

Waith Class Transcripts

GUIDELINES FOR GROWTH



~ 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

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Guidelines for Growth

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASSES OF
OCTOBER 05, NOVEMBER 02 AND DECEMBER 07, 2000)

Waith: This class will be devoted to a discussion of the GUIDELINES FOR GROWTH, which serves as our statement of purpose and as the umbrella of the Search for Self, which is our guidance mechanism.

The Guidelines for Growth is the Mission Statement for the Search for Self.

Our guidance is about bringing balance to the abstract and concrete. We help you to understand the spiritual precepts of your own path ~ how you can apply those precepts and the tools by which you can apply them ~ and how you can analyze what you have done and determine if the precept from the spiritual component was appropriate for you. This is what our message is about.

GUIDELINES FOR GROWTH

Respect Self

Love Self

Respect Others

Love Others

Be of Service to Self

Be of Service to Others

Be Joyful

Be Serious

Be Single of Purpose

Be Unified in Purpose

If you were asked by someone, "What is meant by the Guidelines for Growth?" what might you say, in a very short answer?

I referred to them, just the other day, as my commandments!

When we first gave the Guidelines, someone referred to them as WAITH'S COMMANDMENTS, to which we replied that we did not intend for the Guidelines to be referred to in that way because commandments imply, "You must do this!"

The Guidelines for Growth indicate a much more fluid responsibility within Self. So, we would counsel you, my love, to be careful of using that word, COMMANDMENTS.

⚙ I guess it has focused me more in my search for spiritual growth. It has given me something concrete that's also abstract, that I can look to and remind myself that this is what I need to do in order to get to where I want to go. It's very simple and yet it is very, very hard. It's the way I strive to live my life. I'm not always successful.

⚙ I see them as a tool for balancing ~ between focusing on myself and focusing on what is around me. There's always that line I have to walk between when do I think of myself first and when is it important to think of what is around me.

The Guidelines are meant to be a tool for balancing, for in its very outline it is Self and it is Others. It is the great balance and the line that each of you has within Self for your own balance. This is what the journey within Self is all about -- to find that line, to move that line as you increase in your own awarenesses because of the discovery within Self.

⚙ It helps me to remember that I am who I am and what I do, on a daily basis, is an extension of how I see things and how I want to present them.

⚙ It helps me in working through life and dealing with issues, dealing with difficulties and confrontations. I take the Guidelines as a way to bring focus and light to a difficult situation.

Indeed! Let us now elaborate on the Guidelines for Growth. First and foremost, this is a process ~ this is not mutually exclusive, each of these items that are listed. It must be done individually and simultaneously. It has no beginning and it has no end, yet, it must begin somewhere. Where does it begin?

⚙ It begins with me ~ I had to read the list!! 😊

⚙ Inwardly ~ in some other level of Self.

It is the paradox of the concrete and the abstract ~ where does it begin? Did it begin in the abstract and come into the concrete or did it begin in the concrete and then feed back into the abstract? The answer is yes! 😊

We bring this out initially because many people would say, "Where does it begin?" It would seem logical that it begins at the beginning, which is the first line item ~ Respect Self. Is that necessarily true? Is that the beginning?

Everything is simultaneous and everything is individual so there can be no beginning and end.

Yes, it has nothing to do with linear. We are discussing a circle. So, where do you begin if you are in a circle?

Anywhere!

So does that mean, then, that you might begin simply by being Joyful?

Anywhere meaning, one can't be without the other so actually it simultaneously happens.

So, you are being everything at the same time?

At the concrete there could be a beginning. If I speak to someone in a concrete manner and they ask, "Where should I start?" I could say, "Start somewhere, simply start!" On an abstract level I would say there is no beginning and no end ~ once again the two sides of it.

At the concrete, one would want to have a beginning, would they not? For each of you, you want to be able to say, "Well, of course, we start with Respect Self," and then everything else works from it. From a linear standpoint that is your best bet! At the same time, you are dealing with nonlinear and this is the Search for Self ~ to understand the linear versus the nonlinear.

You live in a very small portion of your own energy ~ and that is linear. Most of your energy is nonlinear. You have manifested in this dimension of Self ~ with a Mass Consciousness, with others who have manifested in this dimension of Self.

You all agree that there is a beginning and an end in this dimension. No other dimension of Self, as it relates to this dimension, is linear.

In order to get the process going in the concrete, you have to VERBALLY state, RESPECT SELF. Please say those two words!

Respect Self.

Respect Self. It is a powerful statement. You have brought into this dimension of Self ~ that is concrete ~ awarenesses from your other dimensions of Self that are nonlinear that have already been involved in all of those activities that are listed.

Think of it as if it was a wheel ~ let us say, a Ferris wheel ~ that is moving around and it comes to the point where you need to get off. It brings you to the docking point, if you will ~ you are still in a circle and you have been experiencing the movement around and around and around and it is time now to get off, and out of, the circle. The point, in the concrete, that you get off the nonlinear circle is Respect Self. That is why we have given the Guidelines for Growth in the way that we have given them ~ a beginning and an end and yet a circle. This means, then, that you all begin with Respect Self ~ as you exist

in this concrete, linear dimension, which is what you must balance ~ linear and nonlinear.

Following that particular thought process, then, you find yourself at the next point, which is what?

Love!

Yes, Love Self. Respecting and loving Self are the two critical components to keep this wheel going ~ nothing else can happen to accelerate this nonlinear wheel without your understanding of respecting and loving Self and your attempts to go within Self to bring respect and love of Self.

You CANNOT Respect Others and Love Others to any greater degree than you Respect Self and Love Self. You cannot give to others to any greater degree than what you have within Self. Does that mean that you must work only on respecting Self and loving Self before you can Respect Others, Love Others, Be of Service to Self and Be of Service to Others?

When I first saw the Guidelines, I couldn't even look at the two top items on the list, let alone believe in them. And so, I jumped in the middle somewhere ~ Be of Service to Self and Others. I chose those to work on and then I could get up the rungs of the ladder and feel more respect of Self when I was Being of Service to Self and Others.

What was happening is that you already had developed a degree of respect and love of Self that enabled you to go into a FURTHER ALONG THE LINE component of the Guidelines. This, then, became a feedback mechanism so that you began to Respect and Love Self more because of what you had done regarding Service to Others.

Many people will interpret the Guidelines as meaning that you cannot work on anything else except Respect Self since that is the most important component. Oftentimes people will become stuck within their own growth because they think that they must achieve a certain point of respecting Self ~ and before they can do anything else, they have to achieve whatever it is that they determine is the level that they will Respect Self, before they can begin to Respect Others.

This is certainly a way in which many entities behave. However, it can be Self defeating if you think that you must achieve a certain level of respect of Self in order to have succeeded. Self often imposes upon itself these unreasonable expectations and says, "I must achieve this before I can really show that I have grown." Well, that is nonsense! 😊

Every infinitesimal movement is growth and success, even if that movement ~ and hear us well here ~ is backward. Many say, "Oh, I will regress if I judge another ~ I have regressed ~ I've moved way back on the scale of awareness." Whatever an entity does, whatever movement, is growth and success ~ even if you move back in your understandings, for moving back in your awarenesses means that you simply reflect and you have grown as a result of reflecting. You have grown as a result of moving back.

There is no such thing as not growing ~ it is an imposition that Self places onto Self and is some standard that is measured externally rather than internally. Everything that you do is a way in which you develop respect of Self.

The darkness would want you to believe otherwise and say, "Oh, you've been bad ~ look at those thoughts you're having, look at that behavior ~ you've said something unkind about somebody ~ you have regressed ~ you're bad." This is simply not true.

The abstract of all of this can be a bit overwhelming ~ what does it mean to Respect Self ~ what does it mean to Love Self and how are those two different from each other.

RESPECT can be considered NON EMOTIONAL.

LOVE can be considered EMOTIONAL.

The emotion of love comes out of the nonemotion of respect. Respect is an attitude that one has for Self and the world in which Self exists. Out of respect comes love ~ you cannot have any greater degree of love for Self than you have for respect of Self. You cannot have love without respect, for love is the working instrument that comes from respect. You can, however, have respect without love.

Love, as defined on the earth plane, is very emotional. Respect, as defined on the earth plane, indicates that there is a very definitive line that has been acknowledged by the entity who says, "I will allow this, I will not allow this ~ your behavior is disrespectful ~ your behavior is respectful."

Emotion can become part of it if love is involved with the interaction. If there is someone who you are interacting with and you are trying to achieve a level of respect, the love ~ therefore the emotion ~ may enter into it.

Love tempers respect. The respect, in some cases, can be very, very hard, if you will. When someone says that they Respect Self and they will not allow such and such a behavior by others, because after all, they respect themselves, that can be looked at as almost jaded, as you might call it on the plane.

It is the love of Self that brings in the tempering ~ it softens for there is, then, the love of others.

As someone attempts to Respect Self, will they be hard about it and say, "You will learn what it means to Respect Self from my example ~ I will not allow you to do this." Rather, a point is reached where the LOVE says, "I understand that this person is working on respecting Self ~ perhaps my understanding of Self has a greater awareness than this other person and it is up to me to help that person in their path toward respecting Self."

So love enters in and tempers respect. Love and respect simply feed on each other and give fuel to the circle.

We have given to you the fuel that keeps the wheel moving. Let us look at these other line items. What are the next two?

Be of Service to Self and Be of Service to Others.

When you take on the issue of another, are you imposing upon them?

Yes, if we don't have their permission.

There is the qualifier ~ permission. There are many entities who more than gladly ~ more than willingly ~ will let you take on their issue and there is no imposition involved at all. In fact, they expect it.

If you take on an issue of another, you are imposing upon Self and upon another ~ double imposition. And it is this arena in which most entities find themselves so entrenched, because it is dealing with issues.

After the service component, what are the next two?

Be Joyful and Be Serious.

Sometimes an entity will find their whole life is spent completely in joy filled activities and others will find that their entire life is serious ~ this is part of the path. For those who have taken on a path of complete joy filled or complete serious filled, they are working through extremes. The goal is to be balanced, to have an understanding of how the two ~ joy and serious ~ come together and that it is important to have both in one's existence.

What do you come to at the very end of the Guidelines ~ and be careful of the wording.

Be Single of Purpose and Be Unified in Purpose.

Be Single OF Purpose, Be Unified IN Purpose ~ there is a difference in those two little words ~ IN and OF. You are an individual and you have a purpose ~ it is OF YOU and you alone. Unified IN Purpose means that there are others who have the same purpose ~ they are in it together. There are many groupings that come together, supposedly unified, yet they are not, for their purpose is not unified ~ they are not unified IN their purpose. They may come together from this single OF purpose and not translate it into a group, being unified IN purpose.

Until an entity can play in those arenas harmoniously, there is the difficulty of the purpose. The Mass Consciousness has been created for this experience that you all have in the current concrete.

There is unification in purpose that is The Mass Consciousness and it is the goal of each of you to find your place back into that unification through your own individual purpose and then coming together.

This is much easier said than done ~ and a reason that there is such difficulty for many entities to connect to The Universal Consciousness in their focusings. It is the reason for the Search for Self ~ to connect to The Universal Consciousness through Self.

The access to information that we have to The Universal Consciousness is available to everyone. It is simply the inability that many entities have in doing that because they have not developed their skills to do so.

There is nothing mystical about it ~ it is part of the journey and part of the reason that we have the Guidelines for Growth as the Mission of the Search for Self ~ to ultimately get you back in connection with The Universal Consciousness ~ The Mass Consciousness.

You are still living your life on the earth plane and you are now able to connect to The Mass Consciousness. At abstract your very highest levels of Self are connected to The Mass Consciousness.

It is the concrete that must find the path back through Self ~ the levels of Self that will not give up the information, for any number of reasons, which is part of the Search for Self journey.

We have just discussed the concept ~ and concepts are wonderful! ☺ The application of a concept, the concreteness of it, is the challenge. Your question now would be, "How do we apply the Guidelines for Growth?"

Earlier, several of you responded that the Guidelines for Growth help you to have guidance for your life. We do not say a SPIRITUAL life because LIFE IS SPIRITUAL. There is no such thing as a nonspiritual path ~ every path is spiritual.

Therefore, EVERY LIFE THAT IS LIVED IS A SPIRITUAL LIFE AND EVERY PATH THAT IS WALKED IS A SPIRITUAL PATH ~ it can be nothing other than that since all of you are spiritual beings incarnated into some kind of concrete form.

You are all spiritual beings living a human life and therefore your human life becomes spiritual. Regardless of what anyone is doing in his or her life ~ regardless of the path they have chosen ~ they are spiritual beings and they are living a spiritual life. That is the very first component that needs to be placed on the record.

First and foremost this needs to become almost a mantra for people ~ Spiritual Beings Living Spiritual Lives. The operative word here is?

Spiritual.

SPIRITUAL is the word that needs to be kept upper most in the mind ~ it is all about spiritual. You cannot eliminate the word SPIRITUAL from your thought process. The Guidelines for Growth is about spiritual living that is taking place in a physical world.

SPIRITUAL LIVING IN A PHYSICAL WORLD ~ this is the challenge because this is where the imbalance occurs.

Imbalance is not a bad thing ~ imbalance is necessary in order to learn. There needs to be, however, the focus that no matter how out of balance you become you are looking at the word Spiritual. Use the word Spiritual as part of your focusing exercises when you are feeling out of balance in the physical world.

Focus on the word Spiritual ~ that is all there is to it! SPIRITUAL IS THE COMBINATION OF ABSTRACT AND CONCRETE.

The Guidelines for Growth is abstract and concrete ~ each one of the elements is both. Many might say, "Well, one of them is concrete and one of them is abstract and eventually they have to balance." That is not the purpose of the Guidelines for Growth.

The Guidelines for Growth is about SPIRITUAL LIVING IN A PHYSICAL WORLD BY SPIRITUAL BEINGS LIVING SPIRITUAL LIVES.

What does all this mean and how do you apply the CONCEPT of being Spiritual? We would begin with the neverending circle. Think that there is a beginning and an end, because you live in a linear world in which time, supposedly, begins and ends --each day has a beginning and an end as determined by time. However, time is an energy flow.

To give spiritual application in a physical world is a very difficult thing. And so, the first thing that you need to do as you look at applying the Guidelines for Growth is that it is neverending in its flow ~ it is separate, yet it is combined. Each one of the Guidelines is working simultaneously ~ there is no beginning and end. It appears that it starts with Respect Self and yet, it really does not. It can start anywhere it wants to.

Does it depend on the issues we focus on?

It is not so much the issues that you are focusing on. Rather, it is simply understanding that it is a flow you are dealing with and that at any point in that flow you would say, "Ah, this is a time to focus on Respect Self." This would then bring you into issues.

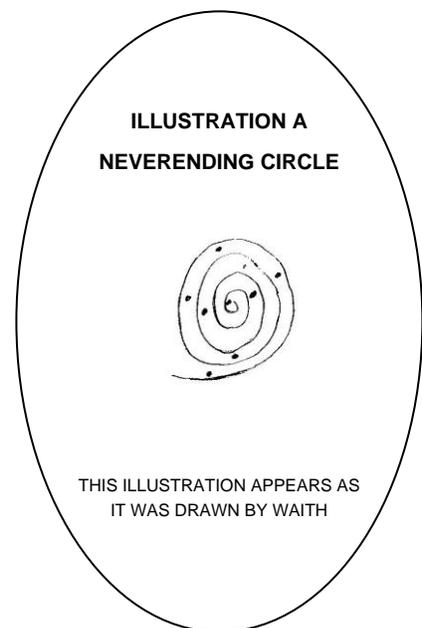
IT IS THE RECOGNITION OF THE COMPONENT, WHICH THEN BRINGS THE RECOGNITION OF THE ISSUE.

So you may be working on being Joyful. That could be here in this neverending circle, another one could be here, and another one here and so forth ~ all these little dots represent a component of the Guidelines for Growth. (See Illustration A, to the right) And it is swirling around in your linear lives trying to become a flow rather than simply one point to the other.

Before you can bring spiritual application into the concreteness, you must remember that you are doing what?

Spiritual living in a physical world by spiritual beings living spiritual lives.

Yes! So, let us take this one step further. It is SPIRITUAL LIVING IN A PHYSICAL WORLD BY SPIRITUAL BEINGS LIVING SPIRITUAL LIVES ~ ATTEMPTING TO GIVE SPIRITUAL APPLICATION. How many times have we used the word spiritual?



Four times!

Yes, and another emphasis of the word spiritual ~ attempting to give spiritual application IN A LINEAR PHYSICAL DIMENSION. Central to this is the neverending circle and the attempt to go into any point in the Guidelines and deal with the issues that come with that particular component.

We deliberately begin the Guidelines for Growth with Respect Self because that is the most critical and predominate issue that most entities find themselves dealing with ~ and all of the other components become secondary to it.

However, it is not written in stone that you would not be dealing with being serious. And, perhaps in this entire lifetime an entity has plugged into this neverending circle and said, "I must work on the issues of being serious."

It may, in fact, be for a series of lifetimes ~ it could be five or ten lifetimes that have been plotted out in which the thread is to be serious. Another series of lifetime, five or ten, may have been about being joy filled ~ and then it will be time to look at another component.

In the meantime, that entity who perhaps is focusing on being serious, is living with another entity ~ whether in the family grouping, in the work grouping or in general ~ who is attempting to Be of Service to Self, or Be of Service to Others ~ and that is their focus. So it becomes critical that the understanding is there that it does not follow some hierarchical order.

Yes, it is a way in which one lives their life ~ their spiritual life. Yes, it is given in linear form so that those who are first exposed to the concept can see that these are GUIDELINES FOR LIVING A SPIRITUAL LIFE. It does not mean that you have to start at Respect Self and if you do not accomplish that, then you might say, "Oh, my goodness, I'm not getting through the others so I'm a failure!"

It does not matter what any one entity is working on ~ all that matters is the understanding that everyone is working within the flow of a neverending circle. Through your Focusing for Gaining Self Awareness you may gain an understanding of knowing which component within the Guidelines for Growth you are working on in this life.

Each of you has your own neverending circle and so you would develop your own little matrix, perhaps, that says, "In relation to this component, here I am with another component." Or maybe not ~ maybe all you want is to have an understanding that you

are working on being joy filled or being of service to others or being serious or respecting Self.

You are now saying, "What are these application exercises that Waith is going to give us ~ we want something really concrete." Does application mean concrete?

⚙ **To me it means concrete!**

⚙ **It means at whatever point in whatever I'm doing I'm doing the Guidelines ~ I'm living it.**

⚙ **It means concrete to me, and then I have to back off of that and realize that it does have abstract applications as well. It is something I can do in my focusing, for instance. And if I start going off in the earth plane stuff, it's a way to bring myself back and to refocus and realize that this is not what it appears to be.**

⚙ **It's begun in the spiritual idea and then somewhere along the line it works itself into the concrete and there's a flag that comes up and says, "Here's the issue."**

Oh, indeed, and you have come to recognize the flags ~ those that are appropriate for Self!!

Yes, there are lots of them! 😊

Yes, there are many little ones and there are many big ones – there are some that are subtle and some that are screaming out, "Look at me, look at me." And you have come to recognize these flags over the years, because you have been doing what?

Looking for them! 😊

Indeed ~ very key ~ looking for them! You have very deliberately been saying, "I know that I am here to deal with issues." And, so you are looking for them and when they are presented to you, you have been identifying them and placing them into categories and saying, These flags represent this issue, these flags represent this other issue."

Application means, for me, abstract as well as concrete and there's the circle. I can't say it starts in the abstract and then becomes concrete ~ it's just part of the circle. It becomes concrete and then as an application it goes back into the abstract again and then it's redefined and then becomes the circle.

It is the neverending circle ~ the concept of duality for it is individual and yet it is One ~ it is separate and yet it is not.

It's hard work! 😊

Yes, it means hard work! It means all that you have said ~ bringing it into the neverending circle. And, it is the concrete and the abstract ~ it is all of that. And, it is hard work!

We are not here to sugar coat anything. There are many on the plane who would present the easy way ~ the quick way ~ to gain enlightenment. They might say, "In ten steps this is what you can do." That approach is appropriate for certain audiences for they are at a particular point in their development where it is necessary for them to have steps and to have something very concrete that they can measure whether it is right or wrong as defined by someone else's standard ~ by someone else's frame of reference. That is not what we present.

There will be many who will not want to listen to our counsel because it means hard work. We are not here to give you this false hope that says, "With a little bit of a poof here and a poof there and a little bit of energy work, it will be done ~ you will be enlightened!!"

To the outside world, it might appear at times that you suddenly have this new glow about you ~ that you are feeling and appearing to be at peace with Self. That my loved ones is only an indication of a great deal of hard work that was done, little by little, and finally all came together and in a moment it APPEARS ~ overnight ~ that you have become this peace filled entity ~ filled with patience and tolerance.

And, indeed, you may have achieved that percentage of the issue of patience or tolerance that you came in to learn. And so, yes, to others around you, you do look as if you have a very high level of patience. However, you achieved that through HARD WORK ~ and that hard work is achieved only through the Search for Self.

We give you now an Application Exercise. It is not quite what at first glance it would appear to be.

Guidelines for Growth Application

NUMBER ONE

Have a blank piece of paper. It could be a journal or it could be scattered pieces of paper.

Can it be envelopes? ☺

It could be, my love -- whatever works. We are not saying to you that you must write a journal. We simply say to you, "Have a blank piece of paper" ~ however that applies to your own flow of energy.

NUMBER TWO

Write on the paper. It is the middle of the day and you are in the midst of doing something. Suddenly you realize, "I need to write this down." What might it be that you are writing down?

Inspiration?

And what might an inspiration be for you?

The most recent one from personal experience was that instead of judging my brother for what he's doing I realized that I needed to have compassion.

That is a good example. You would write down, "I have just responded to my brother out of compassion rather than judgement."

- ⚙ **I'm thinking I see things that irritate me during the day. For example, my son-in-law doesn't do anything that he should do in the business and that bothers me.**
- ⚙ **I can also make a positive statement that I didn't allow somebody to walk all over me. I was strong and could stand my ground.**
- ⚙ **Patience in dealing with someone yelling in my face!**

And you would then say ~ in your writings ~ what the situation was, WHY were they yelling and not just that it was happening.

NUMBER THREE

Date it with the time of day. Do this briefly ~ no need to have a great deal of writing. You may do this several times a day. And, indeed, you may find a little scrap of paper to write it down so you do not forget it and then at the end of day, you bring it into something that has more permanence to it ~ or something that shows the flow, whether it is paper that is stapled together, so that you do not lose this flow.

NUMBER FOUR

Do this for thirty days ~ and thirty nights. ☺

Why are we having you do this?

So we could figure out what kind of component of the Guidelines we focus on the most.

Yes. During these thirty days do not try to ANALYZE what the particular pattern is, for it will take time for a pattern to emerge. You want to simply write down whatever it is that you feel compelled to write down ~ it could be something every hour, it could be something every thirty minutes and some days you may have more and other days you may have fewer.

Every day have at least one entry. You will have, then, a minimum of thirty entries. Some could have thirty times one hundred and that is all right ~ it does not matter how many you have beyond thirty. It matters that you have at least one entry per day.

NUMBER FIVE

At the END of thirty days, begin to look for patterns. Do not try to figure out patterns during the thirty days. Write it down and turn the page ~ do not allow yourself to be influenced by the past for the future. This is important ~ DO NOT TRY TO ANALYZE DURING THE THIRTY DAYS!

NUMBER SIX

At the end of thirty days you will return to meet with us ~ the ever present threat!! 😊 At the end of that time, when you return here, we will do the Feedback on Application.

This is personal and I don't know if I want to share this information.

Oh, indeed, you will share that which you feel comfortable in sharing. We will not have you stand up and read all of your entries, for by the time you come here, you will have gone through that process of beginning to look for patterns. Thus, you would be citing the patterns that you think you have identified. We will be here to help you to identify the patterns.

It is necessary for an entity to have some sense of the patterns that are in their lives so that they can use those patterns to search within Self. To go randomly within Self is one track, of course, that an entity can take. For most on the plane, however, they want to have some way in which they can bring a focus into their Search for Self. This is hard work. It means that every entity must face Self every day ~ that you become concretely aware of what is being presented to you and what that means.

It does not mean that everything that is presented to you must be analyzed where you might say, "Oh, wait, I can't move anymore ~ I must sit and analyze why this bumble bee crossed in front of my face." For some that might, indeed, be an issue ~ they may find that a bumble bee crosses in front of their face every five minutes, no matter where they are and for them, there must be a reason for it. For others, the bumble bee just

happened to be passing in front of them ~ just as you would walk in front of someone else ~ no Earth shattering, mystical reason related to the cosmos.

What this exercise is meant to do is bring you into some kind of focus within Self of what appears to be a pattern. And, then, at that point, we say, "Well, let us look at the components of the Guidelines for Growth ~ what does this pattern seem to be focusing on ~ is it one, two, five, eight of the Guidelines?" Then the Search for Self can truly take on a focus ~ a plan of action.

What if it's a very dull day?

There is no such thing as a dull day when it comes to issues ~ there is always one issue even if it is one little issue that comes in and, it could be a joy filled day, my love.

Depression overshadows much of my life and some days are just really blah.

Indeed, and so that is what you write down ~ that is the issue.

So, nothing of any significance has to happen?

The significant thing is that you were in a day of depression ~ which is an issue.

Okay, I understand. I go into many, many days of depression.

You may find that there are several days where it is just that ~ you are in depression. Write that down. And then you see that on day number four there was a little bit of light and something happened ~ it was still a day of depression yet there was a little bit of light. And, you record, "This was a day of depression, yet this is what happened that was light filled or joy filled." Then it may be three days of depression and another day of being light filled ~ you see a pattern that, perhaps, is developing. It is all about finding patterns, my love.

Time is only a conceptual idea on the earth plane. What is the significance of writing down the time of day?

One could respond that way and use it as an excuse to not consider time ~ especially if one is challenged by the respect of linear time.

I'm running late all the time! 😊

That, my love, is an issue of disrespect toward linear time. Linear time is an energy ~ it is the way in which the earth plane is established for the learning of lessons. Running late, as one would say, is an issue of not respecting the function and the path of linear time. And it is a lack of respect within Self which shows as a lack of respect to others.

There are many who feel that they do not want to be bound by time. This exercise brings you into being bound by time for time has its benchmark in terms of patterns.

You may find that at a particular time of every day, you have a particular thought or a particular situation present itself ~ same time every day.

However, you have not written it down and therefore have not really seen it. For example, at four p.m. every day you feel that you must consume a candy bar. That would tell you something about the physical body and do you want to do that or do you want to change that. What is the issue that is being presented here? Instead of wanting to eat a piece of fruit, you want to eat a piece of chocolate ~ what is the issue?

If it is habitual, it is a pattern. When identifying a pattern, you may say, "This is fine with me ~ I eat a piece of chocolate at four p.m. every day ~ that's a pattern and that's fine ~ at this point in time ~ I have other patterns that I have identified that are more important for me to deal with and eating a piece of chocolate at the same time every day is not significant for me ~ at this point in time." Unless, of course, there is a larger pattern of abuse of food ~ and, this is where you will find your patterns.

Some of you may find that you need an additional thirty days to refine your patterns ~ to perhaps fine tune issues being presented. This application exercise is not written in stone by us, where we would say, "This is only thirty days ~ it begins and it ends." This can, indeed, become a pattern ~ a way in which you are able to track your own flow of energy.

It's a very good tool to have control of Self and then give us the feeling in doing the hard work that it is actually not as hard because we have more insight and awareness of Self. We know why we behave in a certain way and what we can do about it after we figure out the pattern. So, it's not quite as hard because we feel more in control. It still makes it hard work although it's not as overwhelming.

Yes, it is that feeling of lack of control that can overwhelm you. There will be those moments when you will feel this lack of control. The reason for this type of exercise is to help you to begin a habit of writing down, on a daily basis, what may appear to be random issues.

At the end of a particular time frame, you can look back and they appear, after all, to not be so random ~ they were just presented in different packages. It enables you, then, to say, "Here is this same issue coming again ~ it's pretty much packaged the same way

~ I just forgot about it ~ I forgot it came in this package ~ it didn't come in this package for two years, and it did one other time, or two months ago this issue appeared like this."

We can always find joy in it ~ that we recognized it.

This is the point! To be able to say, "It's not controlling me ~ I am controlling it ~ this is an issue that I have taken on and it's happening." This is a good thing, not to bemoan the fact that it is happening ~ rather, to say, "This is happening and I know that it's happening and I know why it's happening." Then, you can find your own insight in whatever way is appropriate ~ in your own altered states.

Feedback on Application Thirty Days Later

Greetings to you all! We are pleased to be in the vibration and to sense a somewhat lighter vibration than the last time we were with this grouping. Apparently the tracking process has yielded some added benefits that you had not expected.

Let us receive feedback from each of you in terms of your response now that this homework assignment is over ~ at least at this point in time.

I did exactly as you said. I haven't analyzed anything that I've written. I attribute my lighter feeling to the new medication for hot flashes! 😊

That can have an added benefit, also! You bring up a point that we would comment on. We have been adamant through the time we have been speaking of how critical it is to use the tools provided by the earth plane. You each need to use whatever tools are available, and if they work for you, then use those tools.

What works for you may not work for another or it may not be appropriate for another. If taking an aspirin relieves pain ~ while drinking an herb tea, that for some relieves pain yet not for you ~ then certainly take the aspirin. This is nothing that an Archangel has to tell you ~ this is something that needs to be logical in its understanding.

The tools are meant to help you along your path. If you are feeling physically incapable of doing certain things and something that is considered traditional medicine on the earth plane works for you, that means it is going to give you relief that will help you in other aspects of your path.

When the time comes for you to be healing in ways closer to the realm of WITHIN SELF, then it will happen. And so, yes, medication is fine ~ by any definition!

What other responses to the exercise are some of you willing to share?

I have known that some things were issues and some became very evident, which I was already aware of as I was writing them down. I guess my dilemma is how to work through them or how to find the right course of action in order to get the lesson learned so I don't have to keep dealing with them and the problems that manifest because of it and that they keep presenting themselves because I haven't learned it yet.

Tell us ~before we move into the realm of how to deal with this process ~ how you felt, during these thirty days, about the process that we assigned you?

About actually keeping a journal?

Yes.

It's very easy for me to write because it's something I've been blessed with in this incarnation. Since it's not difficult for me to put down my feelings on paper, whenever something occurred to me, I'd just write it out.

And what of your issue of keeping track of time?

If I didn't have the opportunity at the time it occurred, I mentally noted what I was thinking and then when I had a chance, I wrote it down later.

That is appropriate ~ it does not need to be done at the exact moment in time. In terms of the issue that you had where you said, "Why do I have to write down the time," how do you feel?

It wasn't that I had an issue with it so much as I was curious as to why, what was the significance of the time.

And have you come to an answer for that?

Not really, because nothing was consistent with me. There wasn't any one thing that occurred at the same time every day. My issue with time is that I always run late and it was one of my entries, actually, because I was a couple minutes late for the Chiropractor and I was thinking, "Why do I do this?" And, I don't have an answer yet ~ I don't know why. I know this is a lesson that I wasn't even aware of before. I have always said, "Oh, I run late all the time." And it's been a lifelong thing. I remember running for the school bus in high school and missing it and mom having to take me to school. It's been all my life.

You can say now, however, that for the first time you are seeing it as an issue and something that can be worked through.

Yes!

Perhaps now you could say that you might have a bit of control of it and IT is not controlling you.

Possibly, yet I still don't understand the reasoning behind why.

That is the journey, my love. One of the most difficult parts of learning a lesson is ACKNOWLEDGING it.

What you said in our last class was something I had never thought of, not having respect for linear time, because I never thought of linear time as a thing. I always just thought of it as, time, and I knew outside the earth plane it didn't even exist. And I never thought of it as being disrespectful to others and I never thought of it as being disrespectful to me. When you said that, it really got me to thinking and so it comes back to the issue of respect of Self and respect of others. However, I still can't figure out why it's a problem for me.

Yes, however, you have met one of the most challenging components ~ you see it now as an issue and you recognize it as such. You are not just saying, "Oh, I'm always late." You see it now for what it is and resolving it. Working through that issue actually now becomes the easy part.

ACKNOWLEDGING the issue is the ultimate challenge. You have reached quite a point in your own understandings of Self. And, the fact that there is nothing consistent about the timing of anything in your thirty day accounting is exactly the point because time, for you is a MAJOR issue that you are suddenly now RECOGNIZING for what it is.

An issue needs to be respected and not degraded by saying, "Oh that is my issue, humph!!" and try to avoid it. No, come right up and say, "Hello issue, I respect you ~ now let's work together and get through this."

Let us hear from another person.

I was struggling with the process and even the process reflected for me an issue ~ the insecurity. I had a hard time at the very beginning to write down how I feel. So I tried to not really write down what I actually feel and rather tried to go around it, so that it wasn't so obvious.

You were avoiding Self.

Exactly! As time went on I became more secure in the process and it became easier, so I had to recognize my issue in having to write things down. And then, my issues were all over the place and what I noticed were the extremes that I go through constantly.

When did you find yourself writing down particular thoughts?

I wrote mostly in the evening. I also made a mental note and then I wrote it down later. Sometimes I wrote down things several times a day.

So one of the issues for you is writing.

Yes, I struggle with that.

It is one thing to be able to verbalize, and it is also important to be able to put that verbalization into a concrete, written form in some way ~ for you and for this particular issue. Writing will help to strengthen your understandings of Self and as you have recognized, not being able to write is a very critical part of the blockages that you have when it comes to studying.

Yes, it was very hard for me. With everything that I start, I have a really hard time finding confidence and as soon as I do it regularly and force myself, then it becomes a little easier and then later on I almost enjoy it.

And so, what conclusion could you draw?

That I need to just start a process and not give up before I even start it. 😊

That is one conclusion and from that what would you, then, conclude?

When I have worked through it, that I become more confident about it.

Indeed, and then what would you do as a result of becoming more confident because you have been doing something over and over? How would you become better at it?

By continuing to do it.

Continue to do it ~ do not stop when you reach a certain point where you think you feel comfortable. Rather, you continue, stretching yourself even more. Starting something, for many entities, is very difficult. And, more difficult is continuing something that is proving, though difficult during the process, to become very beneficial by doing it

over and over again, until you reach the point where you say, “I really have mastered this to the point that I feel comfortable.”

Then, of course, you reach another level within Self where you say, “I want to learn more even though it feels that I have mastered it ~ I want to learn more in this same arena.”

I can be very patient, yet in this regard I am impatient. I want to know something immediately and be able to do it immediately, yet, I don't want to put the effort in ~ and that came through over and over with this assignment. And then I give up when I see that it's too much work and then that feeds, again, into my insecurity. So, again I gave it up. And that is what I recognized after a few entries ~ I was always writing the same thing down. There is lots of work for me to do. 😊

Discipline of Self is another issue completely ~ and that is something that is worked through. Do not feel horrible because you are impatient or do not have the discipline for something. This is to be recognized and then to decide how you are going to work on it. Once you RECOGNIZE an issue, it is a sign from The Universe that you are, indeed, ready to deal with the issue. If you are not ready, if you do not have the tools or it is not time for you to actually deal with an issue, you will not recognize it.

So, that is part of the optimism ~ you recognize an issue and say, “It is time now to deal with this.” More importantly, you have the tools to deal with it ~ even though you may have to dig very deep to gather those tools.

I didn't mind this exercise. I did try during the day different times to zero in on just what it was and then I would do it at night. I would sit and find a few things that I thought were issues and write them. I found that I kept bringing up one issue all the time. I find that I have a lot of little irritations all day long, which is no revelation to me, and that would be patience, and in the end, that's what I'm working on. Even though every once in a while something good would come along, most of the time it was that, irritations. However, it didn't irritate me to do this assignment! 😊

Good, my love. Who else would like to share their experience?

I had a little bit of difficulty remembering to write things down. I ended up having a lot of little pieces that I put into a nice little book, which was kind of good in a way because then I got to see the whole day in one fell swoop!

How many entries, on average, did you find yourself making daily?

Some days, a couple, some days, I missed and some days there were quite a few.

Did you find that the days that you missed ~ in themselves ~ were a pattern?

I just figured I was too busy to write it down. Toward the end I found myself taking the few minutes to think before I did anything because I didn't want to write down, "I got angry again today." So, it was really good. And, I didn't realize that until I started thinking about it and I said, "You know, I'm doing this to myself ~ I don't want to write it down in the book again so let's do this and let's do that." So, I thought that was very interesting. I kind of psychoanalyzed myself. 😊

That is a good insight ~ indeed, it is one of the goals of this type of exercise where it makes you aware, very concretely, of what challenges you.

Abstract is all well and good, my loved ones. You are living in a concrete world and need to be able to respond in a concrete way that will, then, feed back into the abstract, where you can then reconfigure in the abstract and send back ideas into the concrete. However, it is the concrete that plays out the plan and you must not be afraid of facing that. Many talk about how they want to face Self. However, they do not face Self because it requires confronting Self.

It is important that you ACKNOWLEDGE an issue because then you will begin to see the residual of that in concrete. You will be able to take what appears to be scatteredness in the issues being presented ~ in the behaviors that are presented to you ~ and say, "This, I think, relates to this issue." It does not appear that you have fifteen or twenty different issues. Rather, you have taken the residuals of what appear to be those issues ~ they are residuals, not the actual issue ~ and you have organized them into one or two issues and thus it becomes much more manageable.

So you each have control of Self at the concrete by developing a discipline of Self that forces you to come face to face with things that go on in your everyday life. You will not only come face to face with the things that are in your everyday life, you will be able to implement a way to deal with those issues that you have acknowledged, that you want to work on ~ not just in a haphazard manner.

You have issues with time, my love. (Waith refers to one of the class members)

Among other things! 😊

Many of the OTHER THINGS relate to time. As you would closely begin to look at the OTHER THINGS ~ truly look at it objectively ~ time becomes a magnet for the OTHER THINGS. You have recognized that you need to respect time ~ that has very interesting implications for you in terms of how you can bring control into the twenty four hour time frame that the earth plane exist under.

Loose ends, my love, irritations that you have mentioned. (Waith refers to another class member) For you it might become beneficial if you were to look at the irritations you have identified as the theme, or the pattern, and try now to find a pattern with the

irritations. Categorize the irritations. Go back over the last thirty days and you may find that you see that irritations are the issue, and you want to extend now for another thirty days ~ or fifteen or fifty or whatever time that it takes, to help you to categorize those irritations. Once you have been able to categorize the irritations, it enables you to take control and recognize them immediately and know that it is part of this particular category, this irritation category and you can say, "This is how I'm going to respond."

There is nothing magical about this concept we have given. This is a very simple concept ~ to take control of your concrete life by writing down what you identify as patterns and then looking at those patterns and placing them into some type of order for Self.

Recognize the people who are draining your energy. You may not even realize that people and events are draining your energy for it has become a habit where you say, "Oh, so and so needs to talk to me." Well, they are talking about the same thing over and over again, and they drain your energy.

Remember the words we gave you earlier ~ YOU ARE SPIRITUAL BEINGS LIVING SPIRITUAL LIVES.

What is the operative word?

Spiritual.

So, if we say that you must take control at the concrete, are we saying that you are diminishing your spirituality?

No!

Why?

Because everything is spiritual.

Everything is spiritual ~ and that means that you respect everything. Everything that is concrete is spiritual. This is a very important component ~ EVERYTHING IS SPIRITUAL. Ultimately, whatever you have chosen as a response or an attitude toward the concrete is a learning tool.

Recognize that everything presented to you on a daily basis is spiritual ~ it can be nothing else. And if you embrace that everything is spiritual, then you are flowing with a spiritual existence.

Are you going to tell us how to analyze this stuff?

We will not analyze it for you ~ although we actually have given you the basic underpinnings for you, then, to take it to the next step for Self.

Even though we indicated we would not tell you to take this exercise into another thirty days, we would strongly recommend that you take this for as long as you need to, in terms of writing down things ~ and not to hide from some of the things that you do not want to write down.

Write it down ~ if it takes you three hundred sixty five days, then write it down every day. Do not be afraid to face Self ~ THIS IS THE ISSUE ~ facing Self and recognizing that Self is a spiritual being. Everything else around you is spiritual ~ show it the respect of it being spiritual.

The fear is probably worse than the actuality.

It is the fear of looking at Self that keeps people from looking at Self. Once you begin to do that ~ once you have done it a few times and can say, "I am still alive to talk about it," you will see that it is a freeing experience. You will have one less fear and be able to build your own confidence when you face your fears. You face down your fears and look it right in the eye and say, "I see you for what you are."

Fear is crippling.

Yes, fear is the strongest and most powerful of emotions. It is the one definitive emotion that the dark grabs onto. The dark senses fear ~ it comes right to it and grabs onto it and spins it in a negative way.

So face Self ~ do not be afraid. There is nothing bad about facing Self ~ not to face Self simply keeps you spinning, if you will, in place. And, that is a perfectly acceptable behavior for there are many entities who have been spinning in place for eternity and that is fine ~ there is a place for that.

I guess what comes to mind is that to make a lot of changes and face a lot of these issues is bringing a purpose or meaning to what it is we're really trying to deal with. If we want to deal with Self or deal with the problem, we need that fuel, that burning reason to say, "I've got to do it." There needs to be some kind of story that we can tell ourselves to follow through.

Yes, that is the point ~ it has to come from Self. YOU have to say within Self, "This is the reason I want to do this." It is for Self and not for someone else. Growth is not

accomplished because you want to please someone else. Ultimately, you have to please Self and then you please others as a result of that. If you are pleased with Self, that reflects onto others. You must determine your purpose ~ what do you want to accomplish. You must bring it to purpose within Self for it to have meaning.

Each of you has had tremendous breakthroughs as a result of this exercise. You need, now, to take the contents of this discussion and TRULY analyze the contents of what we have given you for information ~ and create the purpose for Self.

As we bring closure to this class, we will not say to any of you, “Now that the thirty days is over, you can stop.” 😊

What you do after this initial homework becomes your decision. Perhaps you want to take it upon Self to bring in the discipline of this exercise ~ the CONCEPT of this exercise ~ because now you would do it for Self and not for this class as an assignment.

Some of you may have a short cut in which you have found it easier to record the issues in a way that meets the CONCEPT of what we have given ~ that will be yours to determine.

Thirty earth plane days to use as a way of RECOGNIZING and ACKNOWLEDGING issues is a relatively short time frame when you consider the history that you bring into it.

We are here to be of service to you as you continue on your journey.

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

Bye, Waith, and thank you!

