

# Waith Class Transcripts, Excerpts

## FORBEARANCE

FROM TRANSCRIPTS 1987-1996

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*Waith's Words, and the Spirit Group's Words, appear in this font style  
(If a Spirit Group Member speaks, they will be identified)*

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## Special Topic Session ~ Forbearance

(August 22, 1989)

*We are here for this discussion now to speak of the issue of what is called in the vernacular on the plane, forbearance. We have presented this particular topic only briefly in the past, and there is the need for an understanding of this term forbearance, for it is greatly misunderstood on the plane and it is misunderstood in its Universal application. You will hear now a discussion of this term that you may not identify with the nomenclature that has come about on the plane in the illusion for this issue of forbearance.*

*Forbearance is related very directly to that which is referred to as patience, but it is the precursor to patience, for the issue of patience cannot be developed properly without an understanding of forbearing which comes first. It is an understanding in greater depth that all are One and that when you exhibit an attitude toward another energy that is not really impatience but rather simply the lack of patience, you then are exhibiting forbearance toward that entity, for it means that you would not acknowledge any patience toward an entity.*

*Impatience means that you have had patience and now do not have it. Lack of patience or forbearance means that you do not acknowledge patience at all and that there needs to be the understanding that all entities, each of you, must face the issues that while you may have patience in one area of your mission and in regard to certain individuals, that it is not blanket acceptance but rather it becomes rather arbitrary, and that in the presence of forbearance then becomes tremendous judgement, for you would look at an entity or you would look at a situation and you would have a lacking, not simply a deficit, but a lacking, in a spiritual quality. This particular issue is a most difficult one for entities to accept as part of that which must be worked upon in the incarnation.*

*We, as so often do, come back to the issue of judgement and thinking that you as an entity can determine what exactly is going on in another's life, and you need to understand that the fine line between judgement and simply that which is, cannot be determined by you as an entity and that forbearance is in itself a blockage that needs to be worked upon through your meditations. This helps you to understand that when you are viewing a situation where there is the lack of patience, not impatience but a lack of patience, that you must go to the Higher Self to understand what that means to you, for the lacking means in essence that you opened yourself to the Higher Forces of The Universe to provide to you the patience, for when there is a void it will be filled, and thus the issue of forbearance.*

*We understand that this initial presentation of the concept may appear to be a bit confusing to you and this, of course, is necessary so that as time on the plane is measured the progression of presentation of subject matter will begin to fill in certain gaps, for there is much to give you for information and we have, as we have said before, only begun now and we have presented to you topics that are quite common on the plane. We have given certain perspectives on that. We*

*will now be giving you topics that are not quite so common and in some instances topics that have not been presented in any discernable manner of understanding.*

*Understand that your meditations become critical, for when you as an entity have a void, a lack of patience toward an entity, a lack of love toward an entity, that you open yourselves up for those forces of the dark to fill that void, and thus it is that you must, when seeing the lack of a virtue, for example, would fill it in your meditations with the light until you are able to fill it with the appropriate virtue or Universal precept.*

*We present this topic in very brief time for this session so that you will begin to assimilate this and to take the information also that has come from before and to begin to make certain connections and you will now be able, if you are wanting to connect this information, to delve more deeply into your own Higher Self, for now we present topics that become more complicated. We would welcome now the beginnings of questioning from any of you so that those questions will be on the record and there will be the beginnings of the clarification of the confusions.*

### **When We Have A Lack Of A Virtue, Fill The Void With Light (August 22, 1989)**

**When you talked about forbearance, in trying to have my Higher Self help me in that respect, you say that if you feel a void there, to fill it with Light, but it is only temporary until maybe your Higher Self can help?**

*Yes. This is correct. The time of being temporary could, for some entities, be the entire manifestation. It could be simply a short period of time as measured on the plane in terms of weeks, months, or years. Temporary is a Universal enigma, if you will, for only on the earth plane is time measured in such a way that the idea of temporary would hold itself. Temporary in Universal terms simply means when it will be, you see.*

**So, when we work at it hard enough, it will be ~ but your method of working at it is what you say in meditation ~ is before you connect, or before you understand it, to fill that void with the Light and then work towards it.**

*Yes. This precept of forbearance is understood more as you attune yourselves to your Higher Self and as you make certain connections with other aspects of The Universal Consciousness. It will be an issue that will be developed more and more now as the approach to The Shift comes, for there will be issues of lack of patience, not impatience, but lack of patience, toward entities who have chosen this time frame before The Shift to grow in certain ways that are not available at other times on the plane, and they may be struggling. And those who think themselves to be so highly attuned and so advanced may suddenly find themselves with the issue of forbearance, for they will meet an entity who struggles, and they will simply have no patience for that individual. And in this attitude, they must be very careful for they set themselves up for intense judgement*

*and the possibility of regression of their own growth by allowing the lack of patience to perpetrate.*

*Some would not even recognize that it is a lack of patience, and in their own arrogance at their own attunements, many entities would simply say, "I have a level of impatience and therefore I will work on this but I need not worry, that it is simply impatience." It is far more than impatience, it would be lack ~ opening Self up then for darkness to enter and to spin its nasty little web, if you will. And thus, entities must never ever take the position that they are so advanced and highly attuned that they do not need to be concerned about issues that confront them and that they have solved a particular level of issue development. Rather, to be ever vigilant through meditation, that if there is a void, and this is a part of the growth development, that the void be filled with the Light. There must be the recognition of the void potentially exhibiting itself.*

**Can you be tested in lifetimes with one entity with patience or is there a time you draw the line?**

*Well, you can be tested many, many lifetimes with one entity. You as a soul determine this, so that you, as you would say, would draw the line, and there are many who choose to take on a particular lifetime or two or three or many to deal with one entity for a particular issue, patience being one of those issues, many other issues.*

**Where Do You Know The Line Between Patience And Being Overwrought By Someone?**

**(August 22, 1989)**

*This is where the meditations and the connections with the Higher Self are so critical, for at conscious level in the illusion to understand where the line, as you would call it, is for any issue, it is almost impossible. It is only when you are in connection with your Higher Self are you able to see more clearly for your soul's purposes where the line is that you have determined for yourself and then in connection with The Universal Consciousness where it fits into the totality of The Universe.*

**Then you should be comfortable with your answers received in meditation?**

*If you are not comfortable with the answers that you receive in your meditation then you will not be comfortable with answers at all. You must be constantly striving for the answers to come from Self. All others, including us, serve merely as facilitators to assist you in the techniques, in the understandings that you need to take then into your meditations to help you to sort through and to find that which is appropriate for yourself.*

**Can Lack Of Patience With Another Mirror A Lack Of Patience With Self?**

**(August 22, 1989)**

If we have a lack of patience with another, could it be just a reflection of our Self, a lack of patience we are feeling for our Self?

*This issue does not have the mirror effect, my love. For lacking is simply that ~ lacking ~ it is not a mirror. When you have impatience and you are impatient with another entity then you are exhibiting often, not always, but often, the mirror effect. Forbearance is far more serious.*

Can you be impatient and have lack of patience within yourself or with a different entity?

*Oh, yes indeed. This in fact goes to the very heart of the precept, that you can be exhibiting impatience toward one entity and a lack of patience toward another entity. Herein lies what we would call the enigma of this particular issue and its complexities, for it then becomes for the entity a matter of sifting through and trying to work both ends, shall we say. You are impatient with one and you lack patience with another. You then must work this in some type of balance to maintain in yourself the proper perspective of your own growth in the area of patience and it can take many lifetimes. Many times, in a particular manifestation you will find yourself with many, many entities having these variations and it means understanding which is which ~ which is the lack of patience and which is the impatience.*

### Impatience Versus Lack Of Patience

(August 22, 1989)

Then the end that we are aiming towards is for developing patience for all?

*Yes, indeed. For the development then of patience is the opposite of lack of patience and therefore the void has been filled with the Universal, virtue as you would refer to it on the plane, of patience. This is achieved in totality when the entity is ready to join back into The Universal Consciousness. There will be throughout the development and growth of the entity some small remaining part of the patience issue to be worked upon and when it is completed then it goes into the portfolio, if you will, of completed virtues, and when you have all of those virtues that you decided to work upon when coming out of the One completed and neatly packed in your little portfolio you are ready then to return to the One.*

### Importance Of Seeking The Higher Self In Understanding Patience

(August 22, 1989)

How can we help our Self when there is an entity that is going through their own struggles that they need to do for their own growth? How do we protect ourselves from not being affected by that for us not to lose our patience, to keep working on keeping the patience? There is that struggle.

*This is the struggle indeed.*

**Is there any sort of protection that we can use?**

*This is at the base of the entire precept of patience, that there will be the struggle, that there will be the misunderstanding on the part of the energy as to how to deal with the issue of patience concerning another entity. And again, it is so critical that you center yourselves and that you focus in your meditations upon receiving the answers that are necessary for you in the dealings with another entity, for the way that you would approach one entity in dealing with your issues of patience or lack of patience would be different from energy to energy depending upon what the Soul issues are that have created this imbalance between you.*

*It is always, of course, the technique of the calling upon the Light, and it is simply to ask for the guidance. You see, it is quite simple. It is quite simple. We tell you nothing that is new that has not been said before, just in many different ways, that when you do not know the answers, that you ask for the guidance to receive help, to receive the answers, and that you call upon The Creative Force, and that you call upon your guides who have been specifically assigned to you, to give you guidance, and that you call upon your Higher Self, for it is, as we have said before, the Higher Self that is the key that unlocks all the answers that are in your soul for all that you need to know.*

*And yet people will ignore when we give you this information. You think that you can simply go about on the illusion and do at the conscious level what needs to be done. It is as if you were to bury your head in the sand in that type of behavior, for your answers to the paradoxes of The Universe will only come from The Universe and that will come only through your Self. You will gain at some time during a meditation an awareness, an understanding, that will give you a sense of harmony and peace with the Universal Flow and an understanding of what must be done to work on a particular issue. It is when you attempt at the earth plane level to fight with this issue, not to let it flow, and to attempt to impose yourself upon another that the difficulties begin. You simply find the help from within yourself and it will all flow.*

### **The Attitude Of Forbearance And Impatience Stem From Judgement**

**(August 22, 1989)**

**To even have those feelings, you are making a judgement about the person. And you decide that this person is a dope, or whatever, and you have no patience with them whatsoever, and so you are judging them.**

*That is correct, my dear. We prefaced this discussion by saying that the judgement is intermingled with all of this, for when you judge it brings in all of the messy little issues. We have given in the past much discussion on the issues of judgement and Unconditional Love and all of that. And we*

*now bring into the issue of judgement and Unconditional Love this little, shall we say, monkey wrench.*

### **Each Must Follow Their Own Truth (August 22, 1989)**

**In church on Sunday, the priest was talking about the Vietnam War, and he said each person in a war act according to their own conscience. And I drew this to myself and said each person I encounter acts according to their own conscience, but it may not be what I would choose.**

*That is accurate, for each must ultimately respond to their own words from within. This is what makes for difficulties, for many who would act in a certain way are acting according to their conscience, which may not be the same as another. And as we have said before, as the path towards Oneness is presented, areas of reality present themselves to entities. And the issues of morality, you see, begin to rear their ugly little heads here, for what might be moral for one entity may not be for another, and that while every entity is working in their own area of growth back to The One, Universal One, there will be varying interpretations of The Universal Consciousness, and it will not ever be that there would be one consciousness on the earth plane. The one consciousness occurs only at spirit and The Oneness occurs only at The One.*

*So that even in spirit there are varying levels of consciousness and attitudes, as you might call them, toward that which is appropriate for the entity, and it is in The Spectrum of judgement that you now find yourselves again, for in its ultimate, while there is concern that an individual, for example, may find that to take the life, shall we say, of an entity on the earth plane and not feel any guilt for doing that, felt that this was appropriate, that that individual, that entity, has all the right in The Universe to exhibit that behavior, you see, for it is to be in the scheme of things, just as any other entity has the right to behave in any other way that they would want to.*

*And it is all set up for issues of growth and understanding and in attempting to help those entities who may be struggling with the precepts of Universal Consciousness, the Flow of the Consciousness, and would exhibit, shall we say, the negativity aspects of The Universal Consciousness such as the taking of life or whatever, and it is up to the entity who has the greater connection to the consciousness of The Universe to attempt to help another entity in whatever way that entity would call upon the other entity, you see.*

*It is not quite as easy in its application, for there is this imposition of Self upon others and the ideal is that no one imposes themselves upon anyone, and yet there will be those who would say, "I do not impose my beliefs on others in certain areas but in other areas I would say that you should not be doing that, that that is wrong. This is right. This is the right way and this is the wrong way." What is right for you and what is wrong for you is all that matters. But it is taken by the masses as a mass morality that "This is right and this is not right," by this definition, except The Universe.*

## Do Not Take On The Issue Of Another

(August 22, 1989)

Is it wrong to want to detach yourself from that entity's issues and not just allow them to do it?

*You must allow an entity to evolve themselves. You must not be attached to another entity's issues. This is imposition of will upon another. You are, in this incarnation and all incarnations, to learn your own lessons and at the same time to Be of Service to those who would ask you to help them in their own lessons. You must not say, "I will help you in your lessons," unless you have been asked to do so. You are called upon at Soul Level to assist, to support, to guide by another entity, but that is all. You are not to impose yourself. You must, by your example of yourself, present a particular solution to an issue, for remember that entities who are in your vibration, and you in them, have come together specifically to help each other or to balance, and so at Soul Level there is the acknowledgement of the fact that there is to be assistance in some way or another. However, at conscious level you must not impose, you must not take on the issue of another.*

## What About The Work Environment?

(August 22, 1989)

How does this relate to a work environment where you are locked into certain rules, certain acceptable behavior and unacceptable behavior?

*You either accept it or you do not, my love. And if the behavior that is being imposed upon you, in fact if it is being imposed upon you, goes against that which is appropriate for yourself, you take yourself out of that environment. By staying in that environment opens up other issues.*

What if you are in the position where it is up to you to make sure that others are not imposed upon by behavior that is inappropriate, and now you have to deal with that particular individual? How do you rectify that?

*This, again, you must remember is a soul issue, and that you would not be interacting with a particular entity unless there was a soul issue involved, and either a balancing on both parts, or you with the entity, or the entity with you. And therefore, again, you must in your meditations seek out the answers as to what it is about ~ why are you in a particular situation with an entity ~ and help to understand and this will help you in your behavior and your attitude toward another entity.*

If someone is imposing on you and your beliefs, or ways of doing things, and you feel that that person is also asking for your help, would it be improper to offer an alternative way of doing things so that they were not imposing on you anymore? Would that actually be imposing on their path by doing that? Does that make any sense?



*Yes. If an entity is asking for your assistance, and at the same time imposing upon you their beliefs, you then in your response to their assistance would say to them or you would present to them the discussion of imposition and you would say that you ask for my help and so I would say to you that you impose upon me and you must not do so, that I will not allow it. Do you understand?*

### **Forgive Self Every Moment Of The Existence (August 22, 1989)**

**When I have blown it with someone using judgement and imposing all those terrible things ~**

*They are not terrible things. They are simply issues that are necessary for strengthening of soul.*

**When I feel that I have done something that is not proper, I know immediately that I have, and I feel that I have to start with forgiving myself in order to start over with that entity, and is that a good way to start to deal with it?**

*How often have we said in these gatherings that you must forgive yourselves every moment of every part of your existence, for you are on the plane to learn, and you will, as you would say, make mistakes. And it is in the making of the mistake in which you learn, and you must forgive yourself, and forgive yourself and forgive yourself, always. As you awaken in the morning from the sleep state you may have encountered certain situations or issues in the sleep state which you would say as you awaken, "I forgive myself for any issues that were not appropriately dealt with in that altered state." To love yourself and to know that in the errors come truth, for if you do not make mistakes then you do not grow. Hug yourself.*

**Waith, I would like to thank you for making things clearer.**

*We are always of the hope that there will be greater understanding, whether it is an immediate understanding as we speak, or as you absorb the information and take it into your meditations and begin to sift through it and gain the awarenesses. We are most pleased that there is that awareness.*

### **Understanding The Increases In Spiritual Thought That Relates To Forbearance (March 10, 1991)**

*There is a very particular concept that comes from The Universe that is especially important for each of you who find yourselves now working with others in helping them to understand the increases in spiritual thought, and that relates to that which is called forbearance. And it is appropriate that you would understand that you each work on developing your abilities for this*

*issue called forbearance, and we have given in Public Sessions information relating to this particular issue, and you would find yourselves tested in your own abilities at understanding forbearance and its implications for your own advancement.*

*It is, of course, no coincidence that you have all gathered in this particular session, for you each have a connection at spirit level that serves to be sparked, shall we say, by periodic gathering of energies, the connection, if you will, to aid you in what then becomes the missionary work, shall we say, with those with whom you find yourselves on your day-to-day life.*

*We would give you the information relating to love as it is unconditional in its application toward understanding forbearance, for to understand forbearance means that you develop intensely your abilities to love unconditionally without any type of conditions for the other entity, and it must of course begin with Self. There must be the development of love within that which is Self to appreciate the beauty that is each of you and the energy that is each of you and the beautiful light that generates within the energy field that each of you is.*

*It is, then, the development of this Self love that gives you strength to understand the difficulties that others would face in their own strivings for Self love, and it then becomes the concept of forbearance in which one has a degree of patience with those with whom they come in contact and to understand that each has their own level of development and to appreciate each other's levels of development and where an individual might possibly be in their understanding of a particular issue. Each energy has developed their own point of learning in all of the issues, and one may have a greater understanding of, let us say, patience, and another would have a greater understanding of Unconditional Love. Simply, that each has their own levels of awareness.*

*We give you this basic type of information. And now, we would enjoy very much to have the discussion rather than a monologue. We prefer that type of interaction so that questions can be placed onto the record and others who may be thinking the same types of questions would see that those questions are thought of by others. And thus, we are most pleased now to answer any questions.*

### **Being Emotionally Depleted And Having The Strength To Get Through The Day (March 10, 1991)**

**I am faced with the great challenge of with working with children in schools. Forbearance in this the group is most difficult in that they are so emotionally moody ~ and being able to have Unconditional Love for the children and separating my love for them and how I respond to their behavior. The other issue I have is forbearance in having the strength to get through the day.**

*Yes, indeed. It is ~ indeed, it is the most prevalent aspect of the earth plane, you see, for the earth plane is the most intensive of all the training grounds available for energies and has the most concrete in its illusions, quite different from other training grounds, and it is also the most*

*accelerated and intense of all the training grounds. Thus, you would find the core of energy that you are having to be continually replenished from The Universe, and it is not simply that one becomes tired. It is very real that energy is actually taken from you from other energies who may indeed be needing it, and you may be willingly giving out your energies. At the same time, there may be others who are taking it from you without your permission, and therefore you are depleted.*

*In this geographic area in which you all find yourselves, this has become a most critical situation, for there are many energies who pull the energies from each of you in ways that in other geographic areas in which the energies are different, the combinations of energies are different, this pulling is not quite as intense. Thus, you would each, many times at the ending of that which is a day, would feel what you call drained. This is from the energies of not only individuals but the group energies in which you find yourselves.*

*Now, there are a number of techniques that you can utilize. We have given out in Public Sessions a significant number of techniques for protection. And this is a very important aspect to recall, and that is the protection of Self, for this is the purpose of that which is called the White Light, and to call upon the very Highest of the White Light to protect you and to guide you and to give you that which is necessary for the sustenance of Self energy. Also, one must be most careful of giving out energy when it may indeed prevent you from accomplishing that which you must accomplish. There is this very fine line, you see, between the giving willingly and the allowing to be depleted.*

*You find yourself in particular, my love, in an area of energy drain that will only intensify between now and that which is The Shift, for energies now on the earth plane are in the final stages of determination of vibration for that which is The Shift. And there are many who work very intensely toward increasing their vibration so that it will be adequate enough to remain on the earth plane once The Shift occurs, and it is the responsibility of a significant number of entities on the plane now to give that assistance at both spiritual and physical to aid them in developing their own vibration.*

*Thus it is that in this geographic area you find yourselves being drawn upon, for your light is very, very bright and shining and obvious to those who at spirit level know to go to you and to call upon your energies for their own growth. You must, however, be cautious, and that is perhaps at the beginning of each day and at the ending of each day that you draw upon the energies of The Universe to keep your own energy sustained and to protect yourself. And if you feel during the course of the day that a particular energy has suddenly pulled out energies unexpectedly from your own field, that you would be aware and find a quiet spot to center yourself and bring back your energies, for once you deplete your energy field to a certain level it becomes far more difficult to replenish. It takes much more time, as you would measure on the plane, to replenish the energy.*

**I am interested in forbearance in terms of following one's own pursuit to complete the script that we have for ourselves.**

*Oh, indeed. Indeed. And it is also why we emphasize so much meditation, for all of the answers are within Self, you see, and so often entities will come to us hoping that we will give them the answers, and many in this gathering know that to not happen. It is very rare that we will give the answer to you. We force you to seek it from within. This is ultimately what each of us must do, for we all have our own consciousness, you see. Yes. And meditation does guide you in understanding what the mission is, not only in this particular lifetime but what the overall mission of the energy form is.*