is different from Self?

We don’t know what another energy has for a journey?

True, you do not know what the path of another is. And, at first glance, you sometimes do not know what your own path is. However, what is that DIFFERENT component? Stretch your brains a bit.

Is it the Cycle of Lesson Learning and the lesson learning of another?

Yes, the Cycle of Lesson Learning ~ and how, my love?

They could be working on different percentages or at a different stage of learning a particular lesson, or even a whole different lesson than someone else.

What is the Cycle of Lesson Learning?

The first phase, learning the lesson without help ~ second phase, learning the lesson with help ~ third phase, teaching the lesson ~ and the final phase, teaching the teacher.

Indeed. So, when you are dealing with Others, YOUR Cycle of Lesson Learning is going to be different than THEIR Cycle of Lesson Learning for the same lesson. Change is not something that you can easily compartmentalize and say, “It goes right here in this little

box and the only time it applies is in Phase Two of the Cycle of Lesson Learning ~ and so, when someone is in Phase Two and I am in Phase Three of the lesson learning, I must help this person in Phase Two to undergo change.” That is not what happens.

CHANGE IS LINKED TO PATIENCE. As we have said, patience is one of those lessons that every energy must take on ~ it is a required course and is not an elective. ☺ Well, so is change a required course and it walks hand in hand with patience. How does patience walk hand in hand with change?

I know that when I'm in the middle of change, I need to have patience in order to get moving, or I stay in the middle of my emotion, anger, frustration, whatever it is. And patience helps me go on.

Indeed. What other responses?

If the same change is happening to two individuals and one reacts differently than the other, it takes patience for both to understand how the other is reacting to the change.

Yes, indeed, for in the Cycle of Lesson Learning you can be learning the same lesson in each of the four phases ~ however, you are in Phase Three of learning a lesson of judgement, for example, and another may be in Phase One or Phase Four.

You are connected in your journey in one way or another and particular change is occurring that may, for example, not be coming from Self for it could be coming from your external environment ~ the rules from the external environment. You each will respond differently to that change. One may be more open to it than another. Thus, the issues of patience are strongly manifested when it comes to energy fluidity with Others.

Think about how challenging it is for Self to adapt to the changes as you look at your own rules and what influences your behavior ~ and then look at Others and what influences their behavior. You are not going to know where Others are in their Cycle of Lesson Learning ~ you simply are not going to. You cannot say, “That person must be in Phase One because nobody’s helping them and because they’re not supposed to get help, I’m not going to help ~ their path is not to get help ~ I don’t care if they’re struggling.”

We can't say that. It's impossible to know.

That is correct. You cannot say that for even if you were to think that was the case, it could be that one of The Angelics has entered in to fool you. Or you never know what the assignment is for entities such as Spirit Guides or others who may have left their journey on the earth plane ~ they have finished their sojourn ~ and they are now returning to the earth plane on special assignment to project a particular behavior and to

see how that behavior can then affect others to help learn their lessons. What do you do now with this information we have just given you?

Work on Self only.

At the exclusion of Others?

We are always with others so we can only worry about our behavior as opposed to someone else.

And that is, theoretically, the way the concept goes. Yes, you work with Self first and then you help Others. How does that work in reality?

Just look for signs if somebody is asking us, for instance.

It is the neverending fine line ~ you must be asked by another for you cannot impose. Does everybody obey this rule?

No! 😊

No, of course not, for, if you did, why would you need to be here? You would be back in The Universal Consciousness. It is the imposition upon Others where the lesson learning occurs ~ where you begin to see the effects of your behavior on another.

Understand something ~ you do not interact with another energy unless it has already been determined at another level of Self that you will do that interaction. There is nothing that is random. You do not randomly connect with another energy. It simply does not happen. Everything is planned and organized.

This means that every energy that you are in contact with has already made an agreement, at another part of Self, that there would be a connection. You choose to sit on a particular chair, for example, rather than another chair. However, you are in the same environment as all the chairs ~ you simply connect with one than another.

If you stop to think about the uncountable number of energies that are in this room only, for example, you would spend your entire life paralyzed, worried, concerned and thinking, "Should I be sitting the way that I'm sitting ~ should my feet be the way they are ~ might it be hurting or imposing upon another energy ~ the thread in the carpet that I happened to pick up, was that supposed to be picked up ~ maybe it was supposed to be stepped on ~ oh no, what am I supposed to do?" You cannot live that way.

Understand the concept ~ the basic premise ~ that everything is energy and there is NOTHING RANDOM about anything in your lives ~ NOTHING.

If you understand that and say, “Yes” to that, it makes your journey much easier and it makes the issue of change much easier.

It makes it easier because it’s a trust component that comes in, other dimensions of Self can communicate with each other and we don’t have to do it all here, in the concrete.

That is correct. And, indeed, most of the communication among Others occurs at other levels of Self ~ it is not just the concrete that communicates. Some other dimension of Self is communicating with another dimension of another. This is Applying the Concept toward Others. You cannot exist without others ~ it is an impossibility.

You may like to think, “I am self contained,” and say, “I need no one ~ I need nothing.” That is an impossibility. You may have parts of concrete that no longer need certain things, certain people or foods, for example. However, it is always replaced by something else that is needed ~ there is not simply an emptiness.

While you may let go of needing something, food for example, something else will enter in to your vibration ~ it may not be food, it could be something entirely different. Thus, you will always be dealing with Others.

The concept of, DEAL WITH SELF FIRST AND THEN OTHERS, implies for some that, “I’ll deal with Self only and then if there’s anything left over, I’ll give it to Others.” That is not we mean when we talk about Self and Others. There is nothing definitive, no fine line that says, “After I have dealt with Self, then I’ll deal with others.” It means that as you have accomplished something within Self, you have gained an infinitesimal amount of knowledge within Self and you immediately share it with Others ~ it is constant.

Your levels of understanding relate to the Cycle of Lesson Learning ~ the circle. You can be in all four phases of the Cycle of Lesson Learning in one lifetime with different lessons. You may be in Phase One of a particular lesson ~ and understand that we talk about PERCENTAGES of lessons ~so you may have gone through the four phases for one tenth of one percent of a lesson and you have accomplished it and now you are taking on the next tenth of one percent of the same lesson and you are back in Phase One. You may be in Phase Three of another percentage of a lesson.

Someone else may be working on nine tenths of a percent ~ they have already accomplished eight other components of the percentage and they are in Phase One of that final tenth of a percent. You are in Phase One and you have accomplished three tenths. That entity may be giving more to you for a particular lesson than they would be

giving to you for another lesson ~ for the percentages of learning could be switched for another lesson and be in a different phase of the Cycle of Lesson Learning.

You could have any number of relationships occurring where you are close with someone, for example, and you have differing ways in which you are dealing with your lessons ~ you may be able to give to another in one arena more than you can in another arena. It is not a linear thing that says, "I'll only deal with myself first, for without that, there's nothing!"

Technically, you can only give to another what you have within you. However, take that one step further and say, "What I have within me is always there to give." There is no ceiling on this.

Unless you are in Life Number One on the earth plane ~ the first time your little feet have hit the earth plane and you have not established yourself in your orientation phase, which, as we have said, can be up to ten or so lifetimes before the orientation phase is over ~ unless that is the case, then you have learned ~ and regardless of where you are in the Cycle of Lesson Learning, you MUST give to Others.

It is the rare energy that, in one lifetime, is only in Phase One of the Cycle of Lesson Learning. And for those types of situations, you are dealing with the orientation stage of life on the earth plane and different rules ~ we use that term loosely DIFFERENT RULES ~ apply to energies during the orientation stage.

Thus, it becomes egotistical to say, "I'll not help another because I don't have it within me ~ I must deal only with Self." We call that selfish ~ not selfless.

There is always something that you can give to another and it may not be magnanimous ~ it may be something very small. It may be where you simply pick up a piece of trash on the ground that someone has thrown away and does not belong there ~ it belongs in the trash receptacle. You are being of service ~ you are doing something for another. Working with Others is not a big deal. It is actually impossible to not work with Others.

Is there a distinction that you're making between consciously or unconsciously?

It goes back to what we said about habit. There are many habits that you have that influence your behavior for Self and toward Others ~ and OTHERS being defined as anything that is encased ~ anything ~ there is nothing that is not energy.

Then there's no such thing as being selfish?

Ah-h-h! The paradox! 😊 And, what is the key word?

Consciously or unconsciously?

Unconsciously ~ or as you would say, other dimensions of Self ~ will have quite an influence on behavior at the concrete. It is at the concrete, however, that Self takes on a very different dimension, for at the concrete you may say, "I'm not going to pick up that piece of trash ~ somebody else does that." Or, you may say, "I'm not going to help that person even though they asked me."

Is that selfish? It could be. Self has consciously made a decision. The paradox of it all is that concrete cannot function without abstract. And so, yes, you are selfish and no, you are not. 😊

Does that mean that sometimes people really are selfish yet they're not aware of it?

Yes. And sometimes people are selfish and they are aware of it, very concretely, to the point where they will say, "I know I'm selfish ~ I don't care." And when someone might appear to be selfish to another, they may not think that they are, for they are at a different point in lesson learning in the Cycle of Lesson Learning.

So, it's about awareness and where we are in The Cycle, and we cannot judge that.

That is correct. Change is this ever present flow of energy that goes on between Self and Others. Being selfish concretely ~ being unselfish concretely. These are the paradoxes. How do you deal with a paradox?

Ignore it! 😊

That is one option.

We can break some habits.

Yes! Break habits. The exercise that we gave you in our last workshop was about looking at your own rules in relation to the world, in relation to Others and deciding whether you wanted to change them or not. Breaking habits. Living by a rule becomes a habit.

Often we are not even aware of the habit because it is coming from automatic thought, already acquired at childhood. We go on and on and establish a habit and the only thing we really can become aware of is a feeling sometimes of what is established and then the resulting behavior. So, it's sometimes tricky to figure it out.

Oh-h-h, it is USUALLY very tricky, for, as we said earlier, you have habits that are created to help you get through each day so that you are not always having to stop and make the decision again about what to do and what to say and think. However, that in itself can be a stalling within the flow of energy. And it reflects toward Others.

How does it reflect toward others when you are in a habit behavior that you are not able to see as needing change?

⚙ **It smothers our openness.**

⚙ **It can also hinder Others sometimes.**

In what way?

Sometimes people think that the way they do things is the best way.

Yes, and does that not come to the very core of the issue of CHANGE WALKING HAND IN HAND WITH PATIENCE? Is what you do the very best?

Probably in that moment for Self.

Yes, for Self.

Until the next moment when we have a change.

Well, you see, there it is ~ you feel that it is the best for Self at that moment.

It might not be the best for Others.

It may not be the best for Others, which is an evaluation that you must see ~ do you want to continue to have it the best for Self. You may decide that yes, it may not be the best for Others ~ yet, at this point, it must remain as it is, for it is best for you. However, there must be an attitude of openness that you would continually evaluate your own BEST rather than to say, "This is best for me right now and forever and ever, never to change." It needs to be evaluated regularly. This is a challenge for people.

As an example, when we always have the same hairstyle and put lots of hairspray into it, yet the hair is not really agreeing with that anymore and it breaks off and we say, "This is the best for me because this is the best I look with that particular hairstyle ~ that might not be very considerate to

the hair, yet this is my habit now ~ I've always had this hairstyle and I always want to keep the hair this way."

The point that you made is that the hair is beginning to break. If the hair were happy, then it would be fine and it would not break. However, if you do not listen to Others ~ and hair being Others ~ and readjust your own BEST, your own thinking, so that Self now changes because of the impact of Self upon Others and Others now are changing and impacting you.

If you ignore that, then you are going to feel stifled ~ which is a path, by the way ~ and can be the way that it is for an entire lifetime, for you may have a significant journey in Phase One of the Cycle of Lesson Learning.

How does one perceive what another does and how do you perceive how you do and how it affects the habits and the behavior of Others? Oh-h-h, it is quite a game! 😊 And it can be quite exciting for there are many who like to instigate change.

We've got to be receptive to change.

This is the point. You say within Self, "I want to change ~ I NEED to change my habits ~ I NEED to change my behavior ~ I NEED to do this." Self has made that decision. Once you do that within Self, Others will be presented who are there to be of service to you, for you have asked for the change.

Even if we ask from a higher dimension of Self for change and are presented with people who assist us, we still have to do the action and change. Some people only go the point where somebody is presented to them to assist, yet, their action step is missing.

Yes, and that may indeed be a signal for that particular entity that they are ready to move out of one of the phases of the Cycle of Lesson Learning and ready to move into another phase.

Sometimes we have more help than we want! 😊

Understand something about The Universe ~ as soon as an energy sends out a call to The Universe for help, or needs to have information about something, The Universe says, "Okay, here!" ~ and bombards you with potential help. There is never a lacking of help that is sent from The Universe.

However, determine for yourself what you are going to bring in to Self from that help. You may say, "This person I am going to associate with because I can learn a great deal and this other person, I can see that they might not be able to help me ~ right now."

Or, you may have an interaction one time with someone, standing in line, for example, who says to you, "Why are you buying that ~ you should not be eating that." And you think, "Well, who are you to tell me?" Remember, NOTHING IS RANDOM. This means that the person who made that statement to you IN SOME WAY was sent from The Universe to be in that moment, at that time, with your concrete.

Break yourself out of the habit that you might have of discounting something that a stranger would say to you ~ break that habit ~ and, instead, simply say, for example, "Thank you for your comment." Or, you may ignore the person. However, reflect a bit and think, for example, "Why did that person feel that they could say that to me?" Or you might even say, "Why AM I buying that ~ well, I always buy it ~ well, WHY do I always buy it?" ☺

Habitual thinking, periodically, needs to be fluffed up. Fluffy it ~ change it! Change the flow within life that you have ~ and sometimes all it takes is some SUPPOSEDLY unexpected occurrence, person, what appears to be a thing ~ inanimate ~ causing you to step back and say, "I need to evaluate my own behavior, my own thinking."

Having energy fluidity management within Self, to whatever percentage you have achieved it, and understand that you have all achieved percentages for you would not be here otherwise, means that you then must share that management skill with Others ~ regardless of whatever the lesson is that it applies to or wherever you are in your Cycle of Lesson Learning.

Look at our initial presentation of the Cycle of Lesson Learning and you will see that never did we say that you do not help Others. All we said was that in Phase One you do not receive help from anyone. Never did we say that you do not help another, for it is a Universal Precept that, "As you learn, you must serve ~ you must help others." (See the CYCLE OF LESSON LEARNING)

And in actuality, even if concrete is saying, "I will not do that," other parts of Self are. So, we make a definitive statement here ~ it is impossible for an energy form to not serve another. It is impossible. Even if at concrete you think, "I will not help anyone else," it is impossible, for concrete is the reflection of abstract and abstract ~ other dimensions of Self ~ are serving.

Your mere existence means you are of service, for energy cannot exist without other energy ~ it is an impossibility. Self is unable to function without Others. Do not allow someone to judge you because they think you are not doing what you should be doing, and they say, "You should be of service more." Do not allow that to make you feel guilty unless, of course, you think that you should be doing more and that person has

been sent by The Universe to give you a little kick to say, "You are doing minimal here ~ this is fine ~ you can continue to do minimal."

To simply exist means that you are being of service to others, my loved ones. Eventually, it becomes time for you to give a little more than the minimum. The Universe will allow energies to do the minimum for a particular flow, even when much more can be given energy wise, for The Universe knows the greater plan. And only when The Universe finally says to a particular energy, "You need to now move into a greater expansion of service," are you then called upon by The Universe to give more than the minimum.

Understand when we say TO GIVE MORE, TO BE OF SERVICE, it is an energy perspective. It does not mean that you suddenly sell all of your belongings and give it away to the relief fund for some part of the world. It does not mean that you must jump on a plane and travel someplace to work with those who have less than you have concretely ~ that is not at all what it means. We are talking about energy and it means that your energy flow must expand now.

It becomes Self who recognizes, with an expanded energy flow, what to do to help others. The way in which your energy flow expands is through change, change of habits, change of behavior and acknowledging that the rules by which you live, both internally and externally, are always subject to change ~ they are not written in stone. There is nothing written in stone ~ the only stone written is that ENERGY FLOWS. Everything else, my loved ones, is changeable ~ attitudes, especially.

As you gain in your own understandings within Self about Self, your attitudes toward Others change. It is natural ~ it cannot do otherwise. It is when energy resists change that those blockages ~ that heaviness ~ begins to occur, within Self and with Others. Your energy affects others as Others affect you.

I can directly identify with that! I went to get a post office box and when the man handed me the application, he was frowning. A woman came in and said to him, "Why don't you smile?" He said, "I have nothing to smile about." I said to the woman, "I'm glad you said that, because when I came in, he just drained me like somebody squeezed out a rag." And he then said that two people had called him and criticized him and he wasn't going to smile until three o'clock.

Three o'clock ~ and then it is all right to smile! ☺

I made the decision then, "I won't go to the post office until after three o'clock." When I went the next time, I was talking to the Postmaster and he said, "Yes, Philip's like that, so, anytime you come in, just ask for me, Bill." ☺

That is an example of how, when you look at the rules that Others have established for themselves, that you may have to learn to flow ~ for they are not going to change their

rules and so you need to change yours. You are not expected to respond to the rules of Others. It matters not what the rule is, my loved ones! There are many of you who could probably start stating CASES for rules that must be followed, because if you do not follow them then, such and such happens.

Laws that are written for society are laws for right now that The Mass Consciousness may decide is acceptable or not ~ you decide. Then, understand that your behavior regarding external rules affects Others, and at the same time, can bring about change ~ for if everyone said, “Yes, that is the rule ~ when we go into the post office, we will always be subjected to this man who decides that he will not smile until three o’clock.”

You have a choice, “The only time I can go in is before three o’clock and so I am going to have to put up with this.” And you then could decide, “I’ll surround myself with a white bubble of light, go in and ignore that he is like that.” Or, you may say, “I’m going to try and get him to change ~ I’m going to smile at him until he can’t resist ~ or I’m going to be really fluffy ~ see if I can change him.” Or, you may say, “I’m going to change my schedule so I go in after three o’clock.”

This applies to everything in your lives and how you impact upon Others is a direct result of how you impact upon Self ~ which is a result of the way that Others have impacted upon you ~ which is the result of the way you have impacted upon Others ~ and around and around you go ~ the neverending circle. ☺

We would like you all to stand. Place your things someplace so your hands are free ~ move about ~ stretch ~ fluffy your energy fields. (People are moving about slowly)

Farena: *Hello everybody! Hi! Hi! Hi! Waith let us come in to say hello!*

⚙ **Hi Farena!**

⚙ **This is a surprise!** ☺ (There is much group laughter)

Hello! Fluffy, fluffy! It is time for a group hug! Group hug! Fluffy, fluffy, fluffy, fluffy! Fluff, fluff, fluff, fluff. (Everyone participates in a group hug ☺☺) You do it your way ~ and then you impact Others ~ fluffy, fluffy, fluffy! Okay! ☺ Everybody fluffy?

Yes, thank you! ☺ ☺

Bye! Bye! Fluffy, fluffy, fluffy! Bye! Bye! Bye! Think purple! Bye!

Bye!

Waith: Now then ~ there is a point that we want to make. Farena is able to get you all to move about in a way that we are not. 😊 Why is that?

Some notes are serious and some notes are fluffy and that was a fluffy note that Farena brought.

Yes, yet, you were moving about as we were guiding you, very calmly, trying to be the way that you felt best in moving and then Farena came in.

Because she dances and moves around and you don't.

Yes, indeed. And what is the point that we are making here?

⚙ **Some do and some don't move around and create change.**

⚙ **That's her talent.**

Yes, it is.

She influences us by her behavior and also the association we make with her ~ it's a habit ~ as soon as she comes in, the habit keeps us being fluffy!

Yes, you see ~ you have an expectation. There have been occasions in the past when Farena had very important information to give during the Search for Self classes and she was not all of this flippant fluffiness ~ and you had an expectation that was not met.

I like her both ways!

Indeed! She is able to get you to respond in a way that you would not with us or to another, for she has an energy flow. Taking that one step further, and using the example of the man in the post office who would only smile after three o'clock, what would happen if Farena walked in?

⚙ **He wouldn't know how to take her. 😊**

⚙ **He may just throw a box at her! 😊**

⚙ **Or he might fluffy up! 😊**

The important thing is that Farena would know how to BE with this particular entity, for her flow of energy ~ her management of energy within Self ~ is highly developed and she would know whether to be frivolous or more low key or nothing at all.

Farena's flow of energy has a very immediate effect. There are some who, she knows very specifically, are irritated by her and so she goes to them and attempts to bring about change. There are times when exaggerated behavior is necessary to bring about change or to at least highlight the fact that change is needed.

Sometimes we get so upset and threatened by something that we block ourselves and all the fluidity is gone and we are just focused on thinking, "I can't take this ~ this is too much."

You said a key word, my love. What inhibits change more than anything else?

Fear.

Feeling threatened. For change means that things will be different and that means that your flow of energy is different within Self and the way that you project toward Others and the way that Others project toward you. As change occurs, you project differently, which impacts the way others respond to you, that then feeds into the way you are going to respond.

Some people say that fear is a major cause of change.

In what way, my love?

That we only change our behavior when we're afraid of what might happen otherwise.

And does that apply across the board?

I don't think so.

Why?

Because sometimes it feels like the stronger motivation is not what I want to avoid and, instead, what I want to gain or give.

Often, however, the step toward moving toward what you want to gain is begun by what you do not want ~ what you want to avoid.

The two go hand in hand a lot of times.

They can. They may not appear to, initially. It may appear that you are changing your behavior because, for example, you are afraid if you eat something, it will make you sick, rather than not eating something because it makes you feel better. You see the difference in the words and in the energy flow.

For many people, they begin that journey by saying very definitively, "I'll not do this because I'm afraid of this particular consequence." And that gets them on the path.

Others have already experienced, perhaps in another lifetime, saying, "I do not want that because it's not good for me." And when they came into this life, they picked up that journey and are now saying, "I do this because it's good for me ~ I choose not to eat this or do that because it does not provide GOOD for me."

It is the journey ~ remembering that it is not all about what goes on in THIS life. What goes on in this life is the result of what has gone on in other lives ~ and what you do in this life will move itself into future lives ~ unless, of course, you are near the end of your sojourn on the earth plane.

When we do something out of fear, we move into the fear cycle, so the thing that we want to avoid will be emphasized and will come in different packaging until we break through it.

Yes. And you said a key phrase ~ the fear cycle, which feeds on itself and can only be broken by Self.

Until we see what we want to achieve. So, I have to go through certain changes and pain ~ however, the outcome is so good, so I'm going through it. In my homework assignment I have given a name for the various changes and pain I experience. We need to have certain rules in order to achieve something and they're painful ~ they might not go with our existing flow. However, we create a new flow in breaking through old habits and sometimes they're hard. It's a fight within Self.

It takes many lifetimes ~ and it is within Self.

When I don't want to go through it and I'm afraid, I look at the motivational part ~ I want to achieve something better.

Yes, the cycle of fear is part of the journey toward going back into the light. And it is not an impossibility to break that cycle of fear ~ although, in one lifetime, it may seem it is all that you are in ~ your entire life is all about fear. Remember, it is not about this one life. It may be that you have a series of lifetimes in which you will be in that cycle of fear ~ for the other dimensions of Self know that it is necessary until finally the break occurs and the light comes through because higher levels of Self are in the light.

Eventually, that part of Self that is cycling through is helped from within Self ~ it could be several lifetimes from now. You may come into the life full of hope and wonder, having achieved that cycle in other lifetimes ~ or you come in feeling a bit heavy and somewhere during that lifetime, the fear dissipates.

There is still a difference, I think, between a motivational anxiety and a devastating fear. It can be motivational, a little bit of anxiety, because we are moving into a new fluidity. So that's a good thing. That can be even helping us.

Anxiety comes from the darkness and we have said that the darkness is meant to motivate you. And so, yes, the anxiety is part of that motivation for Self to move ahead ~ to do better. Understand, and we emphasize this, dark is not bad ~ dark is motivational. Dark can be bad for Self if Self allows it to be.

And we get stuck in it.

And you can be stuck in it. Ultimately, however, that is what Self needed to do ~ to be stuck in order to grow. Change threatens energies. However, change is also what motivates.

We have just talked about how fear can either motivate change or inhibit change. How do you define fear, then?

Indeed! The question we have been waiting for, for quite some time, "How do you define fear, Waith?" It is important that you ask questions. We have waited for many years on the earth plane time frame for someone to ask us the question, "How do you define fear, Waith?"

You all define fear by your frames of reference, that the rules tell you this is a rule and therefore, you respond to what you think is the predetermined rule ~ the definition ~ and you form your own response, then, to what we have said, without really hearing what we are saying. And clearly, without saying, "How do you define that, Waith because that is not the way that I have known it to be?" Or, "Would you clarify that?" When we speak of forming the right questions and having the right frames of reference, this is what we speak of.

We have said in the past that fear is the only motivator ~ and we know that some of you in this group, and of course, many who would read our information, would say, "I don't agree with that ~ fear is not the only motivator ~ love is the motivator." No, love is not the motivator, my loved ones. Love is the stabilizer. In love, you feel harmony ~ in fear you feel disharmony. That is the way it is meant to be.

Fear is the opposite of love ~ from our perspective and the universal perspective. With love, you feel secure ~ with fear, you feel insecure. Fear is necessary in order for love to exist. Love can only exist if there is fear. There cannot be one without the other ~ they are the coin ~ they are the spectrum. The linear view of a spectrum is a straight line and the nonlinear is a circle ~ fear and love. Within Self you are both ~ you have fear and you have love.

Like light and dark.

Like light and dark. They need each other ~ one cannot exist without the other. And when fear and love merge and become One, so do you and you are back in The Universal Consciousness.

Fear is not a bad thing. Fear comes from darkness, yes. We have said, however, that dark is not bad ~ dark is good. Dark motivates ~ fear motivates ~ Love stabilizes. That is our perspective.

You said that once they merge we're back in The Universal Consciousness. So can you tell me a little bit about what you would fear?

What we would fear. We have a list just like everyone else. One of our ongoing fears is that we are not able to get Mushiba off the earth plane and we fear that she won't make it again in this lifetime and we're going to have to keep coming back with her! 😊

Don't think that way! 😊

Yes, well, we need to be realistic, you see! We joke a little bit and, at the same time, we do not. There is the fear always that what we do is the right thing to do. Just because we are an Angelic does not mean that we have been given exemption from right and wrong for Self.

All energy outside of The One operates on a right and wrong, within Self, knowing that there is no wrong ~ however, it is perceived within the training ground that you exist that you may be doing something wrong. Wrong is a fear that Self has, based on the training ground in which you exist that establishes the rules. The earth plane has rules.

Time is linear on the earth plane. Time is not linear in other training grounds ~ it has a different fluidity. The rule on the earth plane is that there is a beginning and an end ~ you cannot not accept that. Many of you, we realize, try to not accept that linear component of time. 😊

Thus, the fear potential is within everyone ~ and as you grow in your own strength within, the love and the fear become what you might say INDISTINGUISHABLE, so that they are imprinting with each other. They are not One yet ~ however, they are imprinting.

Imprinting meaning that their distance between one another is becoming smaller and smaller?

Yes. And they are becoming One. The love is imprinting the fear and the fear is imprinting upon the love ~ closer and closer.

So there's more of an understanding? Love is handing over its sort of recipe to fear and fear is saying, "Oh, here's mine back, this is what I'm about."

Yes ~ light and dark.

If fear and love are on a continuum, then linearly speaking, fear is a motivator and love is a stabilizer. So it would have to be that love is also a motivator and fear is also a stabilizer because they're on a continuum and, they're flowing with each other and merging, ultimately, on this long journey toward merging. I see love as a major motivator, too, not just fear.

Not in a linear perspective, it is not.

- ⚙ How about the fear of not being in love as a motivator? And so, it's there for you to think, "Oh, I want to fall in love," yet the fear of, "I'll never be in love" is maybe the motivation.
- ⚙ What about if someone does something out of love or compassion wanting to help others.

Why are you doing that?

Well, that's the thing. We could argue that maybe the person is afraid that if they don't do that, then they'll be judged or this person will die.

Fear, as WE define it, is when there is an unsatisfied need that is recognized that you must satisfy. Love is the satisfaction of need. Understand that these two are fluid. You love in its truest sense for perhaps a nanosecond. And then you are motivated, even within a mode of love, by fear ~ fear of losing the love or fear of not doing something that will keep that love happy and satisfied.

You said fear is when there's an unsatisfied need that has to be recognized. Can you say again what love is?

Love is the fulfillment of an unsatisfied need.

There's many people who would say that love and hate are opposites ~ and through what we just discussed, it looks like love is on a continuum of fear rather than hate. So how would you define hate? How does that fit in?

Hate is a component of fear. It is not in and of itself.

Isn't fear ultimately love of Self, though?

Well, my love, everything is ULTIMATELY, you see. The light and the dark are ultimately light. It is the Spectrum of Light that we talk about ~ not the Spectrum of Dark. It is the Spectrum of Love that we would talk about ~ not the Spectrum of Fear. However, as the way The Universe is designed now, there are opposites that bring balance.

When we do separate love and fear, just to look at it, we can also see fear on the spectrum from really hate to just anxiety.

Yes. When you take fear at one end and love at the other end, you then have subsets of love and subsets of fear. Hate is a subset of fear and joy is a subset of love.

So when you're talking about your fear of not having Mushiba get off the earth plane, it's not a gripping, horrifying, sweat producing fear ~ it may be an anxiety? 😊

Speak for yourself about THAT definition! 😊 There is the understanding that, ultimately, one of our favorite words ~ ultimately, that journey will be complete.

Part of what we deal with is our own level of patience. "Well, let's get one with it," we're saying. This applies to all of you. There is no gripping fear ~ although, how do you define GRIPPING FEAR. 😊

It is important that you ask the questions. When someone simply says to you, "this is fear," and starts to talk about it and you have a question in your mind because it does not seem to be clicking within you, say, "That is not the way I'm feeling it." It is the same with all of these rules within Self and external to Self. If something does not feel that it is right for you, ask about it ~ question it. Question, at all times, until you feel satisfied.

Questioning is a component of fear, my loves. When you are in a state of bliss filled love, you do not question ~ it flows. This is an important component of your journey ~ you feel the bliss filled love. Once the fear and love begin to imprint, even though you fear, you love the fear and you are able to work outside of the fear, for you have a strong love of fear.

Now I'm confused, because, I've always felt and believe that I learn by asking questions.

Yes indeed. That is what we have just said.

Might that be a fear of not knowing?

Yes.

It's been said by others that I ask too many questions.

Never too many questions. ☺

Well, I never felt like that and I still ask ~ I don't let them stop me. Yet, it didn't feel like fear when I asked questions ~ it's just my way of learning.

Yes ~ and learning is part of fear and in order to learn, there needs to be fear. Fear is not a bad thing. Fear means that you need to satisfy something that is unsatisfied. The quest for knowledge where you think, "It is a fear that I do not have enough knowledge, therefore I seek it out ~ and when I have enough knowledge for this moment in time, I feel satisfied, I feel love within Self." There is nothing negative about it ~ even though it brings in negative feelings. It is, in itself, not negative. Have we confused you more?

Yes! ☺

Good! It means that you need to ask more questions until you have finally reached that point where you understand and you have harmony, FOR THE MOMENT.

It seems that if we dig deep enough, underlying everything is Respect ~ lack of respect ~ starts the continuum as well ~ it underlies this whole thing and gets the wheels turning.

Yes, indeed. We could say, then, that fear and love is a subset of Respect. For we have given in our Guidelines for Growth that Love Self comes after Respect Self. However, it is a neverending circle and so they feed into each other. Yet, from a linear perspective, fear and love are a subset of Respect.

Fear is often used by certain institutions to gain power. In the long run, they are losing power because fear creates an unsatisfied need, so people start seeking outward.

That is correct. When there is fear, it brings each energy into a search for a way to satisfy it, so that you are no longer unsatisfied.

It is time to bring closure to our time with you. We will see you in our final workshop in this series on Energy Fluidity Management ~ Self and Others, when we will discuss Integration, Reflection and Closure.

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 thanks!

