

# Waith Class Transcripts, Excerpts

## HIGHER SELF

FROM TRANSCRIPTS 1987-1996

*(Topics Include Communication through Meditation, Concrete Self, Higher Self, and the Soul, The Higher Self is the Key to the Soul)*

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

Class Member Questions/Comments appear in this font style  
(Multiple responses from the class are preceded with this symbol ☼)

**How Can We Seek The Higher Self? ~ Meditation Your Way ~ Your Guides**  
**(September 03, 1987)**

*The response to this is very individual. Each soul is at a different point in its path toward Oneness, and reaching the Higher Self for each person would take on different dimensions, based upon where you have been in the past in other experiences before this one. I need really to respond to that on an individual basis.*

*There are some guidelines in terms of the process of meditation. Those who have heard me before know that I have an attitude toward meditation that is a bit different from what many would hear about or read about. My belief is that each person has their own way of meditating, and that many people become blocked or limited because they read about a particular way to meditate ~ or they see that one person is meditating in a particular way, and it does not feel right for them ~ and they do not feel able to do it ~ and it may in fact not be right for them.*

*There are many, many, many ways to meditate. The important aspect of meditation is that each soul centers itself and quiets the energies within them and brings them to one focal point. For some this is a very simple process. They simply bring themselves right into a particular state, wherever they happen to be. They could be driving their automobile and have the ability to center themselves. It does not always mean that one has to sit in any particular position with their eyes closed and doing certain breathing exercises in order to reach their Higher Self. For many, this is the way that they must do it. For others, walking alone helps them to quiet themselves. Each individual must find that way. And many times, it takes different experimentation, with proven ways of others, to find the one that is right for that person. Again, it is individual.*

*Finding the Higher Self requires a great deal of letting go of restrictions on the earth plane that would stop an individual from trusting in what is often referred to as intuition, or in some cases, imagination ~ and thinking that what you are receiving as a message is not really true ~ that you are imagining something ~ that it is wishful thinking. There is no formula for you ~ no rule book for any entity that will tell you that "Oh, yes. This is my Higher Self. And this is not." It becomes very individual ~ and it is a trusting of yourself. There will be times, and I have had this occur already, where someone will come to me and give me an impression of something that they have felt, and they ask me, "Am I in touch with my Higher Self? Is this tapping the knowledge that I have within me, or was this wishful thinking?" In most cases, I will not tell them. I will have that individual go to the Higher Self.*

*It is also important that being in touch with the guides that each soul has ~ becoming open to receiving their messages ~ and they filter through, these messages, in many ways ~ sometimes through the Higher Self, they are able to communicate with the Higher Self. By your being able to communicate with the Higher Self, you are then communicating with your guides. And many times, it just is a very natural automatic process. Your guides are most anxious to communicate with you, and in some cases, they will give very visible signs.*

*The search for the Higher Self is an ongoing process. It is not something that you will achieve and not have to do anything. It is not one of those situations where you set a goal, and when you have reached that goal, you no longer have to work at it. Being in touch with the Higher Self is an eternal process, and it will be completely consummated only when Oneness is achieved.*

*So, if someone says to you that they know all about themselves because they are completely in touch with their Higher Self, they are deluding themselves. It is much like a flower unfolding, opening up, blossoming ~ being in touch with the Higher Self. There is so much there. And it is really quite easy to do. You need only want to do it, and open yourself to it, and not be afraid. There are many who fear because it means really being in touch with elements of yourself that you may not want to know about because the Collective Memory of your soul is housed in the Higher Self.*

### **Someone Asks About Past Lives ~ Importance Of Being In Touch With The Higher Self (October 18, 1987)**

*You have a lifetime in France, that I am seeing, that may be particularly relevant to your lifetime today. Know that it would take me many, many hours to discuss with you your lifetimes and their importance and their interconnections. This is something that as you begin to open your Spiritual Centers, and as you meditate, that you will be in touch with your Higher Self, and your Higher Self is in touch with The Universe, and each of you has access to The Universe and the information ~ the Universal Mind where all knowledge is stored. You see, I tap into this Universal Mind. You too can do this. I am simply a middleman here, to help you to learn how to do this, and then I will not have to do it, and I can help someone else learn how to do it.*

*So, what I would give you is ~ there is a lifetime in France one hundred years ago, or so. This is your most recent lifetime on the earth plane. You were in what is called the writers' circle. You were an artist of sorts, what we might call the artistic circle, the literary intelligentsia of this time frame. You wrote articles for newspapers and magazines and you surrounded yourself with those of culture.*

*You especially enjoyed sipping a tea that was made from saffron with a bit of honey, and this helped you to center yourself. You were beginning to open your Spiritual Awarenesses, and this was a way in which you would calm your inner self, and you would sip this tea from very elegant china. When you have done this in this lifetime, without realizing it, you have created an energy of very positive nature, and that if you were to take this up as a more common behavior, so that when you needed to center yourself, this would be a very beneficial situation for you.*

*You have very, very creative energies, and you are here in this lifetime to learn more of the pragmatic aspects of earth life. You have in your most recent lives been concerned with the ethereal, which is a very important part of your being. Now you are here to learn more of the*

*pragmatic. However, you need to keep balance and not eliminate the ethereal from your life. There are energies around you who were with you in this lifetime in France and they are here to help you. There are two very specific who I will not reveal at this point. They are here to help you, and you need to resolve certain issues and learn certain things before they will make themselves available to you, if indeed that will occur.*

### **The Relationship Of The Higher Self To The Soul (October 29, 1987)**

**Waith, what is the relationship of the Higher Self to the Soul? I have also run into some confusion among people of the Light, which is understandable. We have our disagreements. Is the Higher Self and the Adjuster that is referred to in the Urantia book the same thing, the Adjuster or Higher Self being an eternal portion of God that exists in all of us? And if not, is the Higher Self growing and going through evolutionary changes, growth process towards becoming One with The Creative Force?**

*First, you must understand that certain names can be given to certain functions and certain issues that may be different depending upon who is giving the information. The term Higher Self has become one which is used by many who are not on the earth plane who are charged with giving information through to the earth plane level and has become a commonly accepted phrase. This term, The Adjuster, comes from a source which is valid, and I mention this only so that you do not get confused by the use of too many terms and that you understand in as simple a context what I am about to describe to you.*

*Part of my mission is also to explain things in simple terminology so that you will not be blocked by things that appear to be complex. It is all very complex indeed, and it is not my purpose to add to the complexity. Rather, to dissolve some of it. And so, I would respond that you will many times be given information from other sources that will be complex, and they have their reasons for doing this. It is of the Light, this particular source which you mention. For reasons that I will not go into now, it was presented in a very complex manner.*

### **Waith Explains The Higher Self And The Soul (October 29, 1987)**

*Let me explain the Higher Self and the Soul. The Higher Self is not the same as the Soul. The Higher Self is a continually growing aspect of what makes up your total vibration. When you come onto the earth plane, for example, you are dealing with three areas ~ you are dealing with the Soul. You are dealing with the Higher Self. And you are dealing with the earth plane incarnation, the actual physical encasement and the very unique properties that exist in being what is called human and that exist only on the earth plane. And you have at the Soul Level all the memories of everything that you have ever experienced as an energy, all those past lives on the earth plane, all your experiences in other dimensions, and it is much like a safe box that is locked.*

*Your Higher Self is the key to that safe box, and as you grow on the earth plane and are in touch with your Higher Self, the Higher Self begins to unlock the safe box and to take out of the safe box those, what we might call, memories, or that information which is pertinent for you to understand at a given time. If you were to be given all of the information that your soul contains, you would not be able to comprehend it, nor is it applicable to what you are learning or teaching on the earth plane in this particular incarnation. Only information that is necessary is provided to you. And it is this connection with your Higher Self which allows you to understand what you need to understand when you need to have this information.*

*The Higher Self, being what we would call a key, is also able to unlock the information that is contained in The Universal Consciousness, that which contains all the knowledge of all mankind on the earth plane, as well as the knowledge of all entities in all dimensions. It is very, very overwhelming, and your Higher Self knows and controls the flow of information into your consciousness and prevents you from being overloaded with information, for if you were to be made aware of the entire Universal Consciousness, you would not be able to comprehend it. And so, you learn, in conjunction with your Higher Self, how to pick and choose what is there for you in The Universal Consciousness, as well as your own soul memories.*

*The Higher Self first needs to unlock the Soul memories. This is when you first begin to understand who you are. You are getting this from the Higher Self, and you must begin to understand that component before you can truly go into The Universal Consciousness. You must understand Self first before you can understand the greater picture, and this is the reason that you are encouraged to get in touch with your Higher Self and why you only are able to do this, and only through time and meditation and desire will you be able to speak with your Higher Self. All the information that you ever need to know is available to you. Your Higher Self, once you have established a connection with your Higher Self, is able to provide to you anything that you need to know.*

### **Are There Different Levels Of The Higher Self Consciousness?**

**(March 08, 1988)**

**You mention quite frequently that we should seek answers from our Higher Self. When we are talking about Higher Self, are we referring to the various levels of consciousness that we may attain, and so we might have different levels of Higher Self?**

*Yes, indeed. The consciousness of all energy forms has unlimited levels and are directly connected to The Universal Consciousness. And when we refer to the Higher Self, we are referring to that level at which you are most able to attain given the point of your own growth, so that your Higher Self may be at a different level than someone else's Higher Self and that your Higher Self becomes higher as you reach that Higher Self. It increases so that you never reach the end of your Higher Self until you become One with The Creative Force.*

*What it means, though, is that when you are able to reach a certain level of Higher Self, you are able to directly connect to The Universal Consciousness at the level at which your Self has attained, so that there are limitations as to how much of The Universal Consciousness you are able to connect to. The higher your Self is, the greater your abilities to connect. You see, it is done in a very planned, organized manner, for the knowledge that is available to all from The Universe is so complex that you are only given the information that you are able to understand. And so, when your Higher Self is at a particular level of understanding, you then are given the abilities to connect at that level of The Universal Consciousness to gain the information that you would be able to assimilate so that it would not blow your circuits. And as you are able to assimilate a certain level of information, and are comfortable with it of course, your Self seeks higher knowledge, and as you do this, you connect with higher levels of The Universal Consciousness.*

**So, the continuing practicing of meditation will achieve Higher Levels of Consciousness?**

*Yes, indeed. It is a neverending process.*

**Is it possible to bring these Higher Levels of Consciousness back into our waking consciousness?**

*Most definitely. There are many among you who operate at very highly altered states of consciousness, and while they are giving the appearance of being, shall we say, very earth bound, or at least a part of what goes on, on the earth plane, they have awarenesses that are far greater than you can imagine, and in the waking state and in the non-meditative state.*

*There are several of you in this gathering who have this ability. It can be quite disconcerting to many because what begins to occur is a feeling of what you might call Schizophrenia, where you are operating at an earth plane level, however having conversations with The Universal Consciousness simultaneously. And for some now on the earth plane, this has become a very common occurrence. You will not know of these people unless you also are experiencing it, and then you will connect with those who also are experiencing this and who have the abilities to receive information and to know where they are receiving this information. As they speak to you, their consciousness is at a very high level.*

## **What Is The Difference Between The Higher Self And The Soul?**

**(June 21, 1988)**

**Does the subconscious or your Higher Self know the same as the Soul? Or are there two separate ways that we try to figure out what the Soul knows? I do not understand that.**

*The Soul contains for each of you all the history of your path, and also serves as a conduit, if you will, to The Universal Consciousness, so that the Soul is indeed different from what is referred to as the Higher Self. You might look at it in terms of a link. There is The Universal Consciousness,*

*and it is here, and there are all of the Souls that are in existence, and each of the Souls has a connection to The Universal Consciousness. Each soul has its own Higher Self that connects into the Soul memories.*

*Your Higher Self, however, is not, at a direct level, connected with the Higher Self of another soul. That connection is made at The Universal Consciousness level, so that you will see a streaming forward, if you will, to The Universal Consciousness, the God that is referred to. Your soul, which contains the memories and the history of your life, keeps much of this information locked in away from the Higher Self and is made available only when the Higher Self feels that it is time to know the information. It is available at all times to the Higher Self.*

*You will find in your meditations, as many of you do, that certain information begins to unfold to you, that from what appears to be nowhere, you gain insights into yourself, for being in touch with the Higher Self means being in touch with your own soul, being in touch with that which is you, and that as you are able to absorb soul memory information, so too will your Higher Self reveal this to you at the conscious level. Do you understand?*

**Somewhat. It is clearer, much clearer than before I asked the question, Waith. But what is bothering me, too, is that, well, in regards to my daughter, for instance, it is a soul lesson that she is learning, but she does not seem to know that she is learning this lesson.**

*This is correct. This is very common. There will be many lessons that your soul recognizes that you may or may not at the conscious level understand, or even recognize. The reason that we encourage meditation, and the seeking of answers within the Self is for you to become more connected to your Higher Self, which in turn connects you with the Soul and the memories of the Soul, and therefore connects you with those reasons why things are occurring in your life. The more you are able to connect to your Higher Self, the more you will be able to understand that which is happening around you.*

*The very good example is with the entity and what she has gone through most recently. It was a most painful soul memory that was revealed to her which, she understood because she was able to reach the Higher Self. And upon being given the information from the Soul as to what this issue was all about, she not only was able to face it, but she was able to act upon it and to go through the pain, and therefore grow from it, and to understand, away from the emotional aspects of all those things that occur to each soul, that there is a higher purpose for it, and that the higher purpose comes from the Soul.*

**The Consistent Message ~ Find Your Own Truth ~ All The Answers Are Within Yourself  
(August 21, 1988)**

**Will we be able to trust what we know to be truth and what not to be?**



*You must find the truth within yourself. This is my consistent message that what is right for you at a particular time is right for you and you must find your own truth. All the answers are within yourself. We give information that can help you to find the truth within yourself, to guide you, but we will not give you the truth. We will not say to you, "This is your truth," for each entity has their own truth, their own Universal Truths. Those also have their interpretation depending upon where you are in your own understandings and your own attunement.*

*They are the constants. They are that which Amelius has given out as Jesus and the others at his level who have come in to give truths that are Universal. You strive to attain the Universal Truths, to understand them as The Universe presents them. That is what attainment is all about, and so what you believe, while it may be different from one sitting right next to you, that is fine, for you are each at whatever level of attainment of truth you have, you see.*

### **A Discussion Of One's Conscience, Intuitions, And Connection To The Higher Self (December 06, 1988)**

**It seems to me that my conscience, on some level, guides my intuition. I was wondering if that was connected to the Higher Self, and in fact by following our conscience and our intuition, we are really getting all our information from our Higher Self at a conscious level.**

*What do you need me for to answer that question? That is exactly what occurs. The conscience, as you would refer to it, is the earth plane manifestation and concrete, if you will, for something that really is not, nonetheless concrete illustration of the Higher Self, and in our discussion of truth, you see, your perception of truth filters through your Higher Self and your conscience and that which you call intuition is simply your conscious levels plugging into your Higher Self.*

*The more that you listen to your intuitions the more in tune you are with your Higher Self, and your conscience then is simply the truths as you perceive them, and as we have said before, you must follow your own truths, and when you go against your own truths, your conscience begins to bother you ~ and that is simply the Soul connecting with the Higher Self and saying NO, NO, NO, NO. And when you have this nagging feeling at the conscience level that is an indicator to you that you are out of harmony with your own truths and that you need to seek the balance by going to the Higher Self and connecting with your own truths.*

*It is now for us to depart. We are with you, remember, during this special time when you need us. Call upon the energies to keep yourselves balanced and calm. And we will be with you in the group meditation that will occur during the gathering of the community, for we still have the name of the community to come up with. We, of course, know however we want you to realize what it is. ☺ You are already very close to it, but it must be a group consensus. It is indeed a way in which we are trying to help you to learn group meditation and understand how decisions can be made by group meditation for the benefit of the community. And so, you will practice it a little bit more during this gathering, and if you all put your little collective minds together you may, in fact, realize what the name of the community is to be. You are all very, very close.*

Conscious Level Is Required To Go To The Higher Self Which Is The Key To Opening The Soul  
(October 01, 1989)

Doesn't our Higher Self already know what we are requesting on a conscious level? It seems a bit of a contradiction that, on one hand, we are told that we request acceleration or deceleration, but ultimately, it is up to our soul on the Soul Level to decide whether it fits into the big picture for our soul's path. And if this is what you are saying, that on a conscious level, we should not really have the impact, that we should allow our soul to have the impact for us?

*What you need to understand, first of all, is that I have already answered that question many, many, many sessions ago. It is in print. And what needs to be understood is that there are volumes now of information that many are simply not examining and reading. And you end up asking the same questions and we now are not going to answer questions that have already been addressed and are in writing. We will simply say to you in this particular response that the conscious level is required to go to the Higher Self which is the key to opening the Soul.*

I have been struggling with an issue for a few weeks, and when I go within myself, I am coming up with past lives and perhaps karmic balancing, and then I find myself up against a brick wall. Are we supposed to just allow karma to work itself through, or can we work through karma ourselves at a conscious level to change a situation we are in?

*Once you have taken control then all becomes easy, actually. And the working through of, as you would call it, karma, becomes no problem. It is the Soul's responsibility to work through and balance all of the issues, and the only way that that can be done is through Self, and you each must begin to accept the information that is given to you, you see.*

*When you are receiving images of, let us say, the past lives, this is your soul giving you information that you can use at the conscious level to begin to work through and to develop the information at conscious level that you will then need to have for a test, and once you, at conscious level, have thought that you have learned, you have gathered the information, you then will, through the Higher Self, give the Soul the go ahead for a test. It is as the student would say to the teacher, "I have read all the information and now I am ready to take a quiz or a test".*

So, I could be taking a test right now on what I would consider a major issue.

*Indeed.*

When we see things as they are happening, people's attitudes, things that just go on in our life every day, if we just keep the thought, you know, all is as it should be. That again is just total trust, isn't it?

*For Self.*

**Right. Trust in Self and in The Universe.**

*Yes. Yes, indeed.*

**Spend Less Time Wondering What The Lesson Is And More Time Seeking The Higher Self  
(July 22, 1990)**

**I thought I had kind of cured this ankle problem I have and learned my lesson. But it still bothers me  
When I know that I have learned a lesson, and then when it comes back, I figure I have not learned my  
lesson, and then I berate myself.**

*If some of you would spend less time wondering what the lesson is for each particular ailment  
and more time in seeking the Higher Self to help you to simply acknowledge that there is  
something there, and if you are unable to pinpoint, shall we say, whether it is learning or  
teaching or whatever it happens to be, that you at least come into a harmonious state with  
yourself, that this is something that continues, and simply let it go, for when you begin to spend  
so much time and energy on one little situation, you then begin to lose sight of the total picture  
and that it fits in with all that must be accomplished, you see.*

*Our dear one here and her hurting tooth ~ in the scheme of things, my love, like the ankle, it is a  
minor issue and certainly one in which you would not want to spend a great deal of energy, for  
there are far greater issues to be concerned about, but rather see it as a signal when you have  
these minor situations, and even if they come and go as you would say, that it is relating to  
something that is perhaps coming and going. It could be as simple as that, you see. Give it a rest,  
as you would say. Relieve yourself from the anxiety of it, for there are other things to be anxious  
about, far greater ~ (balance of sentence inaudible on tape) and if there are not currently, there  
will be! ☺ Trust us, for you each bring on your own anxieties. And so open up The Universe, as  
we would say, and create the void for something really big to come along to occupy your  
concerns.*

**The Merging Of Levels Of The Higher Self To The Conscious Self  
(September 04, 1990)**

*And what occurs ~ and many, many of you experience this in ways that you have not felt yet as  
being significant ~ is that the Conscious Self tunes in finally to the lower level of the Higher Self,  
or the lowest level at that particular time, and when that occurs, there becomes a merging, and  
then the next level of the Higher Self moves down the rung, shall we say. And so, the lower level  
of the Higher Self has become the Conscious Self, you see, but with a higher awareness, greater  
growth. And as this continual type of merging occurs, the Conscious Self will merge with the  
lower level of the Higher Self, and then the next level of the Higher Self moves down to the*

*lower level, you see. This is how eventually you pull down the higher, higher, higher, higher, Higher Self.*

*Now, of course, this is not always done in any one lifetime. There may be several lifetimes in which the awareness levels are put at, shall we say, a standstill, and the Conscious Self of one lifetime goes into another lifetime as that particular Conscious Self, for whatever the reasons the entity chooses. And as growth occurs and vibrations increase, then the Higher Self drops a level into the Conscious Self and the merging occurs and then you go on, and you continue then to achieve higher levels of awareness by pulling on the Higher Self.*

*Now, there are many entities whose Conscious Self is still higher than the higher levels of another entity's Higher Self. Understand this. It is only, then, a matter of vibration and growth and attunement, understanding that eventually every entity reaches the highest, highest of the Higher Self and becomes One with The Universal Consciousness. Now, what has occurred recently is that Mushiba's next level of the Higher Self has merged with the conscious, and this was done a while ago, and also there is a merging occurring with Abalma and his Higher Self, and they are bringing in a very different type of persona.*

*Now, as a result of this, you are dealing now with very High Levels of awareness. As a result of this, forces of the dark that would want to destroy the mission and that role that Mushiba and Abalma play in it, panicked, if you will, for they did not want this merging to occur, both with Mushiba and Abalma, and thus, there began a tremendous attack. The attack on Mushiba and Abalma was beyond what you could imagine, at spirit level, as well as at the physical level. And they also were having to help defend those of you who the darkness was attacking, for all of the tools, the instruments of this group of the Sons of Darkness, as we so often refer to them, were out doing their deeds, if you will, and they were attacking in very insidious ways, and they were attempting to destroy the Community of Terra Lux, and they were not able to do this.*

*There was indescribable attacks made at the Higher levels of Mushiba and Abalma, and all of you who were attacked, not only were able to defend yourselves from attack, but you were able to come to the aid of Mushiba and Abalma, for they called upon all, and this was, therefore, not just a one or two entity defense, as it usually is with Mushiba and Abalma, but rather, it was a community effort. And thus, those of you who were attacked, and responded as you did in a most positive way, scored not only a victory for yourselves as individual entities, but you also scored a victory for the grouping known as Terra Lux, and you also were able at the same time, you see, to bring into the Light many of the dark. It was a tremendous, tremendous conquest, if you will. And thus, it has strengthened at the higher level the bonding of those who are committing themselves to Terra Lux, you see.*

*And thus, it was that type of battle. There will be future types of battles along those lines, and we use the term battle in a loose manner, for it really does not depict the true situation that occurs. But as the illusion nears its ending and The Shifting is about to occur, the aligning of the dark and the Light take on greater significance, and most of the battles will be waged at very High Levels and will not include most of you in this environment. Therefore, it is part of the responsibility of*

*Mushiba and Abalma to fend off these major attacks. However, for lessons to be learned and lessons to be taught, as they did in this last situation, they will call upon you for your guidance and assistance. And that is what occurred, my love. It was a great occasion for the jubilation from our end, for we were only able to, shall we say, stand or flap by their side ☺ and watch.*

### Did this happen while we were in the sleep state?

*It occurred, my love, in many levels of awareness. For some of you, you were able to come to the defense in the sleep state. Others were attacked in the sleep state and were able to defend in the conscious state. Some were attacked and defended in the sleep state. Others in their meditations ~ various scenarios occurring here. And many were attacked simply in that which is called thinking, where you began to think thoughts of self-degradation, that you were not good enough for anything. There were doubts of all that is occurring, doubts of those around you. There were doubts of the Community of Terra Lux. There were depressions that occurred. For some, there were what you would call eating binges that occurred as a form of attempting to fill what might feel like a void within the spirit ~ unexplained, you see ~ simply coming about. For some, very severe headaches occurred. For others, there was a cleansing of the encasement in various scenarios top and bottom. ☺ For some, there were a combination of these activities that occurred.*

**I would like that we would be able to repeat this, but I guess it is occurring at spirit level, and it is not at a place where I can see it right now.**

*It occurred at spirit level, yes, but it also occurred at the physical level, for many of you when you began to feel these differences in Self at conscious level contacted another and discussed it, you see. An awareness that what is occurring is not correct, that something is wrong is, in itself, a way to diffuse and to destroy the dark's attempt, for they shrivel away when they know that you are onto them. They have no defense against awareness. It is the unawareness that they feed upon. It is what they feed upon when you give into what they provoke and you let it feed on itself, you see. The negative feeds on the negative, you see. You have all been in this cycle. That is the darkness feeding, and once you are able to break that cycle and say "I know what is going on ~ this is an attack of some type," it diffuses it and it is only a matter of time before they are on their merry way.*

*What occurred this particular time that is different is that you rallied as a community and you were called upon by Mushiba and Abalma to engage in the battle, you see. And this was lessons taught and learned for you, for the battle that you were asked to engage in is one that not every entity is able to engage in, for it is at a very High Level. You see? That is the difference.*

**Would this be such a High Level battle that would we be still feeling the effects of it?**

*Yes, there will be a residual that once the residual at spirit has dissipated, it works its way down through all of the Awareness Centers, and depending upon the extent of your involvement in the*

*battle will determine the length of time, shall we say, on the plane that the physical residuals will remain. You would want to surround yourself in a bath of White Light and call upon Mushiba and Abalma, for it was they who lured you in to help in the battle.*

### **Could You Explain More In Detail What It Means To Get In Contact With Our Higher Self?**

**(July 21, 1991)**

*As we determine the time left on the plane for Mushiba is thirty-six years, and in order to go into detail would require much more earth plane time than thirty-six years. However, to give you the answer as simply as possible in this time frame, we would say that to reach the Higher Self is simply to reach your own higher awarenesses. It is not something that is external to Self. All are connected to The Universal Consciousness. All of us are connected to each other. We are all One. We simply move out of The Universal Consciousness, but always remain connected by a very, very fine thin energy, and that all the knowledge that we need comes through the very thin energy that connects to The Universal Consciousness and feeds into the Higher Self.*

*It is a most complex process, but understand that all the information is available to each of us. It is simply a situation of gaining in the vibration necessary to gain higher awarenesses. And as each energy increases in its own vibration, it also increases its own abilities to gain higher awarenesses.*

*Meditation is the tool that assists in opening the door to the Soul, for the Higher Self is the key to the Soul, and the Soul contains all of the memories and all of the experiences that are pertinent to that which is your energy, and which, therefore, knows what needs to be called upon from The Universal Consciousness. And it is only through meditation that the Higher Self is able, then, to open the door to the Soul and to gain that knowledge that the Soul determines appropriate for the lifetime. Simply put, as we are able in this very short time, my loved one.*

### **The Art Of Inspiration When Connecting To The Higher Self**

**(July 21, 1991)**

*Is it possible to contact through meditation the entity that helps you in creation? I work with art, and many times I have an inspiration, and I quickly complete a project, after which I feel as though someone else was using my hands. I look at the finished product and say, "How did I do this?" Is this ever possible with the process which you have just described?*

*Most definitely, my loved one. Understanding that that which comes through the energy field comes from the Higher Self. It filters through the Higher Self, and that all are able to gain this information. That which you refer to in this situation is coming from the Higher Self, the highest levels of the Higher Self. It is you, you see, that creates, not some other energy that creates.*

*That which is referred to as channelling on the plane is, as we would come through, a different energy giving information. It is very distinct differences, and all on the plane are able also to*

*bring in information from other energies that would give them guidance, and it comes through with the protective White Light. It is not to be used as a parlor game, as you might refer to it, but rather, as that which would increase the growth of the Soul.*

*When you produce or create or behave in a particular way that seems to be different than your conscious abilities, you would seek confirmation from Self. It is much more difficult to trust in Self than it would be for us to say, "Yes, my love. That was the Higher Self coming through." Rather, you would seek that knowledge and that confidence from Self, for as you do this, more of Higher Self enters in and your abilities and your creativity and your love abound tremendously.*

### **What Will Allow Me To Get In Touch With My Higher Self More Directly?**

**(July 21, 1991)**

*We see ~ we see music as surrounding that which is critical to your abilities to reach Higher Self. Most specifically, a music that has ~ Barjan, E-minor is a note? ~ E-Minor. We seek our earth plane music consultant. ☺ E-Minor, as that which is pivotal to your own vibration. There are compositions currently on the plane that focus on that particular note. This would, in your environment, enable you to move into Higher Self much more readily and to gain higher access than currently available to you.*

### **The Higher Self Is The Top Level Of The Ten Levels On Consciousness ~ The Key To The Soul**

**(August 18, 1991)**

*Now. In order to open the Soul, one must be able to connect with that which is referred to as the Higher Self. The Higher Self, for application on the earth plane, is that top level of these ten of which we have referred. It is the level that is the key to the Soul, and it is that level to which each would strive in their incarnation to reach, so that upon the reaching of the Higher Self, it is an indication of the growth that has occurred, and the ability to use the tools within each level of consciousness, and that the tools and all the information that is in those ten layers of consciousness now are in a working order, and you are now able to begin pulling out of the Soul additional information for additional growth.*

### **Connecting With Your Higher Self And The Ability To Read Your Own Energy Layers**

**(May 05, 1992)**

*However, each of you has the potential, and indeed many of you work now in this incarnation to develop that potential and increase your own abilities to read your own energy layers. It is all there for you, and it is the ability to connect with the Higher Self through meditation, and to then have the Higher Self request from the Soul that which will be important for you to learn and to connect within the web, the layers.*

## What Is The Relation Between The Spirit And The Higher Self?

(August 04, 1992)

*The relation between the spirit and the Higher Self is one of, shall we say, co-conspirators, you see, for it is the Higher Self that is, as we said earlier, the intermediary between the Soul and the Conscious Self. However, spirit takes on what you would call The Universal Consciousness representative of the spiritual issues. You know, spirit and spiritual come from the same source. To be spiritual, as we refer to it, is to be of spirit. And thus, it contains the higher knowledge that is necessary and gives it, the spirit, a greater flexibility in working with the Higher Self, you see. It is almost a shadow, if you will, of the Soul.*

## Waith Gives A Descriptive Of The Soul, The Higher Self, And The Conscious Self

(October 06, 1992)

*Now. What begins to happen, once we move out of The One, is that we have what are called vibrational fields, part of the Energy Circle. The Energy Circle of which we have spoken is of a larger component, and the vibrational fields fit into that Energy Circle, and in the Energy Circle, then, you find yourself with these vibrational fields. The Soul is the library. This is how you would best think of it. The Higher Self is the library card that allows you to take a book out of the library, your soul, and the Conscious Self is the result of reading the book. And in order to gain access to the library, you need a library card. This is a description that we give you now that is different from another time in which we gave another description to give you a perspective on how to view this process.*

*Now. Each of you have an automatic capability of gaining access to the Soul's information. It is, however, a condition of being on the earth plane, one of the scenarios set up on the earth plane that at the conscious level, you think you do not have that capability, but automatically and continuously, the library card goes into the slot that opens the door and knows automatically what information it needs from the Soul. And it gains that information, brings it out of the library, and you receive the information that you need to receive, whether you consciously realize this or not.*

*There is not one action that any of you engage in that is not the result of information coming from the Soul. It is absolutely impossible to act at the conscious level in and of itself. The conscious level is absolutely incapable of operating on its own. It all comes from the Soul. It is who you are, and each of you are reflections of your soul, and each of you, therefore, radiate the love that comes from the Soul and the beauty that comes from the Soul. That is who you are, plain and simple. You are energies of love.*

*Where it gets muddied is that on the earth plane, the illusion is necessarily presented that brings out such things as ego, blockages, perceived blockages, for there are no blockages, only that which you create at the conscious level. And understand that if you create a blockage at the*



*conscious level, your soul has sent the information zooming through the Higher Self and said it is necessary for lessons to be learned for there to be blockages.*

*If you feel you are not able to reach your Higher Self, it is because you have determined that you will not be able to reach your Higher Self. Nothing else, no one else. There is no external force that is saying to you, "We are in control. We are the ones blocking your abilities." You, each of you, has made that decision. You are each in control, whether you want to admit it or not, and what you do at conscious level is a very specific plan of action that has been determined at the Soul Level. No one else is to blame, if you would use that word. No one else can take the credit for lessons learned, only you, each of you. But, you see, this is part of the illusion of the earth plane that would create this idea that you are not in control. You would not be in your physical encasements now, as you are in this gathering, if you were not in contact with your soul. Your soul rules. Whether you are, at the conscious level, aware of the interaction is not even the point. That is not even the issue.*

*Now, in that knowledge, one should feel freedom. One should feel relaxed, knowing that nothing, absolutely nothing, is going to happen to you that is not already determined by Self, regardless of what someone else may say to you. No one knows who you are except you. You are the essence of a Higher Consciousness, and ultimately, we are all each other. We are simply separate energy forms that have an energy grouping, an Energy Circle, and a vibrational component.*

*The vibrational components of Soul, Higher Self and Conscious, current consciousness, is not only applicable on the earth plane, it operates, this concept of three vibrational fields, on any of the training grounds. And thus, when you come onto the earth plane training ground, you bring with you, if you have been on other training grounds, the memories of the experiences on other training grounds. And when you go to other training grounds, you bring the earth plane experiences with you.*

*Thus, you develop, over the experiences being outside of The One, what we call the personality of the Soul, a bit different from the personality of the Conscious Self. And the Higher Self also has a personality, an identity, and the three personalities are separate but one, of course. And it is in these personalities that strength is developed for the total energy ~ you. And it is in the gaining of strength that this thing called ego enters in.*

### **Ego Is The Manifestation Of Personality ~ The Combination Of Soul, Higher Self And Conscious (October 06, 1992)**

*Ego is very positive if not abused, if it is in balance, just as any other component of concreteness outside of The One. Balance. There can be abuse of ego. But it is critical to have abuse of ego in order to balance and to be able to use ego in harmony, for the stronger Self becomes, then, the stronger Self can become. And thus, it is very important to allow the ego to develop, for the ego*

*is the manifestation of personality. And it is then the combination of the three personalities, Soul, Higher Self and Conscious that bring about the total identity of the energy.*

*The tricky part comes in when there is an imbalance among the three, and those imbalances can occur very easily. It is a delicate balancing. If there is an imbalance, however, it does not negate the flow of information that comes from the Soul to the Higher Self to the Conscious level. Understand that that information is always coming through. It can be derailed when it gets into the Higher Self, but it is never not coming in from the Soul to the Higher Self.*

*The issues really take on magnitude between the Higher Self and the Conscious level and between the Higher Self and the Soul. There is not issue with Conscious Self and Soul. There is always this Higher Self being the intermediary, so it is the Higher Self that has the issue, either with the Soul or with the Conscious Self, you see. And thus, if you were to look in the mirror ~ look in the mirror and say to the mirror, "Hello! I am me." Look at Self through a different perspective. Look at yourself as being in control of yourself. No one has the right to tell you who you are, only you. And each of you is beautiful, and each of you is of the Light ~ to somebody. ☺ Maybe not to somebody else, but that does not matter.*

*Now. What do you think of this information? Do you have questions? (There is a silence) Surely our hypnotist does. ☺*

### **A Discussion Of Interactions Between Conscious Self, Higher Self, And Soul (October 06, 1992)**

**I am sitting here at a conscious level and agree with you completely, and things do not change. Is that because my Higher Self and Soul have not decided that we are just going to go along with that?**

*Could be.*

**Does my Conscious Self have the ability to make changes in my Higher Self and my Soul to go in that direction?**

*Remember what we said earlier, that the Higher Self connects with the Conscious Self and that the Higher Self connects with the Soul. The Conscious Self and the Soul do not have the connection directly. So, the answer to your question is yes.*

**If I can straighten out my Higher Self, I will be all set.**

*Not necessarily. Do not forget the Soul. For to straighten out, as you say, the Higher Self, only straightens out one component, and the balancing between Higher Self and Conscious Self may be achieved, but the balance between Higher Self and Soul may not have been.*

So, we can anticipate taking more time to do this.

*You can take as much time as you need, for you are in control, not us. And there is no time, only what is perceived as one point to the next in the illusion on the plane. Thus, you make your own time frames within Self.*

### A Question About The Recent Discussion Of Co-dependency And Shaking Up The Higher Self (December 20, 1992)

Regarding your recent discussion of co-dependence, you mentioned that it is okay to use help to go into an altered state to help ourselves ~ it shakes up the Higher Self. Doesn't the Higher Self always work to our greater good?

Yes.

Well, why do we have to shake it up then?

*Ah. Why would you have to shake up any energy? To get it moving. Working toward the greater good can become, shall we say, static, and there would be sometimes this sense of "Well, all is well. I am working toward the greater good, and I am doing a very good job at it. There is no reason to have to really challenge me anymore," you see. This can be at a point, then, a regressive behavior. And thus, energy must be dynamic. It must be ever changing. It must be ever moving. It cannot stand still. And thus, on occasion, the Higher Self gets, shall we say, complacent. It gets lazy and starts to say, "I am very happy where I am now." Soul, however, you see ~ this is where the connection we have told you of the soul, the Higher Self and the Conscious Self ~ Soul is over here saying, "Wait a minute now. You have to start doing something. You cannot just sit around and be content." For in order to return to The One, there must be movement, progression. Soul's ultimate goal is to get back from where it came, you see.*

*Well, we will leave you now so that you may indulge in the Lower Chakra issues of hunger, which will ultimately, you see, bring you back to the issues of greater awareness, and then you will wish I were still here! ☺ And I will not be.*

### Soul Memories And The Way In Which The Soul Memories Contribute To The Current Life (November 16, 1993)

*Our topic for this evening ~ we will discuss soul memories and the way in which the Soul memories contribute to that which is the life currently being manifested by each of you. We have given information in the past that related to the connection between the Soul, the Higher Self and the Conscious Self, and that it is the Higher Self that is the connector between the Soul and*

*the Conscious Self, and that if there is an inability to reach the Higher Self at Conscious Self level, through meditation, that accessing the Soul memories then becomes rather difficult, if not impossible, and that the reason that we emphasize the importance of meditation is for the gaining of access to your own Higher Self to find your own answers.*

*The Higher Self is the key, if you will, to the door of the Soul, and the Higher Self and the Soul work in conjunction with each other. It is your Higher Self and your soul that is at work here, not some external Higher Self and soul, and that your conscious level, where the issues that you have taken on for the earth plane manifest themselves, can indeed rebel against Higher Self, and to not take the responsibility of your own behavior, but rather to blame an external source for that which apparently is not going as you want it to go, or a lacking of understanding of Self.*

*It is someone else's fault, when in actuality, my loved ones, it is your responsibility to gain access to your own information. No one else can do that for you. We can certainly give you guidance and techniques in how to reach your Higher Self and therefore to open the door to your soul, but we are not able to do this for you. You and you alone can do this for yourself.*

*Now. The issues of the ego come into play very strongly in these situations, where Conscious Self is indicating that it is in complete control. What will happen is a result of what Conscious Self says will happen. Now, most of you in this gathering have had experiences in which The Universe has immediately indicated to you that it was in control and not Conscious Self, and that The Universe ~ The Universal Consciousness ~ was actually working in harmony with the Soul.*

*Your soul is the one in control, and it works in harmony with The Universal Consciousness. There is complete harmony between the Soul and The Universal Consciousness. Where the disharmony begins to occur is when the Higher Self is not allowed to do its job, if you will, and that is to open the door to the Soul, and that occurs because of the Conscious Self, be it Conscious Self on the earth plane training ground, or Conscious Self on any of the other training grounds that you would find yourselves manifesting.*

*Now. What do you do when you find yourselves in conflict with Self, for this is what happens. Any conflict that you feel in your life on the plane is a result of disharmony between Conscious Self and Higher Self, and that there are then the necessary steps to be taken to become harmonious with the Higher Self.*

### **Issues With The Higher Self Becoming Clogged From A Sense Of Ego Of The Conscious Self (November 16, 1993)**

*Let us describe a bit to you the Higher Self so that you have an understanding, for this term is perhaps very abstract. Many would say "What is this thing called the Higher Self? All I know is Concrete Conscious Self. This is what I know, for it has form. This Higher Self thing does not have*

*a form." So let us give to you a frame of reference that will enable you to perhaps view the Higher Self in a clearer perspective.*

*Now. We will perhaps give you then a concreteness to this connection in what the Higher Self actually is. You would look at the Higher Self much as you would look at a screen, a screen in which information funnels through from both ends, from the Soul funneling through, this screen, comes through not in one lump form but is transfused through in a very light manner, and at the same time, coming from Conscious Self the request for soul information filters through the screen, so that the Higher Self is a screening mechanism.*

*Now, oftentimes a screen can become clogged, and the screen, it needs to be clean. Now, the screen, in this case the Higher Self, would become clogged from a sense of ego of the Conscious Self coming in from the direction of the conscious into the Higher Self attempting to force through information as the Conscious Self wants it from the Soul, regardless of the process that has been put in place for the Higher Self to filter. And because of this attempt to push through the very fine holes that exist in this screening, the screen ~ the Higher Self ~ becomes clogged, and because of that, there is then the inability for information to move from the Soul into the screening and into the Conscious Self, for Conscious Self has blocked the screen.*

*Now, for some entities, coming onto the earth plane in a particular lifetime has as its sole mission the attempts to unblock the screen. You may find, for example, entities who are on a very, very, very strong spiritual path, as you might call it, where their only focus is that of spiritual, where they seem to not be at all concerned of earth plane, and they appear to be oftentimes as we have lightheartedly referred in La-La Land. And oftentimes, they are attempting then to deal with the issues of earth plane ego and ridding themselves as much as they can of earth plane ego, which is not necessarily negative, you know. Ego used in a spiritual context is imperative for growth. Used in a nonspiritual sense can create, at a minimum, stagnation in the path. So, they then are attempting to clean out the screen, for it has become so clogged, and their entire lifetime is devoted to that so that they then leave the life with as clean a screen as they possibly can have.*

*This is one extreme, of course. Most entities on the plane, and those who most of you would come in contact with, have varying levels of clogged screens, and that you would not judge another entity by their behavior in suggesting that they get their screens cleaned, you see. Rather, you concentrate on cleaning your own screen and not to worry about another's Higher Self screening.*

### **Unclogging The Higher Self, Through Meditation, And A Visualization To Help You Unclog (November 16, 1993)**

*Depending upon where you are in the learning of your lessons, and that Cycle of Learning (See Transcript 04.17.1990), will determine your abilities to do quick cleaning when the screen gets clogged, for it happens to the best of us that our Higher Self, and I speak from the Angelic*

*perspective also, for all energies out of The One have a soul and a Higher Self, that we occasionally lose perspective, if you will.*

*This is part of the imperfection that all energies have being outside of The Universal Consciousness, and thus, it is not a negative by any means. It is simply the way it is, and that even the most cleaned up Higher Self will occasionally have some clogging, and that the process of meditation, for most on the earth plane, is the easiest and most beneficial way to do the cleaning of the screen. Oftentimes, you may need only a little cotton ball perhaps, a little bit of Light coming from Self, and also the requesting of Light from others to help you in reaching the Higher-Self-Cleaning. So, visualize this cotton ball, white, soft and fluffy, that gently removes that which has clogged the Higher Self. There is nothing mysterious about this process, and your soul memories then will become available to you to the degree that your screening process is clean.*

*Now. What do you do with soul memories? Many have said that if they knew the secrets of their soul, it would solve all of their problems, and that they would know exactly what to do in this lifetime, and wouldn't it be wonderful to have complete freedom to access the Soul memories in the way in which you as an entity feel you would want that information? How many times have you in your meditations, rather than listen to Self, say to Self, "I want an explanation of what just happened today. I want to know what the reasons are. What are the issues that I am dealing with? And I want to know right now." Most gathered would admit to having that type of request being made to Self or wanting to know the reason why something is occurring.*

*The memories that are stored in your soul encompass all that is the summation of your experiences outside of The Universal Consciousness, far too overwhelming for conscious level to be aware of in one manner, or one lump, if you will. When you come into the life, you make agreements with the Soul, for the Soul, in conjunction with the guides and your Angelic Protector, help you plan out the life. And it is determined then what information needs to come through in order for you to work through the life and what information may be available if certain scenarios take place.*

*Now. Oftentimes when you come into the life, as we have discussed before, it looks different in the planning stages than what actually happens once you get here, and that there are changes that occur once you have hit the plane, as we say, and with those changes, then also come changes in the information that will be released from the Soul, for what may be of benefit from the planning stage for soul memories to be worked upon, may indeed not be beneficial for the way in which the life has manifested itself. It may indeed cause complications knowing certain things.*

*It is not always, you know, beneficial to know about past lives. This is a most common question that we receive in our private discussions with entities. "Tell me about my past lives. Tell me all about these lives." Well, you know, most of you have had hundreds and hundreds and hundreds of lives. Which one do you want to know about? And what difference does it make, except as a particular lifetime would apply to what you are here to learn in this lifetime.*

*Thus, the Soul memories then guard very carefully the energy and guard carefully that there is not a short-circuiting of the energy when it is in physical form, for physical, conscious level, with its ego, oftentimes, would want to just know everything about past lives, and as a result, would end up doing nothing in this lifetime, for there would be the focus on what had occurred rather than what is occurring. And thus, the Soul memories provide that protection, protection from Self in essence, and that the thin cord that connects all energies to The Universal Consciousness is rooted in the Soul and that cord is connected then to The Universal Consciousness, thus providing more protection for the body as a whole, meaning Universal Consciousness.*

*Now. What becomes critical then is that you each give into Self, not to give away Self, and that in giving into Self you begin to clear the screen that is the visualization of the Higher Self. Now, of course this is not as easy to do. We present to you the abstract concept. And now what do you do with this information now that you have this information? This is always the question a student asks in a learning situation. They become very excited that they have this new information, and in the classroom, it appears to be very logical. "Oh, yes, of course. This is wonderful information. Here is the screening ~ this is the Higher Self ~ here is the Soul ~ this is what the Soul does ~ this is what the Conscious Self does." But when you get into the heart of it, to actually living this concept, it becomes not quite as easy, for many would say, "I do not have a conflict with my Higher Self. I am in complete harmony with my Higher Self." Well, my loved ones, no energy outside of The Universal Consciousness is in complete harmony with the Higher Self. Complete harmony, remember, comes with return to The One.*

*And thus, be humble of Self and therefore more understanding of others that they too, as you, seek perfection, but do not achieve perfection until return to The One, and that even the Highest of The Angelic Kingdom does not have perfection, and that it is the striving, then, of the harmony that enables each of you to access your soul memories in the way that is of most benefit to the Conscious Self and the life being lived currently on the plane.*

*The more that you meditate, the more you are able to focus your energies, be they in a formal meditation or a meditation that is appropriate for yourself, as we have discussed. The more that you do this regularly, consistently, the easier it will be to maintain the level of cleanliness of the Higher Self that is needed, for the information needed to filter through from the Soul memories into the conscious life. When you read the words that we have just spoken, you would be very, very observant of the way in which we have stated this information.*

*We would be interested in perhaps conversation now and questions relating to the Soul memories and the Higher Self.*

### **Why Must We Clean And Unclog Our Higher Self Screen Just To Get It Clogged Again? (November 16, 1993)**

You said that our purpose is to clean the screen, and yet it seems in the beginning of my incarnation what would also seem that the purpose was to get it clogged, and then get it cleaned ~ so why would it make sense to clog it up some more and make it more difficult to clean it?

*Ah, indeed. If it is always clean, then what have you learned?*

So, we clog it up on purpose so we can learn more.

*Well, you know, on the earth plane it is the teeter totter, that you must have the extremes in order to balance, and thus, you go from as clean as the Higher Self can get out of The One to very, very clogged, so that you have the extremes, and that they only way the teeter totter reaches its equilibrium is by going up and down, up and down, until it finally reaches a point of balance, at which point, of course, balance, you know, is so boring.*

*And thus, once we have balanced in a particular area, we want to do greater things in that issue perhaps. Perhaps bring in higher levels of growth. Perhaps the balance has occurred because you have passed kindergarten, and now it is time to go into first grade, and you go into first grade, and there it is, the imbalance, which is natural. And once you have learned what you need to learn at that level of awareness, you balance, and then it is your choice as to whether you want to go on to higher levels of awareness. The clogging effect, as we would call it, is a part of the imbalance that forces each of us to seek the balance, you see. Does that answer your question?*

Yes. So, in the planning stages, we get together with our soul in this life, how much we are going to clog up for the next incarnation?

*Well, you know, it is not quite as clearcut as that, for the clogging effect can be the result of a particular life on the plane, and that when you leave the plane, the Higher Self has clogged, and thus, returning back in upon evaluation of that incarnation. The level of clogging then is a determination of the path that will be developed for the next time around, you see. As we had indicated earlier in our information, some lifetimes are spent in an extreme of spiritual seeking so as to unclog a very, very densely clogged screen. What may happen in that situation is that what gets cleaned out is still very, very clogged, but enough has been cleaned now so that a more balanced incarnation can occur, you see.*

### What Is Involved In The Walk-In Process Of The Higher Self Screen Of The One Leaving? (November 16, 1993)

*Ah. Understand that in the issues of walk-ins, when there is a contract developed between the new entity and the departing entity, that that is a discussion that takes place, for on one extreme, the contract could state that the walk-in entity must take over the residual of a clogged Higher Self, you see. The other end, the other extreme, is that the walk-in says, "No, that will not be part of the agreement. You take it with you. I will not deal with any of the residual."*



*Generally, what occurs is somewhere in between, where there is agreement that certain, what you call, loose ends that the departed entity has created, the new entity coming in, very quickly, within years on the plane, two to three years on the plane, and sometimes shorter, can very quickly tie little bows around everything and create a closure to that situation. Then, the new entity, of course, brings in its own soul, Higher Self, and there is, much as there is the memory bank that the walk-in deals with from the departed entity, there is the impression of the Higher Self and soul that remains, though the Higher Self and soul of the departed entity does not remain, the impression of that, just as the memory bank impressions, so that there can be sometimes a response to that impression rather than this actuality, and this is where walk-ins can further increase their sense of schizophrenia. However, most walk-ins occurring in this particular time on the earth plane are advanced entities enough so that they can deal with that sense of schizophrenia. It is no big deal.*

### **Does The Higher Self Of The Earth Get Clogged, And If So, How Can We Help? (November 16, 1993)**

*Ah, indeed. This is part of why we are here. This is part of our mission, for the earth is a living energy, and the earth currently is going through a dramatic cleansing. Its Higher Self has been clogged as a result of its service to all of the entities who inhabit it. When The Shifting of the earth occurs, that final shake up, then the Higher Self of the planet will have achieved as close to cleanliness as a Higher Self can achieve within a separation from The One. All that is occurring of course now on the planet is a result of this cleaning, the clogging, and at the same time, all energies who inhabit the earth plane, and the planet Earth specifically, are also going through those cleansings, and there are vibrational harmonies that occur with many.*

*Many of you here, and many who have listened to our words, in which there is a very strong sensitivity to the pain that the planet is currently experiencing, and that when the cleansing is completed, which is, from our perspective, momentary on the earth plane, but from an earth plane perspective a number of years away, not too many years, and when that is completed, then the screen will be relatively clean and it will be time to start clogging it up again, which is true of all Higher Self screen cleaning, you see. It gets clean ~ it gets clogged. It gets clean ~ it gets clogged. And that is the way in which growth occurs, you see. It is all very positive. Very positive. And many of you here are in this lifetime now specifically to be a part of the cleansing of the Higher Self of the planet.*

### **When The Earth Cleans Its Higher Self Screen, Will The People Also Be Able To Clean Theirs? (November 16, 1993)**

*Each entity currently on the plane has the choice of being part of the cleansing or not, and that there are various scenarios that are available. Many on the plane now are vibrationally attuning themselves to what the planet will be vibrationally when it cleans itself. Others are already at that level of vibrational harmony. And others will not be, which is not a negative. It is simply*

*that they may not have had enough experiences on the plane to be in that position to be harmonious with the new vibration, so that as you see now mass departures of energies occurring on the plane, greater and greater numbers occurring, you can know that one of two scenarios are occurring, that those entities have determined that they must leave. They have been instructed that at the time of The Shifting they would have to leave, so some of them are avoiding the rush, and they are leaving now so that they do not get lost in the crowd, so to speak. There are others who are already vibrationally attuned, or would be by the time of The Shifting, but have, for whatever their reasons, decided not to stay, and that is perfectly appropriate.*

*And thus, when the actual final cleansing occurs, only those who are vibrationally attuned will remain, and that is true of each of you when you are cleaning your Higher Self. Think through of those entities in your life, that as you began to change and your awarenesses changed, some stayed with you and others did not. They went in their own direction. And this is simply the same situation with the earth. Some will stay and some will not. It is no big deal.*

**Referring To *Giving Into Self*, Are You Talking About Conscious Self Giving Into Higher Self?  
(November 16, 1993)**

*Well, actually, no. Ultimately, giving into Self is giving into the control that the Soul has and that the Soul is actually controlled by The Universal Consciousness, which is complete harmony. Now, giving into Self simply means that you are acknowledging that Conscious Self is not all there is, that Conscious Self is in actuality only the physical manifestation of the spiritual lessons and issues that need to be resolved, and that it is a minor player in the game that is played by each entity on the earth plane, for the Higher Self and the Soul are the major players in that game.*

**That is painfully obvious sometimes.**

*Oh, indeed, is it not? Yes. But, you know, that is how we all grow, and whatever the training ground is that you find yourselves, there is the Conscious Self, the Higher Self, and the Soul. And thus, as we so like to give as an analogy from The Angelics, the tendency on the earth plane is to raise The Angelics to some type of deity, which we are not. We are learning our lessons just as all of you are learning your lessons, and we have the same issues of connection with Conscious, Higher Self and Soul. And, yes, The Angelics learn sometimes painfully that their Conscious Self, the Conscious Self that we at the Angelic level have, is not the major player. It is most humbling, you know.*

**Regarding Soul Memories, Are We Able Access To Lifetimes Spent In Other Kingdoms?  
(November 16, 1993)**

*If it is deemed necessary and appropriate for what you have taken on in this incarnation, it would be most accessible. There are many on the plane who, for very specific reasons, have a sense of the time that has been spent in some of the other kingdoms. At the same time, there is*

*also a sense of time to be spent in other kingdoms, for soul memories encompass all of the experiences of each of us.*

*The Soul is very careful of releasing information that could be detrimental to the path. And on occasion, there can be those situations of abuse, and this goes into an entirely different discussion, which we will not elaborate upon at this time, but those of you who are developing your abilities to heal and to serve as tools for those who seek your assistance in healing, can indeed, through the powers developed, access the soul of another, and very, very critical lessons are learned as a result of that.*

### **The Energy Exchange Program ~ From Higher Self Walk-Ins (September 06, 1994)**

*There is a very interesting phenomena that many are not as aware of, and that is the Higher Self walk-ins. Now, where the Higher Self is concerned, there can be infusions of Higher Self into your Conscious Self, and that occurs rather frequently. As your own levels of understanding increase, you start to feel more of your Higher Self coming in, and you become more aware of Self. Higher Self infusions are done gradually. You are not really aware that something has happened. You simply become more aware. You see the world around you differently now as you become more aware. Higher Self walk-ins are very similar to the energy exchange of an energy, except that it is Self still, but it requires, as a walk-in does, orientation onto the earth plane. There are, then, high percentages of the Higher Self that come in and help to take over the mission, have a much higher purpose in what they are doing. And you will meet many who have this experience of the Higher Self walk-in.*

*We have been given permission to tell you that this has been occurring with Mushiba for quite some time, and recently there was a major transference of energy into the Self. It is meant to give you that information so that you will understand the levels of understanding that she deals with. As you begin to feel different about your own understanding, you feel different ~ as your Higher Self comes in, you feel different ~ you are different because you are bringing in Higher Self.*

*You are then able to speak with someone at an earth plane level to help you in understanding what is occurring, for there are some entities who become anxious about anything to do with The Energy Exchange Program. And there is nothing to be anxious about. But rather, as you experience another energy wanting to become part of your energy, whether it is your Higher Self or some other energy, you want to be able to discuss it and not view it, first in fear, and secondly, view it as a game that is being played, for it is neither one of those.*

### **When Higher Self Levels Come In, Can They Be Of A Different Gender, Sharing The Same Soul? ~ Male/Female Issues ~ Changing One's Physical Gender (October 04, 1994)**

*Yes. The Self shares the Soul of Self. They are not different souls. Different souls occur when the energy splits, but in the layering effect, it is the same soul, just different levels of understanding. And generally, for the earth plane sojourn, there is given in approximately seventy-five to eighty percent of the energy as a common situation. The lower the amount of energy coming in, the more difficult is the journey on the plane. And many entities choose to only bring in a small percentage of themselves for the earth plane sojourn to accelerate their learning and to make their learning more difficult. It is purposely done. It is not something that is required.*

*The remaining percentages that exist in the Self slowly integrate in very minute ways. It is, however, common in an accelerated training time such as you all find yourselves in now, that large portions of the Higher Self enter into your consciousness. It is generally done with those entities who had chosen to have very small amounts of their energy coming onto the earth plane. So, there are situations in which the Higher Self that is integrating into the energy has not had experiences on the earth plane, and is bringing in a higher level of awareness from other dimensions, but not the earth plane. It creates interesting assimilation. We have explained that part of this phenomena relates to Mushiba and that type of integration.*

*There are many of you in this gathering who have had a number of infusions into your conscious being during the past few earth plane years that have given you a sense of clarity of what you are here to do, and what you need to do, and have given you a sense of strength in seeking your own spiritual path. And when you begin to see the world around you in a different way ~ you become calmer, you become, in your own way, more aware of your place in the world ~ you can be certain that your higher awarenesses have integrated. Sometimes, it can be very dramatic and sometimes it can be very, very subtle.*

*Each layer, if you will, of yourself, has different gender orientations. You have a dominant gender, for each energy takes on a dominant gender for its experiences outside of The Universal Consciousness. But there will be times when you will bring in a particular level of your energy that is a different gender than what your encasement is, and what your dominant energy is. And it is nothing unusual. Many of you are rather comfortable with the sense of feeling that you are different from what you appear to be. You may look female but do not feel female, or you may look male and do not feel male, or that there is an integration of the male/female, the opposites within Self. And you have a clearer understanding of the issues that the opposite gender to which your encasement is/has for its journey on the earth plane. And that is a very critical and important issue for all on the earth plane to learn, the perspective of those who are different from them.*

*And if you are in a female encasement, whether or not your dominant energy is male or female is not the issue. Rather, the issue is how you are able to attune yourself to not only your issues but the issues of those around you in other genders. You become more understanding and not one sided in thinking that you are the victim because you happen to be male or the victim because you happen to be female. You can take either stand, you see.*

*So, it makes for a rather interesting lifetime when large amounts of Self infuse into your Conscious Self and that those levels carry different genders. One day you are female, the next day you are male, the next day you are back to female again, and all, of course, in the same encasement, unless of course you so choose to change that ~ which is a common situation, not just in this time frame in this illusion that you find yourselves, but in many of the other illusions, for the desire, as well as the high ability, to change the physical encasement to meet the vibrational gender, was a common practice.*

*And in other illusions, in fact, it was not the need to have assistance in changing the encasement to meet the vibrational gender. It was not needed. It could be done with Self. This was part of The Atlantean Illusion, the ability to do this. It is also part of why the illusion had to end eventually, because of the abuses that that type of ability brings. And it is not part of this illusion, but it will be part of the next one.*

### **Upcoming Topics Of Discussion Will Be Meditation And Reaching To The Higher Self (September 05, 1995)**

*We will be devoting the next earth plane year to the topic of meditation, and the reaching to the Higher Self. We will do this in two ways. When we enter in for our first time in this month, each month, we will give you concepts. We will give you abstracts of meditation, and far greater concepts than simply what the earth plane knows as meditation. In our second session with you, we will give you concrete application to the concept.*

*What we begin to do now is present to you more concreteness to the abstract. It is our phase of the mission in which we bring to you a greater understanding of the fine balance between the abstract and the concrete. It is not good to be strictly in the abstract without any concreteness. It is also not good to be completely in the concrete without any idea of its abstractness. One without the other creates an imbalance. Imbalance, of course, is necessary to bring about balance.*

*However, our mission in this coming earth plane year, is to bring you into a finer tuning of balance with meditation, and reaching of the Higher Self. And, the implications of reaching the Higher Self are manifold, for it is the only way in which you will understand your own vibrational changes. It is the only way in which you will understand your place during these Earth changes. It is the only way in which you will understand how to connect with the other kingdoms on the planet, and indeed to connect with the planet itself ~ not only the concrete planet, but the abstract planet, the energy of Planet Earth, and to help you understand the earth plane as an energy, and your place within it.*

*Reaching your Higher Self will also enable you to understand your role in The New Illusion, if that is to be, and if it is not to be, to bring you a sense of peace with the realization that you will leave at the time of The Shifting, only to return new and improved. For hopefully, that is what occurs each time you return into the plane, you have improved. That is not always the case. However, that is all right also.*

*As all of us as energies change, it brings about growth, and growth brings about change. It becomes all too easy to be complacent, and to think that it is flowing, and it is fine, and you are very happy with the way things are going for you. Usually, if you are on an accelerated path, especially, The Universe will say, "All right, you have had a nanosecond to relax, now it is time for something new." Many energies find change difficult. We will be helping you to adjust to change, for it accelerates now even more than it has been. And if you recall, in the session that we last had with you ~ not in the music meditation session, but in our last Public Session ~ we indicated that during the summer months there would be a relatively tranquil period of time ~ not very much in the way of upheaval ~ and that once the autumn season approached, in this geographic area, that there would be some major upheavals.*

### **Does Our Higher Self Have More Awareness Than Guidance? Or Is It Variable?** (October 03, 1995)

*Yes and no and sometimes maybe. You must understand, again, there is nothing mystical about your Higher Self. Your Higher Self is you. It is each of us ~ our Higher Self. We are not disconnected from it. "Oh, my Higher Self has all the answers. If I could only reach my Higher Self, then life would be wonderful." Well, your Higher Self does not have all the answers. The Soul keeps it from the Higher Self sometimes because it is needed for growth and development. The Higher Self simply sees things from a different perspective. That is all. It has a different awareness. It has knowledge that is stored.*

*In the concrete illusion you cannot possibly store all of the knowledge that you need to interact in this dimension. It is stored away either in the Higher Self or in the Soul. When you need it, it comes forward, sometimes without your even realizing it. You ask for it without even realizing it. The information comes in ~ you use it ~ you do not need it right now, for you have other things to do ~ you send it back to the Higher Self.*

*The Higher Self, however, in gaining back that information that was provided has a new component to the information, for when you used it in this dimension, you added to the base of whatever that knowledge was by the experience that you had. You do not realize it. That is the way that experiences develop and accumulate. You send it back to the Higher Self. When you need it again for a similar type of response, it comes back. But this time it has the memory of the prior experience.*

#### **Go with your gut. Right, Waith?**

*Go with your gut! Is that a gut that is filled with beer? ☺ What kind of gut? Gutter ~ guttee ~ guttor? We go through the vocabulary bank of Mushiba and find ourselves wanting or needing to stop now as we move into that arena of vocabulary that we do not use from Mushiba.*

## Can We Contact Our Soul?

(October 03, 1995)

*Oh, but of course you can. You know, if you were ever to work with Mushiba, if only in group meditations, she brings the group into their soul in these group meditations. It is a very easy technique to help others to do, but it is also very easy to do yourself. The blockages come from within Self in believing that you cannot do it, that you must have help from some other source, or that, again, the Soul is some mystical being that is out there disconnected from Self. Or, as our loved one here would say, "The Soul is how high above the head ~ up this high."*

*The Soul is simply the essence of energy ~ it is interdimensional communication. It is interdimensional travel to go into Self. You are only limited by your perceptions of being in this concrete illusion as, "This is it." It is not it. Most of you are currently now, in this gathering, in some form of interdimensional travel. Falling asleep, daydreaming, saying, "Will he get off this subject ~ I am bored I want to hear something else." So, the mind begins to drift, and when the mind begins to drift, it is a form of interdimensional travel. These are good things. This is what it is all about.*

**One of the things that disturb me lately is that I do not sense a feeling with The Oneness, with the awareness with my path. Then I feel that I am falling off my path, and it is trying to remind me that I do not need the sensation ~ it is just an experience.**

*Yes. It is, again, part of the abuse that comes from the spiritual elitists on the plane who say that everything must be an awareness ~ you must feel this whoosh ~ that, "Ah, I have been enlightened and this is what has enlightened me. Ah, I am truly a superior energy now, and I can tell you all about my enlightenment." That is not at all what it is about, my love. There will be occasions when you will feel the sensation. After much work, you will feel the results, the fruition of your work, and you may feel something ~ a movement into a different vibration.*

*However, our work is simply going from one experience to the next, from one moment in time on the plane into the next one, and living it. It is not trying constantly to figure out, "What is the reason behind this? What Universal reason could possibly exist? What am I gaining from all of this? What awarenesses now do I have as a result of this?" This is not at all what it is about, my love. You are correct in your feelings. Do not feel you are falling off your path because you do not have the WHOOSH feeling. And certainly, do not allow another to make you feel that you must have this sensation in order to be learning anything. You are on a path. The path is spiritual. It is not to be defined as a spiritual path versus any other path. Every path is spiritual. No matter what you do, you are on your path. And you are doing a fine job, my love.*

## There Is Vibrational Change When An Energy Brings In Higher Levels Of Self

(October 08, 1995)

*Another type of vibrational change relates to when an energy brings in higher levels of Self ~ Higher Self walk-ins as you might call it. This takes on various dimensions. Vibrational changes with Higher Self walk-ins can be very dramatic, for there can be a sudden infusion of energy into the vibration that comes from the higher sources and creates a rather dramatic change in an energy.*

*As humans, you have experienced this phenomenon. You have seen people who seem to have changed overnight as a result of an incident. They suddenly feel stronger. They express their views more strongly. They have a greater strength. It is the result of a Higher Self infusion, and it does indeed happen dramatically. It may be what you call this overnight sensation. It may be the result of walking away from a very dramatic occurrence. It may be simply going to sleep and waking up, having infused Higher Self.*

*The Higher Self is capable of infusing multidimensional levels of its own awareness. For most entities, they only begin to scratch the surface in any one lifetime of bringing in levels of Higher Self. This is one type of vibrational change. It results in an entity being able to respond in a stronger way to its path. It is what you might call the cavalry coming to the rescue ~ bringing in Higher Self.*

*An energy can have Higher Self infusions regularly during a lifetime. Once an infusion has settled in, and the path is continued in a stronger way, more is expected of the energy from The Universe, and the path takes on a greater dimension. Thus, the energy may need to bring in more Higher Self. It is a feeding cycle. The more that Higher Self infuses, the greater are the demands by The Universe placed upon the energy and the greater the demands by The Universe, the greater the need for Higher Self infusion. It becomes a cycle. Higher Self infusions occur with just about any energy ~ in any encasement. Some occur more frequently than others, but as you gain in your awarenesses and you move out of the type of energy vibrational adjustment that we spoke of earlier, you move into this area of Higher Self infusions.*

### **Concrete Self In Relation To The Higher Self And The Soul (February 06, 1996)**

*In your SEARCH FOR SELF, it is the upper levels of yourself that Concrete Self seeks. You, at concrete, are actually external to Self. This concept is one that many are not able to understand. The classic confrontation between the Higher Self and the Concrete Self is what most energies are acquainted with ~ that you cannot find your Higher Self ~ your Higher Self will not talk to you ~ while you at concrete are merely the physical manifestation of an abstract energy form, YOU. It is you who is both concrete and abstract, and it is the external you that looks for the information regarding the internal you. If you are able to let go of the ego at concrete and acknowledge that concrete is simply playing out that which the Higher Self wants played out, you will find your sojourn on the earth plane much easier.*



*Think of when you are seeking information about a subject you have very little knowledge of. You go to many different sources. You attempt to gather the information. You go to books, and you go to magazines. You go to other people. You come to places like Terra Lux and you hear energies such as us talking to you and giving you information. You are seeking information about a subject that you know not much about ~ that is the Universal Consciousness ~ that is The One. You know nothing of it, and yet you know everything of it. But your knowledge of the Universal Consciousness is stored in a higher level of yourself ~ easy to reach if you let go of the concrete ~ if you let go of this dimension in which you find yourself.*

*This dimension is your Concrete Self, specifically designed for the earth plane manifestation. The concrete manifestation of Self in other training grounds is different than it is on the earth plane. Be not concerned of those other training grounds now. Be concerned of the training ground in which you now are rooted. The concept is quite simple. The concept is ~ to gain information of Higher Self, you must let go of Concrete Self. Now, we do not say that you let go of Concrete Self all the time. We understand from the sessions of so many earth plane years now that there are many of you who do go about in another dimension, even though you are rooted in this particular concrete dimension ~ and we do not make reference to any particular energy form. ☺*

*You must understand there is a dual nature here. There is the absolute necessity to be in the concrete on this training ground ~ to return back the experiences into the Higher Self for the lessons to be learned. At the same time, simultaneously, you must have the ability to let go at any moment, to give way to the Higher Self.*

*Meditation, as a practice, is the easiest way to keep the balance between staying in the concrete and being in the abstract. It allows you, for the moments that you set aside for meditation, to bring you out of the earth plane dimension, the concreteness in which you have found yourself, and into that which is the Higher Self. But it is the struggle, at concrete, in thinking that concrete is in control. You at concrete ~ as you are all gathered here now ~ your energies are rooted here now, in this dimension. You are not in control. You are external to your Higher Self. It is only when you bring yourself into the flow of your own energy that your Concrete Self becomes internal ~ the connection to your Higher Self. This is not a separate entity, your Higher Self. This is you.*

*The Higher Self levels of each of you are not something mysterious. "Ah," an entity might say, "I am able to channel my Higher Self." Well, so can anyone. You are only speaking of Self. It is not some outside force coming in. It is Self connecting with all levels of Self. It is your soul in a further dimension that is in charge. It is your soul who says to Higher Self, "This is what needs to be done."*

*Now, Higher Self is external to the Soul ~ in the daily workings of the energy field. It is only when the Higher Self decides that it wants to connect with Soul that it becomes internal. So, you see, depending on your perspective, any part of you, at any moment in your flow of energy, is external to itself. You are external to yourself, and at the same time, you are internal to yourself. This creates tremendous fun. The battle is within Self. There is no external force that says to you,*

*or to you, or to you, "I am keeping you from learning about yourself." It is you who keeps yourself from learning about yourself.*

*The Universal Consciousness is each one of us. On one hand, or in some cases on one wing, it is easily available, this Universal Consciousness. And, on the other wing, it is as difficult to reach the Universal Consciousness as it is easy. Why is there this contradiction? Why is there this great difficulty? It comes from being in the concrete, as you know it now. It comes from your Higher Self being in a concrete world and fighting with the Soul.*

*The Soul is also, at times, considered external to the Universal Consciousness, and at the same time, is internal to the Universal Consciousness, depending on the perspective, depending upon the training ground in which the Soul finds itself. You are in a concrete training ground. Your Higher Self is also in a concrete training ground, and has an abstract dimension that is in a concrete training ground, that has an abstract that is in concrete, that has an abstract that is in concrete, etc.*

**If I Wanted To Contact My Higher Self In Meditation, Would I Be Successful In Doing So, Or Reaching An Outpost At Least, If I Asked For That?**

**(February 06, 1996)**

*Jenjura: One of the greatest misunderstandings on the earth plane is this concept of asking. Yes, you must ask in order to receive our help. You must ask in order to bring yourself into yourself. However, asking is not all there is to it. There is a saying, "Ask and you shall receive," on the earth plane. This is a misinterpretation. Ask, yes, but you also have to work at it. It is not just automatically going to be given to you. Ask and you may receive, if you help it out a bit.*

*And to respond to your question of whether this is the appropriate time to ask the question, it is for the First Phase of your question. The Second Phase we will address in our next time with you, to give you techniques to help you once you have asked ~ that intermediary step of receiving. There is a huge block in between there that involves you and The Universe. You have asked, but now you have to help it out a bit.*

*This is why you are told that you must continue doing all of the things that you do on the earth plane even though you know there is an illusion change about to occur. You must not suddenly stop paying your rent, as you would call it. You must continue on as if this is what is going on, and at the same time, you are working with The Universe. So, you are working concrete and abstract, and you have that missing piece of, "After asking for help." You now must do this, this, and this. It is quite easy, actually, but most energies on the plane make it more difficult.*

*This technique will help you to go to an outpost, perhaps directly to your Higher Self. We are concerned in this time frame with you of bringing you to the dimension of Higher Self and any*

*outpost along the way. There will be another time later on in the illusion in which Waith will give information about the same process, except starting from Higher Self and going into Soul.*

*Some of you may have experienced meditations with Waith or with Mushiba in which you are brought into your soul. They have an ability to cut through the maze and bring you right there, to the Soul. It is not an easy technique. It is one that anyone can develop, but again, you must work at it. Some of you are able to go right to your soul. Many who would read the words that we give, now, have the ability already to go right to the Soul, or they have the ability to go right to the Higher Self. Most, however, on the plane, struggle, and that is who we speak to, those who need the techniques to help along the way.*

### **Are The Techniques The Same If You Want To Reach The Higher Self Versus, Say, A Guide?**

*Jenjura: They are different, and yet they can be the same. We will explain that in our next gathering with you, my love. We know, you are now quite anxious, and we will look forward to being in your energy field as we bring those techniques to you.*

**Do our Higher Selves and our Soul, and all those in other dimensions that we might address, do they hear us clearly when we speak to them?**

*Jenjura: I was warned by Waith! 😊*

**Do you hear me clearly when we speak?**

*Jenjura: It is actually rather difficult to explain to you how the communication comes through. Waith does not actually hear you, as you define hearing. I do not hear you as you define hearing, but I hear you. All the levels of Self, potentially, can hear the chatter within the levels, but because there are so many blockages within Self, the doors can be closed at any point in the energy field. There may be a window open over here, but a door is closed. So, you may hear faint chattering or you may hear loud chattering at any point in your existence. That will be addressed from Waith. That is a topic on his menu.*

*It is time for us now to return in our dimension and for Waith to enter back in and smooth out the energy and give his farewells to you. Thank you all for such a wonderful welcome. Your energy has been most soothing and most enjoyable. I hope that I have been able to give to you a simple understanding of something that, even for me at times, becomes very complex and frustrating to understand. I look forward to being with you in this next gathering, to give you the concrete applications.*

*We give to you an energy, simply a soothing energy, and relax. The SEARCH FOR SELF is eternal. You do not have to do it in this lifetime. And you certainly do not have to find it in this lifetime. Farewell to all of you.*

*Waith: I am back.*

**Jenjura did very, very well.**

*Well, thank you, my love. We will put that in his grade book that you have given him a very good grade. He receives an A. He will be most pleased to know that. Of course, he has the next session that he must prove himself again, but this was very good experience for him.*

**A Group Balancing Illustration ~ Energy Infusion ~ With Personal Agreement From Limeria  
(April 27, 1996)**

*Now, we will illustrate a concept from group balancing that ~ Limeria has agreed, at some level ~ not necessarily the conscious level ~ to be the willing participant in a particular energy infusion. Now, you have all been with Limeria ~ not just in this time frame of The Meditation Weekend, but in various forms through the years, and you recognize her as being very gentle, very loving, always nice, always responding when you contact her. So, here is Limeria, being this gentle soul. She also chose to come into this life in what you call an astrological air sign.*

**Is that why she's an airhead?**

*That is why she is an airhead. Being what you call an airhead is not a bad thing. Many lifetimes are spent like that. It is most necessary in terms of balancing. The opposite of that, of course, is being very, very grounded where there is no sense at all of Lightheartedness. "Everything is as it is supposed to be. Here it is. There is no exception. This is the earth plane. You only go around once, so you'd better do it in this life because it is the only chance you have. Why is there so much misery in the world? They didn't ask to be born into it. They didn't ask to be starving children. They didn't ask to be incinerated in a war." Of course, they asked for that. It was all part of group balancing. And if it was not a concept of returning time and time again, then yes, there would be a sense of futility. "Well, this is it. This is all. This is what I've been dealt. I have no choices. I have to be this. It's my only scenario."*

*Well, we also have the freedom, not only to move from scenario to scenario, lifetime to lifetime, but to change the scenario within the lifetime, which is what Limeria wants to do. We do not want to lose the Lightheartedness, but there needs to be more grounding because her mission has evolved in the lifetime and she recognizes that.*

*You know that Mushiba is able very easily to help bring in Higher Self levels, but you do not always have Mushiba around. You do not always have someone to facilitate, and instead ~ oh my, you would have to rely on yourself ~ or perhaps others around you who might help you to bring in a level of Higher Self that would be sufficient enough to change the perspective of the earth plane life.*

*In this case, Limera wants to become more grounded. It means that levels of Higher Self need to be brought in until there is a concrete level. It is only a few levels away ~ a few little tissue papers away, this level that has had grounding experience. So, you would say, "Well, she is not able to quite do it herself. She is willing but she needs help." And the great spiritual diva is nowhere to be found! She has to do it herself. It means that she calls upon a group of trusted entities to help her. Think of it much as you would those who would help the birthing process. "Come on!" Some are there simply as cheerleaders. Others are there actually helping to bring the energy form into the earth plane. They all serve a purpose, and it is then a group effort.*

*You are all in this group, this Meditation Weekend, because you have been called to it. We do not just allow any Tom, Dick, or Harry to come into our meditation groupings. That is the way we have always been. Everyone who comes is meant to come. They have been called. That means that you each have connections with each other, not just at earth plane, but at higher levels, and you have worked together as a group in other times ~ varied scenarios, many varied scenarios, but nonetheless, you have connections as energies.*

*You are all here in paths to Be of Service at a rather accelerated level ~ in different scenarios, but nonetheless, paths of service. So, we are ~ with Teetee's help, because she is for group balancing, and she also has to earn her wings, so to speak ~ she is going to give you the guidance to help Limera bring in those levels of Self that will help to ground her, and you all are going to be part of that birthing process. It is like having a baby.*

*It is part of The Energy Exchange Program. When a substantial amount of Higher Self infuses in, it is in essence a new energy that comes in. Even though it is the same energy, it is a higher level of it and can prove to be very interesting in acclimating to the earth plane, just as the traditional walk-in phenomena has difficulties in adjusting to earth plane. It can take years for that to happen. Usually, however, with Higher Self infusions, it does not take years. It takes several weeks, several months on the earth plane.*

*What we will do is be physically prepared so that Teetee will not have to worry about certain earth plane components that we have become more adapted to than she might have, meaning the cords and all of that. We will allow her, however, to direct how she wants you to be and at that point then she will do the technique.*

*You will be able to take this technique, by the way, and use it. You will have an ability, now, to help another in their own SEARCH FOR SELF, to help them ease in some of their higher levels of consciousness. It is the gift we give to you for the very diligent and hard work that you have done in this Meditation Weekend ~ and it is, my son. You have grown tremendously just in a short time.*

*It's great.*