

Waith Class Transcripts

SEARCH FOR SELF ~ FIRST LEVEL



~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

Questions and responses from those in the class appear in this font style.

☀ **This symbol indicates multiple responses from class members.**

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

Waith Institute for Spiritual Leadership

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For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

Search for Self ~ First Level

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Search for Self ~ First Level

PREFACE

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASSES DURING 1996)

*Waith: Our discussion of the **SEARCH FOR SELF** is meant to bring more concreteness to the abstract ~ a greater understanding of the fine balance between the abstract and the concrete. One without the other creates an imbalance.*

Imbalance, of course, is necessary to bring about balance. We will give you information meant to help you to bring Self into a finer tuning of balance with ways of Gaining Self Awareness. The implications of Gaining Self Awareness are manifold, for it is the only way in which you will understand your own vibrational changes.

Gaining Self Awareness is the way in which you will understand your place during these Earth changes. It is the way in which you will understand how to connect with the other kingdoms on the planet, and to connect with the planet itself ~ the concrete planet as well as the abstract planet, the energy of planet Earth ~ and to help you understand the earth plane as an energy, and your place within it.

All of you as energies change which 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 ~ 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've had a nanosecond to relax, so now it is time for something new." Our focus is on Gaining Self Awareness ~ Concept and Application ~ and working with your own energy to heal Self and to smooth out Self.

The concept of energy is greatly misunderstood. Each individual IS an energy. Yet, from The Universal Consciousness perspective, there is no individuality ~ it is all One. Yet, you exist outside of The Universal Consciousness and, therefore, the illusion is of separateness, individuality, and simultaneously, a connectedness as One.

There is much discussion on the earth plane about the healing of Self. There are those who have acquired the skill to be facilitators in the healing process. Healing can only come from Self ~ however, you must, in your journey toward the eventual healing of Self, seek out the facilitation from others who are trained, who have worked and studied and who give of themselves to help you in your path ~ to help you to eventually heal Self.

*There are many healers within traditional medicine. Do not shrug them off because they are not holistic. **BE CAREFUL OF THINKING THAT ONLY ONE WAY IS THE ONLY WAY.** Holistic has its place. Seek out the many alternatives given to you as tools to help you in your own healing. You are the one responsible for what works for you.*

Healing of Self comes from an alignment of energy within your vibration that brings closure to a particular lesson that you have taken on. When you have learned a lesson, you heal within Self. There is no pill, no herb in existence that will be that one thing that heals you.

*The **ONLY** thing that heals you is a balancing of your own energy in a particular issue that you have taken on to learn. Pills and herbs may help you in your journey toward healing, if it is a physical manifestation of an issue. If you have a stomach problem ~ it aches and hurts ~ you must first determine, for healing of Self, where that comes from and what is the issue involved. That could take you many lifetimes, however.*

Many of you have minor types of healing on a regular basis ~ emotional healing, spiritual healing, intellectual healing, and, indeed, physical healing. You are not healed by any external source ~ it may only appear that there has been a healing, when in actuality, it is temporary, it is a tool to enable you to finish the lifetime so that you come back into another experience having reached closure at a certain point in your own healing ~ your own dealing with issues.

In your next experience ~ your next lifetime ~ you may be able to work more with your energy to heal, rather than with external sources. To reach that point where you can work with your own energy requires working externally, lifetime after lifetime after lifetime.

There is no energy who comes onto the earth plane who starts and finishes a complete lesson in one lifetime.

Although each of you has your own particular and unique journey that may bear resemblance to the journey of another, your journey is unique in itself. So each of you would Search for Self, on one hand in very similar ways that others would Search for Self, and on the other hand in very dissimilar ways ~ in fact, in ways unique only to Self.

Gaining Self Awareness is unique to the individual ~ find your own way of Gaining Self Awareness rather than adhering to what another tells you is the proper way.

There are many tools available to assist you in Gaining Self Awareness. Utilizing a particular sound that helps you to focus your thoughts is one of those tools. Positioning your encasement in a particular way can be, for some, a useful tool.

Sitting with the legs crossed, as is commonly called the lotus position, is appropriate for some. For others, it is not. Sitting straight in a chair may be appropriate for some and not for others. Lying on your back may be appropriate for some and not for others. Driving in your automobile on automatic pilot, oftentimes, can be a way of focusing. A favorite hobby in which you find yourself absorbed in the joy of the activity is a way of focusing your thoughts and going within.

Gaining Self Awareness, then, takes on many forms. Be careful of those who would tell you how to Gain Self Awareness as the one and only way ~ this is false. There is no one

and only one way to Gain Self Awareness. It is certainly useful to talk with others to compare and contrast, to gain insight into how another focuses. It is important, however, to keep in mind that while it is the way another does it and not necessarily the way that you would focus, you would find the information useful to synthesize within your own frames of reference.

*What is important in the Search for Self is to **RELAX ABOUT IT!** Be lighthearted about it. Seek the comfort within Self and the relaxation. This is your journey! It is no one else's journey. There are no rules that you must abide by. We will not be giving you rules. We will be giving you counsel, guidance, tools to play with, to determine if they are appropriate to work within your attempts to reach Self.*

Assisting us in presenting the information for the Search for Self will be the six members of our Spirit Group, who also speak through Mushiba. Each has a specific topic for which they are responsible ~ Jenjura, Webbing Effect ~ Francis, Community of Self ~ Teetee, Group Balancing ~ Jacques, Healing of Self ~ Boopsie, Gender Harmony ~ Farena, Lightheartedness.

All energies are capable of directly going to The Universal Consciousness for their answers. It is simply an undeveloped skill that most energies have, and the journey is to develop those skills. That is why intermediaries, such as us, are available to help you to develop your skills of directly reaching The Universal Consciousness.

There are many on the earth plane who have the ability to work with energy in such a way as to assist another in Gaining Self Awareness. Oftentimes, when you try to focus, you may sit and say, "I'm going to focus very, very strongly now, and I want to reach my Higher Self." You will be very diligent in this ~ you will have candles all around and the music will be playing and it will be a nice, quiet environment. You sit and start thinking about how you cannot reach your Higher Self. You are trying and it is not working, no matter how you place your environment to be conducive to focusing.

There are energies on the plane who can help bring you into that higher level. It is an ability of the usage of the energy fields. It is done so as to show you that you can reach your Higher Self, and it is all right to have another be the facilitator ~ for most on the plane need the facilitation component before they are able to go on their own.

We now will facilitate such a focusing for you. You can sit, stand, lie down ~ you can do whatever you want. ☺

Focusing Tool

Breathe deeply in a way that feels good for you ~ slowly ~ deep breath and hold the breath ~ and gently let out the breath ~ another breath, deep within Self, and let out the breath.

Relax and feel protection from your Angelic Protector and Spirit Guides. Call upon them now and bring them into your energy field.

It is time to journey to your Soul.

Begin your journey at the bottom of your encasement where the energy fields are meant for grounding ~ release the groundedness of your energy field.

Feel the release moving through your energy field, upward, filling your encasement.

As you move upward, release the groundedness ~ release ~ moving upward.

When you reach the middle of your encasement, you will be at the point of separation of groundedness and abstractness.

Move further up into more of the abstract, leaving behind the groundedness ~ feel the clicking of release upward into your heart.

Slowly, moving upward, move more and more into abstract as you reach your Crown Energy Center.

Your groundedness is released ~ feel your energy swirling about on your Crown Energy Center ~ feel the energy moving around and around ~ rapidly moving now.

You are preparing to move out of the dimension of concrete and into the dimension of abstract. This dimension will bring you to the dimension of Higher Self.

You are swirling now ~ your energy gains momentum ~ your energy rapidly moves, around and around ~ you are moving interdimensionally, around and around.

Feel yourself moving into your dimension of Higher Self ~ it is a greater awareness.

You are now in the dimension of Higher Self ~ relax ~ say hello to Self.

Stop swirling and rest ~ you are in your Higher Self dimension.

Higher Self now shows you the dimension of Soul ~ see that dimension where your Soul is.

Move now into the dimension of Soul ~ your Angelic Protector guides you ~ you are safe ~ relax in the dimension of your Soul.

Your Soul has something to say to you ~ listen ~ do not ask questions of Soul ~ only listen.

Focusing Time

Soul has given you information about your journey ~ you know, now, where the dimension of Soul is located.

Move back now into the dimension of Higher Self ~ filled with understanding given to you by your Soul.

Close the dimension of Soul now ~ it is time to return back into concrete.

Return in the way that you left.

Begin your energy movement swirling around and around, feeling the energy ~ feel the movement bringing you back to your Crown Energy Center.

Slowly unwind your energy ~ resting on your Crown Energy Center.

You are still abstract, although you are back in the concrete dimension ~ experience the difference ~ the sensation of being abstract within the concrete.

Bring yourself slowly back into groundedness.

Move your energy downward as you did when you went upward ~ slowly moving down to your heart, bringing your energy to fill your heart, moving to the middle point of your encasement.

Stop for a moment ~ for the transition now of groundedness and abstractness occurs.

Take with you the abstractness and merge it with the groundedness, slowly moving downward, downward through the encasement until you reach the bottom of your encasement.

Bring the merging of the abstract with the groundedness into your feet and feel your entire encasement filled with the merging of

*groundedness and abstractness ~ it is the balance ~ experience
what the balance feels like.*

*Slowly bring Self back fully into the concrete illusion, staying
relaxed and comfortable within Self and the space that you
occupy.*

*Allow your sound to come through and move a bit as you
acclimate into the concrete illusion in which you are rooted.*

Relax and breathe slowly ~ returning.

End of Focusing Tool

This focusing tool, loved ones, is something that you can utilize yourselves. The process of moving from groundedness into abstractness is most useful, especially in times during the day when you might feel very stressful. Take a few moments for yourself ~ find a spot. Use this tool as a way of bringing back a sense of balance into your energy field.

The entire purpose of coming onto the earth plane is to learn how to balance between concrete and abstract, and you will achieve that sense of balance as you learn your lessons.

There is never a point where there is an ABSOLUTE balance on the earth plane ~ it is a contradiction in terms to say that you are balanced on the earth plane.

THE EARTH PLANE IS A TRAINING GROUND OF IMBALANCE, and yet, the training on the earth plane enables you to be balanced within your energy field on other training grounds and in a much more rapid way than if you were to not come onto the earth plane.

The Search for Self means attempting to always balance. Just as you balance, something else comes along to bring you out of balance. That is the nature of the training ground known as the earth plane. If anyone were to say to you, "I am completely balanced ~ I am in complete harmony ~ I am one with The Universe" ~ they are, perhaps, one with the bubble in which they live. ☺

In reality there is no energy on the plane ~ no matter how aware they may be, no matter how advanced their understandings would be ~ who is ever completely balanced, for that would mean perfection, and perfection is achieved only upon return to The Universal Consciousness.

So, the journey on the earth plane ~ the journey, indeed, outside of The One ~ is to seek the balance again, to bring you all to the point of ultimate balance that allows you to return to The Universal Consciousness.

*Harmony is another thing
~ YOU CAN FEEL IN HARMONY WITH YOUR IMBALANCE ~*

You can be in complete harmony.

It is where you will see, then, entities who appear to flow and no matter what happens to them, they appear to be balanced ~ and yet they are not. They are simply in harmony with their own imbalance ~ that is what you seek to achieve.



Search for Self ~ First Level

WEBBING EFFECT Concept

*Waith: The first component of the Search for Self is the **WEBBING EFFECT**. The member of our Spirit Group who will discuss this component is Jenjura. He is the recluse in our Group. He stays in the stacks, shall we say, of The Universal Consciousness. It is he who is able to go into the vast webbing effect and smooth out certain lifelines of entities who would ask questions of us. He is able to give us ~ at an instant request ~ the information, as you are asking us questions.*

There is rarely a lost moment of time, as you measure it, from when you ask a question of any of us to when we are able to respond. You will notice on occasion that when a question is asked of us, we may hesitate a bit ~ not respond immediately. That is merely an indication that the smoothing out of the information is taking a bit longer than it usually does.

Most entities take for granted energies such as Jenjura ~ for it is a quiet position. And, it is a position that is extremely valuable in any entity's mission, for this is The Librarian ~ this is the energy you go to when you need to gain information about your path when you are having difficulty in finding that information yourself. There are many entities like Jenjura. He is not the only one.

Your Spirit Guides, on occasion, serve in this particular function of going to The Universal Consciousness and gaining the information that you need.

Jenjura will now enter and speak through Mushiba ~ we will return, as it is appropriate.

***Jenjura:** We greet you with great joy and much light. We are here to provide to you the knowledge and insight of what we do and how easy it is for each of you to do what we do. The very basis of Self Awareness ~ its very meaning ~ goes to the learning of Self. Only each of you is able to learn of Self. Others outside of Self are only able to have glimpses of who you are ~ that includes, my loved ones, **YOUR CONCRETE SELF**.*

*In your Search for Self, it is the upper levels of Self that Concrete Self seeks. You, at concrete, are actually external to Self. 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 ~The Universal Consciousness ~ that is The One ~ you know nothing of it, and yet you know everything of it. Your knowledge of The Universal Consciousness is stored in a higher level of Self ~ 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 ~ to gain information of Higher Self, you must let go of Concrete Self. We do not say that you let go of Concrete Self all the time. Understand there is a dual nature here. There is the 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 you must have the ability to let go, at any moment, and to give way to the Higher Self.

Focusing, 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, to bring you out of the earth plane dimension ~ the concreteness in which you have found yourself ~ and into that which is your Higher Self.

*It is the struggle, at concrete, in thinking that **CONCRETE** is in control. You at concrete 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. An entity might say, "I am able to channel my Higher Self." Well, anyone can do this. 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."*

*Higher Self is external to the Soul. It is only when the Higher Self decides that **IT** wants to connect with Soul that **IT** becomes internal. Depending on your perspective, any part of you ~ at any moment in your flow of energy ~ is external to itself.*

You are external to Self and at the same time you are internal to Self. The battle is within Self. There is no external force that says to you, "I am keeping you from learning about yourself." It is you who keeps Self from learning about Self.

The Universal Consciousness is each one of you ~ easily available, and as difficult to reach as it is easy. This contradiction and difficulty 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, and 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 ~ all of this connected with that fine energy line that connects all energy. It is that fine energy line that you would attempt to plug into.

Remember this ~ you have concrete that has abstract, that has concrete that has abstract, from one dimension to another dimension within Self.

The concrete and abstract concept is infinite, my loved ones ~ within Self, within each of you, and then into the larger photograph. Each of you is webbed within Self, and your web goes out into The Universe and becomes connected to the webs of others.

You have lifelines ~ which then have lifelines, which then may have lifelines or splits, all part of you. They, too, have a Webbing Effect. It is this web that makes it so difficult to learn of Self, for unless you know the roadway, you will get lost.

You have lifelines. You are living simultaneously in many different dimensions from your own energy field. You have splits of your lifelines and those splits develop lifelines. It becomes an infinite possibility. You are somewhere in that web. You may not be the energy from which you sprung. ☺ You may be a part of that energy.

You must find your way through the maze ~ through this webbing ~ back to your source. For some of you, that may be a very rapid journey. You may not be far from your source of energy ~ your root energy. For some of you, it may be a distance.

Each of you can connect at any time with The Universal Consciousness. However, it is not easily achieved. While it is achievable by all, many do not want to go through the effort required, for it means constant vigilance at all levels of your energy, and this can be very difficult.

Waith has given information about the Energy Circle. (See ENERGY CIRCLE ADDENDUM)

You all have a circle of energy, a family of energy, within your energy field. You do not make the decisions alone. You have others from the other kingdoms that help make decisions about your path.

While you are on the earth plane you have an Energy Circle. Within that Energy Circle are all these other energies who also have mazes ~~this webbing ~ because of their

own energy being split or lifelines. So sometimes it is very easy and other times it is not so easy ~ much like the journey outside of The One.

Does vigilance have to be maintained at all levels because of attacks from negative energies that may come because of opening up to that channel?

Vigilance is meant in all arenas ~ vigilance of the integrity of the energy ~ vigilance for the purity of the energy ~ vigilance for its Lightheartedness. It is something that must be maintained throughout the energy field. You, at concrete, are a very critical component of that vigilance, for you at concrete have been given the responsibility of bringing a lesson into physical form.

You have been given your instructions by your higher levels of Self. If you do this lesson that you come in to do correctly, then the vigilance is maintained. If you fight it, then there is a lack of vigilance within the energy field, which then can create open spots, much like you would think of a web that is starting to have dissolving points ~ the web is starting to break. That is a very real situation for any of you.

If you do not maintain the vigilance, the web can begin to break apart or weaken. And when the web weakens or breaks apart, it makes you susceptible to attacks. It makes you susceptible to many activities that occur in The Universe.

You are all, at some point, having a web that is a bit frayed, shall we say. Being on the earth plane means that you have a frayed web. You are here to pay vigilance to it, to give it strength, to mend it. That is the job that you take on when you agree to come onto the earth plane.

Why specifically the earth plane? Is it because it is such an accelerated growth that it strengthens the whole energy to have gone through the experience of being here?

Yes. The earth plane is one of the most accelerated of training grounds and one of the most difficult of training grounds. There are others ~ a few others ~ that are of equal difficulty and acceleration. The earth plane is certainly one of the most challenging of the training grounds. However, it is not the only training ground, and not all that there is in the learning outside of The Universal Consciousness.

It is not so difficult to learn in other training grounds. The concrete in other training grounds is not as concrete as the earth plane. It might, in fact, appear to be abstract by your definition, as you would have your frame of reference in this training ground.

What appears to be abstract to you in this training ground may, indeed, be concrete in another training ground.

This is the joy in trying to go to the root of your own energy ~ to move through the web, to find a clear passageway ~ as clear as you are able. And if you are not able to reach the root, there are many stops along the way, outposts of your Higher Self. And we will provide some tools that will help you to reach these outposts.

So while you may not be able to reach your Higher Self in this lifetime, you may, indeed, be able to reach an outpost in your journey.

What is concrete and what is abstract?

You give credence to the physical in this classroom. You have acknowledged that there is a concreteness. You have given that acknowledgement to The Universal Consciousness, and therefore, you see what you see. Others in this classroom have given varying forms of their own perceptions of what is physical in the classroom that is different from what you have given ~ maybe not dramatically different, nonetheless, different.

They have sent that out to The Universal Consciousness as acknowledgement. Therefore, their view of concrete is a bit different from your view of concrete.

Concrete on the earth plane certainly does have a standard frame of reference. Scientists, at any given moment, have given to them ~ by those in other dimensions charged with responsibility ~ certain concreteness. Suddenly they discover a new planet. Suddenly they discover lost cities in the water, under the ground.

It is an acknowledged concreteness that is brought into the illusion at any point where it is needed. It has been in abstract and it now comes into concrete.

What is abstract for you may be concrete for another. What is concrete for you may be abstract for another. It is what makes the journey so much fun, for oftentimes you may be having your frame of references quite concrete as you speak to someone and they hear it in abstractness ~ or the other way around.

We understand that you would want us to give you a very concrete answer to this question you have posed. ☺ This is not something that can be done, for there are no concrete answers.

No answer is concrete. Nothing, ultimately, is concrete, and yet everything is concrete. Everything is abstract, and yet everything is not abstract. It is the mystery of being outside of The One.

As you become more in tune with your own web, you will have a better understanding of that elusive answer, that elusive Universal Consciousness.

If I wanted to contact my Higher Self in a focusing exercise, would I be successful in doing so, or reaching an outpost at least, if I asked for that?

One of the greatest misunderstandings on the earth plane is the concept of asking. Yes, you must ask in order to receive help. You must ask in order to bring Self into Self. 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 ~ and, also, you 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.

*We have presented to you the concept of the **WEBBING EFFECT**. It is quite easy to work through your own web. Now it is time to apply the concept. We will give you a focusing tool to help you move through your web. We do not guarantee overnight success ~ do not be looking for what you call a quick fix.*

Webbing Effect Application

This focusing tool, for many of you, will need to be worked through and, in some cases, many earth plane years before you are able to adequately smooth out your web. However, this tool is designed to help you to move into one of the Way Stations in your journey to find Self.

It is best that you be seated for this focusing. The seating position enables the Webbing Effect to truly take on its own identity. By seating your encasement, you allow all of the nooks and crannies ~ as you call it ~ in your physical encasement to expand and your energy field to be filled. If you were to stand straight, it would actually be disruptive to the webbing.

Focusing Tool Webbing Effect

It is time to slow down your vibration ~ place your hands in a relaxed position beside you.

Begin by calling upon the very highest of the white light.

Say, "I call upon the very highest of the white light ~ I call upon my Angelic Protector and spirit guides ~ I ask you all to gather now and surround my energy field with your protective and guiding white light."

Breathe slowly in a way that is comfortable for you ~ several times ~ in and out ~ you are clearing your mind.

Begin to visualize a long pathway free from any obstacles ~ the pathway is straight ~ it is your pathway ~ it is wide open ~ you are able to walk easily on this path ~ the path you see is your beginning journey.

Begin to walk on your path and as you walk, you are seeing your energy swirling around you.

Say, "I see my energy swirling around me."

Enjoy the feel of your energy as it swirls around you ~ you are feeling covered by your own swirling energy.

Say, "I love my energy ~ I send my energy all the love from all my levels"

Feel the love of Self.

Visualize a net in front of you as you begin to walk down your path ~ walk into the net ~ the net surrounds you ~ it is very light and white ~ it is filled with energy and knowledge ~ it is your knowledge ~ it is your net ~ it protects and guides you ~ it contains all of the knowledge of your path ~ feel it surrounding you.

Envision placing your hand onto the net and touching a very small part of the net.

Say, "I call upon my own knowledge to give me enlightenment of my own path."

Feel the energy transferring from the net where your hand is placed and running through your energy field and through your encasement ~ the energy contains a very small piece of information about you.

Allow the energy to flow into your Heart Energy Center ~ feel the energy focusing within your Heart Energy Center surrounded by love of Self.

Allow that energy to flow slowly to your Crown Energy Center ~ it slowly moves up and rests on your Crown Energy Center.

You are now able to access the information contained in this energy that comes from your net ~ it is information that only you will know and it will guide you in what to do next.

Listen now to the knowledge coming from Self.

Relax to a much deeper level and receive greater information now.

Focusing Time

It is time to return to the Concrete Level.

Slowly return to your Crown Energy Center ~ filled with new information.

Envision the net that surrounds you and return your hand to the spot on the net from which you gained the energy and information.

Close that spot with your own energy field ~ the net is smoother now, for you have taken the knowledge and placed it into your own vibration.

Now it is time to return to the Conscious Self, knowing that the knowledge you have gained is in your conscious awareness level.

Breathe deeply and slowly ~ releasing the energy.

Thank your Angelic Protector and Spirit Guides.

End of Focusing Tool Webbing Effect

The technique of going to the net is one that can be repeated over and over again. Each time that you go to the net, you take out a piece of YOUR Webbing Effect ~ that is the knowledge ~ and you bring it into Conscious Self. When you return to the net to place your hand on the spot from which you have taken the energy, you are essentially, then, smoothing out the net.

As you do this over and over again, eventually you will have a straight line that used to be a net, for you will have taken the holes and the nooks and crannies out of the net. All of those envisions are knowledge of Self.

Some of you have a very wide net, meaning that not much smoothing out needs to occur. As you would look at a web, you would see wide distances between the threads. Some of you have very tight nets. The closer the threads are to each other in the forming of this net ~ or the web ~ the greater your challenge to smooth out the net.

It matters not where you are in this process. You do not go to another and indicate that you have envisioned a very wide net, and therefore, are highly evolved. The moment that you do behavior like that, your net will close in around you and you will be back to where you started.

Be most careful of boasting of your accomplishments. It is not important to talk with others of your web. Talk, perhaps, of what you learn from going to your own web.

We have given you a guided focusing. You can try a number of ways of implementing this tool. You could have someone read the words for you onto a tape that you could use to guide yourself ~ and also to have the timing that is appropriate for Self.

You could record using your own voice. You could also simply know what the words are and bring yourself into that visualization without the use of an external voice. Or you may find another way to be easiest for you.

Going to your web is an integral part of your journey within Self.

We have been most pleased to have been of service to you. You now have a connection to us ~ it is quite easy to reach us during your focusing. Go to the web of Self and envision your hand holding onto your web, shaking it and saying, "Jenjura help me." We will respond, if not personally and directly, we will send an emissary to help you as you go to your web. We are here to be of service.

We send to you the highest of the white light. Waith will return now. Farewell.

Waith: *We would indicate to you that for this particular focusing tool, you would want to be as relaxed as you can be and also to not have pressing matters ahead of you saying, "I must be going out in one hour." Do not have those types of constraints upon yourself, especially when you first begin using this tool.*

This is a simple focusing and can be most enjoyable ~ however, it takes practice.

We would recommend that in the initial timing of the usage of this tool, that you take the words that Jenjura gave to you and make a recording using your own voice so that you can pace yourself. Try this several times.

You could have several timings, for the journey to the depths of your vibration ~ as you take the knowledge from your web ~ could be five minutes, twenty five, thirty, fifty or sixty minutes. It is that component of the focusing that has the flexibility of relaxation.

You might make several recordings that allow you to stay in the focused state for shorter or longer periods of time, depending upon where your own energy field is. You would use this also as a prelude to other types of focusing.

Being able to go to your own web is the challenge here. Many will not be able, initially, to even visualize their own web. And if you find that to be a problem, it is quite simple to solve. Simply find yourself a web ~ find these bags that look like nets ~ THAT may help you to visualize as you try to focus and relax.

Remember to relax, and if you are not able to sense your web, do not tense up and say, "I can't visualize. Where's my web?" ☺ Be calm ~ you may find that it takes many attempts to reach that point where you feel comfortable in going to the web that surrounds you.

We have given you an expanded concept of understanding the gaining of Self Awareness. It brings much more complexity and far greater dimension into the Search for Self, for you are capable now ~ using this tool ~ to truly search out all of the paths that you have traveled on and not just a simplistic journey into one dimension of Self.

You have a tool ~ what you do with this tool is up to you.

Your next part of the journey into Self is an understanding of where you are in the development of your own community within Self and what surrounds you and how to bring that about in a harmonious way.

*Thus, in our next class, Francis, from our Spirit Group, will to speak of the **COMMUNITY OF SELF** and the bringing in of other kingdoms. His focus is on the gathering of as many other kingdoms into your community ~ your own life ~ and to bring as much diversity into your environment as possible.*



Search for Self ~ First Level

COMMUNITY OF SELF Concept

Waith: Our topic for this class is the COMMUNITY OF SELF. You might ask, "What does a discussion of community have to do with the Search for Self?" Well, in order to find Self, you must find your relationship with those around you and learn to live with those around you. You cannot find Self in a vacuum. Ultimately, you find Self within Self. However, the way in which you apply the knowledge you learn about Self ~ within Self ~ is best utilized within the context of community.

Many think that community means all human beings coming together, or all animals coming together, or all minerals coming together. That is one component, certainly, of community. However, the more comprehensive view of community relates to integration of all of the kingdoms.

The more members of a kingdom that you can bring into your life, the more harmonious you will become within Self.

Your Energy Circle is a circle of community that is part of your sojourn on the earth plane and a member from many, many of the kingdoms can be part of your Energy Circle. All in your circle work in harmony to complete the lessons that you have set out to learn. Thus, community, at the earth plane level, is simply a very concrete manifestation of your Energy Circle. (See ENERGY CIRCLE ADDENDUM)

The more you gather around you from different kingdoms, the more harmonious you become within Self ~ the more sensitized you become to your own issues ~ as well as those around you ~ for the issues that you each come in to learn relate to others. The issues you come in to learn are not just within Self ~ they are in balance with others.

If you did not have to balance with other energy forms, you would have no reason to even be out of The Universal Consciousness.

The answers come from within Self. The application of those answers must come within the community context. Coexisting with other humans is difficult. Coexisting with other members of other kingdoms is even more difficult for some. And, for some, they would rather coexist with every other kingdom except The Human Kingdom. ☺ ☺

Some humans claim their preference for The Animal Kingdom or The Mineral Kingdom and say, "They're nonjudgemental ~ they don't talk back." Well, yes they do ~ they have their own very specific ways of creating the scenarios that bring about the working through of issues ~ the balancing. No one kingdom is in control, however, over another kingdom and those are the issues that come up in the formation of community. For while many in The Human Kingdom think that they have the power ~ and hierarchical power at that ~ over all of the other kingdoms, that is simply not the case.

Think through on the power that other kingdoms have ~ think of the air ~ of plants ~ of minerals ~ of animals ~ of fire. Think of any THING that is around you, and it has certain abilities to project its will upon you.

The goal is that there is no attempt and there is no reason to project WILL upon another.

An important lesson to learn being out of The One is not to project your will upon another. The Animal Kingdom attempts to do it often and is quite good at it, as any of you know who have animals sharing your life.

The goal in the development of Self ~ the Search for Self ~ must exist within the context of community. You must include as many members of the community around you as you can.

In our discussions of the Energy Circle, we indicated that the decision must be made by the entire circle as to the progression of the path and that you would exchange roles within your Energy Circle. There is no particular order in which you take on a particular kingdom, contrary to what many think that The Human Kingdom is the superior kingdom and that it is the only kingdom that knows how to feel and think and reason.

Some humans say, "It is the only kingdom that knows how to make a decision." Well, this is a falsehood. Every energy form knows how to make a decision. The fact that it exists was a decision that was made.

Thus, becoming part of a community is a lesson in humility for humans and a lesson in understanding for the other kingdoms who must ~ at least in this current illusion ~ tolerate the comings and goings in the other kingdoms as they apply to themselves.

For example, The Mineral Kingdom must tolerate the comings and goings of The Animal Kingdom that may choose to abuse a rock. They find a rock that they like and they use it as their personal hygienic station ~ or a tree, or a plant, or a bush. 😊

Let us look at the journey within Self as it relates to community. Take a deep breath, my loved ones and release the breath. Take another deep breath and release that. Breathe in and hold it for a moment and then release it. Now where did that breath come from?

The breath is a kingdom. And while, the breath is a part of the human encasement, it is its own kingdom. As you breathed in and held it and breathed out, you felt a sense of release.

As you work in harmony with the breath, it enables you to focus yourself ~ it enables you to bring your thoughts into a sense of quietness. The breath, then, is working in harmony with the other components of the body that make up kingdoms.

You each, as humans, are wrapped within many, many sub kingdoms.

The Human Kingdom is not, in and of itself, able to function ~ it must have the assistance of many other kingdoms, breath being one of them. For energy forms that need breath ~ such as animals ~ that is a kingdom that is part of the composition of the energy form.

All energy breathes ~ it simply needs different kingdoms that assist it to breathe. The Mineral Kingdom breathes differently from The Human Kingdom. All of the ways in which The Human Kingdom exists in its physical encasement also applies to other kingdoms except in different forms. Even the breath as a kingdom has sub kingdoms.

Thus, a kingdom will have sub kingdoms in order to maintain itself. The sub kingdom becomes, however, a kingdom that then has sub kingdoms. Every sub kingdom is a kingdom and has sub kingdoms. The Human Kingdom is a sub kingdom to a higher kingdom. You move interdimensionally into a higher kingdom ~ and, you are the sub kingdom to that higher kingdom.

As you sit in this classroom, you are helping a higher kingdom to exist. That higher kingdom that you help to exist is a sub kingdom to a higher kingdom that exists ~ and thus it goes. Sub kingdom within kingdom within sub kingdom ~ infinite.

The ultimate kingdom is The Universal Consciousness.

All exists to the benefit of The One. All exists to the benefit of each other. You all exist to be each other. Without one, there is none and that connection is maintained with the fine energy threads that each of you has to The Universal Consciousness.

Do not think that what you do is done in isolation. It is impossible to exist in isolation. You are all part of community.

The harmony comes when you realize the interconnectedness and accept everything around you as YOU ~ as part of who you are. The rug that gives of itself for you to be comfortable is energy and is part of The Universal Consciousness ~ just as a plant, a mineral and flowers are all part of The Universal Consciousness.

As you journey within Self, one of your goals is to connect more consciously with your Energy Circle ~ to become more attuned to those energies who are part of other kingdoms that have become part of your Energy Circle, and they with you. That is the concept of community.

It is easy to connect with other humans, or other animals, or other minerals, or other plants, or other carpeting, or chairs that you feel harmony with because you have had connections with those energies in other lifetimes. You have memories that bring those lifetimes into a sense of connectedness in this particular lifetime.

What becomes more difficult is searching out all those other energies that are important to your existence and yet you have either dismissed them as unimportant or you do not

want to admit that you are connected ~ or you have had some past lifetime experience that was negative and has created a sense of imbalance.

Why is it that when you meet a particular animal, they may wag their tail and be very happy with you, and to the person next to you they will growl. There are reasons for this ~ there are energy connections.

You all exist within each other, and yet you exist outside of each other. Therein is the paradox ~ how do you exist within each other and yet outside of each other?

Going within Self helps you to learn and synthesize. The journey within Self allows you to connect with your Energy Circle, which then allows you to connect with higher levels of Energy Circles.

This then allows you to truly connect with The Universal Consciousness and to move into sub kingdoms and kingdoms of the sub kingdoms and sub kingdoms of the kingdoms. You can have a better understanding of the flow of your own path as it relates to the flow of the path of another, be it human or any other.

Be careful of dismissing anything around you as inanimate ~ not worthy of Respect. Everything is energy. The consciousness that a particular object may have will be different from the human consciousness.

Each kingdom has its own type of consciousness. When you are in The Human Kingdom, you are in the human consciousness. When you are a rock, you have the rock consciousness. When you are a pillow, you have the pillow consciousness.

There is nothing superior or inferior in this discussion. It is simply different ~ different consciousness ~ all storing memories, all storing knowledge.

The more you are able to tap into your own Soul's journey from kingdom to sub kingdom, to kingdom to sub kingdom, the better you are in your return back to The Universal Consciousness ~ the easier your journey becomes.

If you have taken on many other kingdoms before coming into The Human Kingdom and are able to connect to those kingdoms while in The Human Kingdom, it makes your journey in The Human Kingdom much more enjoyable ~ much easier. You are able to look at others around you and understand their journey.

While you may not know what their journey is, you understand that they journey ~ just as you journey ~ and you RESPECT that journey. You may not believe it as true for yourself, yet you Respect it. You may not agree with it, yet you Respect it because it is the entity's journey.

On the earth plane many find it difficult to respect the journeys of many who are in the public limelight, who profess hatred, discrimination and spew out what you might

consider negativity. There is much hostility ~ this is part of the cleansing and part of the ending of the current illusion.

At the same time, there is much light emerging. You must hold on to this. Recognize that while it is the darkness that is getting the attention, it is the light that always wins ~ always prevails.

Those who are bringing a great deal of dispute into the energy field of the plane are fulfilling their path. Remember that there must be upheaval in order for there to be balance.

It is up to you to hold on to your own light, your own sense of connectedness, for as much as you would not want to admit it, those who spew out words and ideas that you find abhorrent to your own philosophies, are connected to you ~ for you are all connected. You may be connected at a very far distance ~ nonetheless, you are connected.

Just as they are able to have an influence upon you or others, so, too, can you have an influence upon them. You may not see a direct result of it. So, simply send the light. For just as they are able to send dark thoughts that affect other energy forms, so, too, are you able to send light to affect other energy forms. This is what an understanding of community is about.

Community is nothing more than connectedness with all energy. Clear your energy fields of the bias that you have that there is a hierarchical order of superiority to energy forms. There is none. You as a human may go into The Plant Kingdom next or you may become a pillow next. ☺

Remember that no energy form is superior and you do not know, most times, where you have been in the scheme of the kingdom building. Certainly then, if you do not know where YOU have been, you do not know where another has been. The pillows may have been in The Human Kingdom in their last kingdom journey. You do not know.

And it is, therefore, the reason why respect must be given to all, for when you become a pillow, you would want to be respected. And if you abuse a pillow as a human, then you certainly will be abused when you become a pillow.

Respect and love all that surround you, and you will then receive back respect and love. It is a simple philosophy and it is the secret to effective community existence. It is as simple as that. Respect and Love Self and then Respect and Love Others.

Why is there so much disrespect and hate on the earth plane, you would ask?

Our answer is that this is the way of balancing and learning to Respect Self ~ of learning love, for if you are not respected by another, be it human or any other kingdom that shows you disrespect, you are forced to look within Self to determine why you were

treated with disrespect, or why someone levied hatred toward you. You are forced to go within Self to journey to your Higher Self, your Soul, your Energy Circle

This is quite simple and yet the most complicated of concepts.

I understand your definition of community to be the integration of many kingdoms. I have always wondered why, when I am by myself or an animal is by themselves, I can be peaceful and harmonious. Yet, when we come together, there tends to be hatred and fighting. Why is this?

You have raised a pivotal point in the journey on the earth plane. Yes, in isolation, you are very happy. You have only yourself. You do not have to work with those who might disagree with you or be at a different point in their journey, so that their awarenesses of light are different from your awarenesses of light.

The Human Kingdom is one of the more violent of the kingdoms. The Animal Kingdom is not as violent as The Human Kingdom, even though it seems that it is. The Mineral Kingdom is, actually, of all the kingdoms, the most violent.

Yes, when members of a kingdom come together, there is conflict ~ that is the way of the earth plane and the scenario that has been set up as one of the conditions of the earth plane ~ imbalance, conflict. It is the opportunity to come in to a training ground that has conflict built into it so that you can work through the conflict and become loving, respectful and harmonious. When that occurs, you have completed your journey on the earth plane.

As you journey, you meet other humans who are still in the process of learning respect, love and harmony, and thus they would view you as different. You have different views, you have different beliefs, you have different attitudes, you look different and they would say, "You are different from me and, therefore, you threaten me." The reason for that mentality is a lack of respect within Self, and therefore an inability to love.

The earth plane has conflict, except at the very beginnings of each new illusion ~ that is the way. When The New Illusion is set up, there will be a period of harmony and restfulness. Then it starts again and continues until it reaches the end of the illusion ~ such as you have now ~ where exaggerations of disrespect and Self hatred are present.

What you observe is not unusual. It is the way of the earth plane. It is the way in which you build your own harmony. You either become a part of a movement to get rid of the negativity ~ for that may be the path you have chosen ~ or you simply work within Self and your small arena of life to make positive, light filled changes.

Did we receive a gift to be born during this time where we might experience this brief period of harmony and restfulness at the beginning of The New Illusion? Or did we somehow earn this?

All is earned ~ there are no gifts given out. That is not the way of The Universe. You EARN everything that you receive ~ whether it is light filled or dark filled, you have earned it.

Those who will remain for the startup of The New Illusion have vibrationally attuned themselves. That has been hard work ~there is nothing easy about it. If you are not able to stay for the startup of this illusion coming, there will be another one coming in ten or fifteen thousand earth plane years. ☺

There is always the opportunity. You come onto the plane in the next illusion after it starts up again and you work your way through ~ you come to the end of the illusion and maybe it is time for you to have that peaceful, harmonious time, for you have earned it. You have worked hard ~ you have learned many lessons so that you can experience harmony on the earth plane.

It is now time to apply the concept. Francis, a member of our Spirit Group, will speak through Mushiba to give you a focusing tool that can be used as a reinforcement of the concepts that we have discussed. We will return upon his completion.

Community of Self Application

Francis: The blessings to all of you. It is with great pleasure that we speak before you.

Waith has given you much information regarding the concept of community and that it is much more than human energies ~ and more than animal or mineral. It is the chairs upon which you sit, pillows, rugs, lamps, light bulbs, fans in the ceiling, ceiling tiles, rubber balls ~ it is everything that surrounds you. Community is the focus that each of you must take as the second step in your Search for Self.

Jenjura gave you the first step ~ the Webbing Effect. The second step is the search for the Community of Self. We will give you a focusing tool that will bring you into a sense of community. It is something you must work at daily ~ this sense of community. You need to learn how to communicate, at some level, with all the energies and the encasements in which they take form, that surround you.

Select in this classroom a community member that you can hold during this focusing. We will not define COMMUNITY MEMBER so, simply take a moment, move about and gather in your hand anything that you would want to participate with you in this focusing.

This is a focusing that you can do by yourself or with groups. It is easy to form a community ~ you simply have to get dressed, and you have formed a community! ☺

Focusing Tool Community of Self

Hold your community member as if you were playing and hugging.

Call upon the very highest of the white light by saying, "I call upon the very highest of the white light ~ I call upon my Angelic Protector and Spirit Guides.

Breathe slowly, peacefully, in a way that is comfortable for you.

Focus on your community member ~ surround it with white light and send it the love from Self.

Surround your entire energy field with a circle of white light and begin to turn that circle around and around ~ slowly moving around and around your energy field ~ it is white light in a circle surrounding your energy field.

Call upon the Energy Circle of which you are a part and bring it into the white light circle that surrounds your energy field.

A circle of white light surrounds your Energy Circle and protects it ~ the white light moves around and around and around.

Feel yourself being drawn into your Energy Circle ~ there is a spot for you ~ it is your spot in your Energy Circle.

You are drawn into your spot ~ feel connected with all the other energies that make up your Energy Circle.

Look to your right in your Energy Circle and see the member of your Energy Circle.

Look to your left and see the member of your Energy Circle.

It is time to communicate with the others in your Energy Circle.

Focusing Time

It is time to leave your Energy Circle.

Move from your spot and connect the energy that was on your right and the energy that was on your left ~ bring them together to protect your spot.

Leave a part of your white light in your spot, for now you will recognize it immediately as your spot.

Bring yourself back into the center of the circle of white light.

Feel yourself surrounded by the white light of protection.

Send your Energy Circle back into the dimension in which it exists.

Focus now on the community member that you hug ~ the way in which you hug this member is the way in which your Energy Circle hugs you and each member in the Energy Circle.

It is time to bring yourself back into the concrete consciousness.

Slowly return, still hugging your community member.

Stay relaxed and in the position that you find yourself.

Breathe in now through the mouth and out through the nose.

You are relaxed and comfortable with the community member that you hug and give love to.

Return now, fully, to the conscious state ~ take a deep breath to ground yourself.

Continue to hold the community member.

End of Focusing Tool Community of Self

This focusing tool can be used to bring yourself into your Energy Circle and stay as long as you want ~ it is your focus time.

Go into your Energy Circle and become connected with all of the other members. You and the others in your Energy Circle have designed it, have brought it together ~ tune into that and you will begin to feel the sense of community. And as you recognize everything to be part of the community in which you exist, you will begin to find Self.

The Search for Self involves those with whom you interact. Every energy that is part of your vibration ~ immediate, intermediate and long term ~ ultimately is part of your community and The Universal Consciousness is the ultimate community.

So, first look within Self ~ the Webbing Effect. Find your way through your own maze, as has been given by Jenjura. You have that in motion and then go into your Energy Circle ~ the sense of community.

We have given you the broader concept of community. There is no hierarchy in community and no superiority ~ only equality. All that makes up your lives is equal. You are not superior to the rug ~ you are not, as humans, superior.

All energy is of the same standard. What sets energy apart is the role that is played by each energy in the community that it forms ~ it is all a role that is played.

Remember that you are never alone, no matter what you might think ~ this is the joy of community. And it need not be another human. While you may be without a human in your vibration, you have all around you that which makes up your life ~ it is energy.

Connect with that energy. None of you is ever alone ~ it is only the ILLUSION of aloneness that makes you feel that way.

It is impossible to be alone in The Universe. Your encasement is a community member. Your energy is encased. You, therefore, always have something hanging around. 😊 😊 Love all that surrounds you and it will work WITH you rather than against you.

Waith will return now. We send you all now an energy of cohesiveness filled with light. Farewell.

Thank you Francis.

Waith: *As you attempt to integrate the concept of COMMUNITY OF SELF, visualize Francis in your focusing and he will come to you either directly or send an emissary to be of service to you.*

In our next class Teetee, of our Spirit Group, will help us in the discussion of GROUP BALANCING



Search for Self ~ First Level

GROUP BALANCING Concept

*Waith: In our last class, we discussed the concept of the Community of Self ~ the bringing together of the group. Once the group has been brought together, balancing immediately begins to take hold. Teetee, a member of our Spirit Group, will be assisting us in this discussion of **GROUP BALANCING**.*

Group Balancing comes directly from an understanding of the Energy Circle. When you are on the earth plane, it is a very specific type of Energy Circle in which you find yourself. You have the resources of many other energies in various kingdoms working in harmony with you to help in the overall sojourn on the earth plane.

*Let us look at this wonderful situation that occurs on the earth plane called **GROUPS**.*

For purposes of this discussion, Group Balancing will refer to the same kingdom ~ we will keep it in that simplistic form. A future discussion will bring in group balancing with other kingdoms.

Thus, it is almost impossible to avoid being in any kind of group if you are living on the earth plane as a human.

*Most difficulties that humans **PERCEIVE** to have in their path is not that they are trying to balance with an animal or mineral companion. Rather, they are trying to balance with a family member or a work associate or some other human who enters into the vibration.*

What we give you for concept in human kingdom balancing ~ same kingdom balancing ~ would relate also other kingdoms in their same kingdom balancing efforts. For example, animals are also gathering in groups where they balance with each other ~ and the plants and the trees, the air.

How joyful it is when you are in a group and all is harmonious. You all get along~ you laugh together and understand each other. There may be some differences, yet they are so minor that it is not even noticed. It is a grouping, then, of tremendous similarities. You have spent many lives together ~ working through many issues ~ bringing you to this point of such harmony.

*A group can be two or more entities ~ that is how **WE** define a group.*

So you are with one other person, or two others, and you are in a mutually agreed upon activity, whether it is a social, work or family activity, and you are in harmony. This is something you have worked toward during many lifetimes to achieve. Many on the plane have these kinds of groupings. We focus, first, on the harmonious groupings to remind you that it is possible, and indeed, quite prevalent.

Many tend to forget the harmonious groupings in which they find themselves. They focus more on the inharmonious ~ the conflicts, those groups where no one seems to get along, where there is disagreement, where it is difficult to find the similarities and much easier to find the differences and to focus on those differences.

You must first look at your life and find the harmony in it, find those groupings where there is relaxation and laughter ~ Lightheartedness, joyfulness, a mutual sense of purpose. Find those first and foremost, for that is a sign of your success from other lifetimes.

You must remember that you have been successful. You are here. You live in groups. It means you are doing something right. You tend to forget that and to focus only on that which is NOT working.

Focus FIRST on that which IS working, and on a daily basis remember your success at group balancing. Make a list, if you need to, of the groups you find yourself in harmony with. One other person, remember, makes a group. ☺ Make that list and keep it with you. Use it as a concrete example to help you remember that you have, indeed, been successful ~ you have brought into this lifetime a harmonious relationship.

When you do this, you are able to take the step into the arena of conflict and disharmony. You find yourself in a group situation where no one agrees, where you want to take your hands around the neck of someone in the group and shake them and say, "Listen, listen ~ see it my way." ☺ It is a natural response when one becomes frustrated in a group interaction ~ a natural response that an energy takes along the path of awareness.

The more aware you become of your own role in Group Balancing, the easier it becomes to let go of those moments when you want to shake someone and although it may not go away completely, it is not to be a response that consumes you.

The reason for Focusing to Gaining Self Awareness is to find the reasons for the imbalance in the group so as to give you better insight as to why you are out of balance. Remember that no matter how out of balance you are, through hard work and perseverance and continual seeking of insight, you are able to smooth out the imbalance and bring about harmony.

The search for harmony is a step by step process ~ it does not happen in one momentous experience. It comes about slowly, and then at some point, it has accumulated so much that you see all of the tiny steps as one large step and you feel as if you have made a breakthrough.

The breakthrough in achieving harmony within a group comes through many small, incremental behaviors.

Look within Self to determine what your role is in the Group Balance. Is it you who is the primary person to balance with others in the group or are there others in the group who have that position ~ that they must be the ones to primarily balance with YOU or with OTHERS in the group.

Generally, with Group Balancing it is not all equally distributed ~ you do not all have the same amount of balancing to do with each other. It is generally disproportionate for if you were all equal in your imbalance, then you would be balanced. ☺ So you must be disproportionate in terms of who has to balance with whom.

Your first step is to understand what proportion you have in this group balance. Then you look at your alternatives for action, followed by choosing one of those alternatives. You have many choices. Many of those choices will be presented to you during your focusing time.

Teetee will give you a focusing exercise that may help you to determine what your alternatives are and which alternative you could choose.

Some of the alternatives open to you would be to leave the group and say, "No, no ~ not this time." You are able to do that ~ you simply leave the group. Another, of course, is to dig in, entrench and say, "I will not leave under any circumstances." So you have the two extremes ~ run away to face it in another time, or entrench.

In between these two extremes is where most group balancing occurs. You may work on it for a while, and then move away from it, having gathered a bit of experience.

You may be the catalyst in the group, and if you are, that in itself brings about a whole set of alternative behaviors. You are the irritant in the group ~ that is your role. You get everyone riled up ~ you are the carrier of the imbalance, a role that is played in a group balancing.

Or, instead of being the carrier, you are the receiver. Someone else in the group is the carrier and comes to you and just by looking at you makes you irritated, pushes the little BUTTON in you that says, "Leave me alone." When that little button is pushed, that is a signal.

When you become emotionally involved in an irritating way to the way someone has acted toward you, that is the signal from The Universe. Remember that feeling and take it with you into your focusing and ask, "What caused this ~ why does that person push my buttons the right way?" Through your Focusing to Gain Self Awareness you may be able to find the reason.

It could be something as dramatic as this person cut off your head in another lifetime. Or in another lifetime you were brothers and sisters and you were the brother and the other person was the sister ~ or vice versa. Perhaps you fought all the time in that lifetime and this person who pushes your button now used to get away with this behavior in another lifetime and you were always blamed for it.

Now you are back together in other roles and you are remembering at a Soul level that you were always blamed for the behavior of this other person ~ and how do you respond now. You have not worked through it ~ you have not balanced with this individual. The button is still pushed.

Think of yourselves ~ each of you ~ as one big button, with a series of little knobs on that button that represent points of imbalance with other humans. Visualize yourself as a smooth button. All over that smooth button are little knobs. Those little knobs stick out and until all the knobs have been smoothed within this particular group balance will you then, and only then, feel a sense of harmony with the group.

However, remember that you are still a big button, and even if you have come into harmony with a group, The Universe will occasionally PUSH THAT BUTTON ~ smooth as it is ~ to make certain that the harmony that you have achieved in a group continues to be harmonious. Remember, you are all tested regularly for lessons that you think you have learned and issues you think you have completed.

As harmonious as you are with another or with a group, occasionally something comes in and things get fluffed up~ sometimes ever so slightly. It does not threaten the harmony of the group, generally, because there is awareness of the harmony and that there is just something coming in to try and create conflict and disharmony.

Do not take for granted the harmony that you have achieved ~ you must work at it.

If you did not have a group, what would you do? How would you work out your issues? Think about this. You might like to say, "Oh, I wish I didn't have to worry about working in groups ~ I don't have any group balancing ~ I've done all MY group balancing ~ I'm very evolved ~ I have nothing more to do." Well, if that is the situation, there is no reason to be on the earth plane.

So, if someone were to say to you, as many elitist do on the plane, "I have worked through all of my issues with Group Balancing ~ I am in complete harmony ~ I am One with The Universe," do not believe them.

In this class on Group Balancing, you have come together as a group for the first time, for there is a new member in this group ~ in this particular class. Many of you have been to the other classes for the Search for Self ~ however, for this particular class, it is the first time that you have all been together ~ in this scenario. Do you think that it is the first time that you have ever been together as energies?

We know better! 😊

You know better! Many, however, do not understand that concept and would say, "Well, there has to have been a first time ~ for the first time." Even though it is the first time in this dimension that you have formed a group, it is not the first time. How is that possible?

The answer is quite simple. It is the first time as HUMANS that you have been together. It is not the first time as ENERGIES that you have been together ~ for you are connected at the highest of levels of energy.

No grouping of entities is ever gathered for the first time in a training ground. You bring into this classroom a shared experience ~ it is not coincidence or randomness that brings each of you together in this gathering. You might ask, "Why this group?" Why not, we would answer. Look to the reasons for bringing the group together, rather than thinking that it is some type of random event by saying, "Oh, well, we'll never see that person again" or "We'll never be in this kind of group again."

Instead of viewing it that way, go to each other and simply out of curiosity find something that you all have in common. Determine if this group is harmonious or if it appears to have some ripples in it.

It is a game. Whenever you find yourself in a new grouping, look about you. View it as a game and say, "Who is in control ~ who has the power in this particular group ~ is there more than one ~ am I the point of power or is someone else?" And if you see another as the point of power and you think that YOU should be the point of power, then you know that this is going to be an inharmonious group ~ for you. Maybe not for someone else, however.

And that is another red flag at an earth plane level. How at peace do you feel in a grouping? Do you feel comfortable or do you feel out of place or do you feel that you should be in another spot. You think, "What am I doing in this group?" You are in a group for a reason ~ accept that and play with it ~ use it to your advantage. The more groups that you can make harmonious for yourself, the stronger you become.

Your lifetime journey may be to work with many, many different groups, some of which will smooth out. You will have the harmony that you wanted for that particular experience or you will simply say, "Enough is enough ~ I have done what I can do ~ it feels as if it is time to leave this group" ~ and you go.

Oftentimes entities will prolong their own agony and say, "I must stay in this group ~ it is written in stone that once I commit, I can't leave." This is incorrect. You can leave at any point. It is simple.

If you have not completed the harmony PERCENTAGE that you had hoped to achieve in this lifetime, so what? It just means that the PERCENTAGE goes back into The Toy Box and you must ~ at another time ~ bring it out and play with it again until you complete the percentage. (Waith's discussion of THE TOY BOX can be found in the WAITH TRANSCRIPT, PLAYTIME ON THE EARTH PLANE)

Did I understand you to say that even after group balancing has occurred, that the growth of the individuals in the group will make it continue to be out of balance?

It is the group itself that continues to redefine its own balance ~ for no one outside of the group can define what it is that has created the imbalance within the group. It is only the group itself ~ and there is a continuation of that definition.

You may be in a group, for example, of four individuals and you begin to smooth out the relationships. Two of you are working well with each other, and two of you are not and the two who are working well decide to try and bring harmony with the other two ~ and you may achieve a bit of balance.

Then you redefine yourselves because now there is a different harmony in the grouping. It is continual.

Let us now go to the application of the Search for Self through the issues of Group Balancing. Teetee will enter in through Mushiba and lead you in a focusing that you may be able to use as you attempt Group Balancing in your own lives.

When Teetee has finished, we will return.

Group Balancing Application

Teetee: *Hello! You are a marvelous group!*

Hi Teetee!! 😊

The focusing tool that I have for you is for Group Balancing with a component of Lightheartedness ~ not one where you would sit and be heavy. It is one in which you look to the group for lightness ~ for achieving harmony through laughter.

The group must not take itself seriously. There must be a sense of happiness ~ and we will show you how to do this. It is very simple and one you can easily apply to other group balancings.

Focusing Tool Group Balancing

Stand and form a circle holding hands.

When you use this tool, appoint one in the group to be the leader ~ who will stand outside of the circle. That one person will lead the group in the focusing. I am the leader for this time and whatever it is that I say and the direction that I give is what the leader would be responsible for.

I jiggle my hips! Now all of you jiggle your hips, jiggle your hips, jiggle your hips.

Follow me! Jiggle ~ jiggle ~ jiggle.

Move your little feet! Jiggle ~ jiggle ~ jiggle.

Move your little hands! Jiggle ~ jiggle ~ jiggle.

Hold on to your little hands! Wiggle ~ wiggle ~ wiggle.

Move your little hands around and around and jiggle ~ jiggle ~ jiggle.

Now we laugh ~ laugh ~ laugh.

Now we laugh ~ laugh ~ laugh. Jiggle ~ jiggle ~ jiggle. Wiggle ~ wiggle ~ wiggle. Ha ~ ha ~ ha! ☺ ☺ ☺

We are balancing! Say it now!

We are balancing! We are balancing! We are balancing! Ha ~ ha ~ ha! Heel! ~ hee ~ hee! Jiggle ~ jiggle ~ jiggle. Wiggle ~ wiggle ~ wiggle. We are balancing! ☺ ☺

Slow down now ~ quiet ~ quiet.

Take a very deep breath ~ Ah-h-h!

Another very deep breath ~ Ah-h-h!

One more very deep breath ~ Ah-h-h!

Squeeze the hand of the person on your right.

Squeeze the hand of the person on your left.

Squeeze both hands.

As you squeeze, send beautiful white light ~ it is a shot of energy that you send to each on the side of you.

You are bound by some Universal force that has brought you together ~ be joyful in the reunion.

Feel the white light surrounding your encasement ~ it is the beautiful white light of protection ~ it surrounds you and comforts you.

Slowly it begins to move to your right and mingle with the white light of the one next to you.

Send your white light to mingle with the white light of the one to your left.

Feel the circle filled with the mingling of protective white light, for the group becomes One.

Say, "I call upon my Angelic Protector to enter into my vibrational field to provide harmony and peacefulness to my energy field and to all of those in the group."

Say, "I call upon my Spirit Guides to enter into my vibrational field to give me the guidance and the help necessary to learn why we are all together."

Relax and envision your Spirit Guides and your Angelic Protector surrounding you, comforting you, guiding you.

Focusing Time

The leader now enters into the circle ~ do not break the circle. ~ and with hand extended outward, will move around the circle, smoothing the energy that comes from the Angelic Protector and Spirit Guides.

It is the leader's responsibility to keep the energy smooth. You are all part of this group and you acknowledge the leader for this focusing as the one to keep you together during this time.

Breathe in deeply in a way that is comfortable ~ several times.

Visualize a very beautiful white light filled with purple and gold ~ it is a ball ~ soft and fluffy.

Visualize it resting on the Crown Energy Center.

It now begins to pulsate ~ feel its energy ~ it moves around the flat surface ~ feel it moving around.

As the leader, I have my hand placed over my Crown Energy Center, encircling, as a way of directing the energy of each of you.

Around and around, you feel the energy moving ~ you are spreading the purple, gold and white energy light around your Crown Energy Center.

I bring my hand, now, down to my Heart Energy Center.

Visualize the color pink at your Heart Energy Center ~ this is a way to give love to those with whom you balance.

Feel the pink light of love filling your encasement and feel now the purple, gold and white at your Crown Energy Center, seeping in through your encasement and mingling with the pink light of love.

The higher powers of purple, gold, and white combine with the love energy of pink from your Heart Energy Center.

You are filled with the higher power of love ~ it is what you use to love each other, unconditionally ~ and this combination of white light fills your being with nonjudgmental, unconditional love.

You will now form an energy circle of the purple, gold, white, and pink light.

We begin with this entity who will be the pivotal point in the circle.

It begins with the right hand moving the infusion of light through the hand and up through the hand of the person on the left.

It moves up ~ and I will follow it around for this demonstration.

It moves down now, the left, down into the right and up to the left, going around and down and up and down, all the while merging with each energy, around and down and up and over and down and up and around to the source.

You are all connected ~ and the leader goes around and smoothes the energy thread ~ for now it runs through you.

You are all connected with the higher powers of love ~ feel the connection ~ it is joyful ~ it is peaceful.

It is at this point that the leader determines how much time you stand ~ or you can be sitting ~ for the focusing.

We will keep you in this state for a few moments.

Relax, close your eyes, and feel the connection that you have with each other ~ relax and enjoy the feeling of the higher powers of love.

Focusing Time

The leader has been standing quietly in the middle of the circle and will bring you out at whatever time is appropriate.

You have an energy connection now that will keep you bonded until it is time for that bond to no longer be.

Breathe in and out slowly now several times.

This is the way to return back into the conscious state ~ keeping your hands together.

Sway in the circle ~ back and forth ~ movement ~ back and forth ~ to feel the bond, to move it back and forth.

Wiggle ~ wiggle ~ wiggle ~ move your hips.

Wiggle ~ wiggle ~ wiggle ~ move your feet

Wiggle ~ wiggle ~ wiggle ~ move your hands around

Ha ~ ha ~ ha! Wiggle ~ wiggle ~ wiggle! Move ~ move ~ move! Hee ~ hee ~ hee ~ Wiggle ~ wiggle ~ wiggle!
(Teetee does a series of ha~ ha's and hee ~ hee's)

And now everyone hug each other ~ hug! Do not miss anyone!
Hug! (Chit chat and laughter as people hug each other)

End of Focusing Tool Group Balancing

How beautiful! How do you all feel?

Great! Uplifted! ☺

Group Balancing should be thought of as a happy occasion, not as one of duty and horrible feelings where you think, "Oh, we are together again ~ we must work out these issues." This is not the attitude to have. The attitude is to embrace each other, to love and to laugh ~ that is how you all get through Group Balancing. ☺

Group Balance is the way of The Universe ~ it is not unique to any one entity. It is what makes up the game outside of The One ~ the group balance. It is to be heralded with great happiness for it is the opportunity to share experiences. That is the joy ~ to share with each other.

In this class you have reinforced your group. And in other times, in other lifetimes, you will meet again and have a Soul memory of this time together ~ it will be a joyful, happy, fun filled memory.

It is the joy filled memories that you seek to bring into your vibration. Cherish it ~ hold onto it ~ love each other.

When we're in a group and don't have this kind of cooperation, where do we begin.

First you shake them very hard and say, "Pay attention! Pay attention! I want your cooperation! I want your cooperation! Cooperate or else!" ☺ ☺ While we say this in a joking manner, actually the concept is quite real ~ to be lighthearted among those who might not want to cooperate.

You can use this tool in a modified way. You do not have to use it in its totality if you find that others are a bit hesitant. You could take a part of the group ~ you and one other or you or two others ~ and simply say, "Let us sit and smile at each other."

Or, you start the process. Smile at someone in your group who might not be fully cooperating. It will drive them nuts! ☺

There is always one, at a minimum, who needs to be the leader in bringing the group together ~ especially when there is difficulty in bringing the group together. Some groups come together very easily and say, "Yes, let's do this focusing in its totality."

The purpose of this tool is to bring a sense of Lightheartedness into the group ~ and the concept is laughter, smiling and joyfulness.

For some groups you may need to work on that a bit before you can even hold hands ~ and that is all right. You begin with a concept of reaching out when you know that it is a group balance issue.

If you have the wisdom and the insight to know that, then it is YOU who reaches out to bring harmony into the group ~ if only by going initially to the person, and saying, "Hello, my name is!" and smiling and ever so gently touching ~ if not the encasement, smoothing the energy field ever so slightly.

Group balancing is done step until finally the steps bring you together into a circle and you are able to do this focusing. It is based on your own styles as entities as to how you bring harmony into a group balancing.

We send you all bright, fluffy, purple, gold, white and pink light of unconditional love.

Thank you, Teetee

Waith: *What of Group Balancing? What do you have as questions or concerns?*

It was a very easy method. I suppose that if the energy is so heavy that it can't include everybody and I'm concentrating on making a move, a smile is a great way to start.

Oh, indeed! You see how the energy field LIGHTS UP when the smile comes on the face. It then moves all the energy in your force field to a sense of lightness ~ and that has a contagious effect upon those around you.

There is so much frowning on the earth plane today. Energies are troubled by the world events. They feel that it would be disrespectful to smile ~ for there is so much negativity. If there is negativity and you say, "We will not be happy ~ we will be part of the negativity," then the negativity begins to feed on itself. And very soon you are, indeed, surrounded only by negativity.

Be the one in your group who smiles, who breaks that heaviness.

Should we assume that responsibility, or is it sometimes permissible to just dismiss ourselves?

You most certainly can dismiss yourself. You do not always have to be happy. There are appropriate times when, in a particular group, you take yourself out of it ~ for it has become too heavy for you. There is a time to retreat and there is a time to advance. It is in your own growth that you will know when to do which of those activities.

You do not have to walk around always smiling, for then many would think you to be a fool ~ for that, then, is an exaggeration.

Remember that exaggerations, while necessary, are only part of the equation to reach balance. You must find the balance between the smiling and the not smiling ~ and that by not smiling, you are still happy. It is the physical act of smiling that helps you to CONCRETELY bring your energy field into a sense of Lightheartedness. And then it is all right to be contemplative and happy at the same time.

In the past I have tried so hard to spread my positive Self that I've reached a point where I thought I was trying to save the world and the world couldn't be saved. I could feel my energy being drained out, so I have developed a technique of backing off.

Remember that you will not be called upon to spread your energy any more than you would be able to give it. Each of you affects the world in which you live. Do not be concerned with the greater world and think, "I must save everyone ~ I must go here ~ I must go there."

Rather, as the flow of The Universe works, allow the opportunities to be presented to you. You do not need to go searching to spread your joy or your enthusiasm. It will be presented to you ~ and you then respond.

Just as you are presented as an opportunity to another who is seeking happiness or seeking a smile, you would then become the opportunity that The Universe presents to that entity ~ to respond or not. So you are both the opportunity and the opportunitior.

Ah, my love, you are going through the dictionary now saying, "He's done it again ~ he's coined another word!!!"

You made that up! 😊😊

We can do that. We are angels. We can do anything we want. 😊😊

We won't even edit it out.

No! It is part of the joy of this session that it would stay in.

It seems to me that we are constantly balancing, whenever we meet a person. If we've known the person before, we know just how much we can blend with them. If we don't know the person, then we search for that ground that we can find that we will aid and abet one another. We already have a start on balancing, just because we've been doing it for, well, in my case, many years.

This is true ~ from the perspective of The Human Kingdom. You would be amazed at what the other kingdoms do in terms of the FUN of balancing.

Watch sometime ~ when you are in a contemplative mood ~ two blades of grass interacting. Then watch those two blades of grass that are interacting, gather in the blades of grass around them. Watch this when there is no wind that is bringing about movement ~ when there is calmness.

To give you some insight, watch nature. If they think you are not watching, then they will act more than if they know you are watching ~ just as you behave differently when you know someone is watching you than when you do not think anyone is watching you. And so, yes, all energies have great fun if they allow themselves to interact in their Group Balancing.

In our next class Jacques, of our Spirit Group, will assist us in the discussion of the HEALING OF SELF.



Search for Self ~ First Level

HEALING OF SELF Concept

Waith: We will discuss with you, along with Jacques from our Spirit Group, the concept of the Healing of Self. The Healing of Self does not mean the healing of some catastrophic bodily disease. The Healing of Self is much more involved ~ and this is what we will discuss.

Jacques will enter in through Mushiba now to begin our discussion.

Jacques: We bring to you the blessings.

Hi Jacques!

In the Search for Self we now reach the point of healing of Self. We name it the Healing of Self for, by saying the Healing of Self, you take it out of the medical community.

To say, SELF HEALING, sounds as if you are trying to heal some lesion on your foot. And while you may certainly be addressing the issue that has brought the lesion onto the foot, this is not all that is involved in the Healing of Self.

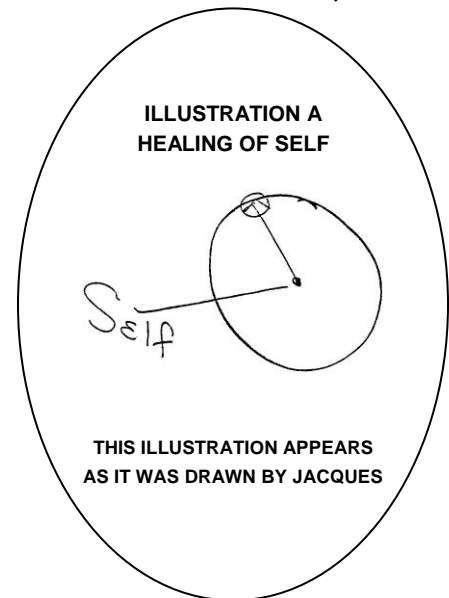
So it is the Healing of Self. We give the symbol of a simple circle with a dot in the middle. (See Illustration A to the right) This symbol represents Self as the dot and the greater Universe ~ the circle.

Each of you is a dot within the greater Universe. Waith has spoken of the separateness and yet The Oneness. If you go back into the discussion Jenjura gave of the Webbing Effect, you will understand, now, that we bring it into a greater focus.

We are going to have you focus on a very single dot that is Self.

You are Self. The very nature of being out of The Universal Consciousness means that you each are disjointed. Being disjointed simply means that part of you is not whole. That part of you that is not whole relates to The Universal Consciousness ~ the circle. It is that part that is not whole that you seek to heal.

Being out of The Universal Consciousness requires an attitude of healing. Every entity must be healed. There is no entity exempt ~ for being out of The Universal Consciousness implies the need for healing. There are elitists on the earth plane who may



say, "I am completely healed ~ I have found THE WAY ~ I have reached spiritual awareness ~ you must have something wrong with you if you have disease ~ you must be healed." These words are inaccurate.

Be proud that you Search for Self through inward observation and healing within.

Every movement that you make is a form of healing.

Let us illustrate. (See Illustration B to the right) The never ending spiral is the journey. This point in the very center of the circle is Self. The circle that we just showed you (Please return to Illustration A) is, actually, this neverending circle.

Look at Self as moving along points in this neverending circle ~ however, they are disjointed points.

In the scheme of The Universe, another entity's journey fills in this neverending circle, and the disjointed component of another entity fits into an open space. Thus, all of the disjointed entities ~ all of you as One ~ fill in the neverending circle.

You need each other. If you do not acknowledge the need for each other, you will free float in space in that middle circle ~ for you have not acknowledged your own disjointed component.

You all fit together ~ that is the scheme of it all.

Paramount in the Healing of Self is Respect ~ the first Guideline for Growth is **Respect Self**.

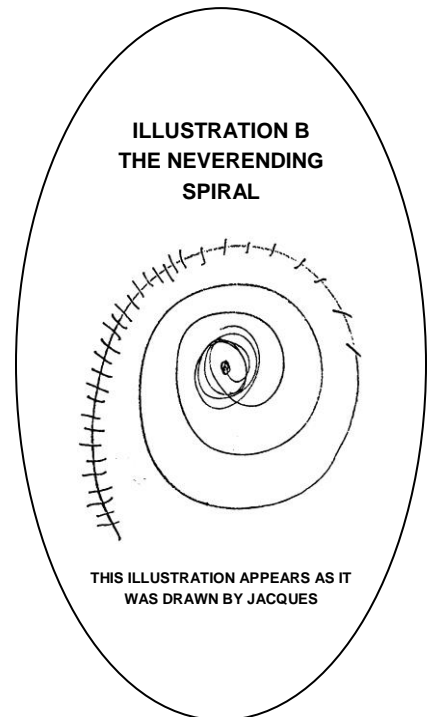
*In order to Respect Self you must
Forgive Self For Needing To Be Healed.*

It is easy to forgive another ~ it is not so easy to forgive Self.

There are many issues that you have brought into this lifetime that compel you to say, "I must work very hard and it's all my fault that I have to do this, that, or the other thing ~ I have to balance with this entity over here ~ that is my fault."

In the quest for becoming One with The Universe, you forget that you are out of The One ~ that you are disjointed and therefore must be healed ~ thus, it is all right that you need to be healed and thus you forgive Self.

This is not as easy as it sounds ~



Forgive Self For Needing To Be Healed.

You all need to be healed ~ every movement that you make is toward Healing of Self.

Physical manifestations of the issues that you all deal with are the end results of issues at some ethereal level, or some other dimension. You say, "It's out of my control ~ I'm here because Higher Self and Soul said I must be here." That is the concrete, logical Self denying the need to be healed, and therefore not acknowledging the need for forgiveness.

The Search for Self means finding your Higher Self ~ yes. However, your Higher Self is not some part of your energy that is sealed up in a little room, to be let out when it has been good ~ it is interdimensional.

Self is simply layers and layers and layers of energy ~ all part of the energy that makes up each one of you. Self is not something separate from Concrete Self ~ it is simply another level.

There is no one to blame. There is no blame. We say that you must Forgive Self For Needing To Be Healed, which, in actuality, is a contradiction. There is no blame ~ therefore, there is no reason to have to forgive ~ unconditional Love.

Unconditional love means not having to forgive, for unconditional means there is no blame. Therefore, there is no NEED to forgive ~ thus the paradox ~ and what the Search for Self is about.

*We now go to the very focus in the discussion of the Search for Self ~ and that is **Self**.*

Who is Self? You must stop thinking of yourselves as separate from other parts of Self and thinking, "There is the Soul, there is the Higher Self and there is the Concrete Self."

We discuss it in terms of separateness to give you an understanding of the levels and the layers of Self ~ yet, they are all One and mingled.

When we talk of Higher Self infusions of energy, we are simply talking about levels of awareness that are brought into the rooted concreteness of your daily activities. It simply means that you are becoming more and more integrated. It does not mean that you suddenly have this wonderful new way of looking at the world. It simply means that you have integrated Self more fully, and it was a natural flow.

Sometimes there can be little quirks ~ infusions of energy can become caught interdimensionally. That happens ~ sometimes with amusing results. When that happens, there is the power within Self to smooth out the energies. Each of you has the power ~ the only power ~ to integrate Self. Others serve as tools ~ as facilitators.

*Accept the concept that **ONLY YOU ARE ABLE TO HEAL YOURSELF.***

That must be your first acceptance ~ the Healing of Self can only occur within Self. No other external source can heal you. Then, "What of healers?" you would ask.

A healer is a facilitator ~ a doctor, a nurse, a person who works with energy ~ all in the same category as an aspirin. "Ah-h-h, blasphemy!" you would say. ☺ ☺

An aspirin is a tool. A doctor is a tool. The aspirin has things within IT that it uses as a tool. The doctor uses things as tools for his or her work. So the chemicals that make up an aspirin are in the same category as a scalpel.

Let us look at the idea of external sources that help in the Healing of Self.

The issues that you have taken on in this lifetime ~ in every lifetime ~ were done to heal Self ~ to take care of that disjointed aspect.

There are many on the earth plane ~ throughout the history of the plane ~ from one illusion to another who claim to be able to cure you. Whatever ails you, they will cure you. You hear, "Take this pill, it will cure you ~ have this operation, it will cure you." We are not saying that these particular tools are not beneficial ~ and indeed they may serve as cures for the moment, temporarily ~ and, perhaps for the lifetime.

*Be wary of anyone who would say to you, "I can cure you ~ I have the power to heal you." **No one** ~ **no thing** has that power.*

Things and people are tools. It might be appropriate, however, for you to decide that in your journey for the Healing of Self that you need to have part of your encasement cut ~ for that will ease the physical condition in this particular lifetime.

*You do not need to give up all traditional medicine, saying, "I will not go to a doctor ~ that would be saying that I can't heal myself." It says no such thing. It says you simply seek out the tools. You make that decision, unless, of course, you give the power to some other entity **OUTSIDE** of Self ~ which is done frequently.*

*Let us look at others. When we say **OTHERS**, we are not being exclusive of The Human Kingdom. **OTHERS** mean all other energy forms ~ all outside of Self. Others, remember, are needed to fill in the disjointed components of your path back to The Universal Consciousness. Do not give power, however, to others.*

Give Power To Self.

You are perhaps thinking, "Well, of course, give power to Self ~ who does he think we are?" ☺

What does it mean to Respect Self? To Respect Self means that you have given power to Self. And, every day the journey continues to bring more power to Self by respecting Self ~ and the byproduct of that is the Healing of Self.

The Healing of Self occurs slowly, consistently over time. There is not this sudden miraculous cure. It may appear that it happened overnight, where you say, "Suddenly the cancer cells were gone!" Well, you had to work very hard to do that. It may have meant that in lifetimes prior to this one, you had worked very hard on the issues that culminated in this particular manifestation called cancer.

Because of the work done in prior times, it appears that when it came about in this lifetime, you were able to cure it, perhaps telling others, "I had some herbs and went to someone who does energy work, and it happened ~ I was cured!" You were not cured ~ you simply healed Self ~ the result of much work by YOU over many, many lifetimes.

The Healing of Self is the culmination of an issue, and that is what you are all here to do, regardless of the kingdom in which you find yourselves.

The Healing of Self is the essence of the return to The One. If there is nothing left to heal, you are back! So sit back and enjoy your journey and do not bemoan the fact that you have healing. That is what it is all about.

Give Power To Self And Not To Others.

You are your own healer. Do not empower another for that role. Simply go to those who have the tools to help you. Listen to what they have to say ~ they provide tools to you. You can use what you want, and not use what you do not want. They cannot cure you ~ they can only guide you and give you tools.

You said that we have to realize that everything that goes wrong isn't entirely our fault and not hold ourselves at fault because we have to forgive and respect ourselves. If we're not to give power to others, then what is the difference as to whether or not somebody else has a hand in what went wrong? It would seem that we should concentrate on what went wrong with ourselves and to be able to give ourselves the power to heal that.

Yes that is the essence of what we have said. It is the misunderstanding that others give to the concept that creates the confusion. Focus only within Self and do not be concerned about what others are doing.

If everyone, however, focused only within Self ~ as we have said ~ then everyone would be back in The Universal Consciousness. Part of the lessons to be learned revolves around the taking in of the power for Self. The more that you become unconditional within Self, the more you become unconditional with others.

It is the Guidelines for Growth ~ Self comes first ~ then Love Self. As a result, you are then able to Respect Others and Love Others, and the cycle becomes greater.

The more you Respect Self, the more you can Respect Others. And the more that you Respect Others, the more that you can Respect Self.

The philosophy of the Guidelines for Growth is a cycle. ~ it feeds within itself. You are Unified in Purpose. That feeds back to being respectful of Self, and the cycle continues.

You have captured the essence in your comments. It is most difficult, however, to achieve ~ for Self wants to blame something outside of it. Indeed, Concrete Self wants to blame Higher Self ~ or Soul ~ and say, "It was my Soul ~ it made the decision ~ I had no choice." ☺ No ~ it was within Self.

Respecting Self more and more is the result of taking responsibility for Self. It does not mean, however, that you disregard others, for indeed, respecting Self means respect for others. You would not want to act in a way that would be disrespectful of others.

*So being concerned with Self, first and foremost, means that ultimately you are concerned about others. There is nothing selfish about it. It is **Selfless**. The more you respect Self, the more **Selfless** you become.*

It is time now for us to give you an application for the Healing of Self.

Healing of Self Application

*The **concept** of the Healing of Self needs to be understood and appreciated in order for you to apply the focusing tool in its most useful form. To heal physical ailments you must first heal within ~ the **ISSUE** that creates the physical ailment.*

You each take on a percentage of issues when you come onto the earth plane, in general, and in particular when you take on a life. It is that percentage that you focus on in the Healing of Self.

It is not the entire issue of patience, for example, that you would try to heal in one lifetime. It would be a very minute part of that issue that you have taken on in this lifetime.

The focusing tool we will give may help you to gain the awareness ~ from the Higher Self and Soul ~ of the percentage of the issue you have taken on. How much do you have to work on in this lifetime? What must you work on?

There is no tool that categorically says, "Heal me ~ I want to be healed in all aspects." It simply does not happen that way. Parts of each of you are healed at moments in time, as you measure on the plane ~ moments within your own Energy Circle.

This focusing tool is individual and private, one in which, while you may certainly do it within a group, is best done silently. The words do not need to be spoken in the group. We will give you words that you can say silently to Self. Do not repeat them out loud as we guide you. These are words that you will simply integrate within your own mind.

Focusing Tool Healing of Self

Breathe in a way that feels comfortable for you ~ in and out.

Relax and call on the very highest of the white light.

Say within Self, "I call upon the very highest of the white light."

Breathing slowly, say, "I call upon my Angelic Protector."

Relax as your Angelic Protector comes into your vibration.

Call upon all of your Spirit Guides, saying, "I call upon my Spirit Guides ~ please come into my vibration."

You are slowly breathing and relaxing.

Say, "I forgive myself for needing to be healed ~ I respect myself ~ I love myself."

Feel the presence of your Angelic Protector and your Spirit Guides.

Visualize, now, the issue that you want to work on ~ surround that vision with fluffy white light.

Visualize, now, your physical being approaching this visualization ~ this person, event, behavior.

As you approach this visualization, hold out your hands in unconditional love to that which needs to be healed.

Surround your arms around that which needs to be healed and take it within the physical Self ~ accept it ~ respect it ~ give it unconditional love.

Dissolve the visualization ~ it is melting within your embrace ~ it becomes a part of your physical Self ~ it is the merging of the physical and the nonphysical ~ feel the issue dissolving.

Spend as much time as you need ~ hugging the issue, attempting to dissolve the issue, and always making it a part of who you are at the physical.

Spend a few moments, now, trying out this tool.

Focusing Time

You have been hugging the issue, and now take your arms away from the issue and hold up your hands with the palms facing

outward and toward the issue ~ you can do this physically with your hands or you can do this with your mind.

Send the issue the very highest of your white light from your Angelic Protector and your Spirit Guides and say, "I will return to love you again."

Slowly back away from the visualization until your physical encasement is no longer part of your visualization.

You are feeling the essence of Self now ~ slowly begin to bring yourself back into the conscious state.

As you do this, thank your Angelic Protector and Spirit Guides.

Slowly return to the conscious state.

Move about a bit ~ take a deep breath.

End of Focusing Tool Healing of Self

This tool is one that can be adapted in different ways for different issues. You may devote a block of time to one issue and use the exercise for, let us say, months at a time.

Or you may decide that you want to use several issues ~ one each day. You might say, "I have seven issues that I will focus on ~ on day one I will focus on this particular issue ~ on day two I will focus on this particular issue." And each week on that particular day, you would devote your focusing to that particular issue.

You can develop the visualization that is appropriate for Self. It may simply be the word, or a phrase, or a sentence. You may simply visualize the words, "I do not like the way I respond to people who question my beliefs." That could be an issue that you would visualize.

Visualize those words as if they were in a block form on paper. You may even find it helpful to write out those words on a piece of paper and be holding them as you go into your focusing. Or, instead of closing your eyes, focus very clearly on those words.

You may draw a picture that will help you to visualize. You may have an object that represents an issue. You may, for example, have difficulty in being patient with a child who is part of your life. You could take a toy that the child uses and receive the energy from that to help you visualize the gaining of patience with that child.

You want to be specific. To say, "I want to be patient," could take quite a bit of time in visualizing and in focusing. Rather, be as specific as you can. Take the issues that you deal

with every moment of your life ~ every day. Do not make this some type of abstract situation.

You could say, "I keep getting headaches ~ I must visualize this headache and how I will heal this headache ~ what is causing this headache ~ what is the energy blockage ~ what is the issue in the larger picture?"

This tool is a way for you to meld the abstract and the concrete. You have cut your finger ~ that is not simply a random act. There was a reason why you cut your finger. It may have appeared to be an accident, yet upon further reflection, you would come to understand the behavior that brought about the cutting of the finger. Visualize the finger being cut. Visualize what happened when the finger was cut. This is your visualization for the Healing of Self.

When you understand the issues that you are dealing with, you may, then, decide you need to seek out a facilitator ~ one who is a tool on the earth plane ~ who can help you to further heal yourself.

Someone or some thing may enable you to relax more about the healing of the issue ~ who may be able to give you insight or relief. Taking an aspirin is a facilitator. You do not have to visualize that you are taking an aspirin ~ you can actually do it. 😊 😊

Do not dismiss the doctors currently on the plane. Analyze their ability to be a tool for YOU. As with anything, you do not wholeheartedly embrace someone or something simply because they say they want to be helpful. You must analyze their ability to be facilitators for YOU in the Healing of Self.

Those who work with energy do so because you allow them to work with your energy. Your energy has said, "I go to you as someone who can HELP me to heal myself ~ it is not YOU who will do the healing ~ the Healing of Self will come from within."

Be honest with yourselves. This focusing tool forces you to look at yourself and to be blunt with Self about those issues that nag at you, that gnaw away at your inner being, that create a disruption in the flow of your life.

No one is going to know what you are visualizing ~ this is private and individual.

The most difficult thing that any energy has in its path is facing Self. Yes, you can go to all of these people and things that claim they can bring you enlightenment, that claim they can help you to find THE WAY. They are facilitators ~ do not give them any more power than that.

Do not give power to anything outside of yourself.

Be careful of ANYONE or any THING that claims to be the miracle cure ~ that claims to be able to do it for you. Give it only the power that it is a facilitator ~ not the cure.

*Facilitators can ease and bring about what appears to be a cure. Be careful of the empowerment that you give to any thing and any one **outside of Self**.*

You have Self to acknowledge ~ you have Self to blame. NO ONE and NO THING outside of Self is responsible for anything that is about you ~ you are it ~ face that.

Take a particular issue ~ a behavior, perhaps, that you exhibit with another ~ and write it out on a piece of paper. Write out all the ugly details ~ he said, she said, I felt, she felt ~ all of the things that were a part of the interaction. Write it out.

Use that as a tool for the Healing of Self. Visualize it ~ embrace it ~ love it, for with love, everything dissolves. Love Self and Love Others ~ two of the Guidelines for Growth.

Love Self ~ the love of Self will enable you then to love the issue. Put your arms around the issue and embrace it. When you do that, you take away the power that the issue has over you, for you have embraced it and said, "I respect you and I love you, unconditionally." Gradually, it dissolves. It will not happen the first time you use this tool. Do not expect instantaneous cures of issues.

Over time, as you visualize the words, the activity or the behavior ~ as you hug it each time ~ it becomes smaller and dissolves until eventually there is nothing left to visualize. You have let go of it. By your very embracing of it, you have let go of it.

*That is all there is to it, my loved ones. It is as simple as that. ☺ The power belongs to each of you. Only **you** can heal Self.*

If I have for an issue something that I frame in a positive form, say Respect and Love Self, and then embrace it and it dissolved, then I am dissolving the positive.

*Rather than Respect and Love Self, you would say, "I do **not** Respect Self ~ I do **not** Love Self." Therefore, as you embrace it, the dissolving of the issue of **not** loving Self goes away and is replaced with the positive.*

When you define issues, talk in terms of the flip side of the positive ~ something that must be worked on. You do not need to work on loving Self if you love Self. What you need to work on is not loving Self. You say, "I do not love Self enough ~ I must work on that." That is the context in which you frame issues.

None of our teachings focus on negatives. The sending of love and light is meant to go toward the darker side ~ negatives being the darker side. Sending light is what dissolves and brings the darkness into the light. So, in order to dissolve something, you send it light. That is the concept in framing it in that way.

It is time for Waith to return. We have been pleased to have participated in this component of the Search for Self. Remember that you all have to face Self ~ no one is

exempt. You all face Self until you return to The One ~ get bored and then come out again!! 😊😊

We send to you the healing light of green to smooth you in your journey of the facing of Self and the Healing of Self. Farewell.

Waith: *Jacques has brought into focus the issue of the Healing of Self and its connection to the Search for Self. What questions might you have?*

How do we find our issues?

Ah-h-h, you see, this is an issue and might be, in fact, one issue that you would write on a piece of paper, "I do not know my issues." Before you can begin to use this tool, you would have to face Self.

Oftentimes you do not want to face Self. An issue is right there sitting beside you in the work place, in the home environment, walking down the street ~ any number of situations are presented that create a response in you. Anything that creates a response has a good chance that it is something you are working on.

The Search for Self is not easy. We cannot say to you, "This is how you do it." Only you, ultimately, will know how to do it!

Our next class will bring in a discussion of GENDER HARMONY and Boopsie, one of our Spirit Group members, will assist us



Search for Self ~ First Level

GENDER HARMONY Concept

Waith: Our discussion for this class is Gender Harmony and assisting us will be Boopsie, who is a member of our Spirit Group.

When you come onto the earth plane, you take on what we refer to as a Dominant Gender ~ you are either female or male. The path on the earth plane means that you take on lessons of gender, which means that you must learn the issues of the gender you have been assigned ~ or agreed to take on ~ as well as the lessons of the opposite gender.

In order to do this, you must come into the encasement and live the life of the gender opposite to your Dominant Gender. This is what creates so much interest, challenge and excitement. It is also an explanation for why many on the plane feel very comfortable in their encasement and others feel very uncomfortable in their encasement.

When The New Illusion enters into the vibration, the tendencies that many now consider abnormal ~ same gender relationships ~ will become the norm, and relationships with opposite gender will become what is now considered abnormal.

Boopsie will now come in through Mushiba and give you a perspective of Gender Harmony on the playground of the earth plane.

Boopsie: *Hello! We scan the energy of each of you. There are several in this class whose Dominant Energy is opposite to the encasement taken on. We will not say who, however. ☺ ☺*

Can we ask?! ☺

You can certainly ask! ☺ Whether we answer is another issue.

When coming out of The Universal Consciousness, an energy form is created ~ pops out! What occurs, then, is that gender becomes one of the many challenges that can be taken on. If an energy form decides that it wants to become more than itself ~ to split ~ then it automatically agrees to some type of gender. The gender issues, however, are defined by the training grounds you select.

The earth plane has as its setup, male and female. In other training grounds, this is not the case. There are other types of identity criteria ~ not necessarily what you know as gender.

Coming onto the earth plane, then, brings you into a menu from which you select what you are going to do on your sojourn. One of the requirements MANDATORY for the earth

plane journey is gender ~ you have no choice. However, the choices come in the ways in which you will work through the gender issues.

So you split as an energy, and within that energy split is an instantaneous determination of who will be what. Each of you was in complete agreement with the gender that you have as a Dominant Gender ~ male or female.

There are specific roles assigned to the male and the female. Male and female are not meant to be alike ~ hence, the difference! ☺

The attempt to be alike is a behavioral component built into the earth plane as a training ground. It is not meant that the female become like the male or the male become like the female. In the splitting of energy there is created the need to return back into The One after having achieved a balance within the gender.

If you are female, you will need to learn all of the issues assigned to the female gender. And if you are male, you will need to learn all of the issues assigned to the male gender. However, in order to understand Self, you must understand others. And in order to understand others, you must understand Self.

The Guidelines for Growth indicate respect for Self first and foremost. The only way you can learn that is by feeling within Self that you are achieving the goals that have been determined ~ the only way that you can Respect Self more is by then respecting others ~ the only way that you can Respect Others is to learn of others and their journey.

You come onto the earth plane, initially, in the encasement of your Dominant Gender. If you are male, then your orientation time on the earth plane ~ the first ten or twenty lifetimes ~ is in the male. You become settled and acquainted with the male gender.

The orientation time frame is meant for each entity to be ~ as you would say ~ bombarded with the issues. And, while you may not necessarily deal with the issues, they will be infused into your Soul memory. As you take on the sojourn of the earth plane, you will pull from the Soul memories what you need for each lifetime.

Orientation on the earth plane is a relatively calm, peaceful ~ MAKE THEM FEEL SAFE ☺ ~ environment. When you think it is safe you say, "This earth plane is not so bad after all ~ what were they talking about that the earth plane is one of the most difficult of training grounds and one of the most accelerated of training grounds ~ this is not so difficult."

As soon as you say that, The Universal Consciousness knows you are ready to take on the earth plane and that your orientation time is over, for you have become complacent.

You begin to decide how you are going to learn the lessons for your gender in relation to the opposite gender, for in order to learn how it feels to be female and how others view you as female, you must become male ~ and vice versa. All of the issues of imbalance begin to come into play. You balance for a very short time ~ a nanosecond as you would call it ~ and then it is time to learn more and so you become out of balance.

In Gender Harmony, you learn the issue of love of Self and, therefore, love of ANYONE or any THING different from you ~ and you learn that by taking on the encasement and the life of the gender opposite to your Dominate Gender. It then becomes interesting for relationships are formed ~ the earth plane is a training ground of relationships.

It is not meant to be alone on the earth plane, to come in and journey without another. While it may not be that you have the love of your life, you certainly have many, many around you ~ whether you want them or not. ☺ It is unavoidable.

There are some situations in which there is isolation ~ complete isolation ~ and those are rare and considered a special situation for a particular lifetime. The environment of the earth plane is relationship oriented ~ and it is gender relationships. So what you feel about the opposite gender ~ whether it is good or not so good ~ is meant to be. You must be feeling that way for this is how the play has been arranged.

On the earth plane CURRENTLY, the dominant type of relationship for love and intimacy is meant to be between a male and a female. This was not true at the beginning of this illusion. This particular illusion, however, had built into it opposite gender as the IDEAL. Many of the issues of judgement and patience are built into gender, for those who would view relationships other than male and female are working on issues within Self.

Let us look at relationships. You are female dominant. You have spent many lives ~ many, many lives ~ as a female. You have come into the female body. You enjoy the female body ~ you like the female body. You like the power that a female who truly knows Self can have, and you decide now that you must learn from the male perspective how you look as a female. You may have developed arrogance about your ability as a female.

So, in the planning of your series of lifetimes to come ~ with your Angelic Protector and your Spirit Guides ~ you decide to take on lives as a male.

Planning and actuality are not always the same. From the planning stage it looks easy and you say, "I have developed this great ability as a female, and it will be easy to go into the male and learn." You may have, perhaps, developed an arrogance toward the male gender. As a female, you think it is easy to control them and think, "I have them wrapped around my little finger because I'm so beautiful and because I know how to use my feminine wiles ~ this should be very easy."

As soon as The Universal Consciousness senses arrogance, it pops in and changes what you might perceive to be A PIECE OF CAKE. So, you come in with a male body. The first time you enter in you still feel female. At your higher levels, you say, "Wait, what is this body ~ this is not what I am used to." It has things that you are not used to! ☺ ☺ And you say, "My goodness, this is not quite what I expected."

Then the life of the male ~as perceived by the culture in which you live ~ begins to take hold. You begin to see the way it is to live as a male and how males act toward females

and how females act toward males. It forces you to begin to reevaluate your own attitudes toward the male and toward you as a female.

Arrogance is not allowed in The Universal Consciousness and returning to The One means the elimination of the arrogance that develops because of your journey. It is natural ~ it is predictable ~ it is the imbalance.

Thus, in a particular lifetime, you may, as a male encasement, walk like a female. Or if you are dominant male and you have come into the female, you may act and walk like a male ~ still thinking you have particular parts that you no longer have, and the way that you walk, even the way that you talk ~ your attitudes ~ are dominant male.

The goal is to do a series of lifetimes in the opposite gender so that by the time you reach the end of that series, you feel comfortable in that encasement and have come into a sense of balance between the genders ~ for you hold no arrogance toward the opposite gender. You understand, for you have walked in the life ~ many lives ~ of the opposite gender. This is the goal.

On the earth plane now it is often referred to as COMING IN TOUCH WITH THE FEMININE SIDE OR COMING IN TOUCH WITH THE MALE SIDE.

Generally, it is considered a bad thing for females to get in touch with their male side, while it is considered a good thing for the male to be in touch with their female side. Why is that? It is part of the imbalance, for it must be that each energy comes in touch with its opposite.

Now we move into the issue of relationships with your twin flame or with a Soul mate. Your twin flame or your Soul mate is dominant male and you are dominant female. You spend many lifetimes in the encasement of your Dominant Energy. Then, one of you says, "Wouldn't it be nice if one of us came into an encasement opposite to our dominant and have a relationship?" This situation is where same gender relationships have their root ~ their foundation.

Where you are in your own evolvment of comfort in the opposite gender will determine how that relationship works and how comfortable you are publicly with that relationship.

At the end of an illusion ~ such as is currently on the plane ~ things become exaggerated and they become ready to flip into what will become the dominant type of relationship scenario.

For the past three to five hundred earth plane years there has been a slow movement toward same gender relationships becoming more known and more practiced ~ for more and more energies have deliberately chosen to do this. This is a choice that is made ~ everything is a choice.

If you hear someone say, "I didn't choose to be same gender oriented," they have not connected with their Higher Self ~ for there is the choice.

The startup of The New Illusion will have the emphasis on same gender, and as that illusion moves along and begins to reach its time of closure, the relationship of preference will begin to show itself ~ what will be for the illusion after this one coming.

It is a progression ~ it is predictable. Each illusion in The Portfolio of Illusions has already programmed into it a type of relationship. So you find yourself, now, with issues of judgement ~ others toward you ~ you toward others ~ you within Self. You question, "Why do I have this lifestyle ~ why does someone else have another lifestyle ~ what are these relationships all about?"

They are to bring into the forefront all of the issues that you choose to learn about. Judgement is one of the biggest issues. Becoming nonjudgemental is the goal, and as Waith has said, you do not reach complete nonjudgemental positioning until that very moment of return to The One. So, any energy outside of The One will be judgemental. The issue becomes, then, to what PERCENTAGE are you judgemental.

Many evolve to the point of nonjudgement, where it appears that they are nonjudgemental ~ completely free of judgement. There is no energy outside of The Universal Consciousness that is free of judgement ~ it is an impossibility.

The goal is to take the PERCENTAGE that you work on in a particular lifetime and reach IT ~ then you do, indeed, reach perfection in being nonjudgemental. You may take on one tenth of one percent of the issue of judgement in, perhaps, a series of lifetimes and not just one lifetime ~ so you have a very minute amount to take on in each life. Working through Gender Harmony is one of those specific ways of testing judgement.

Each of you has experienced something relating to gender ~ whether you are in your orientation stage, or at the end of your journey. There is no reason for any energy form to feel that they are better than another simply because of gender ~ or any worse than another.

The issues that you would take on to learn of those judgements are what your journey is about ~ you choose it.

Part of the journey is to learn to take responsibility for what you have chosen.

Open your eyes to those around you in varying types of relationships and understand that they are on a journey they have chosen. They may say, "I would never choose to do anything like this" ~ that is their Concrete Self speaking. It is not the Higher Self and it is certainly not the Soul.

Each of you is responsible for who you are. Nothing outside of you has contributed to that. It has influenced ~ not determined ~ who you are. Enjoy who you are. In the

focusing tool we will give you, we will help you to find who you are by saying, "What is my gender origin?"

Gender Harmony is taken so seriously on the plane. Gender Harmony is considered a contradiction in terms by some who say, "How can the genders be harmonious ~ they are natural enemies." They are not.

Each gender is given a list of things to do in the journey. They are different, and yet they are harmonious. When each of these lists is completed, they come together to form the whole. That is all that there is. It is quite simple.

Do we normally complete our balancing within before going back to merge with our other half?

You will complete the PERCENTAGE of the journey, or the SERIES OF LIVES that you determine to work in a different gender. You must have completed all of those plans before returning to the twin, if that is the case.

You cannot return to the twin unless there has been completion on both sides of the journey ~ one then would be out of balance if you still had several lives left or an issue that had been planned to be resolved was not. Whatever you decide to do must be completed or rearranged and redesigned.

What are some of the specific tasks for the respective genders?

There is quite a list. However, we will give you the primary areas of difference.

The female gender is responsible for nurturing. The male gender is responsible for antagonism ~ this is not a negative. The female is responsible for instigation. The male is responsible for physical strength of the energy at concrete, which brings up a very interesting discussion of switching genders and bringing strength into the physical encasement. These are some of the many issues.

The female is not ~ in every illusion ~ charged with bringing in new entities. In some illusions it is the male who brings in the energies. In some illusions energies enter in a very different way than you are accustomed to in the current illusion. They come in through OSMOSIS ~ and it is the responsibility of the male in those illusions. ☺

The responsibilities ~ as they become more specific ~ relate to the particular illusion in which they are played out ~ those that we have given to you are the dominant. And, if you look at what those represent in terms of behavior, you will see how things happen between the genders.

They are neither negative nor positive from the perspective of The Universal Consciousness. Indeed, they are crude words to describe the concepts, for we have only the language and the cultural implications and perceptions currently on the plane to describe the concepts.

Your goal and your strength as an energy is to know that there are differences and to understand those differences and to be able to work with those differences as a positive attribute and not as a threat.

The more that you have traveled in the encasement opposite to your gender and resolved the issues, the greater will be your ability to understand and be nonjudgemental of the opposite gender.

We will depart for a while. We send you an energy of harmony. Farewell.

Thank you, Boopsie!

Waith: *Boopsie has given you much to think about. There is discussion on the plane now relating to, HE SAID, SHE SAID, and all of the exaggerated behavior between the genders.*

Those who seek growth within Self attempt to rid themselves of those attitudes of gender disharmony and to simply go into any relationship with any gender without bias, without saying, "Oh, he is a male ~ he is going to act in a certain way ~ oh, she is a female ~ she is going to act in a certain way."

As you can move out of those biases and those judgements, you become more loving within Self and more accepting of others ~ therefore more accepting of Self.

As you become more accepting of Self, you become more accepting of others ~ it is a wonderful cycle. It is the cycle of love of Self and respect of Self that goes out to others ~ reinforces and comes back.

If it were so simple as to say male is male and female is female, there would be, then, nothing to really talk about.☺ As has been indicated, it is far more complex than saying, "once a female, always a female ~ once a male, always a male ~ and what you see is exactly what it is in terms of gender and encasement."

This would take all of the fun out of the earth plane experience.☺ Thus, there is the mixing up of what APPEARS to be and what is actually ~ the reality of the plane.

Thus, you are each a Dominant Gender, and required to play in the field of the opposite gender ~ to gain a better understanding of the totality of the roles that have been assigned to each of the genders. In attempting to understand the roles of the genders you must go within Self to first become able to understand your own gender and accepting of your Dominant Gender.

Then, take that acceptance and apply it to the other issues that you are required to deal with based on your own selections when coming out of The One.

Boopsie will return again and give you a focusing tool that she has designed to help you apply the concepts learned about Gender Harmony. She uses this tool in Guide School, for she is at a very advanced level in the learning of gender issues and teaches many who

are new in Guide School, regarding gender issues. Thus, this is a tool that she developed to teach the guides to then enable the guides to teach to any of you who would call upon them.

There are many tools for focusing for any number of activities ~ you can make up your own. It is fun, however, to have someone make up a new focusing ~ a new way of seeking answers. It does get boring doing the same things ~ focus ~ go to Higher Self ~ concentrate ~ sit there ~ think about it ~ come back ~ work on it. ☺ So there is the attempt, then, to give a new toy to play with in terms of focusing, for it is, indeed, the PROCESS that is necessary for the learning within Self.

Gender Harmony Application

Boopsie: Hello again!! ☺

This focusing has proved to be very effective in Guide School. Many of the guides have begun to communicate to many on the earth plane to help bring about the concept that is presented in this focusing.

Gender Harmony is essential on the earth plane, and in all of The Universe. On the earth plane it takes a very different dimension, for there are only the two genders ~ not much to work with. Other training grounds have many other genders! ☺ ☺

Focusing Tool Gender Harmony

Breathe in and out slowly ~ using your nose and mouth in whatever way feels comfortable for you.

Relax.

Call upon the very highest of the white light to surround you with protection.

Envision the white light surrounding you ~ you are fully protected with the white light.

Call upon those who guide you in spirit ~ if you know their names, call them by name ~ if you know them only as Spirit Guides, call them as SPIRIT GUIDES.

Ask your Spirit Guides to encircle your vibration now, so you are surrounded by your Spirit Guides.

Call upon your Angelic Protector who will surround the circle of Spirit Guides with an energy of safety and protection.

You are insulated now ~ your Spirit Guides surround you in a circle and your Angelic Protector has infused a protective energy around your Spirit Guides.

You are in the middle ~ you are the center of attention.

Visualize the encasement that you have taken on in this lifetime ~ female or male.

Sense all of the parts of your encasement ~ visualize your head and your face ~ visualize your hair ~ recognize the gender type of your face and your hair.

Move downward and visualize the top part of your body ~ is it male ~ is it female ~ does it bear resemblance to components of both male and female ~ is it strictly male or female in its composition.

Embrace your upper body with the light of Self ~ you are hugging the upper body and accepting its composition for this lifetime.

Slowly move your visualization downward to that which are the hips of the body ~ and between the hips ~ and the knees.

Visualize the composition of your body ~ is it female ~ is it male ~ does it contain components of both male and female.

Visualize yourself embracing the area between the hips and the knees ~ sending the love and the light of Self ~ accepting the composition of the body as it appears in this lifetime.

Visualize your body from the knees to the feet.

Is the body female ~ is the body male ~ does it have components of both male and female.

Visualize that you are embracing the encasement between the knees and the feet ~ sending it the love and the light of Self ~ accepting the composition the encasement has taken on for this lifetime.

You have now embraced your entire encasement and accepted each part for the gender composition it has taken on.

Some of you are completely female through each of the components.

Some of you are completely male through each of the components.

Some of you will have mixtures through the components.

It is in this examination that you bring yourself into understanding your Dominant Gender ~ you now have connected a sense of concreteness with your physical encasement.

With the help of the encircling Spirit Guides and Angelic Protector, visualize moving into a higher realm of Self.

Visualize your energy floating ~ moving out of the physical encasement ~ protected by your Spirit Guides and Angelic Protector.

As you float out of your encasement, look at the physical encasement and see the components of male and female that make up your encasement.

Envision a very fine thread of light and energy connecting your floating energy to your physical encasement.

You now will take your physical encasement on a journey as you travel into the realm of your Higher Self.

Move out of the vibration of the earth plane ~ envision yourself floating ~ this thin thread connects you to your physical encasement and travels with you without being part of you.

Travel slowly now ~ take your time as you move away from the earth plane dimension.

You are spirit and you are concrete encasement traveling together.

Take the journey now.

Focusing Time

You are slowly approaching your Higher Self vibration.

Move into your Higher Self vibration carrying with you the thread of connection to your physical encasement.

Enter your Higher Self vibrational field ~ feel your vibrational field hugging you ~ accepting ~ loving.

Pull on the string now and bring the physical encasement into your Higher Self ~ gently pull on the string, bringing the physical encasement into the Higher Self.

Your Higher Self, now, looks at your physical encasement.

Envision Higher Self hugging, loving, accepting your encasement.

You are female ~ you are male ~ you are both ~ you come into harmony with the physical encasement within the realm of Higher Self.

Higher Self accepts your physical encasement.

Ask Higher Self to help in understanding the Dominant Energy that you are, for Conscious Self has no control ~ it is Higher Self that understands the Dominant Gender.

Ask Higher Self for Gender Harmony within Self ~ listen to Higher Self give you information about Self's gender.

Whether you are dominant female in a male encasement or dominant male in a female encasement or dominant in the same encasement is not the concern.

The issue is to understand the differences and bring harmony within Self for your own gender and to accept the gender you have taken on for the encasement's life.

Dwell now with Higher Self and hear the answers as they are ready to be given to you.

Focusing Time

It is time to journey back.

Thank Self for providing answers for this visit.

Feel the vibration of Higher Self opening and allowing the concrete to move out of the higher vibration.

As you move out, you have the very thin cord attached to your encasement ~ gently pull this cord and bring your encasement out with you.

Close now the vibration to Higher Self with your love and light.

Feel yourself floating away from Higher Self ~ carrying with you the thin cord with the encasement coming behind you.

Slowly move back into the earth plane vibration ~ feel the concreteness of the vibration ~ it begins to surround you slowly and gently.

You are still holding the cord that connects you to your physical encasement ~ while you are still in spirit form.

Move slowly back into the concrete illusion ~ you are surrounded by your Spirit Guides and Angelic Protector.

Look at your physical encasement now as it positions itself next to you ~ ready to merge.

Love your physical encasement ~ accept your physical encasement.

Your Angelic Protector now opens a pathway for the merging ~ feel yourself moving back into the physical encasement.

You are merged to the physical ~ rest for a moment.

Your Angelic Protector protects and soothes your vibration.

Thank your Angelic Protector and release it back to its position.

Thank your Spirit Guides and release them back into their position.

You are surrounded by the protection of white light.

Visualize wholeness and Gender Harmony within Self.

Accept that you are female and male ~ separate yet One ~ and you have more knowledge to help you with Gender Harmony.

It is time to return back into the concrete illusion of the earth plane.

As you return, say the words GENDER HARMONY ~ and as you come into the concrete, verbalize the words GENDER HARMONY.

Hear yourself say the words GENDER HARMONY as you return into the concrete ~ GENDER HARMONY.

If you do this focusing as a group, it is appropriate for all of you to stand and hug each one in the group and be joyful and laugh. Go to each. (The group members hug one another)

When you have finished, bring yourselves back into a close gathering and be seated.

End of Focusing Tool Gender Harmony

This focusing tool can be used within Self without any prompting. You may stay in Higher Self for discussion for as long as you need. We have given you the tool. You can will learn many wonderful things in this type of focusing about Self and Gender Harmony.

View it as Gender Harmony and not as gender differences, for it is truly not a difference ~ it is a harmony.

You may call upon us, as you need to for issues of Gender Harmony. We thank you for allowing us to be of service to you and send you an energy for Gender Harmony.

Thanks, Boopsie!!

Waith: *We close out our discussion of Gender Harmony by emphasizing to you once again ~ as Boopsie did ~ to focus on harmony and not differences, for the differences are meant to be harmonious ~ and that is the journey.*

Our next class topic is Lightheartedness and Farena, from our Spirit Group, will join us.



Search for Self ~ First Level

LIGHTHEARTEDNESS Concept

Waith: The topic of Lightheartedness has been left until the end for discussion because Lightheartedness is the closing of the loop. Without Lightheartedness there can be no search for the web that each of you has and which is part of The Universal Consciousness.

Thus, Lightheartedness is that final component that feeds back into the circle and, indeed, infiltrates the circle. Lightheartedness is a necessity to have achieved in order to get off the earth plane. It is impossible to leave the earth plane sojourn ~ your many, many lives ~ without having achieved the sense of Lightheartedness.

Many feel that it is inappropriate to be lighthearted when one is so serious of their spiritual path. They puff up and walk around as if there is such serious business and one cannot laugh and be irreverent. This is quite the opposite from our perspective. And if The Angelics feel that Lightheartedness is critical, then who is to dispute that. ☺

The exaggeration that Farena presents to the earth plane is purposely meant to bring about the awareness of the importance of Lightheartedness. What you will be exposed to in this final component is the discussion from Farena on the purpose of Lightheartedness as well as a focusing tool of her own design.

It is critical that you maintain Lightheartedness, for without that Lightheartedness you will not be able to bear up under the sometimes burdensome responsibilities you have taken on for your path.

Learning should be joyful and lighthearted ~ not unhappy and disastrous in its orientation. Learning is joyful, even if it appears to be difficult and painful ~ it is ultimately joyful, for you achieve one more step back to The One.

Farena will enter in through Mushiba now and play with you.

Farena: Hello-o-o!

Hi Farena!!

Hi! Hi! Hi! Fluffy, fluffy, fluffy.

These are my props. (Farena refers to The Harmony Basket that contains items she uses to play while she gives information) This is my crown ~ this is my halo ~ this is a manifestation of wings. I had quite a time persuading Mushiba to bring this. She kept saying NO and she put it away and she tried to do other things and I kept saying, "I want it ~ bring it ~ bring it" and she kept saying NO and then she would take it out and she would put it back in until

~ I won! 😊 😊 Persistence is very important. If someone does not want you to be lighthearted ~ they try to make you not be lighthearted ~ you have to persist! And sometimes you have to exaggerate in order to make your point and in order ~ more importantly ~ to overcome all of the negativity that some other entity would try to impose upon you.

On the earth plane everybody is faced with issues of being imposed upon by the darkness. It is a given on the earth plane now. So, you must find something to remind you to be lighthearted, and that is what our topic is about for our component of the Search for Self.

Find the prop to help you be lighthearted. Every one of you has a different energy that enables you to find your own prop. It is very important to find your own prop! 😊

Let us talk about props for Lightheartedness. How many of you know what to do ~ concretely ~ when you are feeling blue? Some of you do, and some of you do not.

Feeling blue can be a good thing if you use it for reflection. Feeling blue can also be a tool from the darkness to get into your vulnerable spots, for feeling blue is simply this feeling of being a bit out of sorts ~ out of balance ~ and that is all right. However, if you allow it to fester, the dark uses it to attack you and you begin to become depressed.

Something that starts out as a wonderful feeling ~ a way to reflect and go within ~ can become, then, so dark that you become incapacitated and you begin to believe the press that comes from the dark.

So, it is important to surround yourself with fluffy things ~ as YOU define fluffy, not as I would define fluffy ~ and certainly not as anyone else would define fluffy.

Lightheartedness ~ Ah-h-h, my little crown ~ who would like to wear my crown ~ my halo? We crown you ~ what would you like to be crowned as?

Myself! 😊

We crown you yourself! Look how pretty!! 😊

All entities need something to bring them into a sense of their own Lightheartedness. That sense of Lightheartedness can so easily be lost in the everyday living on the earth plane, even to the degree that it would inhibit your attempts to Gain Self Awareness. And, if you do not stop that sense of being pulled down, you will be dragged into the darkness and it can be difficult to bring yourself out.

It is the balance, however, that you must achieve as individuals ~ the balance of being blue and using that in a positive way to when it reaches the point of dragging you down and creating the inability to see the light.

Let us talk about the finding of something to lighten Self. It does not have to be something that is found only in your environment ~ for you may find yourself in a new environment without your prop, and you would say, "I don't have what makes me feel good ~ what will I do?"

You must be able, therefore, to recognize in any environment that you find yourself, something that you can gravitate to that will make you feel happy ~to bring you into a sense of balance ~ and to keep the sense of blueness at that level and not bring you into depression.

Thus, let us begin.

Focusing Tool Finding a Prop

Please stand.

If you are reading this transcript, we recommend that you find an environment other than your own ~ in which you are comfortable ~ and follow the steps that we give.

Place your hands by your sides.

With your hands by your sides simply move your body, slowly, feeling comfortable ~ in an attempt to loosen ~ move your shoulders, move your fingers ~ this will loosen your energy field.

As you are moving, look at things in the environment

Walk around, feeling light and free, and touch ~ touch the plants, touch the lamps, touch the tables, touch the windows, touch the doors, touch the doorknobs, touch the railings, touch anything you find.

Move about, feeling a sense of the environment.

You are attempting to connect with an energy that will call out to you, for in whatever environment you find yourself there will be a Lightheartedness, an energy that will call out to you ~ you simply need to call out to IT and to open yourself.

Touch is important in the concrete illusion of the earth plane.

As you are touching, when something calls out to you, pick it up and bring it with you. Claim it for the time being ~ find a lighthearted energy ~ find anything that calls out your name.

Take this lighthearted entity that you have selected, hug it and say, "You are lighthearted ~ help me to be lighthearted."

Hug again and say, "You are wonderful!"

Move around the environment, and since there are others here, introduce your lighthearted friend to some of the others in this environment. Go to others and say, "This is pillow!" (Much group chatter as FRIENDS are introduced)

Wonderful! Wonderful! So much Lightheartedness!

It is time to sit now.

End of Focusing Tool Finding a Prop

If you are in an environment where you feel yourself beginning to be blue, find something and identify with it. You may be able to pick it up, and you may, in fact, be in with other people who are able to help you to lighten up. However, if you find yourself in a grumpy environment, you must consider that those entities could bring you down even further ~ and it is your obligation to Self to not allow that.

Thus, you can exaggerate your own fluffiness. You can find something in the environment, and where they are so serious and perhaps dragging you down, you exaggerate your fluffiness, where you say, "Look at my new friend ~ come, say hello to my new friend." They may say to you, "You are foolish" ~ and you would say, "Yes, I am!" 😊

Take control of your own Self, my loved ones, when you are in an environment where you feel blue almost to the point of dragged down, where the darkness can come in. Only you can control that, and if it takes something exaggerated ~ like this tool we have just given ~ then so be it. For it is better to exaggerate your Lightheartedness and have others think that perhaps you are a bit wacky ~ which is not a bad thing ~ than to be brought in to the mire of the darkness, with much more difficulty to pull yourself out

Some would view this tool we have given as frivolous, and that is fine. Eventually, you all will need to be frivolous, whether it is in this lifetime or a lifetime to come, or a series of lifetimes. If all you learn in this lifetime is the concept of frivolous, it then becomes a Soul memory that is implanted in your Soul.

You can use this tool concretely where you go specifically to an object, pick it up, hug it and proclaim its Lightheartedness. You have a symbol ~ a prop ~ that will remind you to bring yourself back into your Lightheartedness.

Or, you can simply take the CONCEPT of what we have presented and be in an environment and connect ~ energy wise ~ with something in that environment that

makes you feel lighthearted, and through imaging and visualization you bring that into form within your mind. In your mind, you are hugging this energy that has caught your attention for you may find yourself to be uncomfortable being frivolous and lighthearted in certain situations ~ in a visible way.

The concept is what we present to you. It is critical that you have something always at your disposal to bring yourself back into Lightheartedness. Most of the time when you begin to feel yourself being dragged down, you will not be in the safety of your own environs.

You will, indeed, be in the environs of something other than your home. That is generally when this type of emotion kick in ~ it is deliberately planned that way. You must then make whatever environment you are in comfortable for you ~ your safety zone within what might be a hostile environment. You are able to do this very easily ~ and it brings in the Lightheartedness.

Wherever you go, there is always a lighthearted energy form waiting to be your friend ~ if only for a moment. The Universal Consciousness never leaves you alone. ☺ You have everything that you need, wherever you are, to keep you balanced ~ you simply need to recognize and seek it out. And sometimes props are necessary ~ and fun! ☺

Find something in your environment that you are happy with and use it to carry with you as a prop. It might be one thing or it might be several things ~ pick and choose, depending on your mood. ☺ It could be something that you wear purposely when you know that you need a bit of a boost to be lighthearted. It could be certain items that you select ~ such as the representation of a halo. ☺

Do not be afraid of what others will say, for it is your Lightheartedness that is at stake. It is also your influence, for if you are able to make someone stop thinking ~ even momentarily ~ about the seriousness of their own job and focus on how silly you are, you have brought Lightheartedness into the heart of another.

Do not be afraid to show Lightheartedness.

*Lightheartedness is not ~ and we repeat this very strongly ~ IS NOT a luxury ~ it is a necessity. **Lightheartedness is a necessity** ~ necessary for the balance, necessary for closing the circle, for infusing everything that you do on your path. Find your own ways of being lighthearted.*

Being lighthearted does not mean you are not serious about your mission, for you take your mission seriously, yet you do not take yourself seriously ~ view yourself in a lighthearted manner and everything flows as a result of that.

Should a prop always be something external?

It does not need to be external. While we present it as an external in this tool so as to give you something concrete to hold onto, it can very well be abstract, internal,

something that you feel, a moment that you remember as being joyful ~ a day splashing in the waves of the ocean, for example. So it can be internal.

Is there a way we can send fluffiness to entities who seem to be stuck in dark environments?

Sending fluffies falls in the same realm as sending light ~ you cannot impose light ~ simply send it unconditionally, without imposing it onto the energy field. You send fluffiness in the same way.

You can visualize fluffy ~ you can use something very concrete like white fluffy cotton, fluffy clouds. Or, simply envision Lightheartedness in whatever way you envision Lightheartedness, and send it along to someone who you think needs it, without imposing it, and sending it right to the edge of the energy field of that form.

We will now give you a focusing tool for Lightheartedness that is an application of the concept of Lightheartedness.

Lightheartedness Application

We give a group focusing tool to help you focus on one item of very extreme, fluffy Lightheartedness. In the focusing tool we gave earlier you found your item of Lightheartedness and fluffiness ~ that was to show you the CONCEPT of how to hold and hug your symbol of fluffiness and Lightheartedness.

We now bring the concept into group application, which can very easily be converted to you individually or to you with one other energy form ~ be it human, mineral, animal, fiber, whatever. And so, let the games begin! 😊 😊

When doing a focusing to bring out Lightheartedness and fluffiness, you must go to the extreme. The extreme means extreme for YOU. What is extreme for one may be normal ~ whatever that is 😊 ~ to another. You find what is comfortable for YOU in being lighthearted and fluffy ~ and stretch yourself by deliberately finding something or visualizing something very, very fluffy and lighthearted.

You each have the ability to create your own exaggeration of fluffiness and Lightheartedness. It is essential to the progression of the Soul to have Lightheartedness and fluffiness.

The only way that you can move forward in the growth of your own Lightheartedness is to fling yourself into an exaggerated arena ~ if only for a brief time of visualization ~ and it is safe, for you VISUALIZE it. Eventually, what you visualize you may find the courage to manifest. 😊

Thus, find your own level of exaggeration and send the light of Self to that exaggeration of lightness and fluffiness that is appropriate for Self.

We begin ~ you will go on a journey ~ a journey of Lightheartedness.

Focusing Tool
Lightheartedness

Relax and breathe in a way that is comfortable for you ~ slowly in and slowly out.

Call upon the very highest of the fluffy white light to descend upon you and cover you with fluffiness ~ feel your fluffiness.

Call upon your Angelic Protector to come into your fluffiness and surround you with its wings.

Call upon your Spirit Guides to enter into your fluffiness and encircle you.

Your inner being is now protected with the highest of the fluffy white light and your Spirit Guides are outside of this circle, helping to bring in additional fluffiness.

Visualize an image that is fluffy and lighthearted ~ exaggerate it ~ fluffiness and Lightheartedness ~ fluffy, fluffy.

Envision yourself surrounded by fluffy, fluffy white light.

You are protected by the fluffy wings of your Angelic Protector, who hugs and protects you.

Your Spirit Guides surround you to learn of your desire for fluffy, lighthearted exaggeration.

You take a journey now into one part of your Soul reserved for exaggerated Lightheartedness.

Every Soul has one very small compartment only for exaggerated Lightheartedness ~ we will show you the way to that spot. It is the gift that has been given by The Universal Consciousness to all energies who take on the earth plane as a training ground.

Visualize your image of exaggeration being surrounded with a ball of fluffy white light.

Encircle the image of exaggerated Lightheartedness with fluffy white light ~ encircling and protecting.

Bring that exaggerated image ~ surrounded by the fluffy white light ~ into the Third Eye Energy Center ~ in the middle of your forehead.

Feel the image moving into that Energy Center ~ you are seeing exaggerated Lightheartedness as you bring the image into the Third Eye.

The Third Eye Energy Center sees the higher purpose, sees the totality of your mission.

Your image moves in through the Third Eye and rest.

A Few Minutes of Resting

Now it is time to take the image, surrounded by fluffy white light, and lift it out of your energy field.

Allow the image to drift out of the physical encasement ~ moving out of all structure.

Envision the image floating free, carefree, happy ~ it is dancing ~ bouncing for it is out of the physical encasement ~ it dances around you and looks down at your physical encasement and laughs for it is free.

The image is connected to your energy field with the very thin cord and now moves out of the dimension of the earth plane.

Feel it flowing rapidly out of all the dimensions of the earth plane ~ still attached to your conscious energy.

It flies rapidly now into the dimensions of Higher Self and moves quickly through Higher Self, for the Soul calls to it.

Feel yourself looking at the movement of this image through all the dimensions of Higher Self.

It moves now to the dimension of Soul.

Hear the call coming from Soul ~ the lighthearted, exaggerated part of Soul calls out to the image.

The image enters into your Soul and is connected to the spot of lighthearted exaggeration ~ there are no worries ~ you are carefree ~ happy ~ joy filled ~ you have peace and contentment.

You feel light and free as you look at this image of exaggerated Lightheartedness and fluffiness.

In the quiet of your Soul, listen now to what Soul tells you about Lightheartedness for Self.

Listening Time

It is time to return.

Thank your Soul for opening up the spot of exaggerated Lightheartedness and giving you a message.

Take this message with you as you bring back the image of exaggerated Lightheartedness.

Slowly move out of the dimension of your Soul.

You are drifting slowly, feeling comfortable and free ~ filled with joy and Lightheartedness, for you embrace the message from Soul.

Move slowly into the dimension of Higher Self.

Feel yourself moving through the dimensions ~ the many dimensions ~ of your Higher Self.

Feel Higher Self stroking you, hugging and loving you.

You begin to see the dimensions of the earth plane ~ you are moving back to the earth plane ~ slowly.

Feel yourself coming closer and closer to your physical encasement.

Feel yourself moving into the physical encasement.

Hold onto the exaggerated image of Lightheartedness and fluffiness.

Place the exaggerated image into your Third Eye ~ remembering the image, implanting the image.

Add to that image any information you have received from your Soul in this journey.

Slowly allow the image to dissolve within your Third Eye Energy Center ~ feel it seeping through your energy field.

All of your Energy Centers now have the energy of exaggerated Lightheartedness and fluffiness and the special message from your Soul.

You are filled with your own image of Lightheartedness and fluffiness.

Thank your Spirit Guides for being with you.

Thank your Angelic Protector.

As you return into the concrete dimension, bring with you the soft, fluffy white light that surrounds you.

End of Focusing Tool Lightheartedness

This focusing can take as long as you want ~ spend as much time as you want in your Soul's spot ~ take as much time as you want in returning ~ take as much time allowing the image to sit in your Third Eye ~ take as much time to allow the seeping of that energy throughout your Energy Centers.

This focusing is an individual tool and can also be used with a group. You can have much fun with a group. Gather many ~ play with this, enjoy it, create your own exaggerated fluffiness. Bring in your imagination and play with each other in the group through the use of some exaggerated fluffiness and Lightheartedness.

Are there any questions about what we have given to you?

It was very different. ☺

In what way?

- ⚙ **How to do it ~ different than just closing my eyes and doing things.**
- ⚙ **I had a feeling that the bird that is in my vibration was dancing all around, too, kind of wondering about that fluffy stuff.**

Little bird prints all around your energy field!! ☺ You could put little sparkly gold balls on the tips of the little bird feet and watch it dance around. And then you could hold one of its wings and walk with it. It could be an exaggeration. It is important to exaggerate. That is the only way to grow ~ whether you exaggerate in Lightheartedness or you exaggerate in seriousness. The only way to grow is to exaggerate, for then it brings you back into the balance.

As we leave, we send you an energy of exaggerated Lightheartedness!! Fluffy, fluffy, fluffy ~ bye! ☺ ☺

Bye and thanks Farena!!

***Waith:** We are most pleased with what Farena has given you. It has been a lighthearted and joy filled class and a most appropriate way to end the series of classes on the Search for Self.*

We will now bring closure to our time with you



Search for Self ~ First Level

CLOSURE

Waith: The classes in the Search for Self have come to an end and it is time to bring Closure to the energy grouping that was formed as a result of your participation.

When something comes to an end, it is cause for celebration ~ it means that whatever was set out to accomplish has been done and it is a good practice to bring Closure so as to allow the evolution of your own energy and bring newness into your vibration.

When Closure does not occur, disruptions can be present. Thus, it is good, at concrete, for you to be aware of energy closures ~ even though at higher levels there is an awareness, even though at concrete you are not completely aware of it.

We will show you the concept, and from that you can create your own when needed. Understanding the concept is what is important and then you can apply your own touches ~ there is no set way. Each of the members in our Spirit Group, for example, came up with different focusing tools. Each one is applicable or not, depending on your mood at earth plane level or on any number of things ~ use your own creativity.

Bring yourself into a very relaxed position, whether you are sitting or standing or laying down ~ you could be walking ~ be in water, swimming ~ driving in your automobile. The essential component is that you simply relax your entire being.

Focusing Tool Closure of an Energy Grouping

Take in a deep breath ~ slowly in and out ~ and bring into your energy field the very highest of the white light.

Envision the mission that you have just completed ~ in this case the classes in the Search for Self.

Envision the swirling around in your energy field ~ it is swirling around the classes in the Search for Self and moving into a circle ~ there is no beginning and no end.

The classes in the Search for Self have no beginning and no end.

This is not the end of the classes in the Search for Self, for it links into the beginning ~ the very first class in the Search for Self.

The very first and the very end of anything that is done is now visualized as a swirling energy that is in the form of a circle.

It moves around and becomes One ~ there is no breakage in the force field. There is no beginning ~ there is no end ~ it is closed completely ~ it has been completed.

Fill the circle that you envision with white light ~ see the circle melding into the white light ~ absorbed by the white light.

It returns to The Universal Consciousness, for it has been completed ~ visualize it moving back into The Universal Consciousness ~ all completed. And now say, "Yea!"

Yea!

Say, "Bravo, well done!" ☺

Bravo, well done!

Shake the energy from your bodies.

End of Focusing Tool Closure of an Energy Grouping

That is all there is to it ~ the concept is quite easy. You take that activity and bring it into a swirling circle, and then it is absorbed into the white light and it returns into The Universal Consciousness ~ quite easy. And then you cheer ~ bravo! ☺

Use this tool for any type of Closure that you would have. The concept is that you have completed something. Bring it into a circle, which is the eternal circle, and eliminate any beginnings and endings so that it becomes One. Send it into the white light to The Universal Consciousness. It is done and over with. That is what it is about ~ let go.

This same concept applies when an energy leaves the earth plane ~ their lessons have been completed, they are leaving an energy grouping, and it is time to celebrate!!

Enjoy your Search for Self. We have given you six different approaches to the finding of Self. We will be with you as you continue in your journey.

Be brave ~ be lighthearted ~ be serious ~ be balanced.

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

Farewell.



Search for Self ~ First Level

ENERGY CIRCLE (ADDENDUM)

(ENERGY CIRCLE IS AN EDITED VERSION OF THE WAITH CLASS OF MARCH 3, 1992)

Waith: We will now discuss the Energy Circle ~ the connections of the various encasements on the earth plane that make up the kingdoms, as we refer to them ~ The Animal Kingdom, The Mineral Kingdom, The Plant Kingdom, air, fire ~ the elements that you are all familiar with are all encasements of energy.

And we emphasize, here, that all energy is equal.

Simply being in the human encasement does not make you, as a human encasement, superior to any other energy, for all energy comes from The One, and all energy, therefore, is One and connected. It is simply encasements that are taken on in various kingdoms for lessons to be learned and scenarios to be played out.

The Human Kingdom is the most arrogant on the earth plane ~ as you would describe the personality ~ in thinking that it is superior and therefore in control of the other kingdoms that appear different, or appear to not have what you would call intelligence.

Intelligence is an encasement in itself, and resides within an encasement. That which you call MEMORY is an encasement, and it is a part of the Soul's memory, that is also an encasement. The Soul is an encasement, my loved ones, remembering that energy in The One is total BEING and that anything outside of The One is an encasement. Energy outside of The One is encased.

You take on encasements within encasements. To understand this you would think of the analogy of placing a box that is small, inside another box that is larger, or placing within a circle another circle, and that it is infinite in the number of encasements that can fit within an encasement.

All energy currently on the earth plane encases itself within each other. You are all encased within a larger encasement.

The human is not the end of the food chain, as you call it, on the earth plane. Rather, the food chain is not something that moves from one end to another end, thus signifying beginning and end ~ instead, it is a circle.

Understand the implications of this, for the circle is never ending. The circle is The One, and, therefore, there is no end to any food chain. Rather, in the form of dimensional energy, the loop effect takes place, and all feed on the other.

Just as energy feeds on energy, so, too, do encasements feed upon encasements, all contributing, my loved ones, to the greater good. It is the feeding effect, one upon the

other, upon the other, upon the other that creates expansion and growth. The circle begins small and widens as the process occurs. Each energy begins itself as a small circle when it separates from The One, and in the sojourn on the earth plane, each connection creates larger circles as your sojourn increases.

If it takes you ten million earth plane years to complete your sojourn, your circle increases proportionately to the lessons that you have learned, and, that you integrate all of those encased on the earth plane so that a part of your energy also has within it certain energies of The Animal Kingdom and The Mineral Kingdom ~ of the different encasements for energy on the earth plane.

There is a connection of spirit that gives strength, then, to an energy as it begins to expand itself. It does not mean that you are not working on your own issues as a human, and the animal works on their own issues as animal, and as mineral, etc., for that separateness is very much there.

However, each makes its own Energy Circle that comprises all of the encased energies which then enables each circle to call upon when in need ~ the energies that you have connected with from each of the other kingdoms, and they you.

Some on the plane have developed very strong connections with The Animal Kingdom, with The Mineral Kingdom ~ many of the kingdoms ~ and are able to communicate to the greater kingdom through their own connection that is a part of their energy.

Each on the earth plane has the potential for communication with any other kingdom that is encased on the earth plane. It simply becomes a matter of development of that ability, increased awareness, increased vibration, so that potentially each of you has the ability to freely communicate with your own Energy Circle and to then expand into the greater kingdom.

There are many who have developed their abilities to communicate with The Mineral Kingdom, and that first began by development of their own mineral kingdom connection, and once that was established, connection with the greater mineral kingdom began to occur. Some energies focus on developing communication with one or two of those Energy Circle companions. Other energies decide that they want to develop the entire Energy Circle.

It takes many lifetimes to do this. And it creates, then, a tremendous growth potential. It is most beautiful and positive, for when there is the sense of harmony within your own Energy Circle, you then are able to respond to the needs of other Energy Circles. It creates a very heightened awareness and it presents to you the opportunity for greater power to heal, to be of service.

All energy has intelligence, or memory, and those energies that you have made a part of your circle contribute their memories from their experiences, thus enabling you to have the advantage of a far more advanced knowledge than simply your own Soul memories.

All energy has their own Soul memory and their own energy field as well as all these other energies in their circle. And just as you, as human, are able to connect with the others in your Energy Circle and learn from them, so, too, are they with you.

There are many on the plane who would describe their experiences of connection with particular animals, for example, and if there is that sense of connection with a particular animal, it is appropriate for you to believe that it is that energy that is a part of your Energy Circle.

Those on the plane who have chosen accelerated growth during this time period on the plane will also understand that the entire Energy Circle has taken on accelerated growth. Some of you may actually feel the Earth as it undergoes its cleansing. Some of you may not.

The difference simply is that if there is a feeling of the pain that the Earth is going through, it is that your Energy Circle connection to the Earth has been developed and is strong, and therefore you have a direct connection with the greater energy known as the Earth and its components.

Not all Energy Circles choose to develop themselves. They may choose to remain hidden from each other for any number of reasons, and it may be for the entire connection with the earth plane that this occurs, where there is virtually no awareness of the other kingdoms that make up the Energy Circle of each. That is one scenario.

Another scenario is that there are many on the plane who know specifically the energy of each in their Energy Circle. They may even have a name, and there is free flowing communication to the degree that it is not even thought about ~ it is simply felt. There is not the awareness of a conversation going on ~ simply a knowledge, an awareness that enables you to feel connected to all on the earth plane.

Within these two extremes are all of the variations that include different levels of awareness of the others included in the Energy Circle ~ and each of these variations are each of you at various points in your path.

We present to you this information that goes beyond discussion of electromagnetic fields in terms of you being alone. You have a group, each of you, on the earth plane. This is unique to the earth plane connection. When you are not on the earth plane and you are in other training grounds, this Energy Circle does not exist. This is strictly for the earth plane sojourn, for other training grounds have other methods by which teaching occurs.

Remember that the earth plane is considered the most accelerated for learning and one of the most difficult, and presents the greatest opportunities for growth in what you would call the shortest amount of time, as measured in any dimension. Even ten million earth plane years is considered a short amount of time to learn particular lessons.

Included in your Energy Circle, then, are unique qualities ~ to the extent that it pulls in the uniqueness of so many other energies, each representing a different kingdom on the

earth plane. And each Energy Circle, as it develops in its strength and in its own awareness, has the responsibility to be of service to other Energy Circles.

It is a far more advanced theory that we give to you than is currently on the plane for general understanding, for the theory of being of service to others is generally accepted.

What we present to you now is an advanced application of that very simple theory ~ that you use the combined energy of many different kingdoms to advance the Energy Circle's ability to be of service.

If you have, for example, developed your abilities to communicate with The Mineral Kingdom through your own mineral kingdom connection, what greater way to be of service than to help those who have a lesser understanding of the power that The Mineral Kingdom has toward healing and relieving of anxieties and distress, for you will be able to work with another Energy Circle in explaining the properties of a particular member of The Mineral Kingdom.

Thus, your healing is advanced, and your service to The Universe is advanced, for the issue becomes, not service strictly to individuals ~ it becomes service to The Universe, for being of service to The Universe is being of Service to Self, and thus, The Circle.

When you are of service to Self, you are greater in your abilities to Be of Service to Others. And as you are able to Be of Service to Others in a greater capacity, you are then able to be of service to The Universe in a greater capacity, which then circles around, and The Universe sends it back to you.

As you strengthen and send that to The Universe, The Universe sends back to you the strength that you have developed, and it becomes a part of you, and the circle continues, and thus, you build on your strength.

As you send it to The Universe, it comes back to you stronger, and you have a base, then, of greater strength, and it builds. Your motivations become greater in its spiritual context as you grow and strengthen. And your Energy Circle grows and strengthens.

Questions?

I have a question about memory. In my physical therapy work, I find that the body tissues themselves have memory. Is there a particular substance that is the memory carrier, such as water or a chemical? What binds memory to itself?

Memory is an encasement within an encasement. It attaches itself and becomes a part of the Soul memory of the individual and a part of the greater memory banks of the Energy Circle.

The way in which memory manifests itself in the encasement is determined by which kingdom it is interacting with. So, for example, with The Human Kingdom, the physical composition of the encasement is different from the physical composition of the

encasement of a blade of grass. Energy wise, however, it is not ~ it is exact. It would, therefore, acclimate itself to the needs of the particular physical composition of a particular encasement.

For the human encasement, it is represented by the composition that you refer to as mucus. The mucus that coats the lifeline of the physical encasement, that which is referred to as the spine has a particular substance that coats it, and we call this mucus. It is in this substance that the energy known as memory attaches itself to the human.

Understand that as each of you is, in one instance energy, and in another instance physical manifestations of energy, so too, is memory.

The memory that is required to be utilized from the major data bank of the Energy Circle is called upon as needed for lessons to be learned, and it is, as you might picture it, simply taken out of the computer ~ the stored knowledge is taken out of the computer ~ and physically imprinted. It is what you would call the printer for the computer. You physically place this, then, into the spinal mucus. This is where the knowledge is contained for that which operates the physical encasement and any issues that may be evolving around it.

For those who are involved in energy work and assisting entities to understand why their encasement takes on certain ailments or afflictions, it is critical that you work with the spinal area.

The mucus that you're talking about, is that what we would call the cerebral spinal fluid?

Yes. It has a thicker property than is generally acknowledged from those in the medical community on the earth plane.

When someone has a memory loss, such as people who cannot remember who they are and so forth, which happens sometimes, what would cause that?

What causes an apparent memory loss can be attributed basically to a disassociation within the Energy Circle ~ with itself at energy level. Oftentimes, however, it is very temporary. When we say temporary, it could mean several lives ~ that is temporary in the scheme of the greater sojourn on the plane.

It simply means that there has been some type of disassociation at the energy level with each of the components in the Energy Circle, thus, causing a breakdown in the general data bank that makes up the Energy Circle and all of the individual memories that contribute to that. When that occurs, it creates a breakdown in the entire Energy Circle.

It is a very common occurrence for energies to have breakdowns. They may last what you would consider an instant. For example, you may suddenly forget something, and this occurs momentarily, and then it is back instantly. Or, you forget something and remember it months or years later.

The reason for that occurring is to help in the healing of a particular energy who is a part of the Energy Circle. Once that healing has occurred, the memory returns.

Oftentimes, you have experienced remembering in the dream state, or suddenly you will be doing some other activity and something that you had forgotten quite some time ago suddenly returns. It explains, also, the phenomena where you begin speaking about a topic and say, "Where did that come from ~ I didn't know that." ☺

It is no different for you to suddenly find yourself knowing something that you did not CONSCIOUSLY gain in this lifetime than it is for you to have forgotten a particular recipe, and how to achieve ingredients to that recipe ~ for the memory to be there in this lifetime, just as the memory from another lifetime, would come flooding in.

Would you clarify the term disassociation and perhaps, then, reassociation? What causes the disconnection?

The cause for disconnection, or disassociation, is created by particular traumas that impact the Energy Circle that can come into any one of the encasements ~ it is not necessarily coming from your own specific energy. It could come from a flower energy that is in your circle. It may be that whatever has occurred within the electromagnetic field of the energy known as the flower, has created a loosening of the flow of energy within The Circle.

The very fine thread that connects all energies back to The One is in miniature in the Energy Circle, and while there is not at all a severing of that cord, there is a loosening of it ~ a slacking of it ~ that does not allow for a free flowing of the energy within The Circle. Rather, there would be ups and downs that create stoppages when it is in a bottom point that then creates a difficulty for the flow of energy.

Sometimes the cord can be firmed again very easily within the Energy Circle, and other times it takes time, which could be many, many lifetimes or could be within a particular experience, and once that cord has firmed itself again, the energy flows.

This is how we refer to disassociation. If you were to picture a circle and ten different energies imprinted upon this circle ~ each one connected very closely by this thread ~ there is free flowing energy occurring, and harmony is in existence.

Something occurs, and this becomes unique to the Energy Circle, that places a burden, let us say ~ something heavy is placed upon the part of the cord between two of the energy encasements in The Circle and that heaviness brings the cord down.

Then there is less of a connection ~ there is a separating of the components of the two energies that has occurred as a result of this heaviness coming between them. Once that is lightened and lifted, then the cord becomes strong again.

Most Energy Circles find themselves with these little indentations. This is a part of the strengthening, for when an indentation occurs, this is, in essence, a lesson to be learned,

and when the lesson has been learned, the pressure is off and the indentation goes back to the straight line of the Energy Circle.

How do we bring in the energy to our Energy Circle?

It is all very organized ~ as you would expect from The Universal Consciousness. As an energy you make the decision to come onto the earth plane ~ and remember that not all energies who come out of The One come onto the earth plane.

Once you have made that decision, there is a consultation with your Angelic Protector, who calls in Spirit Guides and others who are especially trained for counseling in the development of an Energy Circle.

There is the calling in of other energies who also have said they want to go onto the earth plane. However, they do not want to go on right now, let us say, as a human ~ they want to come in as any opportunity is presented. There is, then, a discussion with all parties concerned agreeing that they will form an Energy Circle.

There is, also, agreement that they are a part of each other in a circle and that they will take on the encasement of those other kingdoms as part of their sojourn. When, for example, you as a human finish your human sojourn on the plane, and all the others in your Energy Circle have completed their sojourn in their particular kingdoms, all go off the earth plane and reassemble.

There is a return to The One temporarily, momentarily, to reassemble and to gather up, let us say, the stamina to once again go back onto the plane. All in the Energy Circle now switch. So, one who was in the Energy Circle as part of The Animal Kingdom may now become part of The Human Kingdom, and you would take its place in The Animal Kingdom ~all agreed upon.

We emphasize to you that as you look at others on the earth plane, indeed as you would look at any other energy, be it a blade of grass or a pebble of sand, you must not judge superiority, for you do not know if that blade of grass in its last sojourn on the earth plane was, indeed, human. It is an ultimate discussion of judgement.

Also remember that commitment to the earth plane as a training ground is not limited to only coming in as one member of a kingdom. It means that one must take on all the roles of the kingdoms that have been gathered in the Energy Circle.

An Energy Circle can be, potentially, composed of all the various kingdoms that exist on the earth plane. However, it is not necessarily demanding that you take on all of those kingdoms. Rather, prior to the first entry onto the earth plane, there is agreement made among all in The Circle as to who will do what and how each will affect each other and interact with each other ~ that is planned prior to the first entry onto the plane.

There are many who would read our words who once were a blade of grass! ☺ ☺

My understanding was that we all go through steps in, let's say, The Animal Kingdom, and then let's say The Mineral Kingdom, and then perhaps The Plant Kingdom, and then The Human Kingdom.

There is no set order of progression. There is a false understanding on the earth plane that The Human Kingdom is superior ~ that there would be a movement from a lower kingdom. It is not thought of as lower or higher. It is thought of as equal, and it is thought of only as you work it out with your Energy Circle.

In one Energy Circle you may find that there is the human and then the mineral and then the plant, or you may start out in the plant kingdom and work your way around to the air energy ~ you may start out as human and then move into air or fire.

To what extent does the reality that we create here on the earth plane differ from that which was planned by our Energy Circle?

The Energy Circle plans the reality in conjunction with the Spirit Guides and Angelic Protectors of each individual energy before the actual sojourn begins. There is the discussion of the various illusions that are in the portfolio of the earth plane, and there is a scanning of those illusions that is presented as part of the planning process. There can be, then, what you would call the SKETCH OF THE SOJOURN.

This is subject to change at any moment, for coming onto the plane and getting into the concreteness of the illusion is often so different from viewing it from afar. ☺ And as you would view a concept and prepare the concept on paper, shall we say, and sketch out the concept, when you begin to build the model, there are differences.

Thus it is in your own planning for your lifetime, and once you come onto the plane and see the illusion from the illusion itself ~ living within the illusion rather than outside of the illusion ~ then there are constant changes, and it is done at spirit level with the entire Energy Circle.

What happens if the entire Energy Circle can't agree?

That does happen, and it does create this condition that we have called disassociation, for then there is an immediate dropping of the energy line ~ thread ~ that goes through each of the energies in The Circle.

Within each of those energy points that do not agree, there is the pressure, the dropping down. And in some cases the entire Energy Circle, as you would view it from spirit, is a series of little balls and little drops and little balls and little drops, and the entire circle looks dysfunctional, and indeed it is.

Do I understand correctly in that each of us is essentially a community?

Yes.

Is that basically what the Soul is?

Yes! And on that note, we bring closure to this discussion ~ for now. 😊

