

Waith Class Transcripts

SOOTHING OF SELF



~ 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

SOOTHING OF SELF

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASS OF JANUARY 10, 2002)

Waith: We are here to discuss SOOTHING OF SELF. How many of you feel you need to be soothed? (Hands are raised) You are saying, "I do, I do!" 😊 It is not just the human condition that needs soothing ~ it is all energy that is encased.

Everything that you see that is concrete and that you do not see provides a function, such as the air, the wind, is an encasement for energy and needs to be soothed.

Each encasement for energy has different ways that it likes to be soothed ~ some similar ways from encasement to encasement ~ and certainly as you sit on the carpet, if you were to rub your hand over the carpet a bit, by your side, you would be soothing it just as someone might take their hand and rub your back and soothe you.

Soothing of Self must come first before you are able to soothe others. This is part of the SEARCH FOR SELF ~ it comes with the Guidelines for Growth in which Self must come first before giving to others.

You cannot soothe another to any greater degree than you can soothe Self. And, as others soothe you, it enables you to become smoother within Self ~ that enables you to soothe Self. So you must become smooth within Self and what follows, then, is the Soothing of Self.

On your paper we want you to draw a circle, as we are doing on the board. In the middle of the circle, write the word Self. Around the word Self, place these little marks that look like flicks.

What are flicks?

Flicks! It is to give the impression of movement of light.

Next, draw a line from the bottom of the circle, down, as we are doing. Then draw a line at the bottom that goes to right and one that goes to the left. Next, draw, in about the middle of the line, another line that goes straight to the right and a line that goes to the left.

I know what you're drawing.

What is that my love?

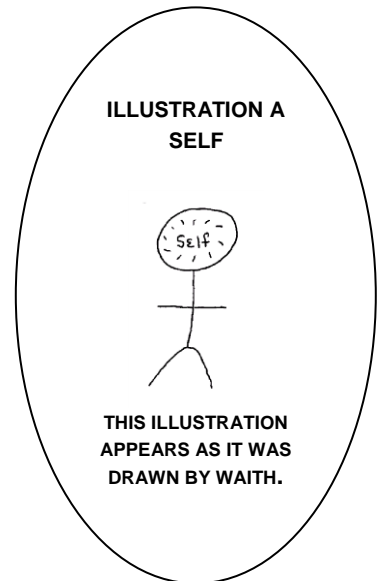
A person ~ a stick person! 😊 😊

This could be anything actually! See Illustration A)

You're right about that!

You could use your creativity, could you not?

Microphone!



It could be a microphone! You, my love, said it could be a stick person. What else could this be?

☀️ a balloon person

☀️ lollipop

☀️ windmill

☀️ mirror

☀️ antenna

☀️ sunflower

☀️ flower

☀️ hood ornament

☀️ gazing ball

☀️ fan

☀️ weather instrument

☀️ rifle scope

Look at this list ~ immediately, when we drew this, the very first thing that came to your mind was something that is programmed into the culture from which you all come, that brought you to say, "Oh, that must be a stick person." Well, it is not what it appears to be, is it?

This list is only the beginning. We could keep going because this is all about creativity within Self.

You cannot be creative outside of Self unless you have the Creativity within Self.

Each one of you helped create a wonderful list here. Your responses came from within Self. You have Creativity within Self.

The next question on your mind is probably, "Okay, what does that have to do with Soothing of Self?" What do you think that Creativity within Self has to do with Soothing of Self?

Creativity can soothe Self.

In what way, my love?

Different ways of thinking how to soothe Self, whether it's focusing, swimming, walking or playing with a dog.

There are many ways to be creative. It is the Creativity within Self that allows Self to relax and that allows Self to find calmness. Relax ~ Be Calm.

Being creative is not limited to being able to play a musical instrument, to draw, to sing ~ what you might consider creative components.

Being creative is being able to sit in this class and look at this picture that has been drawn and play and say, "Ah-h-h, it is more than just a stick figure ~ it could be a microphone ~ it could be a lollipop, it could be a hood ornament." It could be anything you want it to be ~ that is creativity. It is anything that Self expresses.

You are creative in your expression of Self. And, this is a way in which you can soothe Self. Soothing of Self is not limited to focusing and going into a trance.

Many people think that they have to work at being creative ~ and, indeed, they might feel intimidated by others around them who are able to quickly think of what something represents, as we have just illustrated, and say, "Oh, that person was able to come up with lots of ideas ~ they're really creative ~ I couldn't think of anything."

You are holding yourself back with that type of statement and it is an indicator that you need to draw out of Self in a way that does not make you feel intimidated by someone else or trying to compare yourself with another's creativity.

Our words of counsel over the years have been, "Do not compare yourself with another." You are on your path ~ not the path of another. While your paths may be walking together at points and may be joining at other points, you have your own path separate from another.

We would now want you to write the words SOOTHING SELF on your paper.

Next, write the first thing that comes to your mind when you read the words SOOTHING SELF ~ as it applies to Self. (It is recommended that the reader do this also)

Next, write the second thing that comes to your mind. (It is recommended that the reader do this also)

Next, write a third word that comes to your mind. (It is recommended that the reader do this also)

Now draw a neverending circle like this. (Waith draws on the board. See Illustration B)

Write the word *SELF* in the middle and *SELF* at the point where the line stops ~ even though it is not ending.

So you have, essentially, the beginning and the ending of a neverending circle and *Self* is at the beginning and the ending of the neverending circle.

Take each one of those words that you listed and place them somewhere within this circle of *Self*. (It is recommended that the reader do this also)

If you placed your first word close to the middle part of *Self*, it means that this is the one thing that best soothes you and what you need to explore more deeply ~ it is what you feel most comfortable for the Soothing of *Self*.

If you placed your third word at this ending point of *Self*, it means that this is something *Self* has identified as wanting to do and needs to give attention to ~ and has pushed away and ignoring. You know that it needs to be developed and that it is, indeed, a way of soothing *Self*.

If you placed your second word somewhere within the circle, it means that this is something that is comfortable for you ~ you have developed it and can use it anytime you want to, although you do not use it all the time. It is what you might call COMFORTABLE AS AN OLD SHOE.

The three areas give you first, something that is very close that you would use all the time ~ this is what is really going to help soothe you in those times when you need soothing. Second, you have something that you would really like to use and you are ignoring it. And, third, you have the middle ground in which you find comfort even though you do not always have to be using it ~ you do not have to be developing it.

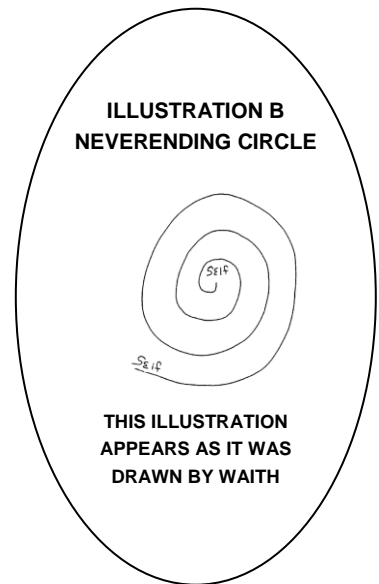
Would anyone like to share what you created?

What if I didn't put the words as you have said ~ I put them in different locations.

Yes, what do you think that means?! 😊

I was hoping you would get to that!! 😊

We like the questions to come from the audience!! 😊



Does the position of where we put the words make a difference? What if it was the third word I put at the core instead of the first word? Does it mean the same thing and only related to that word? Does the order matter?

If you put the third word close to the core instead of at the end and this is a neverending circle?

It doesn't have an end ~ all right! 😊

Very good! What then have we given you?

Maybe a road map.

In what way?

We can see where we have our strengths and where we need to go.

Indeed, a road map to determine the strength that Self has. It is all about Self ~ we cannot tell you how to soothe yourself. We could ~ most of you would not listen. 😊 You do not listen to Self ~ why would you listen to us? We only give you guidance.

You ~ and only you ~ can determine what will soothe you. It does not come from external sources. You have determined internally what soothes you and then you may find that something external soothes you. You must identify it and then go after it ~ do not sit around thinking it is just going to show up! 😊

Self in the Middle, Self at the End ~ it is all Self. The neverending circle is a linear representation of a circle. It is the only way in which the earth plane restrictions can help you to see that it is all One ~ it is all the same, it is neverending.

As we have said so often, especially in the Guidelines for Growth ~ which is a neverending circle ~ you have to jump in somewhere in your SEARCH FOR SELF.

Just jump in! So wherever you placed the word, if you want to think, "Ah-h-h, in the middle, this is the thing that I'm really, really feeling good about," then feel good about it and seek it out. If you placed a word at the end, whether it was the first word or the second word or the third word, think of it in terms of that which you push away even though Self really wants it.

You can play this game more and write down additional words. This game is a form of focusing. You went within Self to write three words and then you went again within Self to place the words. You can do this yourself and you can interpret it yourself! You do not need us to interpret it for you. We have given you a guideline.

The three words that you wrote are significant for Self and need to be looked at. Place them within your own Self in terms of what they mean to you.

Would anyone like to share a word that they placed at point number three that hit home? (Waith is referring to the ENDING point in Illustration B)

I placed the word WORK.

So work is something that can soothe you and you keep pushing it away ~ you do not want it to soothe. Work, indeed, can soothe Self if it is the right type of work ~ and WORK as defined by Self.

Another word?

I used HOT TUB!

Indeed! Where was it placed?

It was my first choice and then it ended up at the tail.

What do you think that means?

☀ **I guess it means that I've been putting it off and it would be something I could do to enjoy more.**

☀ **What you are calling the tail I looked at as the beginning. So I had the opposite.**

As we said earlier, there really is no beginning or ending. This is all feeding into itself. You really were not opposite, you were simply within Self. What, then, did you place in that position?

It was my first word ~ CALM.

Calm ~ so that is what helps soothe you ~ you calm yourself. However, you push it away sometimes.

Yes, I do.

Indeed ~ you would have to stand in line for that behavior. 😊

Is there another who would like to share a word?

I picked the word FREEDOM.

And that was in what placement?

The third ~ on the end.

And what do you think this means?

In light of what you said about pushing away what we really want, I think I've always wanted to be really free.

And?

And that's something I have to work on. 😊

Good answer ~ the answer that you hoped would keep us from pursuing even further.

☺ *Why do you think you keep pushing it away?*

I don't know that exactly.

Why do you keep pushing away the hot tub?

It seems like a real luxury sometimes.

A luxury. Why do you push away calmness?

My natural inclination is to be more fiery and reactive.

Why do you push away work?

☀ **Getting close to retirement! 😊 😊**

☀ **You should be embracing it!!**

Why do you push away something that soothes you? It is a luxury, perhaps. Many times you think that certain types of activities that might help soothe you are a luxury and thus you push them away. Why?

☀ **We feel guilty.**

☀ **We don't deserve it.**

☀ **Puritanical work ethic.**

You feel you do not deserve it! It is the culture in which you are raised ~ this puritanical work culture.

What is another reason?

Hectic life pace.

Ah-h-h! Hectic life ~ not enough time. And there is that word again, TIME. TIME is a flow of energy ~ it is linear, yet it is the neverending circle.

Why do you think that Self does not deserve to do that which soothes it?

We're programmed.

In what way are you programmed?

We're programmed to think of others or to think of other things first before ourselves.

You must Be of Service to Others ~ that is ingrained, is it not? It is one of our Guidelines for Growth ~ you must Be of Service to Others. What is the qualifier to that?

We must Be of Service to Self first.

Yes, indeed. You must Be of Service to Self ~ to the same degree that you want to Be of Service to Others. You cannot Be of Service to Self to the degree that you want to Be of Service to Others, unless you have the accompanying Soothing of Self.

If you do not feel soothed within and you do not bring yourself into those activities that can keep you soothed within, it becomes very difficult to Be of Service to Self and Be of Service to Others.

You are neglecting Self when you do not Soothe Self.

For some of you, Soothing of Self is listening to Rock Music. Some of you like to walk on the highway ~ that soothes Self. Some of you like to be in a very crowded room with many people and much noise ~ for you that is soothing. Others might want to be by themselves with no interaction, no sound ~ that is Soothing of Self.

Therefore, what is the right answer to the question, “How do you Soothe Self?”

In our own way?

In your own way! It goes back to the SEARCH FOR SELF! This is always the focus.

We have just said that you must Soothe Self and you, indeed, must identify how you will Soothe Self and, furthermore, you must give Self permission to Soothe Self.

Some of you do not know quite why you push something away that you know would soothe you. In your case my love, freedom is a very abstract Soothing of Self ~ and in your case my love, a hot tub is a very concrete way of Soothing Self. Nonetheless, they would still give the same resistance.

We will now give you a soothing tool that you can use to help you identify further this number three that you wrote ~ the one that alludes you ~ you know you must do it and yet you push it away. Why do you push it away and what can you do about it? What answers can Self give to Self about how not to push it away and how, indeed, to feel worthy?

The fact that you have written it means that it is within Self to be resolved. It would not have come to the concrete if it were not ready to be resolved. Self has given Self the answer.

This tool will be something that you can take with you when you are going about your day and perhaps you are in a meeting ~ and it is a very boring meeting ~ and instead of doodling, you might use this tool.

Focusing Tool Soothing of Self

Forget that you are in a class with Waith. You are by yourself, you have either quiet music or screaming neighbors in the background or you have no sound in the background ~ it is up to you.

Write your third word, or words, on paper ~ or the word you feel is the one you keep pushing away. We would generally say that it would be the third word.

Draw a neverending circle around it.

Look at the word ~ quiet yourself.

As words come into your mind, write them within that circle. (There is quiet time for several minutes)

Reflect upon the words that you have written. What do you think these words mean? (There is quiet time for several minutes.)

End of Focusing Tool Soothing of Self

Any insights as to what you think the words mean?

They are things I would get by using the hot tub.

Would you like to give an example?

Fun, relaxation and companionship.

Indeed ~ very good.

The word, FREEDOM ~ what did you write, my love?

I only had one word that came to my mind, and that was SPEECH. And then I thought about speaking up and speaking out and not denying Self or Self worth.

Quite a bit coming from that one word! What do you think this means?

I think I need to free myself and not be shy about my accomplishments. I should blow my own horn, pretty much.

Without blowing your own horn! ☺ Be respectful of Self's accomplishments and not be afraid to let it show. This is a common situation with many.

So, you have each gained some insight about Self and all from writing down a word and taking a few moments to quiet Self and focus.

Focusing is not always about going into an altered state. And while that is beneficial and we are strong proponents of going into altered states, we are also strong proponents of quieting Self and staying in the concrete while being an active communicator within Self of Self's needs.

We have had you do three separate neverending circles ~ three separate situations. What is the thread here ~ the commonality in these exercises we have had you do?

☀ **Going within Self.**

☀ **Listening to Self.**

Going within Self is good ~ listening is better, once you get there! 😊 What else?

It's a circle.

Self is a circle!

Was it difficult for you to write the words in the first exercise?

Some of you are saying YES and some of you are saying NO. Was it difficult for you to then use this tool of writing words as they came into your mind? Perhaps you only had one word?

Did any of you not have any words that came into your mind? You better be saying NO because it is an impossibility to not have something coming into your mind. 😊 😊

Our point here is that too often you dismiss what comes into your mind as not having any meaning ~ that is why we said to write ANY words that came into your mind as you were looking at the word. It has a meaning that is coming from within Self. It is then up to Self to decide what it means.

You do not give yourselves enough credit for being able to solve your own issues ~ to relate to your own issues. You say, "It's not the word I wanted ~ no, this isn't the right word ~ this doesn't mean anything ~ what does the word SPEAK have to do with the word FREEDOM." 😊 😊

For Self, it means something and certainly, my love, you went through it and started to analyze. Given more time within Self and more thinking you could say, "Ah-h-h, I've opened a door ~ I think I will go through this door and travel a bit more and find out what that means."

You can narrow in on this activity that you are pushing away or this behavior or this sense of soothing. You can do this for anything ~ it is not just for the Soothing of Self.

This is a tool to help you hear what Self is trying to say to you. Pick a word ~ or a phrase ~ and at first use this concrete tool of placing it in a neverending circle and staring at it. And, before long, you will be able to simply do it at an abstract level.

You can do this anytime you want. You are thinking all the time ~ and everything that you are thinking has validity. You simply need to focus on what you are thinking and give it that validity at the concrete level. This is how you will bring Soothing of Self.

We would like you now, as we are bringing closure, to take your hand, place it up, facing outward, so you are facing us.

Farena: HI!! ☺ ☺ *It is me!!!!!!!!!!!! Hi!!!! Hi!!!*

Hi Farena!!!! ☺ ☺ ☺

Hi!!! Fluffy!! (Farena goes around to the class members fluffing them ~ there is much chatter)
Fluffy!!!! We have to go now ~ bye! ☺ ☺

Bye!!! ☺ ☺

Waith: *Did you enjoy that? We did that rather smoothly did we not?*

Yes!!

Yes, indeed. You had become so serious. You can do the same for Self ~ just pull yourself out of your seriousness. Think of Farena!

Breaking your own chains is what inhibits you from Soothing Self. Why do you not go into a hot tub? Why do you not speak up for Self? Why do you not want to be calm when you know that it feels good for you? Why do you push away work when you enjoy it? Why ~ you must ask yourselves. It is as simple as that ~ our famous last words!

We depart now. We are pleased to have been of service to you and we send to you all the very highest of the white light from the very highest of the Kingdom of Amelius. Farewell.

