

# Waith Class Transcripts, Excerpts

## FORTITUDE

FROM TRANSCRIPTS 1987-1996

*(Topics Include Convictions and Strength)*

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

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

## Live What You Are Learning Rather Than To Speak What You Are Learning

(August 02, 1988)

*Know that you are all surrounded by negativity, and that it is bombarding you, and that it can be quite a task to try and not get caught up in the negativity. You are meeting with a group of people and they all start to talk negative about something. It is a very difficult situation. What do you do? Do you become, as we might say, a goody two shoes and say, "Let us look at the positive here," and risk them all really getting upset with you? It is a fine line here that you begin to live yourself. So that what begins to occur is that people, when they are in your presence, know better than to speak in certain ways without your making an issue of it. It is simply that you, through your behavior, indicate certain things. Remember that it is much more beneficial to live that which you are learning than to speak that which you are learning.*

**It is easy to learn but hard to believe.**

*Yes, it is. You yourself must believe it before others will believe it, and others will believe it only in seeing that which you behave. Most are accustomed to hearing a great deal of information and being told, just as I give you information, and we, all of us from this end, send information. You take this information and you do with it what is appropriate for you. Some of it you are able to understand and apply immediately. Other information is more difficult and it becomes a flow, a daily progression, and to look at the end of each day and see that you have made some type of progression is a most positive thing. But also, too, at the end of each day to see that perhaps you did not, but that you recognize that you did not. Do you understand? And that is all in the way that you behave.*

*That speaks much louder to those around you than any ~ we do not believe in proselytizing, and people will not pay attention to you in the long run if all you do is discuss and spout off certain things. They want to see you doing it, and then they will begin to respond, for you send the Light by your behavior, and you can do very positive things in this respect.*

*If, for example, someone begins to speak disparagingly about another in your presence, you do not have to make an issue out of it, but simply say, "I really do not wish to engage in this conversation," and if they continue, then leave. It is easy, of course, for this to be told to you. It is more difficult for you to act that which you have as a conviction, for if you do not act out that which you believe, then you do not believe it and how can anyone else believe it?*

**Waith, I have found another way of dealing with that, when somebody says something bad about someone else, is to be nonjudgemental and say, "Well, that is the way they have decided to handle things." And they kind of realize that you have taken that stand, and often the argument or the wish to go on ridiculing that person ends because they do not see any laughter or anything to be gained out of continuing the conversation.**

*That is correct. It is how you respond to situations. You have control over your own behavior. No one else makes you stay in a situation. You choose to do that, or not, and it is a sign of your own strength of conviction to make a comment if need be and to acknowledge that each individual has their own way of dealing with things, and that it is their own path.*

*And it is part of the Unconditional Love, the application of Unconditional Love, to recognize that regardless of how anyone else behaves, that is the way that they behave, and that you behave in your own way, and if that serves to be a positive influence upon another, then so be it. If it proves not to be, then so be it also, but that you make your own statements and that you stand behind your own beliefs, regardless of what those beliefs are, and the only way for progression is to live your beliefs.*

### **Strength In Unity ~ All Energies Need Each Other To Help In Progression On The Path (August 09, 1988)**

**Waith, it has been said that we are often being attacked simultaneously, several of us, and that we should connect with one another when that was going on. For example, there were eight of us. At any given time three would be going through an attack, then the other five at the same time were aware of it and were able to send Light to those three. Wouldn't that be a way of fortifying our power?**

*This is exactly what I have been referring to. There is strength in your unity. And there has been a very severe attack just recently done by a group of those of the Sons of Darkness directly, not their disciples, but them directly, and it took some time before the pattern was recognized, and it was fought off by the group once they realized that there was a pattern. And once they realized that, in unity, they could send enough Light to fend it off.*

*The reason that we now begin to encourage the communion of the spiritual group is for this very purpose so that you will know to be in touch with each other at times other than when you come here. You will speak with each other and not allow the gloom that is so easy to overcome you alone. When you start to feel this gloom, and it will be something that will come upon you in an unexpected way, you will say, "Why am I feeling this way?" And you simply pick up this telephone that does have some good purposes and contact each other.*

*This is very important, and it should be done now, more and more, because as you become Lighter and Lighter, which so many are, you are much more susceptible. It is a fact. And it will help you also on the earth plane to develop this reaching out so that when you are in other dimensions the reaching out is still needed. It is not just a phenomenon on the earth plane. It means that you acknowledge The Oneness and you acknowledge that you are not in this all by yourself, no matter what level you are, and what dimension you are in, that all energies need each other to help in the progression on the path.*

*Yes, you must learn your lessons alone. That is the solitude of the Soul. But the learning of the lessons can be with the help of others, for we are all connected. Remember this. Keep this uppermost, that we are all part of each other and that we form The One, regardless. Even those of the dark are part of you, and recognizing that you help each other is paramount, and it helps to bring Lightheartedness. It helps you to surround yourself with Light for you begin to feel Lighter yourself when you realize that you are not alone in these frustrations that you feel.*

**Waith, I have come to the realization that my body is not fighting off colds and the like that it used to, and I am beginning to recognize that my defenses are down, and my levels of working with this are not in the same manner as it had previously been.**

*What you are also recognizing, my dear, is that that which worked before is not going to work now, nor will it always work, that as your own vibrations change, that that which worked before has to change also. It is why we have said recently that as you become brighter that your own protections must increase and become stronger and they must change, and that as you move from one vibrational level to another there is a transition period. There is a settling in, an adjustment to that new vibration for that which worked at a lower level will not work at a higher level.*

*Thus, you are finding yourself in this transition stage. We have indicated this to you and so you are simply going through that which is normal in recognizing that you must change and that there will be a period of imbalance, as you recognize, that there must be new ways of doing things. You will not recognize that there will be a need for new ways until you realize that the old ways no longer work, you see. So, you must have a period of time where the old ways are still being employed and not working so that you can see that they are not working. Do you understand? It is very easy, very simple.*

*It is, however, where problems will occur because people will not acknowledge that the old is no longer working. They will fight it. And you must flow with that which The Universe provides to you and to be ready to alter your behavior in ways that are necessary for a new vibration, and that can mean a very significant vibrational change or a very small minor vibrational change. Whenever something is not working as it used to, that is a signal. You must say, "Oh, this is good. It means that there has been a change." Do not fight this. Do not try to hold onto that which worked in the past.*

*Recognize that you now forge ahead into new frontiers for your soul. View it with excitement that you now will find a way, for remember also that others have gone before you in this endeavor and have done this, and that many others will come behind you and be faced with this. And for many of you it will be a responsibility for you to help those who come after you, to help them in their understandings of things that will work and things that will not work. There are some very basic techniques that work, shall we say, generically, for situations, and then they are then applied more specifically to your own soul's path.*

## When The Soul Says, "Enough Is Enough" And Creates Situations To Help You Balance

(August 09, 1988)

I have a question on the same topic. When we experience illnesses, or any of these other problems that stress the human body, isn't it primarily happening because the Conscious Self is really in opposition to the subconscious Self, and we have to learn to get in tune with the other levels so that the body can then be reoriented in the right direction by the right levels of our consciousness?

*Yes. Basically, my son, this is just what goes on. When there is a physical situation, it is many times the result of the Soul taking over and, shall we say, putting a stop to that which the conscious has been fighting, you see.*

*We use ~ we do like to do this. We use Mushiba as an example here, for it keeps her at the levels that we want her kept at in your perceptions of her. When her back problem occurred, at the physical conscious level, she was ignoring the imbalance that was occurring in her own scatteredness, trying to do too much. This was a part of it. It was not the total. She took this on for other reasons also. But what happened was that she just kept pushing herself, not listening to us, to her soul that said, "You must balance here. You are too scattered." And finally, when she would no longer listen at the conscious level, the unconscious took over. Her soul said, "Enough. If you will not do this voluntarily. We will do it for you."*

*So oftentimes when the illness occurs, it is the Soul taking over and forcing the body, the conscious, to pay attention to the messages. Sometimes it works and sometimes it does not. And of course, there are many other reasons why there will be physical manifestations of illness that the body takes on, but you are correct in saying that there is somewhat of an imbalance here between the conscious and the subconscious. The Soul has its destiny. It knows what it needs to accomplish, and the Soul is, in fact, the energy form. When you come onto the earth plane you take on a personality of a physical being, and many times there can be occurring a great conflict between the energy form and the physical form, and this is where eventually there will be significant problems.*

*You will find that as you learn what your mission is, what your purpose is, and that you go with this and you are in harmony with your inner self, that you can, in fact, achieve whatever you have chosen to achieve and that there will be very little illness, if you will, unless it is designed specifically for other types of balancing. But general illnesses where you would feel this thing called a cold, this is usually a response at the Soul Level to give the body a little bit of a recess to help you to have, shall we say, an excuse to not have to deal with certain earth plane issues, and this is fine. It is a needed type of thing.*

*It is when there is a constant illness, one little type of thing after another that is a signal of major imbalance and needs to be dealt with. This is why we talk about meditation so much, going to the inner self and attuning yourself with your Self, with your soul, not fighting that which the Soul is here to do.*

**Nothing Is Presented To You That You Are Not Able To Withstand**  
**(August 09, 1988)**

One more thought on the same subject. When you mention meditation, I look at that as a process that the Soul or the subconscious Self knows that nothing from without this body that we wear can hurt it. But the conscious part of us has not accepted that, and so it must learn how to learn that nothing from without can hurt. Once you do that you can laugh at anything that comes on.

*That is right. That is right. It is as we said before, that nothing is presented to you that you are not able to withstand. The Soul knows this. There is nothing that can destroy you at the earth plane level, and there is nothing that can destroy you at the spirit level. We would say that so you regress, it does not destroy you. Even the most dark of the Sons of Darkness are quite around, aren't they? They have not been destroyed. Their path has been delayed a bit, their progression toward the Light has been delayed, but they are not destroyed.*

**Developing Strength And Conviction**  
**(March 14, 1989)**

*We speak in this session on the Topic of Strength and Conviction. We have been having indications that many, not just those of you gathered here now, but many, many, feel a certain inadequacy at times that that which you believe is able to be defended by yourself, and that you will, in fact, have the strength of your convictions and your beliefs when tested.*

*You must realize that this testing of your convictions is part of the growth process, and that if you feel you have not passed a particular test that the game is not over. Many of you feel a very strong pressure to behave in a certain way and to be a certain way, for you feel to be the role models of those who would gather. And as Terra Lux Community grows in its definition and its membership, this pressure that many of you feel will begin to increase. We are here to help you to not feel that pressure, for it is undue pressure. We have had to give you an example that would assist all of you in understanding your own limitations and accepting them.*

*You each have your own perceptions of the behavior of Mushiba, and she, to many of you, has achieved what you view as perfection on the earth plane in a spiritual sense. She feels tremendous pressure with this, and she is no more different than any of you, for her tests are for levels that go beyond what many of you are having to experience, only because of the time spent on the path.*

*During the past few earth plane days, including the time of the community gathering, there was a sense of inadequacy that Mushiba was feeling. Before she has been directed by us to do certain things that are part of that which she will do once she leaves the earth plane, she is also given information that she is not allowed by us to talk about, and this is part of the training that she*

*undergoes. And she is, as many of The Angelics, made aware of certain events that will occur in the future and not allowed to say anything, but only to help in the path.*

*She was very upset with all of us. During these past few days, we have had much discussion that has been all settled now and reconciled, for we are all energy forms, all of us having to work on our lessons at our own levels of intensity. And you must all realize that each of you has your own degrees of intensity, and that what may appear to be difficult for you as you look around and see that perhaps someone else is not having any difficulties, understand that they go through different kinds of lessons and testing. You must understand that Mushiba has just the same feelings as each of you. It is just that the tests are of a different caliber.*

*The sense of inadequacy that each energy would feel at times is predictable and, in fact, is necessary, for it is in the understanding and the acceptance of an inadequacy that growth can occur, for without the realization that there is the inadequacy and the acceptance of it, not that it is inadequate but that it exists, can an energy begin to work toward breaking down that inadequacy.*

*The sense of community that is developing with all of you and all who will begin to come and go in the vibration must have, as its foundation, trust ~ must have as its foundation the fact that each of you will have inadequacies and that you can call upon each other for assistance ~ to understand that you are not alone, but rather part of the One. And becoming aware of being part of the One begins with your sense of community and not excluding anyone who would come here, but rather to open your hearts and quite concretely your arms to any new energy, and not to be afraid that you must behave in a certain way and that you must project a certain, as you would call it, spiritual demeanor. For what is that? What is that?*

*So many of you feel you must rid yourselves of all of these earth plane addictions ~ that if you are not a complete vegetarian, if you do not stop smoking and drinking the caffeine and the alcohol and all of this, that somehow you are inadequate. This is ridiculous. It is in the attempt to overcome that is important, and it does not matter if you progress a bit and, for example, say, "Well, I will no longer drink alcohol.," And you go for several earth plane months or years and then you say, "I think I would like to drink alcohol again." You have not regressed, my dear ones. This must not be viewed as regression.*

*It simply means that the Soul was not ready to give up the particular limitation of earth plane addiction. It is not to berate yourselves. You must love yourselves daily. You must say at the end of each day in your meditations, "I have tried my very best, and that is what matters," and not to allow others to impose their expectations upon you, nor you to impose expectations upon yourself in relation to others, you see. This is what we have had to deal with Mushiba in the past time frame, for she has felt the seriousness of that which she does with us, and she feels that she lets down people. We tell you this so that you will understand that all energies have these emotions. She would not tell you this herself, for she was feeling inadequate by the inadequacies. We have had quite a time these past few earth plane days.*

*We want all of you to be joyous, to understand that that which occurs in your vibration and in your life is what your soul asks for. We have discussed this so often. And in understanding your inadequacies you develop the strength, for as you deal with that inadequacy you grow in your strength. And there will be many times when you will be tested, for your soul will ask for the test, to be tested for your beliefs and your convictions. It has been throughout the experience of The Universe that souls have asked for the testing, for unless you are tested will you truly know if you are strong.*

*Many of you gathered here have increased in your vibration in the past year on the plane. You continue to do so. You are all gathered as a part of this community specifically to assist others as well as yourselves in the growing, in the strengthening. And you will be tested on a continuous basis, for those of the darkness, as The Shift approaches, will attempt to degrade that which you do, ridicule your beliefs, for this has been throughout time. Many of you have been through this many times and some of you will be experiencing this in a relatively new time frame.*

*We are here to help you in your growth. You are each here to help each other, without question. This is the most difficult part, you see. It is very easy to discuss this concept that you each would accept each other unconditionally and that you would each agree to help each other unconditionally. It becomes more difficult, does it not? When it is, you are called upon to prove that. And as we have said before, you are not to be concerned if the test is not passed, for you will have achieved something, some knowledge from it, just as you would take a test in school and receive some grade. In the scheme of The Universe, and testing, there is no such thing as a zero grade. There is always something that comes from the test. We would invite discussion on this topic now.*

### **Feelings Of Inadequacy And Defending One's Beliefs (March 14, 1989)**

**I recently had an opportunity to tell someone my beliefs. I felt very inadequate in that the person I was talking to seemed to know a lot about science, which I know nothing about, and even if I did, I would not be able to prove my beliefs by using scientific dialect with anyone. I just found it very difficult. I was wondering if you could comment.**

*It is a difficulty in trying to prove something that is not concrete with something that is concrete, and to attempt to prove, if you will, the Laws of The Universe, as we discuss them, with the laws of the earth plane can prove for many to be a very difficult task, if not impossible. The issue of inadequacy revolves around the pressure that one places on oneself that there must be knowledge of all, of everything, you see. This is part of the difficulty. You have an understanding of many, many things, and rather than concentrate on those which you do not understand and feel inadequate because you do not understand, you need to concentrate on that which you do understand, for remember that your soul may not even have the information.*



*You may not have taken on that particular realm of knowledge, you see, remembering that each energy upon entering the earth plane picks from The Menu, as we have called it, of talents and skills to work on and to build and develop. For some, it would not include those of the scientific, you see. And even if it did, it may not be that in this lifetime it was to be used or drawn upon, but rather the point being that whomever you come in contact with can indeed receive something from you.*

*You must allow the flow, rather than to try to respond to the expectation of the other and what you think they think they want from you. You see? Rather, wait for the opening. Listen to what they say and wait for the opening that will come if you Flow with The Universe as to how you contribute to this interaction. It may simply be that you are to listen and simply be, and not have to explain or defend but rather to serve as a conductor of energy, for many times energies will seek you out because they know you are very vibrant. This goes for many, many of you, and they will seek you out for your vibrance. Do you understand?*

**Yes. We are not always Being of Service on a conscious level, but we may be Being of Service to other entities on a Soul Level and not even be aware of it.**

*Indeed, indeed.*

**Topic ~ Fortitude  
(May 22, 1990)**

*In this session we will discuss with you a particular issue that is called on the plane fortitude. Now, once again, like many of the issues on the plane, fortitude is misunderstood, and as is the usual case in understandings on the plane in the current illusion, certain concepts that have come from The Universe lose something in the translation, might we say, or in over time it loses its purist meaning.*

**Fortitude Is Strength Of Self Through Understanding What Others Go Through For Self  
(May 22, 1990)**

*And thus, we would briefly in this session begin to bring you back to the pure form of the definition of fortitude. Fortitude is a strength. It is an element of soul development that is critical in order to achieve that which is Unconditional Love, for the concept of fortitude is a strengthening of Self through an understanding that what another entity is doing is indeed right for that entity.*

*Now, many of you who have heard our words over time will begin to see connections that all revolve around Unconditional Love which results in being nonjudgemental, and that the path back to Oneness is that which follows the ideal of becoming completely nonjudgemental, you*

*see. Fortitude is one of those qualities, and there are many qualities that contribute to the development of Unconditional Love, for remember that in order to project Unconditional Love each of you must feel a sense of love within Self, for Self, and as you strengthen love of Self you grow in your abilities to love unconditionally all other entities.*

*One of the techniques, if you will, to develop Self love is fortitude. It means that you look at what you do, and this is a very earth plane quality. It relates very specifically to the physical and the earth plane, for you look at the illusion in which you find yourselves. You look at the concrete. This is not something, as you would say, nebulous, difficult to grab onto, but rather, especially for all of you who have the difficulties in the balancing of the physical earth plane and the spirit and trying to balance them and get them to work together, this is an attempt to help you to put that balance in place, for you can now take something that is very earth plane and evaluate how you respond at an earth plane level to a particular behavior of yourself and as it relates to those around you and its effect upon those around you.*

*It can be, for example, something as simple as writing a memo in your place of work and wanting that memo to be as perfect as you could possibly do this memo, not according to another's standards but according to your standards, and that you would never be satisfied with what you produce even though there comes a moment in time as measured in the illusion that this memo would have to be sent, you see. What you do is evaluate the work that you have done to put this memo together and you evaluate it and you pick it apart and you want it to reflect who you are. This is a way in which you can begin to take and synthesize who you are as a being, as an entity, and place it into the physical, so that it reflects who you are at that particular time, not a projection of what you think you should be but rather a reflection of who you are at that moment, for it is only in reflection of what you have done at a particular moment can you adequately and accurately and lovingly project for the future for yourself.*

**Everything That You Do, In Spirit Or Earth Plane, Has An Impact On Every Other Lifeform  
(May 22, 1990)**

*Now, understand that all that you do on the plane, as well as in spirit, has an impact upon every other lifeform. We have discussed this in prior sessions. Now, let us take this memo as an example. You would say, "Well, it is fine, Waith, for you to say ~ do it according to your own standards ~ but I have this person with a whip over me who says, "You are not doing it the right way," you see. Many of you are faced with this particular situation and you find that you must then accommodate yourself to the standards of another.*

**Fortitude Is Developing Strength In Doing The Best You Can Do At The Moment While Striving  
For Something Greater  
(May 22, 1990)**

*Now, understand the irony in all of this, for in order for you to project who you are you must be at that very moment in time ~ a part of those around you who would be demanding from you a particular standard, and therefore, the standard by which you must project yourself is in actuality a response to the standard that another would say is necessary. This can be very difficult to understand. And where the idea of, and if the standard by which you strive does not match the standard of those around you who you find yourself with, you have several choices.*

*You can simply leave that particular environment, for it is not for soul's strengthening and growth at times, though maybe to remain in that situation, or you may through your meditations understand that you are in that situation for very particular lessons to be learned and that perhaps the standards that you find yourself involved with, while you may not feel they are yours, may in fact be necessary for you to evolve your own standards, your own values, your own strengthening, you see, and fortitude is what you might call on the plane a stick-to-itiveness, you see.*

*Now, this means that you are able to make the decision within your own Self as to how important something is at the very physical plane, at the level of the earth plane, for we speak of illusion now. We speak of the very strong earth plane as we have in the past called it, "It is an earth planey day." You see, Mushiba many times will at the end of that which is called the day will say, "Oh, it has been such an earth planey day!" And this simply means that the issues of the physical and of the plane have bombarded and have been very evident, very obvious, and as we have said before, my dear loved ones, it is an earth planey day because you are on the earth plane, you see.*

*And thus, it is appropriate that you will have the development of a strength of getting through, for you are on the plane for very specific reasons, and when you go into another plane, into another dimension, you have other reasons and other lessons to be learned. But one of the enjoyable aspects of the earth plane is that it is very, very concrete, unlike many of the other planes, and very specific, and this is where an entity truly has the opportunity to balance in the Soul.*

*The accelerated learning ground of The Universe is the earth plane, and those of you who are on the earth plane have chosen very specifically to come onto the plane. Other energy forms choose to learn their lessons and to do what they want to do in other dimensions without coming onto the plane. It is an obligation that each of you takes on for yourself, not for any other entity, but for Self to grow in a particular way. So, each of you has very deliberately, very consciously, decided to make the journey on the plane.*

*And thus, rather than cry about it and to complain about the earth plane, rather understand it, that it has been a conscious choice, it has been a soul choice, and that this quality of fortitude is available for you on the plane to help you to get through those very difficult lessons, and that as you develop a sense of fortitude, a sense doing it, getting it done regardless of what it takes for yourself, your own value, your own standard, that you will do this. And the more committed you become to Self the greater will be your growth and the greater will be your ability to love*

*Self and the greater your ability to Love Unconditionally and to ultimately be nonjudgemental in whatever area you find yourself.*

*Now, you would think while this appears to be an easy quality, to say, "Well, of course I will stick to it," but of course it is not quite as easy as the concept. The application is never as easy as the concept, but it is in the trying, you see, and in, as you would call it, the day-to-day attempt to strengthen and in analyzing on a day-to-day basis your level of fortitude and not to be angry with yourself if you did not stick to something or if you faltered in any way, for this is fine, you see. In order to advance you must stretch the limits and then move back a bit to maintain the balance and then move ahead and move back, and so you will have fluctuations. There will be time frames in which you have tremendous fortitude, and there will be other time frames when it will be less than what you might want it to be, but that is necessary for you to understand how you have advanced, for by stepping back and observing Self you can look at the strength that has occurred as a result of this fortitude.*

*Now, on the plane, you see, the concept of fortitude has been put into this definition, if you will, of almost making an entity appear to be pushy and overbearing and has on the plane with large groups of entities a negative idea, for to be ~ to have fortitude means that you believe in Self and that you attempt then to take the belief of Self and work with those around you, not being pushy, not saying, "I am ~ I have this fortitude and what I do is right, and I will not adhere to what you have to say to me." You do not do this, you see.*

*You simply recognize that another with whom you find yourself has a different level than you, and you make the decision as to how to deal with that in as gentle and loving way as possible, remembering that loving and gentle in itself has variations of definition, and what is loving and gentle to one entity may not be the same to another entity ~ for then that would be a judgement, now, wouldn't it ~ but that you attempt to respond to all you find around you in the very best way that you can, what feels right for you, and in your attempts to develop strength of Self and wanting to do the very best that you possibly can, for as you attempt to do the very best and you stick to that, who is to say anything. You see?*

*The Universal Consciousness surely would only rejoice in knowing that each of the separate energies that make up The Universal Consciousness was trying the very best. At the exact same moment there would be total strength that could overcome anything, you see. Unfortunately, this is not what occurs, and this is fine, for on the plane it is specifically set up, if you will, in the illusion, to create this sense of not feeling confident about what you do so that you can then begin to look at the feeling, if you would like to call it that, of not doing well, for an entity can only go so long, understand, in that state, only so long. It may be for an entity a time frame than encompasses an entire lifetime, but eventually, that state of knowing that one is not doing their very best ceases, and the entity does this himself.*

*It is only you, each of you as energy forms, who can change the condition of the energy from being static to being what you would call dynamic, movable. Many of you have experienced times when you have felt worthless. You have felt you were not doing your very best, even*

*though you would say, "I am doing the very best that I can," and if you must say that, you see, to the world around you, then you know that you really do not know it.*

*For when you truly are doing the very best that you can there is no need to proclaim it. It is only when you know that you are not that you begin to proclaim it, but this is fine, for many of you know that after a time you work yourself out of it, and you shake yourselves, if you will, at the spirit level and you say, "Enough is enough. Let us get on with this." You no longer delude yourselves into thinking that you are doing the best that you can, for you know that you are not, and it takes as long as it takes, and there is nothing negative about this.*

*It is a time necessary for reflection, for truly looking at Self and shaking Self and not being satisfied, for each of us as entities is imperfect. That means that we must always be looking to be better and to be doing the best that we can, for it is only in reunion with The Oneness that perfection is achieved. As long as an energy form is apart from The Oneness, there will be imperfection, but you strive for perfection. This is what we all do.*

*And the quality of fortitude is something that is available only on the earth plane to work through, and it gives those entities who come onto the plane a little extra strengthening, helps in this return back to the One. It takes a little less time than entities who choose not to come onto the earth plane, you see, and there is much more to this concept, to this quality, but we have given you much to ponder, and we would welcome a few questions if they were to pertain to this topic.*

### **A Question About Good Days Versus Bad Days That One Would Have (May 22, 1990)**

**How can it happen that when you do refer to this typical earth day that you say, "Oh, this was a good day today." Or someone says, "Damn, everything went wrong today. I had bad luck the whole day " You probably would not see it this way. How would you describe this? Are there good days and bad days for souls on earth, or is it just that we start negative we would continue negative the whole day?**

*You have raised a number of issues here, as you would call it, as you on the plane would define it there are good and bad days. Now, as it is seen from spirit, it is not that way, for what occurs is that all energy has variations in its own connectedness to the Flow, The Universal Consciousness, the Flow, and there are some specific reasons why the Flow becomes out of sync, just as there are reasons why the Flow is in synchronization.*

*And there may be, for example ~ and this is a rather simplistic response to your question, but it hopefully will show you some insight ~ one particular day occurs, and you feel that everything goes as you would want it to. It flows. And you meditate before you go into the sleep state, and you then go into the sleep state and you feel wonderful, and when you awaken from the sleep*

*state, you do not feel so good. The next day you find that everything goes not the way you wanted it or had planned for it.*

*A number of situations could have occurred. There could have been while in the altered state of sleep some meeting with, let us say, one of the dark at your level, and there could have been, let us say, a battle that occurred, and you either feel tired from that battle or in some way it just weakened you. And you know this is a very common predictable situation so that you were forced to come back into the plane before you had resolved at spirit a particular battle, you see. And so, you ~ this what you call alarm clock suddenly brings you back, and you know that you have this unfinished work that you were doing at spirit during the sleep state, and it leaves you with a sense at the higher level of uneasiness, and that sends itself out to The Universe and makes an entity particularly susceptible to the mischievous entities who would come around and perhaps pick away at you.*

*Another situation that can create this sense of a good and bad day is that for any number of reasons, you as an entity simply do not connect in a balanced way with The Flow of The Universe. This happens for energy, all of you, all of us, energy, are vibrational, and vibrations change from moment to moment, and are affected by the vibration of others, and you may not be aware of it consciously at earth plane but at spirit the vibration of another, it could be a loved one who is experiencing difficulties in some way or another, or is out of balance for whatever the reason, and that vibration will affect your vibration and that will affect your connection with The Universal Consciousness, and thus create a disharmony.*

*Now, there are many on the plane who in no way that this occurs, rather than try to fight it, come to recognize signs, come to realize that a particular day is not going to flow, and thus, they begin to know how to deal with the fact that they will be faced with things that they did not plan and that by beginning to recognize that this could happen, it enables an entity to indeed flow.*

*Here is the, shall we say, the double-edged sword, for in order to truly Flow with The Universe you must give up control, and those days that you have this feeling of everything going right, if you were to analyze at Soul Level and in meditation and even at the conscious level why things went right, you will see that you worked with The Universe rather than against The Universe. And those days that did not go right, it is because you said, "This is the way it is going to be today, and if it is not then, well, it is not going to be a good day." And thus, from our perspective, you see, every day is a good day if you Flow with The Universe, for you simply accept that whatever is happening is meant to happen, and that you deal with it appropriately, and it may be that the way in which you deal with something has to, in the illusion, look negative.*

*You might want to, any of you who experience this ~ this phenomenon on a regular basis, to speak with Mushiba, for she finds herself in an earth plane environment that as you would say screams of earth plane and to see how this is dealt with. It is not easy. Even Mushiba will react rather than respond sometimes, and this is fine for it is all for lessons, you see.*

When you were talking about how it can be easier sometimes to just go with the stride of a bad day and just let it be, sometimes that feels really boring. I cannot explain it. It is as if there is no excitement.

*Yes, and this is a very common response when an entity is first presented with this idea of simply trying to balance the extremes, for the entity has come to this place, this moment in time, from a behavior where the extremes were very important to the life, and now in looking at balance, one would see, as you might call it, boredom, until you begin to feel the sensation of balance. And as you balance and have fewer and fewer extremes and are able to flow, you will begin to want to have that balance more and more, and you will work toward achieving it. You will understand how much better that feeling of balance is to the total Self than the extremes and in trying to fight The Universe, you see. The Universal Consciousness is simply all of us.*

A couple of days ago I had an experience where I thought I was picking up on an attitude from someone, so I reacted and I projected an attitude. And it fed upon itself. Then I realized if I stopped projecting the attitude that it would stop, and it did. Is this a good technique?

*Indeed. You do not need me! ☺ Yes, indeed. This is a very common situation and it relates to fortitude, you see, for all attempts to be better are an indication of fortitude, and analyzing Self and attempting as you did to pull yourself out of the situation for a moment, to pull out the emotion and get rid of the emotion of the moment and to look at it from a spirit level ~ spiritual, "What am I doing here?" For remember, the illusion is very powerful. What appears to be is not what it appears to be, and thus you have grown as a result.*

Very interesting to see and get results.

*It can be quite fun now, can't it? It can be difficult in the process, for one then is looking at Self and one is saying, "I did this. This is what I am doing." And you get control of yourself, you see, and by taking control and accepting the responsibility that all that you do is as a result of Self, then you gain the ultimate freedom.*

Well, how do you achieve that balance? If for no reason you have had a really good day, and the next day you feel so depressed, and nothing goes right. How do you work to achieve the balance that you do not have days like that ~ for no reason, that maybe nothing was caused and maybe ~

*But something does cause. There is always a reason why something occurs. Nothing in The Universe occurs without a reason, without there being a plan. The reason may come simply from the Soul itself or it may be a part of a greater plan, and there are reasons for everything. Nothing, as you would say, is coincidental. The balance is not something that I can give a formula out. It is something that comes very specifically from Self and from an understanding of the Higher Self and the ability to connect with the Higher Self, for only the answers for you, come from you. They come from no external source. None of us in other dimensions can give the answers for you. We can only give you the guidance to find your answers. We give no answers, only*

*guidance. You do with the information what is appropriate for you, and it is only through meditation that the seeking of the Higher Self can occur.*

**It seems to me that not having bad days would remove the challenge which would prevent the growth. It would seem like an untested fate, so that people who have nothing but good days are either way up there or have stopped growing.**

*Indeed. It is a perception. Understand that what you might consider a good day someone else would consider a bad day, and vice-versa. It is all in the perception and the way in which an individual deals with the events that occur. Some individuals deal with things in ways that would create great difficulties for another, and for this particular individual it is not a difficulty, and so it is not a bad day to one, but another observing would say, "Oh, you must be having a bad day!" It is all in the perception. But you are correct, my love, in that growth occurs only through pain. Yes, we are back to that again. ☺ Growth occurs only through pain. Yes, indeed.*