

Feeling Frustrated Is A Sign Of Growth



Mushiba: Raise your hand if you sometimes feel frustrated! If you are waving both hands ~ and your feet, or perhaps your entire body ~ then you are not alone. Welcome to the earth plane! Feeling frustrated is a way of life during these accelerated times in which we live ~ especially now as we recognize that everything has changed and will continue to change as we move into a new illusion ~ a new normal.

During a public session, Waith was asked why a feeling of frustration happens during lesson learning:

Question: “I feel that I am always in a learning stage of my lessons and it is so frustrating at times.”

Waith: *“Know that you will always be in a learning stage ~ it never ends. There will be a degree of frustration present all the time.”*

Question: “So, I should learn to live with it?”

Waith: *“Accept it as part of growth. Frustration is not limited to the dimensions of the earth plane. We, in the Angelics, have our own levels of frustration. As you become more attuned, you are conscious that everything you do is part of the growth process, and that in order to achieve this, there will be frustrations. There is not so much an accepting of the frustration as there is an understanding that it will always be there.”*

“If you look back through your growth stages and what you were feeling and the type of frustration that you had, you might say, ‘Oh, why was I so frustrated ~ I have a better understanding now of what that was all about and there’s no reason to have been frustrated ~ that was easy.’ This occurs as you overcome challenges and hurdles.”

Question: “More hurdles to come?”

Waith: *“Indeed. There will always be ~ and that is growth. If you do not feel frustrated, then there is no growth occurring.”*

Can you imagine that an Angelic also has feelings of frustration? I can ~ I only need to reflect on all the things ~ just in *this* life.

Remember to ***Focus on Lightheartedness and the Spreading of Light*** because just when we have learned something, a new *something will* pop up and our learning starts all over again.