

# *Waith Class Transcripts*

## GAINING SELF AWARENESS ~ A BEGINNING



~ 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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## Gaining Self Awareness ~ A Beginning

(THIS TRANSCRIPT IS AN EDITED COMPOSITE OF SEVERAL WAITH CLASSES)

*Waith: MEDITATION is a word that is overused and is confusing to people. Meditation seems to bring about a particular frame of reference to people that may bear no resemblance to what the process is about.*

*Meditation, it seems too many people on the plane, is some mystical, difficult and unachievable ~ sitting in a cross legged position, arms in a particular position, sitting straight and chanting with candles.*

*This is certainly one way of meditation. It is not, however, the true essence of meditation ~ it is simply one technique. We feel that the word MEDITATION immediately brings to mind what we have just described and, therefore, entities would say, "I can't meditate."*

*Many people have some mysterious belief of meditation. There is nothing mysterious about meditation ~ it is simply the finding of answers from within Self. Meditation, then, is unique to Self.*

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

*We will now be referring to meditation as SELF AWARENESS  
and the process will be referred to as  
GAINING SELF AWARENESS THROUGH FOCUSING.*

*How does it feel to you as you hear SELF AWARENESS instead of MEDITATION?*

- ☀ **It feels more accessible.**
- ☀ **More personal.**
- ☀ **A greater responsibility.**

*You have the R word ~ greater responsibility ~ because it truly is Self. ☺ The word MEDITATION makes it almost something external to Self, does it not? You would say, "I can't meditate."*

*Well, my loved ones, you gain Self Awareness every moment of your existence. Whether you are sleeping or moving about, you are becoming more Self Aware ~ this is the way that you receive your answers. There is not one movement that you make ~ not one word that you speak ~ that does not come from Self Awareness.*

*The question you ask is, "How do I gain Self Awareness?" That is the journey within Self, my loved ones ~ that is the Search for Self.*

*Changing the word MEDITATION to SELF AWARENESS is a major shifting and one that will carry through into The New Illusion. The energy in The New Illusion will be one of understanding Self ~ and it will be very natural, this SEARCH FOR SELF. In The New Illusion there will be the lesson being taken on of Interdimensional Travel and Communication. However, you already do this.*

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

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

*Consciousness exists in everything. Self Awareness exists in everything ~ maybe not to the same standard, as you would call it, for humans. However, as you sit in this class on the sofa, on the chair, on the carpet, there is a Self Awareness ~ there is a CONSCIOUSNESS of that energy that is encased in everything.*

*Steel, stone, glass ~ everything has consciousness and is Self Aware. Whatever encasement an energy decides to take on, the nature of that encasement has its own parameters of Self Awareness and lessons to be learned,*

*As a human, you have parameters for Self Awareness and life that is not understood by other forms of encasements that have different Self Awareness parameters. As you become more Self Aware, you become accepting of the Self Awareness of all other encasements ~ accepting, even if you do not understand.*

*You do not need to understand in order to accept, for these are issues of judgement. Learn to understand Self and you will learn to understand others ~ and it will happen very naturally.*

*There are formal and informal ways in which you can gain Self Awareness ~ tools. We have given many tools for Gaining Self Awareness and we will continue to do so.*

*Respect the tools that others use to gain Self Awareness and they will respect your tools for Gaining Self Awareness. And if they do not, so be it. The more Self Aware you become, the more you understand that others may not respect.*

*Self Awareness ~ that is all it is. It is not mysterious ~ it is not mystical.*

*Every energy has Self Awareness ~for if you did not, you would be back in The One. The One does not have Self Awareness ~ it has Oneness.*

*The concept behind Self Awareness is that you each are out of The One and individual. It is about learning Individuality and Oneness ~ the Duality.*

**It's very simple in a complex way!**

*Yes, very simple in a complex way, for the issue then become trusting Self for what you hear ~ when you are driving, walking, drawing pictures, dancing, bathing. When you least expect it, a thought form comes in.*

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

*If it is of the dark of Self, it is something for you to deal with and to learn. You might say, "I should not have done that ~ that was a horrible thing to do." Well, you did it and you responded to whatever came through Self ~ it motivated you to do something.*

*Self Awareness means reflect on what you did ~ send it back through Self, evaluate it and have it come back again. It is Self doing it ~ it is nothing external doing it. The Universe helps ~ it keeps sending opportunities for Self to understand Self. And The Universe will keep sending and sending and sending until Self says, "Enough!" There is nothing external that says it. Self says, "Enough!" Trust in Self for Self's own Self Awareness.*

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

*It is complex and it is simple. In its complexity, however, it is simple ~ for the facing of Self is simply taking the courage within Self to say to Self, "I will face you now, Self." Once you have done that, it become quite easy.*

*The tools for Self Awareness can enable you to have a conference with Self. To gain Self Awareness does not mean that you have to use formal tools to find answers within Self. You are doing it as you sit in this class ~ you are thinking.*

*Thinking means that you are within Self ~ that is Self Awareness. It is in the learning of lessons and the testing of those lessons that increases the levels of awareness that, then, increase Self Awareness. It is a process ~ a neverending cycle. As you learn more, there is more to learn.*

*Part of the mission that we have in the dissemination of information is to first give you the concept ~ the abstract ~ for a particular issue ~ and then to help you develop YOUR OWN RITUAL and not the ritual of someone else, even though you may find that the rituals already developed for a particular concept are appropriate for Self.*

*The important component is for you to recognize that a ritual that has already been developed for Gaining Self Awareness is done by someone else and you recognize it as such and thus, do not say, "If I'm not doing it that way, then I'm not doing it the right way."*

*There is no right way to do anything! This is not just for Gaining Self Awareness ~ it applies for life outside The Universal Consciousness in general.*

*There is no RIGHT way to do anything ~ it is YOUR way to do it.*

*You receive guidance from those around you ~ you receive guidance from us. Certainly we are not the definitive word in anything, which can be difficult for many to accept and who might say, "No, there must be a definitive word ~ this must be exactly the way it is." As you are trying to come to terms with what you must do for Self, you come up with your rituals.*

*When you think about Gaining Self Awareness, what thoughts first come to your mind?*

☀ **Quiet reflection.**

☀ **Asking questions.**

☀ **Centering Self, going within Self and then try to find the answers.**

☀ **Peaceful contemplation.**

- ☀ Unattainable.
- ☀ Going inward.
- ☀ Stilling the mind.
- ☀ Quiet.
- ☀ Altered state.
- ☀ Peacefulness.

*Unattainable and peacefulness ~ ah-h-h, unattainable peacefulness. 😊 Unattainable ability to go within Self. Unattainable ways to ask questions. Unattainable ways of quieting Self. Unattainable ways of stilling the mind. Is peacefulness truly attainable?*

**Yes, when we stop trying! 😊**

*Feeling peaceful is something that has many different layers to it. Percentage wise you may feel peaceful to a point ~ where you feel that you have attained the level of understanding that you need and you say, "I am in heaven, I am there" ~ and that may last for the lifetime.*

*If your path is such, it may then trigger the next layer in which new lessons and issues will be presented to you to increase your levels of understanding. Therefore, your peacefulness will start to be jittery for you will be striving for higher layers of peacefulness. The unattainable is presented, for when you are peaceful, you feel that you have attained everything.*

*Being peaceful ~ ultimately one hundred percent ~ means that you are back in The Universal Consciousness. There is nothing to do for everything has been achieved ~ everyone is in harmony. It is all wonderful ~ that is why everyone comes out for it is more fun to be reaching for the unattainable.*

*Gaining Self Awareness through Focusing allows you to simultaneously feel peaceful and that everything is unattainable. Unattainable and peaceful are on a spectrum, which is really a circle. Spectrums are circles for they feed on each other. As you become peaceful within Self, it triggers unattainable. It may trigger it periodically throughout the lifetime ~ or it may trigger it from lifetime to lifetime.*

*You may remain peaceful throughout the lifetime, for the triggering mechanism may not enter in until you go into the next lifetime where the unattainable may be triggered. This is why you will see many on the plane who appear to be completely at peace ~ they have no issues and they have a sense of harmony. You look at them and say, "How can this be, I'm in continual evolution?"*

*The lesson then comes to you of trying to compare yourself with another where you say, "Why do they seem so peaceful and I seem to always be having all this disruption ~ I'm always working on something ~ just when I think I have it conquered, something else comes along." Have any of you felt that way?*

**Yes!** 😊

*Of course! 😊 Remember this ~ THE EARTH PLANE IS A TRAINING GROUND OF DISHARMONY AND YOU CAN FIND HARMONY WITHIN THE DISHARMONY. So too, can you find peacefulness in the unattainable.*

*Focusing is a tool for Gaining Self Awareness and it gives you the ability to hear Self talk. Whether that is peaceful or not is entirely up to Self! 😊 😊 If your higher levels of Self are not especially happy and peaceful, then that means that the answer you are going to hear from Higher Self ~ or whatever level of Self you are tapping into ~ is going to be reflected.*

*There is a myth that utopia is found by going to Higher Self ~ that all is in harmony at the Higher Self level. This is not necessarily true. Higher Self and Soul, for example, can be at battle with each other ~ for Soul is the highest of the abstract in Self ~ within Self ~ of Self.*

*Higher Self is a personality. What happens whenever personality enters into a situation?*

**The ego can take over!**

*Yes, however, ego is not a bad thing unless you misuse it. Ego is an important component for the development of strength within Self. The conflict within Self comes because the different layers of Self ~ and there are infinite layers of Self ~ all have their little egos. They go to each other and say, "No, I want to do it my way!" ~ "No, I want to do it my way!" ~ "No, listen to me, I'm higher than you!" 😊 These types of issues are within Self.*

*When you go within Self to hear yourself talk, what do you think might happen?*

**Conflict.**

*Yes, there is generally conflict within Self ~ which is not a bad thing. Conflict, if used correctly, is a good thing for it enables you to look at an issue and spread it out on the table, if you will, and determine how to smooth it ~ how to resolve it.*

*The only way that Self ultimately comes to resolution within Self is by facing the conflicts, for all the layers of Self have had different experiences ~ some on the earth plane and some in other training grounds. They are all layers of energy within Self.*

*Concrete Self is having a particular experience right now which gives it ego related situations ~ which gives it its own perspective. Higher Self has had experiences where it was the Lower Self to itself.*

*All your levels of energy are lower to one level and higher to another within Self. You are experiencing a concrete right now that is a lower level of energy to Higher Self. What you need to determine within Self is where in relationship to you and Higher Self is Higher Self to some other level of Self.*

*The Soul is the highest level to Self within Self. However, the Soul is a lower level to The Universal Consciousness, to which it is connected. Ultimately, each Self ~ since it is connected to The Universal Consciousness ~ is its own Higher and Lower Self to Self, which is The Universal Consciousness.*

*When you are attempting to hear answers, to talk within Self, you are ultimately trying to connect to The One ~ to The Universal Consciousness. That is the easy part ~ the concept. The application of it ~ how to implement this concept ~ is the fun part for you are trying to hear yourself talk. Each of you generally likes to do that. ☺ Yes?*

**I generally don't listen when I talk.**

*Which is part of the conflict. ☺*

*While we would bring humor to your response, it is, indeed, part of the conflict. You want to go to Higher Self, ask questions and hear answers. So often, though, your response is, "Don't tell me that answer ~ I don't want to hear that ~ I want another answer." ☺*

*So often entities say, "I can't focus." They cannot focus because they are not ready to really hear the answers ~ and that is all right. You cannot focus because, while you hear yourself talking all the time, you simply do not listen.*



*Whenever you have a problem to solve, you have the answers that want to flood in. However, Concrete Self says, "No!" Or, you will hear something and say, "That's my imagination, that's silly, that won't work." You discount what you are hearing by saying, "That can't be right ~ that's not what I want to hear ~ tell me something else, and when you finally get it right, then I'll listen." ☺*

*A basic precept of The Universe is that, YOU ALL RECEIVE WHAT YOU NEED, AND NOT NECESSARILY WHAT YOU WANT.*

*What has evolved over so many time frames on the earth plane since Atlantis is the misrepresentation of what Focusing to Gain Self Awareness is about. Many say, "Oh, it's supposed to be this utopian state ~ I can't reach that utopian state, therefore I must be bad ~ there must be something wrong with me ~ I'm not spiritual enough!"*

*THE FACT THAT YOU EXIST MEANS YOU ARE SPIRITUAL.*

*You are all spiritual beings experiencing concreteness ~ whether it is as a human or whether it is as the carpet upon which you sit, or the food that you consume. It is all energy that is encased ~ having an experience.*

*What do you think that means, what we have just said?*

**I can't repeat it as you have given it.**

*Ah-h-h, just give us back the information we gave you in your own words.*

**That's the problem because I didn't listen very well! ☺**

*You see, a highlight! If you do not listen to the pearls of wisdom from an Angelic, you certainly are not going to listen to Self. You said that you were not listening. What were you doing?*

**I was concentrating. I think you were talking about different encasements all having an experience and having consciousness. I think, something like that! ☺ And we are all spiritual beings out of The Universal Consciousness. I got that one too!**

*You did hear more than you realized, ☺ which is actually part of what we highlight. You hear more than you realize, yet you discount it unless you are challenged ~ just as we did with you. When you are within Self, you are half listening to yourself. Thus, if you were to challenge Self, you would find that you heard more than you realized.*

*Every one of you is spiritual ~ there is not one energy form out of The Universal Consciousness that is not spiritual. We debunk when others say, "You're not on a spiritual path because of such and such a behavior." EVERY path is spiritual. EVERY energy form is spiritual. ALL ENERGY IS EQUAL. You are equal ~ energy wise ~ to the carpet, to the plants, to the sofa.*

*When someone comes to you and says, "I'm highly evolved," step back. Yes, while an entity may have a higher level of awareness in a particular area than you, they are not better than you. No one is better or less than another ~ just different levels of understanding, different levels of awareness.*

*Be careful of what we call the SPIRITUAL ELITISTS ~ those who will tend to say things about how good they are, "I go into a very deep state of focusing and I hear all the answers I need to hear ~ my Higher Self is highly evolved." This means nothing.*

*Being evolved simply means that you have had significant experiences that have brought you to a particular level of understanding. The more you understand, from The Universal Consciousness perspective, the more you are expected to use it to be of service to others ~ and the more there is to understand.*

*Once you accept that you do not understand anything and yet you understand everything, you will be much better off in your journey ~ FOR THE JOURNEY IS REGAINING THE INFORMATION THAT YOU ALREADY HAVE. You already have the information and you have put it into little boxes, much like a birthday time ~ little boxes that have presents in them. The little presents are then hidden.*

*The fun is in trying to find where they were hidden You go to each little box and open it ~ and you are finding the knowledge. That is the journey ~ that is what Gaining Self Awareness is about ~ it is finding your presents.*

*The time has come for you all to take a brief break and have tea and perhaps a cookie. We will soon guide you in a Focusing that will have you using your tea, cookie or both. (The class members take a brief break)*

*It is now time to relax and quiet Self with either the cookie, the tea, or both.*

### **Focusing Tool**

*Focus on the cookie, the tea, or both.*

*Think about this cookie or tea and what it means to you.*

*Focus on the cookie or tea ~ it has become the focus of your Universe ~ you are bonding with it ~ it is going to satisfy you ~ it is being of service to you and you to it.*

*Focus on the feelings you are having with this cookie or tea ~ you can be happy, peaceful, anxious to consume it ~ focus.*

### Focus Time

*It is time to break your focus and do what you want with the cookie or the tea. (There is a short time of silence)*

### End of Focusing Tool

*Let us have some responses. Tell us what happened during this quiet time with you and your cookie.*

- ☀ I felt grateful for all the different things that went into the cookie. How it got here. The intention and attention that it got in all its different parts of being made. I realized that we were both together at this point in time.
- ☀ I was curious about why the cookie became a cookie and where was that energy before? If all energies are the same, then why am I not a cookie and why is this a cookie?

*Perhaps you were a cookie in another lifetime ~ or will be in a future one. Next, my love?*

- ☀ I felt like it was a very happy little cookie and it didn't want to be totally eaten and I didn't want to eat it all. It's just not ready to go yet. So I'm just letting it sit here with me.
- ☀ The cookie was a world and I was on the surface of the cookie running around on it. Somewhere on the other side I started thinking, "What if this isn't the top and I just thought it was the top ~ what if I made an assumption and I'm totally wrong about all of this or maybe it's not wrong, maybe it's just questions. Then I started experiencing the textures of it and wondering if the inside was what really was the top. This is continuing with me still.
- ☀ My mind just wandered and I thought about all the little air bubbles in the tea and then I thought that my tea must be quite strong because the bag's been sitting there, so I started to take a sip. I looked at my teabag and was wondering who the first person was who decided to crush up little herbs and put them into a bag and pour hot water through them and how they came to that decision that it would make a nice drink. Then I began thinking about who was the first person to make cookie dough and how bread was invented.

*Interesting, indeed.*

**It's probably channelled information! 😊**

*All information is channelled, my loved ones. It can come from an external source such as we, through Mushiba. However, the majority of it comes from Self ~ from levels of Self that have different awarenesses than the concrete and are able to communicate that awareness to the concrete.*

*In this exercise you were ultimately communicating with Self. All energy is equal and all energy is connected to The Universal Consciousness. Therefore, all energy is One ~ yet separate. And if all energy is One ~ yet separate ~ then all impact on each other.*

*Thus, if you are focusing on a cookie or tea and experiencing thoughts about the cookie or asking questions, you are communicating with Self, ultimately.*

*Let us take away the mystique that to communicate within Self means a very restrictive sense of Self ~ the separate ME. Rather, to communicate with Self, look at THE UNIVERSAL ME ~ The One.*

*Everything that you come in contact with is ultimately Self. When you sit on a carpet or chair, you are sitting on Self. The clothing that you wear is Self. The trees that surround you are Self. It brings in a much greater sense of Respect for whatever you do to anything else, you do to Self.*

*More importantly, it takes away the mystique of communicating with Self as being something restrictive. You can learn to hear Self talk by respecting everything that surrounds you, everything that makes up your environment ~ not just other people. The clothing that you wear, your hair, your fingernails, the ribbon on a tree are all encased energy.*

*If you took the time in a deliberate sense as we had you do with the cookie and tea, you could contemplate the essence of any energy form.*

*If we had given you more time in this exercise, imagine the thoughts that may have begun to come in. Imagine the quietness and being given permission to just focus on one thing ~ you do not have to focus on all the things that are going on in your world.*

*We want you now to take a moment and think about something you enjoy doing. We will then ask you individually.*

## Quiet Time

*Let us begin. We would like to have some of you tell us what you enjoy doing.*

- ☀ Digging in the garden.
- ☀ I enjoy creating thoughts and moods.
- ☀ I enjoy being on the water. I have a little kayak and I enjoy paddling around on the water.
- ☀ I enjoy being with animals, particularly with my two doggies.
- ☀ The first thing that came to my heart was the names of my friend's dogs that I love very much and love to visit.
- ☀ I like creating things.

*Very good. In quietness, now, we want you to focus on WHY you like to do what you have said. Quiet time, now, and focus.*

## Quiet Time

*Slowly come out of your focusing. Let us talk about what you focused on.*

- ☀ Creating a garden, for me, is the nurturing of many different kingdoms of plants, birds ~ just the whole creating of an environment outside. It gives me the opportunity to be outside by myself.
- ☀ I enjoy creating moods because it makes me powerful. I make photographs ~ all different types and through those photographs, everything that I make, I have the power to make someone happy or sad or frightened or comfortable.
- ☀ I like being on the water because it's both relaxing and exhilarating. It allows me to be in an environment that's very different from my normal one, yet it doesn't affect the environment ~ it doesn't hurt or destroy it. It brings me to places where I can't go by foot. It's very relaxing and yet, because of the physical exertion, it's exhilarating and exciting. It's just a wonderful experience.
- ☀ When I communicate or am with my dogs, it gives me a feeling of safety because my life is pretty crazy sometimes. I can always go to that place of safety. Being with my dogs feels like it is as perfect as it can be on the earth plane for me at this particular time. It creates a space of safety, love, compassion and peacefulness ~ in particular, the safety that I can go to and then I can find myself and connect with whatever I need to do.
- ☀ I feel a lot of love when I am with my friend's dogs. I feel very welcomed and there is joy on both sides and gentleness and recognition and they always help balance me no matter what kind of interesting experiences I have. And I am really in the moment with joy. They bring a lot to my heart.
- ☀ I like creating physical things. For me it is the ability to use many parts of me and combine my intellectual side. I am thinking of something and I am using my hands to help make that happen and coming out with something that is a product of all of that. It is bigger than I am, which I like.

*What you each have expressed is a spot that is safe for you ~ however YOU define safe and where you feel empowerment within Self as it relates to where you are on your path right now.*

*When you are performing each of these activities, it gives you a sense of Self. Yet it gives you a sense of being outside of Self, perhaps a power greater than yours, which ultimately is yours ~ for anything greater than Self is Self.*

*The highest of power is The Universal Consciousness and you are each part of The Universal Consciousness. Remember ~ you are One and yet you are Separate. The way that you can truly enhance the Separateness is to remember the Oneness.*

*TO GO WITHIN SELF MEANS TO BRING INTO FOCUS SOMETHING THAT MAKES YOU FEEL GOOD.*

*Oftentimes, you are not able to physically do a particular activity. You may have to be doing some of the mundane earth plane things ~ going to and from on the earth plane. The climate may not be agreeable to go out on the water, to dig in the garden. You may not have the opportunity to visit with the dogs. However, you can VISUALIZE the activity because you know that it is something you have access to ~ just not at the moment.*

*You do not have to sit in a particular position and begin to visualize digging in the garden, being on the water or dancing. Rather, you take the memory of the EXPERIENCE ~ why you enjoy it ~ and hold onto that as you go through your earth plane day. It becomes a way to connect with Self in a pleasant way.*

*Connecting with Self in a pleasant way gives you the ability to eventually smooth out the unpleasant, as you might call it, conflicts ~ although we do not consider conflict unpleasant. However, it enables you to face the conflict more easily because you have an essence of something that makes you feel good.*

*I'm still having difficulty understanding the concept of Self outside of Self to The Universal Consciousness.*

**When we are trying to focus, our ego is something that gets in the way. It just seems that it's inherent in being out of The One that we have our individual expression and individual exploration of what our path is. How do we distinguish between our level of Self that is ego and the level of Self that is higher consciousness?**

*All levels of Self are ego. Ego exists outside of The Universal Consciousness ~ it cannot NOT exist, for it is inherent in being outside of The One. The only time that ego does not exist is upon return to The Universal Consciousness.*

*Ego is a good thing. Ego is something that is constantly being tested for abuse or non abuse. You need ego to develop strength within Self and once that strength within Self begins to develop, you will be tested for whether you use that strength to be of service to The Universe or not ~ that is the journey.*

*Each of you must have ego ~ this is the conflict within Self for each of the infinite layers of Self have their own egos. It is the bringing together in harmony of the ego that is the challenge within Self. It brings the ultimate respect of Self.*

*The more that you bring your ego components into harmony within an inherently disharmonious environment, the more you are able to strengthen ~ and the more, then, you Respect Self.*

*RESPECT SELF ~ that is the first and most important Guideline for Growth. From it all else flows.*

*We will now bring you into a focusing for ten minutes of earth plane time to give you an idea of how to use this Focusing Tool. It is time for you to be in a spot that is comfortable for you. Whatever makes your encasement feel comfortable. We tell you no particular position to be in ~ we give you no candles to light, even though that can be part of YOUR way.*

### **Focusing Tool Reaching Higher Self**

*Relax ~ begin breathing in and breathing out ~ slowly in and slowly out ~ do this several times.*

*Call upon the highest of the white light to guide and protect you.*

*Visualize a fluffy, fluffy feather ~ it is white and starting at the feet and tickling your toes ~ it moves up ~ it is soft and gentle and fluffy.*

*Visualize the fluffy feather moving up to your knees, comforting and protecting you ~ moving upward ~ it is at your hips ~ it is moving up and fluffing your arms.*

*Visualize the fluffy feather all around you ~ the front and the back  
~ it is tickling your nose ~ it is fluffy, safe and protecting you.*

*Visualize the fluffy feather hovering over your head ~ fluffy and  
white ~ you are surrounded by the fluffy white light.*

*Call upon your Spirit Guides.*

*Call upon your Angelic Protector.*

*Visualize yourself starting to float ~ feel your body beginning to  
be light ~ you are floating ~ enjoy the floating sensation.*

*Feel yourself moving upward ~ you see a shining white door ~ it  
is an entryway to your Higher Self.*

*Move toward the shining white door and knock.*

*Visualize the shining white door opening ~ walk in and say hello  
to your Higher Self.*

*Close the door behind you.*

*Settle in with your Higher Self ~ do not speak ~ rather, listen to  
Higher Self ~ do not ask questions ~ listen for information.*

### **Focus Time**

*It is time now to return into the concrete dimension ~ thank your  
Higher Self for visiting with you.*

*Hold close to you all the information Higher Self gave you.*

*Open the door and move out of Higher Self.*

*Close the door behind you.*



*Visualize that you are floating ~ feel the floating ~ enjoy the floating as you begin to move closer to the concrete dimension.*

*See your body floating and moving closer ~ floating gently downward.*

*Feel yourself moving back into your encasement ~ settling back in.*

*Thank your Spirit Guides and Angelic Protector for taking the journey with you.*

*Feel the white light of protection still surrounding you.*

*Ground yourself back in the concrete.*

*Wiggle your fingers or your toes, or your nose ~ whatever works to help bring you back into the concrete.*

*Breathe slowly in the way you found best for Self ~ breathe in and out a few times.*

### **End of Focusing Tool Reaching Higher Self**

*Now is time for a break ~ relax and socialize with each other.*

### **Break Time**

*You have had some time to reflect on what you experienced during your focusing. What did you speak of with others during your break time?*

- ☀ **Food!**
- ☀ **We spoke briefly of our focusing.**
- ☀ **About books.**
- ☀ **Menopause!! 😊**
- ☀ **Dancing and music.**

*We have a very particular reason for asking what you were talking about. Any ideas why we want to know?*

**To see what comes into our minds right after we cleared it for a little while?**

*Indeed. We asked you that question to focus you in determining where you were when just coming out of your focusing. The information that you first start talking about, or that is in your head, is something that you must then pay attention to. And, if you are with a group ~ as you are with this class ~ and you start talking with another, what are they most interested in talking about? The chances are that you brought that out of your focusing.*

*The main complaint people have about focusing is, "I didn't hear anything ~ I fell asleep ~ I didn't talk ~ I didn't listen ~ I didn't get any information." At a concrete level you may feel that way for you, perhaps, have not fully developed your abilities to listen.*

*You are multileveled as Self. When you return from a focusing, the first thing that you think about is what you were bringing back with you.*

*If you are with others and begin to talk as you did in this class, consider what others were talking about? You may be able to talk with another about the same subject ~ that enables you then, to say, "This is something that I need to focus on ~ we're talking about menopause."*

*There is nothing flippant about that topic, by the way. It is a very real emotional component of being female and if you live with others ~ male or female ~ it becomes their issue also. For those who are around you, working with you, playing with you, it is part of their issue also. Therefore, if it is the topic of conversation, then it is your cue. It is a little red flag that says, "Ah, this is something that's important."*

*You were talking about certain types of food ~ something, apparently, that you need to work through as an issue ~ whether it is abuse of food or love of food. It is simply that now you have a particular pertinent question to go into a focusing in the future.*

*Food ~ what is it that makes you think about food? It may be nothing really important or it may be your Higher Self sending you a message that says you need to talk about food with Higher Self. What bits of information might you have at Higher Self that can aid you in this lifetime where food is concerned?*

*Never think that THOUGHT FORMS are your imagination and discount them as something to ignore. Rather, every thought form that comes into your head has an origin and means that it needs to be given attention.*

*This is where creativity comes in. Each you is creative ~ it is just that some of you recognize your own creativity and act on the thoughts that come into your head. Some of you shove them away saying, "Oh, that's silly ~ that would never work." You start to evaluate your own sense of creativity before you allow it to come in.*

*Gaining Self Awareness is the way in which you can find your own creativity. And, it is in that creativity that you find your answers ~ you free yourself from the mundane earth plane issue. We go back to the food. It may simply be a trigger that your Higher Self is saying, "Here's a little something for you to look at ~ here's some information ~ another tool to use."*

*Do not discount it. Go back and find out more. What is it about? Menopause seems to be on the minds of so many. What is it that needs to be looked at? Certainly, go back within Self to find out ~ are you fearful, are you not fearful, what other concerns, what other things in other lifetimes have brought about the fact that your Higher Self is giving you a little red flag about this particular topic?*

*DO NOT DISCOUNT ANYTHING THAT COMES INTO YOUR HEAD ~  
ESPECIALLY WHEN YOU ARE COMING OUT OF A FOCUSING.*

*Be very observant. Have paper and pencil with you because sometimes, as you are moving back into the concrete, there is a brief window where you have a clarity of what went on during your focusing. That can go away immediately upon entering the concrete dimension again. Write it down very quickly.*

*When you are awakening from the dream state, have a pencil and paper to write down random thoughts that might occur. This is very critical to the tracking of your own answers from within Self. Your dreams, for example, have their own meaning for Self. When you come out of a focusing, it is the same concept as it is in the dream state. The dream state is an altered state ~ another form of focusing.*

*How you gain Self Awareness is entirely up to you. Gaining Self Awareness through a Formal Focusing can take on two basic forms. One form is an UNDEFINED FORMAL FOCUSING. It means that you are going into your Higher Self without any particular purpose. You have no goal. You just go in to hear information ~ as we did with you earlier.*

*You need to do that periodically so that you will come back with information that you can use for the second type, which is the DEFINED FORMAL FOCUSING*

*We will now give you the Components of a Formal Focusing.*

## **Components**

### **Gaining Self Awareness through a Formal Focusing**

#### ***BREATHING***

*Breathing is a way that you bring yourself into a sense of relaxation ~ it calms you. There are two popular techniques for breathing ~ in through the mouth and out through the nose or in through the nose and out through the mouth. Or, you may not like those two techniques and have another way of breathing.*

#### ***CALLING UPON THE WHITE LIGHT***

*We gave you one of many of ways of calling upon the light ~ visualizing a white feather. Or, you can simply say, "Hey, light, come over here." ☺ It can be anything that enables you to call in the white light. Whenever you are bringing yourself into an altered state, you must protect yourself with the white light.*

#### ***ASKING FOR YOUR PROTECTORS***

*Your Spirit Guides and Angelic Protector need to be asked to come into your focusings. Do not assume that they will be there because you happen to be going into a focusing. IT IS A UNIVERSAL PRECEPT THAT YOU MUST ASK FOR HELP.*

#### ***FLOWING OUT OF YOUR ENCASEMENT***

*Allow yourself to feel movement out of your encasement ~ you are floating and flowing. You have floated upward ~ and want to visit your Higher Self, your Soul or any other dimension of Self.*

#### ***ASKING PERMISSION TO ENTER***

*Do not barge in on another dimension of Self. You extend respect by knocking on the door ~ or in some way asking permission to enter into the dimension of Self. Once you have entered the dimension of Self, the next component is important.*

#### ***CLOSING THE DOOR TO THE DIMENSION AFTER YOU HAVE ENTERED***

*An energy could enter in, without your knowing, that you do not want. Thus, you leave that dimension of Self and you leave in an energy that could influence Self in a negative way. By closing the door you protect yourself and you leave everything outside.*

#### **VISITING AND LISTENING**

*It is time to sit and listen ~ which is a very difficult thing to do for most ~ listening to Self. Or you may come in to ask a very specific question, "What is it about food that you want me to investigate further?" So then you listen. When it is time to leave, the next component is important.*

#### **THANKING THE DIMENSION OF SELF**

*Show respect and courtesy to Self by thanking Self, opening the door and departing.*

#### **CLOSING THE DOOR TO THE DIMENSION AS YOU ARE LEAVING**

*Remember that when you open up parts of Self, you need to close them. If you do not close the door and a negative energy gets in, you will know quickly for it will affect your entire being ~ and it will teach you not to leave the door open. The effects of that, generally, would be short term because you can go back and clean out the dimension. Go in with a little feather and clean it out. Challenge any energy that is in there and swish them out.*

#### **MOVING BACK INTO THE CONCRETE**

*As you are moving back into the concrete, you are slowly coming back into your physical encasement.*

#### **THANKING YOUR SPIRIT GUIDES AND ANGELIC PROTECTOR**

*Thank them for traveling with you. Show them respect for the help they have given to you.*

#### **SETTLING BACK INTO THE CONCRETE**

*Return to the concrete as slowly as possible. If you are jolted back ~ an alarm clock, a doorbell, another person interrupting ~ you can go back at another time and smooth out anything that was not taken care of when you were jolted back.*

#### **WRITING DOWN THE THOUGHTS THAT WERE FIRST IN YOUR MIND**

*It is important to give attention to those first thoughts as you return from an altered state. Have paper and pencil ready!*

## **End of Components**

### **Gaining Self Awareness through a Formal Focusing**

*There is nothing mysterious about this process. You learn by practicing it.*

*YOU DO NOT GET TO KNOW SELF AND HEAR ANSWERS FROM SELF*

*IF YOU DO NOT PRACTICE LISTENING TO SELF ON A DAILY BASIS.*

*There will be days when, even after you are fairly good at focusing, that you will not be able to reach any dimension of Self. For example, you may be trying to reach Higher Self and Higher Self will not open the door. It says, "No, go away!" That can happen. Higher Self has an ego ~ just as Concrete Self has an ego.*

*You may not gain entrance to Higher Self. That is all right for you did one very important thing in the attempt. What was it that you did?*

**I respected Higher Self even though Higher Self didn't want to be bothered.**

*You respected Higher Self and the more that you treat Self with respect, the more you will Respect Others. In addition, you relaxed. You went through some of the Components. You quieted yourself. And while you may not have reached the dimension of Self you wanted, you at least spent some time relaxing ~ and you were within levels of Self.*

*There is much more than just the Concrete, the Higher and the Soul ~ there are infinite levels within Self. By relaxing, you were getting in touch with a part of Self that you may not have even recognized.*

*We will show you something now. You are going to sit where you are and be silent ~ just sit. We will speak when it is time. (Several minutes go by)*

*As you were sitting, you were Gaining Self Awareness. Some of you may be thinking, "I didn't go through that process you just described." We gave you ONE process for focusing to gain Self Awareness ~ in its formal sense.*

*Gaining Self Awareness is about quieting Self ~ not necessarily traveling outside of Self or even within Self. You travel outside of Self when you do not even realize it ~ in the dream state, for example. What you just did was simply being quiet.*

*How often do any of you take a moment in the day to just sit for two, three, four minutes in quietness? Just sit ~ not doing anything, not having a reason for sitting ~ simply sit.*

*Most on the plane feel they cannot waste that time ~ they have too much to do! They have to run here, have to run there. And by the end of the day if they try to focus, there is too much stimuli. Or to start the day with a focusing, they say, "No, no, too much to do." They get out of bed, feet hit the floor ~ gone!*

*IT IS CRITICAL THAT YOU FIND AT LEAST ONE POINT IN THE DAY WHERE YOU SIT AND BE QUIET.*

*You can go into the bathroom ~ no one is going to bother you in there! And if they do, then you have a greater problem to deal with! ☺ ☺ For example, if you are in the work environment and know that you simply need to sit and be quiet, go into the restroom and sit there. It is a form of discipline for Self as well as a treat for Self.*

*When we told you to be silent, you began to have thoughts going through your head. And even though you might have been planning something, you were being quiet ~ you were not interacting with external forces. That is a replenishment for Self ~ it is a form of focusing. It can, in fact, be the way in which you enhance your formal focusing ~ it is as simple as that.*

**Instead of being quiet, I had a whole orchestra going on in my head!**

*Yes, indeed. We only gave you about three or four minutes in this exercise. If you have that orchestra going on in your head, then that is fine. For if you take a break in the day, it gives you an opportunity to bring yourself into focus a bit ~ to diffuse the events of the day. You may quickly go back. Chances are, as you do this regularly ~ and that is the key, IT MUST BE DONE REGULARLY ~ it will begin to have a much more positive effect.*

*There is much for you to investigate about Self. It is the Search for Self ~ the journey within.*

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

