

*Waith Institute for Spiritual Leadership*

***Waith Transcript***

**Search for Self ~ Second Level**

**Information Given Interdimensionally By**

*Waith*

through

*Mushiba*

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# Waith Institute for Spiritual Leadership

## Waith Transcript

### TOPIC SEARCH FOR SELF ~ SECOND LEVEL

#### PLEASE NOTE:

*Waith's words appear in this font style, size and color.  
If one from his Spirit Group speaks, they will be identified.*

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

⚙ Indicates multiple responses from class members.

## Preface

*Our mission through Mushiba and Terra Lux is to bring a sense of your own discovery of Self and a sense that you ~ and you alone ~ have the power to bring in the information that you need for your own growth and development.*

*We are very strong in our mission ~ THERE IS NO ONE OUTSIDE OF SELF WHO CAN EMPOWER YOU. Others may guide you. Others may be able to facilitate and, indeed, that is what healers are about ~ to help as facilitators. They cannot heal you ~ only you can heal you.*

*Others can facilitate ~ help through the web ~ help you find the way to where the information is located. Only YOU can find that information ultimately. Others can be the light and provide the way for you to see your own path. However, even the best of light is limited ~ it is only each of you who can take the light and use it to your fullest benefit.*

*There is nothing anyone can teach to another ~ there is simply guidance that is given. There is no hierarchical order, only the neverending circle ~ where an entity is simply going back to its own source to gain the information necessary to return to The One.*

*Along the way you have entities who help you ~ who guide you. We are one such source. We cannot teach you anything for you already know what it is you need for information and you have placed it in a priority of accessing.*

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PREFACE

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*When it is time in your path to bring in that information, you seek out those who can help you to access that information.*

*You each have learned what it is that you have come out of The One to do. The journey is in finding that information again and bringing it into your vibration.*

*Part of the journey outside of The One is through a very complex passageway of energy ~ lifelines, splits of those lifelines ~ so that each Energy is connected ultimately to The Universal Consciousness.*

*We are here now to guide you in your own EMPOWERMENT AND ACCESSING OF INFORMATION. We give you the information and you apply it to Self as needed.*

*No one entity is any better than another entity ~ or any worse than another. No one is superior and no one is inferior ~ it is not hierarchical. Be wary of any who would claim to have superior abilities to you. It is simply that you have not accessed it ~ either for this particular lifetime or for a series of lifetimes ~ or perhaps not yet.*

*Be not intimidated by those around you ~ as we call them, SPIRITUAL ELITISTS ~ who would claim to have some type of power over YOU. Look only to Self for the answers. And, when you feel that the information coming to you is inappropriate for Self, discard it ~ do not hold on to it.*

*We are one source of information. For some, the information that we give is not appropriate for them ~ that is fine. We do not claim to be the definitive source. We are a very high source, of course! ☺ We are not definitive, however. And, there are many sources that have been deliberately presented to the earth plane to reach certain audiences ~ certain levels of understanding and awareness.*

*Not all entities are at the same levels of awareness. All are equal as energies and simply at different levels of awareness. This, then, is the difference ~ the DISTINCTION ~ and this is where the growth occurs.*

*You may look at another and see a certain level of awareness in that individual and want to achieve that level of awareness. Well, you can ~ and you will have to work hard. Awareness is not simply given to you where you are told, "Here ~ it is the platter ~ we put it on and you are aware ~ you are enlightened." ☺ Enlightenment is not one of these magic moments that occur.*

*Each of you is gaining in your own enlightenment, for you are on a training ground and you are participating in your own growth ~ that is enlightenment. So, you each leave our classes with a new level of understanding ~ ever so infinitesimal, perhaps, yet, it is a growth.*

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*It is impossible to be on the earth plane and not grow. Even though there may be regressions in one's growth, ultimately it is impossible to leave the plane without having achieved some new understandings. No matter how dormant your particular scenario for the life has been there are always growth modes.*

*You are introduced in this Second Level of the Search for Self, my loved ones, to a new way of thinking about your own journey. You are not students ~ you are not teachers. You are guides ~ each of you. You are all guides. You all have something to help another entity with.*

*No matter who you are, you have something to give to another. You may do it consciously ~ you may do it at a higher level. You may be very aware that your path in this lifetime ~ your mission ~ is to guide others, to help others, and that is what you do very consciously. Others simply are living their life, and it is that living that serves as an example to others.*

*Many entities have a life that appears to have no focused spiritual path. Remember, however ~ all paths are spiritual ~ and someone may be simply living their life where that life shines as an example of understanding that there is a higher source.*

*Give empowerment to Self ~ you are the only one who can do this. We can talk of it ~ we cannot do it for you. You have chosen your own journey. You already have the knowledge. You came out of The Universal Consciousness with that knowledge and it was placed in what we call a TOY BOX ~ that is our analogy ~ and all that information was placed in a safe little box.*

*We have discussed this information in great detail. (Note: Please see the Waith Transcript, PLAYTIME ON THE EARTH PLANE, available through the Terra Lux Online Shop.)*

*As you need to use your information to grow, you go into your Toy Box, pull out a toy ~ the issues and the opportunities that each of you is presented with for growth ~ and play with it.*

*Growth automatically implies learning. Growth does not occur unless learning has been there. You cannot grow unless you have learned something. You already have the knowledge ~ you are simply realigning it now for your path back to The One.*

*We now want you to meet the six in our Spirit Group. I am considered The Head Spook, as it would be said! ☺ Each of them assists me with a particular component of information dissemination in the Search for Self.*

*Each time that I enter in through Mushiba, my energy prepares the vibration ~ and it is my energy that departs from the vibration. Everything in between is open for any of the other six to come in and discuss with you! ☺*

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*They each have very distinctive personalities ~ if you want to use that earth plane frame of reference. Each of these energies is at different levels of awareness. Some are in The Angelic Realm, some are thinking about going into The Angelic Realm ~ they have not decided if they want to take that path, for it is a decision. Some are in Guide School ~ as facilitators to others who want to become formal guides. So there is quite an array of understanding.*

*We now open up the energy field for each of the six to enter. Jenjura will enter first and introduce you to the Webbing Effect.*

***Jenjura:** All energies outside of The Universal Consciousness are wrapped around and around within Self. If it were a straight line, there would be no journey ~ there would be no reason to be outside of The One, for being inside The Universal Consciousness is wholeness.*

*Being outside of The One is a neverending circle. It means that the journey is never complete until that point of unification with The Universal Consciousness.*

*Once you are out, you become fragmented as an Energy ~ and is a requirement that happens to all entities. That fragmentation means that there are splits and splits to the splits. And, there are lifelines that have lifelines that have lifelines. This, then, is The Web.*

*Our mission with Waith is to help you through your own web. If you are truly to go within Self to find your answers, there must be an understanding ~ at least at a basic level ~ of the Webbing Effect that you have.*

*However, it would be much too simple if all you had to think about was your own web. You could return back to The One in a nanosecond. Thus, the journey outside of The Universal Consciousness is about relationships ~ it is about interactions.*

*There is no reason to be outside of The One if there are no relationships ~ no interpersonal, interspecies, interkingdom, interdimensional relationships. So, you become webbed with others by choice. Sometimes the choices are made kicking and screaming ~ however, they are choices. 😊 😊*

*To understand others, you must understand Self ~ and this is what we are here, as part of our mission, to help you with. As we are able to research The Universal Consciousness so, too, can each of you go to The Universal Consciousness. You may become somewhat mired in this web and to go to The Universal Consciousness seems to be much too difficult ~ and, thus we serve as a facilitator.*

*We will help you to clear the way, ever so slightly, to understand Self and those with whom you are interwebbed.*

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*It is time for us to depart now and Francis will enter to give you a discussion of his component, Community of Self. We bid you farewell for now.*

**Francis:** *After the Webbing Effect you recognize that there is a community ~ of others and within Self. It is where the discussion of the Energy Circle is elaborated on. We are here to help you to understand the interconnectedness of The Human Kingdom and of all that is out of The Universal Consciousness ~ not just human.*

*Most humans believe that life only exists if they can SEE it move, SEE it grow, SEE it change ~ the operative word in all of this is SEE.*

*Life and consciousness are not the same ~ this is part of our discussion. Everything has consciousness. The rug upon which you sit, the paint that makes up the wall, has a consciousness ~ it is an encasement for energy.*

*Not all consciousness has what is called LIFE. There are many among you who have consciousness and no life 😊😊 ~ a little Angelic humor.*

*The important thing to remember is that all of you are connected to The Universal Consciousness. We are here in our journey with Waith to bring you more awareness to the interconnectedness of consciousness ~ the food that you eat, the plate that you hold, the tea bag.*

*No one is ever alone ~ it is impossible to be alone for you have consciousness all around you. There is never a moment outside of The Universal Consciousness that you are alone. It is not designed that way and is an impossibility. Rejoice in that! 😊*

*We are here to help you understand and rejoice in the interconnectedness. We are not here to tell you that you must like and love all consciousness ~ that would be foolish. The journey is to attempt to ultimately feel harmonious ~ for liking and loving are concrete manifestations of harmony.*

*Love of Self automatically makes you love others to the same degree to which you Love Self ~ no more, no less, only to the same degree. So what you project to others for love is what you feel for Self.*

*We depart for now and Teetee will enter in now to introduce you to Group Balancing*

**Teetee:** *Group Balancing is the most wonderful thing around! And, we are going to help you to appreciate it, to enjoy it and to seek it out. Now you might say, "Seek it out ~ I think not." 😊 Well, yes you must, for without Group Balancing, your Webbing Effect is unidimensional and will not get you back to The One.*

*Group Balancing has such negative publicity! It is joyful to be with a group for it means that you have come to a point in your path where you can bring added growth to Self.*

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*At the same time, at higher levels ~ sometimes very, very high levels ~ you are harmonious with each member of that group. Remember, very, very high levels. ☺ That is the purpose ~ the higher the level you have to go to for harmony, the greater the growth opportunity.*

*You will not find Self in and of Self. You will find Self only through others who, ultimately, give you your own sense of Self ~ it is the paradox. You are only Self and you find only your answers within Self. However, you cannot find Self without others ~ they are reflections for they serve as the mirror to Self. And, that is the difficulty sometimes, for you do not want to admit that you need others.*

*We are here to help you understand how to integrate an acceptance of group behavior into the Search for Self.*

*We will now turn over the discussions to Jacques, who is charged with the Healing of Self. We send you blessings.*

***Jacques:** We are here to guide you in the discussions of the Healing of Self.*

*FORGIVE SELF FOR NEEDING TO BE HEALED. It is not a bad thing that you need to be healed ~ all need to be healed because all are out of The Universal Consciousness.*

*Being outside The One necessitates the need for healing and thus it is NO BIG DEAL ~ as you would say on the plane. It becomes a big deal when you make it such, when you moan and groan and say, "Ah-h-h, what will I do ~ I must not be spiritually complete if I can't heal myself ~ there's something wrong with me ~ all those around expect that I use herbs to heal myself and not traditional medicine." Well, this is ludicrous.*

*Everything on the plane is a tool for the Healing of Self, for growth. Healing is growth ~ if you heal, you grow. If you do not heal, you do not grow ~ it is as simple as that. And, so what ~ you have eternity! ☺ What is the rush?*

*All of you are simply facilitators along the way in the journey that each of you has in the Healing of Self. Waith and the Spirit Group are here as one of those facilitators to guide you in the journey within Self.*

*We are here to help you in the Healing of Self, to relax about it and be able to identify those around you who are meant to be facilitators, to help you ~ for you are not meant to do it alone.*

*Ultimately, you are alone in the Healing of Self and it is at that final moment that aloneness takes place. It is the journey to that final point, however, that is meant to bring all the tools available ~ and others who are on their own path of gaining awareness, who are on their own path of Healing of Self.*

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*As you heal a component of Self, you are expected to help another in their Healing of Self ~ to show them the way. Healers do not heal you and cure you from your ills. There may be what appears to be a miraculous healing. The raising of the hand by one person and the other person falls down, miraculously cured.*

*Medicine says, "Yes, this person was cured." It was not the other person who did it ~ it was a joint effort that said, "It is time now for the Healing of Self to occur ~ let's do it in a dramatic way." ☺ That is all that it was ~ for by doing it in a dramatic way, it brought attention, which is part of the path, perhaps, of the entity or those involved.*

*Many who are able to bring about the Healing of Self do it quietly ~ there is no fanfare for it simply is done. Something may happen to the encasement or to the physical psyche ~ and we call it a physical psyche as opposed to a non physical psyche for there are two different levels of psyche, and the physical psyche is what others around you see.*

*Ultimately, an entity is quiet and reserved about the Healing of Self ~ does not feel the need for others to know. Until that point is reached, it is all right to be dramatic ~ it is part of the journey and part of what you give as guidance to others who may be less sure of their own abilities in the Healing of Self.*

*This is what we will be here to guide you with ~ the understanding, the control that you take within Self for the Healing of Self.*

*It is time to turn over the discussion to Boopsie who is charged with Gender Harmony. Farewell and the blessings to you.*

***Boopsie:*** *The journey is for each gender to understand the other's perspective. It is why you come into a particular encasement ~ male or female ~ to understand the life.*

*You may be a dominant male energy and come into a female encasement ~ or the other way around. Same gender orientations, opposite gender orientations ~ there is no easy way to explain why anyone has any type of orientation, nor should it be.*

*Genders were deliberately set up to be DIFFERENT ~ not to be the same. The goal is not to be the same ~ THE GOAL IS TO UNDERSTAND AND RESPECT THE OTHER. We are here to help you understand and rejoice in the differences ~ rejoicing, not conflicting.*

*There is joy in being the gender that you are and at the same time it is important to understand the perspective of the other gender. Everyone has chosen the body that they are in.*

*Our mission is to be of service to you in the lightening up of the gender issues. We are here to bring more understanding to Self and the gender that Self has chosen ~ to be comfortable with that chosen gender and, at the same time, to be comfortable with the other gender.*

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*It is time for us now to hand over the class to Farena, who will discuss Lightheartedness with you. We bid you farewell.*

**Farena:** *Our mission is to help you understand the balance in the Lightheartedness and the seriousness. It is an imbalance to be one or the other all the time. It might be that in one lifetime you are out of balance completely.*

*By coming in contact with Lightheartedness, or seriousness, your Soul stores the memory so that when you are ready in a lifetime to bring in a balance, you will have the Soul memory ~ you will have been exposed to the information.*

*The balance, my loved ones, is in understanding that what you do as a mission ~ the path you have taken on ~ is serious. However, do not take it seriously ~ take it lightly.*

*The ideal is that you have a moment in LA, LA LAND and you have a moment when you are very serious ~ and eventually you bring in the harmony of the two so that ALL THAT YOU DO IS SERIOUS OF PURPOSE AND LIGHTHEARTED IN ITS APPLICATION.*

*It is easy to say, and yet so difficult to achieve for when the lessons are in your life ~ when you are confronting those issues ~ it can be painful. Pain can make you serious, until you experience it enough ~ this pain ~ that you say, "Ah-h-h! I'm having pain again ~ I know that I'm going to be happy about this at some point." ☺*

*Eventually, when you are having the pain, you are happy about it ~ it happens. That is the ultimate blending.*

*It will not be completely achieved in this lifetime. It will not be completely achieved while you are on the earth plane sojourn. It will be completely achieved once you return to The Universal Consciousness.*

*Our part in Waith's mission is to bring Lightheartedness and joyfulness into the seriousness of your path and to keep reminding you to be joy filled, to keep reminding you to be light, to flow ~ even in the midst of the most difficult points in your path.*

*It is time for us to depart ~ Waith will return now. Fluffies and bye, bye!*

**Waith:** *You have been given information that is meant to help you begin to think of the Search for Self. What we say is meant for you to reflect upon ~ it is not the ANSWER to your life. What you do with the information is up to you.*

*There is no ritual involved in our information, my loved ones ~ and nothing that indicates that if you do THIS AND THIS a certain way, you will gain enlightenment. As you bring information into your own levels of awareness, you may need props.*

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*Seek out the concrete that you need in order to bring Self into the abstract. We, by design, are very abstract in what we present. However, we will provide Tools for Gaining Self Awareness to help you in your focusings.*

*We are ready now to unfold this Second Level of the Search for Self and to bring you into an advanced level of understanding of Self and to share that guidance ~ to give you the information that may help you along your path and to share focusing tools.*

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# Chapter 1

## Webbing Effect

*The Search for Self means that you are attempting to find where you are in your balance between concrete and abstract. In order to do this, we start with the very basic concept in the Search for Self ~ what we refer to as the WEBBING EFFECT.*

*You each are extensions of energy ~ which are extensions of energy, which are extensions of energy, which are extensions of energy. You know not where you are in your positioning outside of The Universal Consciousness.*

*Your Soul contains all the information that it needs for this particular training ground journey. Additional information of other journeys that you have had in other training grounds is housed in The Universal Consciousness and is easily accessible to you ~ to your Soul.*

*Your Soul does not house ALL of the knowledge of ALL of your journeys as an energy form, for it would get too crowded! 😊 “How could the Soul get crowded,” you might ask. That seems almost a contradiction in terms ~ if it has no boundaries, how can it get crowded?*

**In our consciousness certain things are not necessary for daily operation and we just do not go there unless we really need to.**

*Indeed, The Universe likes things to be kept in order and there are levels of awareness ~ layers of information. Some are important to have easily and quickly available. Others are not needed and so they are placed in storage. In your lives, many of you are organized to the point where you would have different levels of storage ~ long term storage, short term storage, immediate storage.*

*The Soul houses the information that is necessary for the current sojourn that an entity happens to be on. The other information is put into long term storage ~ easily accessible ~ so that you would not pull out information that was superfluous to the journey at that particular time. However, you can pull out superfluous information, something that is fun to know even if not all that necessary. 😊*

*Energies like to be organized. Some of you at this level eschew that particular concept ~ others personify it. 😊*

*Understand that at the very highest of the running of The Universe there is organization. And, because of that, it allows any entity, at any point in their path, to be completely disorganized, for there is the sense of the HIGHER bringing in the organizing. The Universe maintains the records in what you might refer to as a computer.*

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*You each have the ability to go to this computer. However, as in any good type of organizing, you give certain entities the permission to be the one to gather the information to bring to you until you have developed the ability to do so on your own. Until you have developed those skills ~ and that takes lifetime and lifetime ~ you use intermediaries.*

*We are one such intermediary ~ we simply give you information and not the answers. Jenjura, a member of our Spirit Group, is trained to be a facilitator for the gaining of information and has guidance for you regarding the Webbing Effect and how you can work through your own web.*

*Welcome, now, Jenjura.*

***Jenjura:** We go to each of you in greeting and become reacquainted with your energy. What we are able to do with this very brief scanning of energy is now pull your records from The Universal Consciousness. It does not make it smooth, by any means, and we simply have pulled it from the files. You are each able to do this ~ ultimately.*

*Let us look at the Web of Self. Think of The Universal Consciousness as a ball that is made up of all energies.*

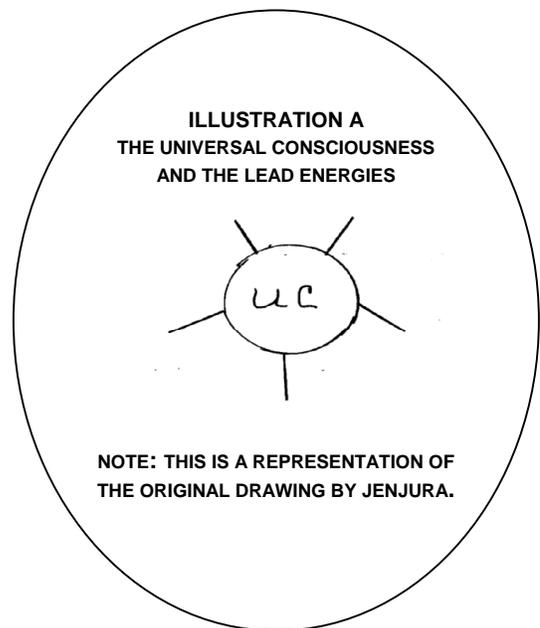
*Out of The Universal Consciousness come energies that are referred to as Lead Energies. The Lead Energies ~ for any particular illusion of The Universal Consciousness ~ are the ones that sprout off other energies.*

*This particular illusion that is currently playing itself out of The Universal Consciousness has given five Lead Energies. (Note: Please see Illustration A to the right.)*

*Out of the Lead Energies, then, come all other energy forms.*

*Energies beget energies that then beget energies ~ remembering that you are part of One Energy.*

*Yet, you now begin to split in an organized manner. This splitting enables you, then, to develop an identity and a personality. You take that identity with you through your journey outside of The Universal Consciousness.*



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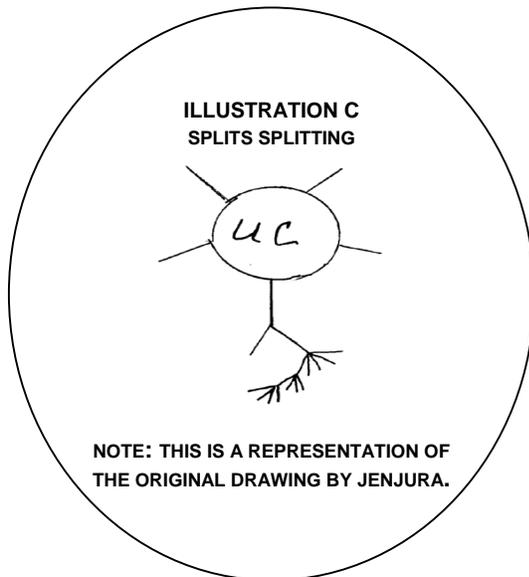
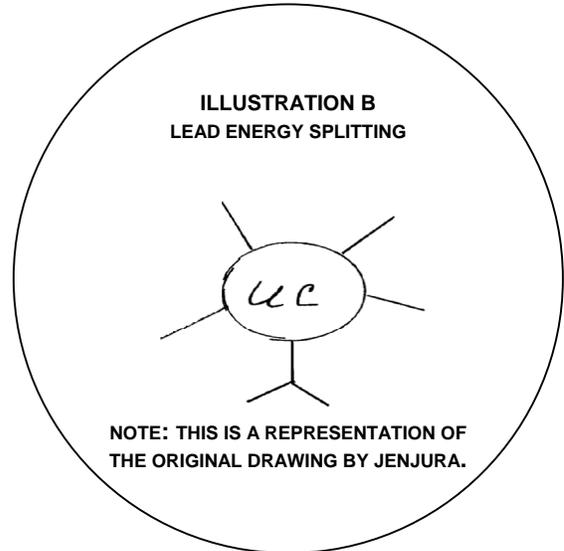
*Let us take one particular energy line and track it. (Note: Please see Illustration B below.) We take this Energy out of the Lead and say that this Energy out of the Lead has split. When we say that an Energy has split, what does that mean?*

**It has divided to make new energies?**

*Yes, and on the earth plane it is often referred to as twin flames or twin energies ~ it is the same Energy and now has split.*

*A Soul consciousness is given to each of those energies. It is a separate Soul consciousness from that which is The Universal Consciousness and, yet, it is the same Soul consciousness. This, then, is split ~ for simplicity we say twice. It is a twin.*

*You, then, have a new Soul consciousness. We take the twin, and the twin then splits. The twin now has twins ~ could even have triplets, quadruplets, quintuplets, sextuplets, and so on.*



*Each of them has the ability to split into twins, triplets, and so on ~ which have the ability to split into twins, triplets, twins, triplets and on and on. This is how the tracking occurs ~ splits. (Note: Please see Illustration C to the left.)*

*This is how all of the energies develop ~ the ability to split is infinite. One energy line can split infinitely. This begins to show a part of what we call the Webbing Effect.*

*You, as an Energy, are somewhere in this particular chain of events. Remember that while there are five Lead Energies, there are infinite numbers of energies able to split.*

**Is there significance to there being five?**

*The only significance is that it was a number chosen for the sense of order for this particular running through of the illusions outside of The Universal Consciousness. At other run throughs of the illusions, there have been fewer than five and there have been more than five. There have been, in the scheme of things, as many as ten or fifteen Lead Energies and as few as two Lead Energies ~ remembering that it is eternity of which we speak.*

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*What you have, then, is your frame of reference for NOW. You are outside of The One ~ you are all part of this particular illusion of energy splitting. So, there is no significance that five was a magic number, as you might say.*

*Each of these five Lead Energies is responsible to a higher source that is the intermediary between The Universal Consciousness and the Lead Energy. You have heard Waith give reference to Amelius. Amelius is one of those intermediaries who serve between The Universal Consciousness and the Lead Energy. There are five energies, or, as we say, five who run The Universe ~ and Amelius is one of them.*

*It, then, becomes what we refer to as five kingdoms. Each of you is a line into one of these five kingdoms. You all coexist within the kingdoms. It is simply given for the sake of order, and not for discriminatory issues. So, all of you in this class, come from different kingdoms. You do not ALL come from The Kingdom of Amelius ~ nor do you have to. It is simply a way of keeping order.*

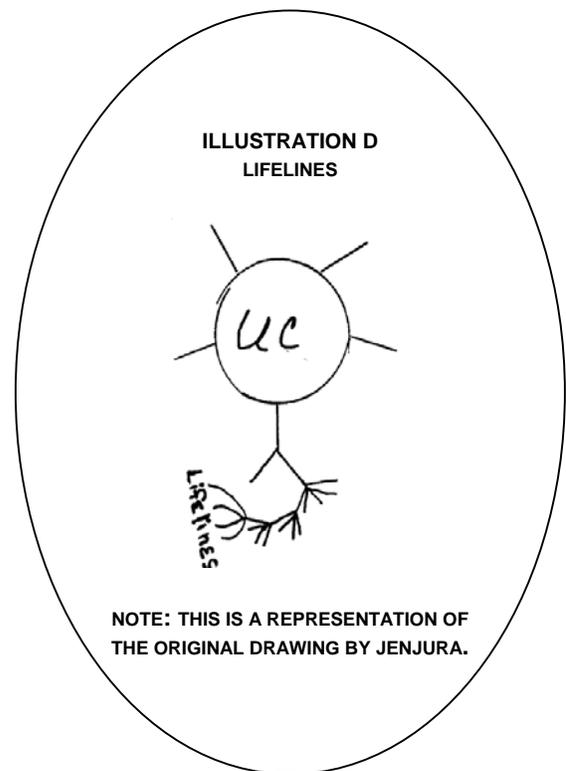
*The splits can have what is referred to as lifelines. (Note: Please see Illustration D to the right.) There are splits, which occur first. And, for each Energy that exists there can be lifelines. A lifeline also has a Soul consciousness and is directly connected to the split.*

*Generally, a lifeline is given a particular job to do for its Dominant Energy Line. We reiterate ~ a split is the Dominant Energy Line. The lifeline is a sprout from a particular split.*

*Lifelines do not split ~ this is one of the major distinctions. A lifeline does not split ~ only an energy line splits. A lifeline is a part of the totality of the mission of a particular energy line.*

*Energy lines sometimes choose NOT to do lifelines. They simply want to take on their journey in and of themselves. Other times, a split ~ or an energy line ~ wants to have as much help as it can. And, thus, it sends out its own little worker bees ~ as you might call it ~ with a Soul that is a part of the energy line.*

*A lifeline is no less in importance than an energy line and an energy line is not superior to a lifeline for a lifeline is a part of the energy line. It is simply given specific jobs to do. The energy line has its main job.*



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*A lifeline takes on one particular task and could be appearing simultaneously with the energy line in a particular lifetime ~ this happens quite frequently.*

*Approximately twenty five percent of energy lines take on lifelines ~ it is not a high percentage. Taking on a lifeline ~ while it does speed up the process of finishing the work outside of The Universal Consciousness ~ places an Energy into such an accelerated mode that it sometimes can create what you would call burnout. Most energies do not feel the need to bring themselves into such an accelerated path. Or, they may say, "I'll take on one or two lifelines."*

*You are encouraged to take on no more than ten lifelines. There are some entities among you who have taken on ten lifelines. Their lifelines are working in different dimensions ~ some of which are in this dimension. It is generally not a good idea to know that it is one of your lifelines with whom you are dealing. When it is known, it brings about wonderful issues of ego ~ as you can imagine. ☺*

*What does this have to do with the Webbing Effect? We ask you to think of this ~ where exactly are YOU as an Energy? The simple answer is that it does not matter WHERE you are. What matters is that you have particular work to do ~ wherever you are in the scheme of all of this.*

*The Webbing Effect means that you are attempting to find your way back to The Universal Consciousness. And, each time one of the energy lines completes its work, it merges back into the energy line that it came from ~ that is what it is all about.*

*You as an individual Energy, when finished with your journey, do not just go running back into The Universal Consciousness ~ it would be chaotic, for there would be all these energies trying to merge at once. Instead, it is a very orderly process by which, as you finish your work, you go back into your energy line.*

*If your energy line has finished its job ~ all the lifelines have finished and have all merged back into that Oneness ~ the energy line then has the consciousness of all of its lifelines. It is now stronger and may decide that it is time to merge into ITS energy line. Or it may, before merging, do more work ~ it has all of the strength of the lifelines that it sent out.*

*When it is time for IT to move back into ITS source, it merges into that energy line. And when THAT energy line has taken all of its lifelines ~ if it has any ~ and has finished all of ITS work, it then merges into ITS energy line.*

*Eventually all merge until they are back and left with a pretty small group of energies. The Lead Energy says, "Work is done." And, the Lead Energy then goes back into The Universal Consciousness and that particular game is over. Everyone has merged into The Universal Consciousness.*

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*Then it is time to come back out and do it all over again ~ and you do ~ this is a basic concept. This is the basic way in which energy moves out of The Universal Consciousness and back into The Universal Consciousness. There are shortcuts and there are qualifiers ~ however, that is for another discussion. ☺*

*The discussion of the Energy Circle comes into this particular concept ~ which adds further complexity to your own Webbing Effect. Each energy line has a group of energies around it ~ it being part of an Energy Circle that comprises all different types of kingdoms. In this sense we use the word kingdom to represent different encasements that are taken on ~ The Human Kingdom being only one of many millions of encasements that house energy.*

*An Energy Circle is composed of a group of energies that travel with each other from lifetime to lifetime. A particular energy line can have, as its own destiny, a very short time or a very long time. The Lead Energy may only call back one particular energy line ~ like taking a thread that makes up the canvas and pulling it. It is part of the whole and yet it is separate.*

*And, it can be pulled all the way through and taken out ~ and put back into The Universal Consciousness. The Universe, then, simply closes up that space. So, at any point, your energy line can move very quickly back to The Universal Consciousness. However, it must be done in conjunction with all involved in the Energy Circle.*

*Waith has mentioned what he refers to as the ABORT BUTTON, that ~ no matter where you are outside of The Universal Consciousness ~ if you want to forget it all and go back to The Universal Consciousness, all you have to do is hit this abort button and say, "I want to go back." However, everyone in the Energy Circle must agree. And, therein lies the challenge ~ therein lies the balancing.*

*You are each part of a greater web ~ you are all webbed within Self and are all webbed within the scheme of The Universal Consciousness. Your journey is to clear your own path, to understand where you are in this webbing. That, then, will give you a sense of clarity of your own journey and clear the way for your Soul to find its own path back. This can only be done within Self, and once you have done it within Self, you are able to reach out to a higher energy line.*

**The different kingdoms of animals, plants, minerals and the others ~ are they all interconnected and are there different lines to different kingdoms?**

*Every energy line has the opportunity to go into as many of the kingdoms as it wants. Depending on what an energy line decides, determines how many different kingdoms it has in its own energy line. Each energy line has its own set of kingdoms that it works with and then they all interconnect, which adds again to the Webbing Effect. Your lifetimes are not simply isolated as human encasements ~ rather, they are within all of the other kingdoms that you have chosen as your Energy Circle.*

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*To simply have lifelines and energy lines would not be confusing enough. ☺ To add the component that gives the Webbing Effect the challenge, that gives it the reason for you to have to work through your web, means that you must find the rhyme or reason of all the lifetimes you, as an Energy, have had and will have.*

*The question of whether there are other kingdoms involved also enters in, for you have your Energy Circle and in that Energy Circle are all the members of other kingdoms that you have decided you want to be a part.*

*Some of you may have an Energy Circle that is made up of five or six other kingdoms ~ animal, mineral, plant ~ common ones you all know. Some of you may have an Energy Circle that is made up of twenty or thirty or fifty or even one hundred other kingdoms. It depends on what you wanted to do when you came out of The Universal Consciousness.*

*The number of kingdoms in an Energy Circle does not determine if one journey is more difficult or less difficult than another ~ it simply makes it DIFFERENT FROM. This is a very important component to keep in mind. The difficulty level of any journey is measured only in DIFFERENCES ~ not in superiority or inferiority.*

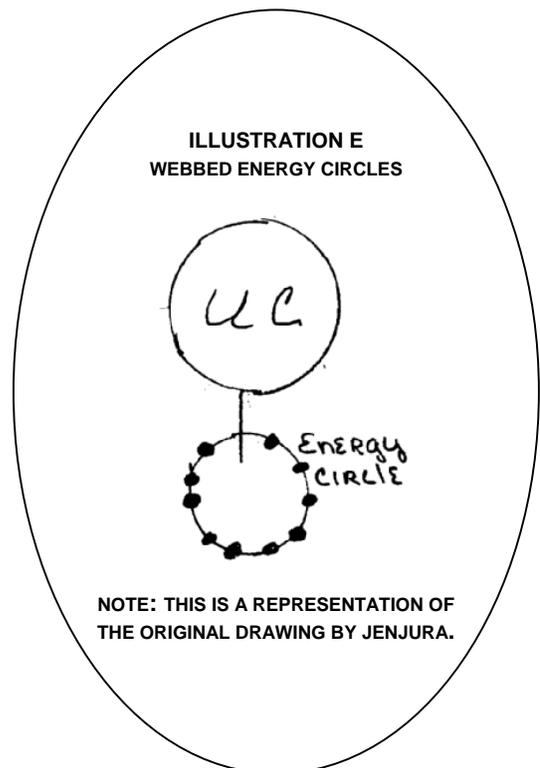
*Whether you have taken on a series of lives that require many, many, many incarnations or just a few incarnations, it still makes it difficult. That is part of being out of The One.*

*Let us look at lifetimes. (Note: Please see Illustration E to the right.) This is The Universal Consciousness in miniature. And, this is one of the energy lines that has come out of it ~ so this energy line could be any one of those lines at any point outside of The Universal Consciousness.*

*Surrounding the energy line is an Energy Circle. The Energy Circle has taken on, let us say for example here, ten kingdoms. That means that there are ten spots open in the Energy Circle.*

*The Energy Circle decides WITHIN ITSELF the order in which lifetimes are going to occur for this particular energy line.*

*Sometimes, this energy line, in its Energy Circle does not include The Human Kingdom for The Human Kingdom is not the top of some pyramid and is not the superior ~ it is simply one of many, many encasements that are formed.*



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*Let us say, for discussion sake, The Human Kingdom is in there ~ and The Mineral Kingdom, the air, the wind, water, fire, carpet. All are kingdoms and have a consciousness ~ they are encasements for energy.*

*They are all there, sitting around and drawing straws. ☺ They say, “All right, the first series of lifetimes will be in The Animal Kingdom ~ the second series will be in The Carpet Kingdom ~ the third series will be human ~ the fourth series will be mineral ~ the fifth series will be fire. There is no sense of moving from one lower level kingdom to a higher level kingdom ~ that is NOT what exists for it is simply whatever order the straws are drawn.*

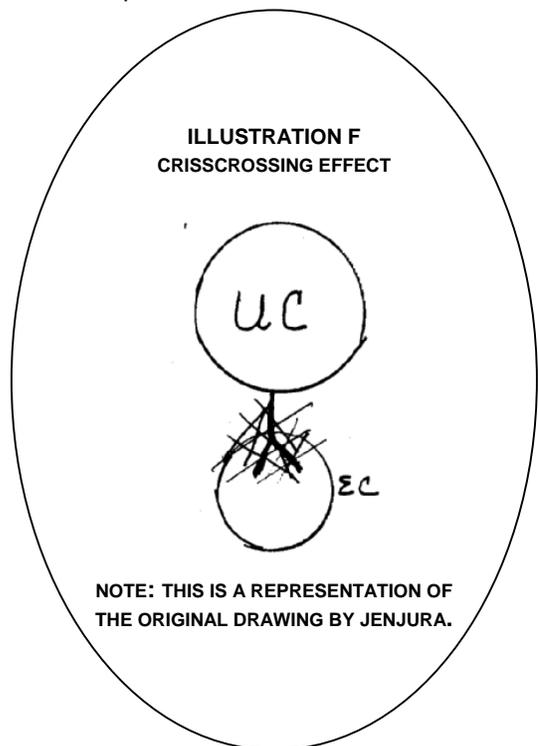
*Each then sets up the scenario of things that they want to learn ~ so they each have their own Toy Box ~ Waith’s analogy for the concrete example of all the lessons you take on. (Note: To read the discussion of The Toy Box, see the Waith Transcript, PLAYTIME ON THE EARTH PLANE, available through the Terra Lux Online Shop.) Each kingdom has decided what it wants to learn and it puts it all into The Toy Box. So as human, you are part of the cycle of your Energy Circle ~ and you have many lives available to learn the lessons.*

*So, you start. You come out and play with your toys and you do your lifetimes. You have one, and then another, and another, and another ~ until it is time to take on another kingdom. You then start getting crisscrossing effects ~ those are lifetimes. (Note: Please see Illustration F to the right.)*

*And, then, lifetimes go this way and lifetimes go this way and back again, going horizontal, vertical, crisscrossing. Before you know it, as an energy form you have all these lifetimes.*

*In the middle of all this, you have sent out lifelines. Each one of the kingdom members can also send out lifelines. Before you know it, your lifelines are overlapping with each other and you have a web. And, like energy always does, it does not stay separate ~ it merges within itself, within its energy line.*

*So here you are. This becomes your greater field of energy ~ all of the lifetimes are encompassed. And, here you are now as a human and you are saying, “Oh, I want to find out where I am in this particular maze ~ when I find out where I am in this particular maze, how do I start spreading it out, finding out how I am going to clear the way so that I get back to my initial Energy Circle and its clarity?” This is what the journey is about.*



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*While we have talked about past lives there are also future lives. What makes it so challenging is that on the earth plane you live in a linear equation ~ from beginning to end.*

*However, the universal system is not linear ~ it is continuous and simultaneous. So you are living the future ~ as well as the present ~ as well as the past. Because you are living in a linear system, now, you only see it as PRESENT ~ happening right now. What HAS happened was in the past and what WILL happen is in the future ~ three very distinct separateness issues.*

*In looking at the Webbing Effect, in order to understand Self, you must look at the FLOW of it ~ and look at what your future holds for you, as well as what your past has held for you.*

*If you are at the end of your journey on the earth plane, it does not mean you are at the end of your journey ~ it just means you are at the end of your journey on the earth plane. There is much more to this web. However, you are on the earth plane NOW and having to work through the life you have NOW and the understanding of what has brought you to this point NOW.*

*While you understand that there is a higher purpose ~ a higher understanding ~ you might ask what do you do right NOW? How do you deal with all that occurs on the plane in your lives NOW ~ the issues that are facing you?*

*You certainly would not want to gain all of the information that is contained within the Soul consciousness of Self ~ it would be far too overwhelming. Indeed, that is why there is only the conscious understanding available to Self at any given moment ~ the higher levels of understanding come only when needed.*

*However, it is the blockages of the web ~ these other lifetimes, the energy that is left over from those lifetimes ~ that fill the Soul, that fill the being of Self.*

*Our mission in the Search for Self is to help you understand that, first of all, you have this web and, secondly, how to start to clear it. Most will not clear it in any single lifetime. Some of you already have cleared your web so the strands are not close together ~ you have stretched them a bit so that you are able to see, to be free. You have resolved many of the other lifetimes.*

*The web means that you have unresolved issues from other lifetimes and because of those unresolved issues, you have the future ~ it all blends together. You are in a lifetime to dissolve the past and the future, for the future lifetimes will happen only if you are not able to resolve certain issues in the current lifetime.*

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*While it is simultaneous in terms of past, present and future, it is also linear, for you live within the illusion of time. It is that illusion of time that you must first deal with. If you are able to get rid of that, then you are able to deal with the larger issues of simultaneous.*

*We will now give you a Tool for Gaining Self Awareness that focuses on finding your way through your own Webbing Effect.*

**Focusing Tool**  
**Webbing Effect**

*Relax in a way that feels comfortable for you.*

*Breathe slowly and deeply in a way that is comfortable for you ~ whether it is in through the mouth and out through the nose or in through the nose and out through the mouth.*

*Call upon the very highest of the white light to surround and protect you.*

*Call upon your Angelic Protector to surround and protect you.*

*Feel the white light of protection surrounding your encasement and making your encasement feel warm and safe.*

*Visualize yourself in the middle of an open field ~ there is nothing to be seen for miles around ~ it is wide open and you are in the middle of it ~ there is nothing in your way ~ you are free and open.*

*Visualize that you hug yourself, for you Respect and Love Self.*

*As you are standing there, you see others coming toward you ~ they may be human, they may be animal, they may be any encasement and they are coming toward you from all around, and they each carry a ball of white light ~ they are walking toward you ~ closer and closer.*

*They are beginning to surround you ~ you are in the middle of a circle, surrounded by different encasements ~ each holding a ball of white light.*

*They ask you to join their circle now ~ and you say, "Yes."*

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*Each gives you part of the light from their ball of white light.*

*You hold a newly formed ball of white light ~ it is the combination of all the encasements that surround you.*

*Take a place in the circle and form unity with the circle ~ you may not see the actual encasement ~ you may just see energy ~ it is the identity of your Energy Circle.*

*Communicate with your Energy Circle ~ attempt to know at least one in your Energy Circle.*

**Focusing Time**

*Visualize taking the ball of white light in your hand and raising it over your head ~ place it in your palm and drop it over your head ~ feel it disperse white light over your entire being.*

*You are now One with your Energy Circle.*

*Feel all the white light from the others infusing through your being.*

*It feels and looks like a soft web and covers you and your Energy Circle.*

*The white light is the representation of lifetimes that all have shared.*

*It covers you ~ feel its warmth and security of lifetimes finished.*

*Visualize in this web a small opening and visualize the word SOUL ~ it is your Soul and it is clear and open.*

*Bring yourself into the opening and look around you ~ you are in the higher levels of Self, free and separate from the Energy Circle.*

*Rest now and talk to your Soul ~ ask your Soul for the information you need to help you in this journey you take.*

**Focusing Time**

*Return back from your Soul, thanking Soul for information.*

*See the clarity and the opening ~ know that the opening is always there for you, as it now begins to be clouded over with the web.*

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*The opening is now completely closed over ~ although always there for you, opened when needed to gain information.*

*Visualize that the web is dissolving into your BEING and the other BEINGS in the Energy Circle ~ you are filled with your own webbing ~ it is part of you.*

*Slowly, the others in the circle begin to move away ~ leaving you once again standing alone in an open field.*

*You have come together and now you part ~ you can come together again whenever you need ~ you simply call them.*

*They all move away ~ you are surrounded by nothingness.*

*Hug yourself in your visualization, for you are not alone ~ you are both separate and non separate ~ alone and not alone.*

*Return now, feeling stronger within Self ~ bringing back with you the highest of the white light and your Angelic Protector holding your hand.*

**End of Focusing Tool**

*This focusing can be as long as you want. We have given you an abbreviated form to show you the flow of it ~ the visualization. You can stay in each one of the areas for as long as you want before moving on to the next part of the visualization.*

*The intention of this Tool is to bring you into your Energy Circle. Use it as much as you need in order to find your way through your web.*

*We are pleased to have been of service to you. Waith will return to give the conclusion. We send you the very whitest of light for your webbing journey.*

**Waith:** *Some of you did see an Energy Circle that you are not aware was your own. 😊 As time progresses on the plane, you may be able to identify more with what came to you in this very brief focusing ~ for many of you were not expecting certain visualizations that came about.*

**Am I to understand that the more I focus, the easier it is to communicate with other entities in my Energy Circle?**

*It is certainly one of the tools that you can utilize. There are many energies who find their own way of connecting with their Energy Circle.*

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*There are, however, tools given ~ such as we have given ~ to start you in the direction to find your own way. Most energies will find if they have a beginning ~ a concrete tool ~ they can use that for a bit and then begin to modify it as they use it and then have a greater sense of what it can and cannot do.*

*As you begin to receive answers from Self, you hear the ways to modify it. You need to start somewhere, and this is one of the that could help you in that journey. Certainly, the more you use it, the more you are able to bring it about and have the experience of understanding.*

**So, there is quite a good chance that we can get caught in our own web! 😊 😊**

*Yes!*

**Any rescue squad? 😊**

*Oh, yes! You can visualize when a fly gets caught in a web. The little feet are dangling and it is saying, “Help me ~ help me!” 😊*

**That is the cosmic rescue squad.**

*That is it, my love. That is what The Angelic Protectors are about ~ and what your Spirit Guides are about. You need only say, “Help me ~ help me!”*

*All energies get caught in the web ~ even the highest of awarenesses gets caught in their own web on occasion. The Angelic Force is there primarily to help you ~ so that you are not caught in the web and can help you maneuver your way through the web.*

**How do we know if we’ve received the answer, or if we are on the way to getting the answer? Sometimes it seems like it is relating or it could be something else.**

*This is the eternal question ~ and not easily answered in a sentence or two, and yet quite easily answered by simply saying you will know when it is the right answer. Helping you to reach that point is, indeed, the reason why we are here ~ why many emissaries are here to assist you in knowing when you have reached that point.*

*Talking with others helps, saying, “You know this feels like an answer.” Or, you can actually work it out in concrete ~ what you received as an answer and seeing how it feels. Does it feel right? If there is any sense that it does not feel right, then it probably is incomplete in its resolution ~ not necessarily wrong, only incomplete.*

*The issue of information coming from the darkness is part of the overall view that you must challenge information. This will come through as you study the information in the Search for Self. You will begin to have an interconnectedness of all the components to help you answer that very question.*

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*Ultimately, it is only Self who can answer that question. We can guide you in terms of whether you are on the right track. However, we will not say, “that is right” or “that is wrong.”*

**When we are in The One, do we know ourselves as a Self within The One or do we only become Self by leaving The One?**

*Outside of The One ~ The Universal Consciousness ~ there is identity and the sense of Self. There is no Self in The Universal Consciousness ~ that is why it is so boring. 😊  
Everyone thinks and acts the same ~ very boring.*

**Let’s say we trace ourselves back ~ lifelines and so forth. Does who we identify with as Self change?**

*Yes, it does ~ with each energy line.*

**With each energy line do we go, “Oops, that was me, too” ~ so we just kind of gather back what was us?**

*Yes. That is why you reinvent yourself ~ as you might say on the earth plane.*

**So as we go into a focusing, the Circle of Self can be different because each time we may have traced back to another point?**

*Yes, indeed. Your Energy Circle changes as you move from one level of energy line to another level of energy line. You can gain that knowledge through focusing. You may not, in a particular dimension, in this lifetime, move into the higher levels of Self. However, you can certainly gain access to that knowledge of what those levels are and what you have to work toward.*

*When there is Higher Self merging, you have an altered view of the world around you and an entirely different energy grouping around you to work with. Francis will address this in the Community of Self, our next component in the Search for Self.*

## Chapter 2

### Community of Self

*The COMMUNITY OF SELF is a discussion of the integration of all energies within each kingdom and the necessity of understanding the interconnectedness that all energy forms have, regardless of the particular encasement in which they would find themselves.*

*There are infinite numbers of kingdoms. You know of The Human Kingdom, The Animal Kingdom, The Mineral Kingdom ~ the more commonly known of the kingdoms. Those are very defined and specific kingdoms that, on the earth plane now, you have come to know and to interact with often.*

*What you need to bring into your consciousness is that all encasements are a physical component that house energy and, therefore, makes up a kingdom. There are many kingdoms of which you are vaguely aware, for you may not have actual interaction with the kingdom itself ~ and there are subkingdoms within every kingdom.*

*It is impossible to exist alone. As much as you might say, "I'm alone ~ I have no one," it simply is an impossibility. The existence of the human encasement requires, for example, that other kingdoms interact to help that encasement to exist. So, you have all of these other energies that have taken on different kinds of encasements that form what we call COMMUNITY OF SELF.*

*Encasement in physical form is not what it appears. Physical encasement means physical in its particular dimension. So, you are physical ~ as an encasement ~ in this dimension. That is what we refer to as your ROOT DIMENSION, where you are rooted for your journey on the earth plane.*

*When you move into another dimension, your physical encasement that is here ~ concrete ~ is abstract in another dimension to the perspective of those in that dimension. For example, the kingdom of air is in a different dimension for its existence ~ and it is physical in its dimension. It is concrete in its dimension, even though to you it appears to be nonexistent ~ even though you cannot see it, it exists.*

*The air allows you to breathe. The breath is a kingdom that cannot exist without the air. Your encasement cannot exist without the breath and without the air. However, also understand that if air had nothing that was breathing it, it would not exist. So, in order for air to exist and serve its purpose, it must have energy that breathes it ~ this is its purpose.*

*Francis will now enter in and present information and a Tool for Gaining Self Awareness that focuses on Community of Self.*

*Francis: As you sit in this class ~ and for those who are not here physically ~ you find yourselves surrounded, and part of, thousands of kingdoms. There are not just hundreds of kingdoms, there are thousand and thousands of kingdoms. Everything that exists depends upon many other kingdoms for ITS existence. You cannot exist in and of yourselves.*

*Energy does not exist without an encasement ~ contrary to popular belief. Energy, when it is outside of The Universal Consciousness, requires an encasement. Indeed, energy is an encasement of itself. This is a difficult concept for many to grasp, for they think that, “Ah-h-h, to be pure energy would be to be free.” To be free, ultimately, means nonexistence, which is return into The Universal Consciousness.*

*The ABILITY to be free means that you do not acknowledge that anything can control you. It does not mean, however, that you are not dependent upon many other energies. It means that you have developed the sense of autonomy within Self and that you acknowledge the interconnections you have with many thousands of energies ~ that ultimately you are not controlled by anything outside of Self.*

*To reach that particular point in your path where you accept the totality of your position with other energies and, at the same time, understand that you are completely in control, takes much time and effort in your path. When you reach that moment in your path, you feel the sense of release.*

*And, when you feel that sense of release, higher levels of testing will then come in to retest you in your understandings of this concept. You then have a new level of testing of your understanding of your TOTALITY and your INDIVIDUALITY.*

*When you have learned that level of lesson and you say, “Ah-h-h! I have learned now ~ I have reached the ultimate understanding of totality and individuality,” another level comes in to test your understandings at a higher awareness level. ☺*

*While you each are outside of The Universal Consciousness, there will be, then, levels upon levels upon levels of understanding to be tested. None outside The Universal Consciousness achieve perfection in their understanding ~ it simply does not happen.*

*Total perfection of understanding occurs instantaneously upon return into The Universal Consciousness. Thus, all are imperfect ~ that is the way it was designed to be. The journey is to reach higher levels of perfection. So, while one of you may appear to be perfect to another entity that sees you as being able to understand everything, you are not perfect to another higher level.*

*You achieve LEVELS of perfection that the lower levels of understanding perceive to be perfect. You would look at a higher level and see that understanding as achieving perfection based on your own understandings. You stand, then, in the middle.*

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*One level above you sees you as less than perfect and you see that level as perfect. And, you look to lower levels of understanding and see those levels as not perfect. Yet, all lower levels are higher levels to some other level. There is no lowest level ~ it is a circle.*

*The theme throughout the discussions of the Search for Self revolves around the circle ~ around that which has no beginning and no end. In actuality, it is a spiral with The Universal Consciousness being the ultimate circle filled in. In your search for understanding you are going around and around.*

*You have come out of The Universal Consciousness and are in a spiral ~ a circle. Eventually, that spiral is a circle in and of itself, which is a circle in and of itself ~ there is no beginning and there is no end to the understanding.*

*You each have come out of The Universal Consciousness with complete understanding of everything. And yet, when coming out of The Universal Consciousness, amnesia develops ~ this is the way. All of that knowledge is placed into what Waith refers to as The Toy Box. You bring out that which you want to relearn ~ for you have already learned it ~ you already know it.*

*You are now going to learn it in a new way ~ a way different from the last time you came out of The Universal Consciousness ~ went back in ~ stayed for awhile ~ came out ~ went back in ~ stayed for awhile ~ came out. This is a neverending process ~ you do not do this just once. You all do this infinite numbers of times.*

*When you come out of The Universal Consciousness, you form an Energy Circle with a group of other energies that are meant to bring you along in your journey ~ for you to interact with and to form alliances, and to have specific kingdoms that you determine you are going to enter.*

*The Energy Circle is the ultimate community for each entity.*

*You each, then, are part of a larger Energy Circle of energy kingdoms ~ and, each of you has chosen different kingdoms that you want to play in when you come out of The Universal Consciousness. You have determined what levels of understanding you will be looking to achieve.*

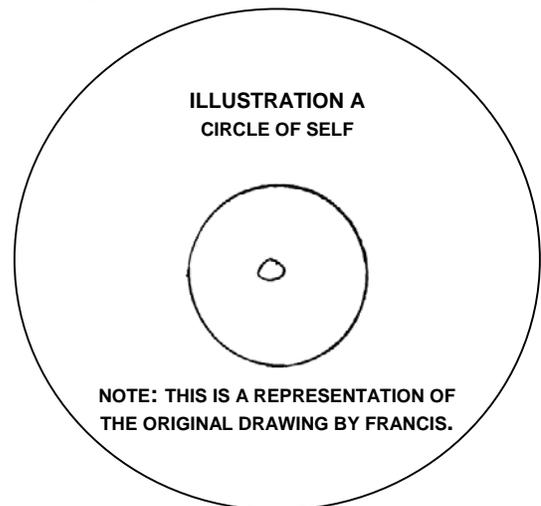
*You will have different levels of understanding that you want to achieve that will be different from some other Energy that you meet. Since you are in The Human Kingdom now, you are all finding yourselves with different levels of understanding. It does not mean any one of you is better or lesser than another ~ simply different levels of understanding.*

*In the scheme of The Universal Consciousness, each Energy has a high level of understanding in at least one area.*

*Each of you has something that you are very, very, very good at. You work on this throughout the many lives that you take on. Some take on many different areas that they want to become very, very good at. When an entity does that, it means that they have many more lives to live than one who would choose to have only one area that they were very, very good at.*

*This all connects to the development of the Energy Circle, for the Energy Circle ~ and each of those in it ~ takes on the highest level of achievement that its membership has decided to go after. Generally, the entities in an Energy Circle want each of the others in The Circle to be working toward those same levels of high achievement, so that there is an ability to finish the journey pretty much at the same time.*

*Let us look at this particular circle and where you are within this circle. (Note: Please see Illustration A to the right.) You are in the middle and so is everyone else in your Energy Circle. You are the middle of your own circle and yet you are making up the circle. You form a particular point on the circle ~ thus it makes up the circle.*



*This is a linear description for you to understand ~ that you are the middle of your own circle and yet the Energy Circle is formed by the circle that you are the middle of.*

*So, your Energy Circle has its own membership of Circles of Self that make up the greater Energy Circle. There is, then, the Circle of Self, which must be developed in conjunction with the Circle of Community ~ or as we have referred to it, the Energy Circle. We now add in the new descriptive of the Energy Circle ~ it is the Circle of Community.*

*These two phrases can give you a perspective for the balance of the TOTALITY, which is the Circle of Community, and the INDIVIDUALITY, which is the Circle of Self. You are total ~ One ~ and you are individual. It may appear to be rather complex to understand ~ and this, then, is the journey within Self.*

*The Search for Self means that you must, first, recognize that Self is a part of the greater whole. There is much on the plane now that talks about getting in touch with Self, to the exclusion so often of the impact that Self has upon others ~ other humans and others who are part of the totality, or the Circle of Community. You must first acknowledge the interconnectedness before you can fully and accurately claim that you are in complete control of Self.*

*We will give you a Tool for Gaining Self Awareness that focuses on bringing you into a sense of TOTALITY AND INDIVIDUALITY ~ finding your spot in the Community of Self.*

**Focusing Tool**  
**Totality and Individuality**

*Breathe slowly in and out in a way that feels comfortable for you ~ slowly, relaxing the encasement.*

*Envision the white light surrounding your encasement, starting at your feet ~ feel the white light moving upward ~ it surrounds your ankles ~ covers your feet.*

*Feel the white light moving up to your knees ~ feel the warmth of the white light at your knees.*

*The light is covering your entire encasement ~ your fingers tingle from the warmth that it gives you.*

*The light moves upward ~ your shoulders feel the tingling the warmth of the white light ~ upward, upward.*

*Feel the light slowly moving around your head ~ giving you softness and comfort ~ you are feeling warm and protected.*

*Call upon your Angelic Protector ~ “Yoo Hoo, Angelic Protector ~ come into my environment.”*

*Call upon your Spirit Guides ~ “Come, Spirit Guides, into my environment.”*

*Envision that you have a string of white lights in your fingers ~ it is a neverending string of white lights.*

*Envision you are walking in a circle and this string of white lights trails behind you and begins to form a spiral of white light energy.*

*Keep walking around in a circle as the string of white lights is forming a spiral and you are the center of the spiral.*

*You are forming a spiral of Self ~ it is the Circle of Self.*

*Hold on to this string of white lights ~ it is your connection to The Universal Consciousness.*

*Look into the distance and see another who is doing the same thing ~ it could be an animal and the animal has a spiral of white lights ~ and it is the center of its own spiral.*

*Look around you and see other encasements ~ see a crystal that is the center of its own spiral of white lights ~ feel yourself part of each of these entities ~ go to one of them and stand beside it.*

*It is time to call on your Higher Self for guidance and knowledge ~ to find out who else makes up the Circle of Community for you.*

*Focus now to learn who is part of your Energy Circle.*

### **Focusing Time**

*It is time to begin to return from your journey.*

*Thank your Higher Self for the guidance and information.*

*Thank the members of your Energy Circle for revealing themselves to you ~ embrace those in your Energy Circle.*

*Slowly begin to return into the concrete dimension, bringing your Angelic Protector and your Spirit Guides along with you.*

*Return slowly feeling the white light surrounding you ~ feeling the warmth and the protection.*

*You are returning into the concrete dimension.*

*Slowly return and open your eyes as you become rooted once again in the concrete dimension.*

### **End of Focusing Tool**

*This is a tool that you can use whenever you want and for any amount of time you want. The concept is that you envision yourself forming your own spiral. The goal is to go into a focusing where you are specifically seeking the knowledge of who else is in your Energy Circle.*

*This is a specific tool and not something that you would just have happen as you went into a general type of focusing.*

*For many of you it will take the lifetime to come to recognize just one in your Energy Circle. For others, you may have already recognized energies in your Energy Circle. For some of you it is the beginning of that journey and you may recognize one or two or three energies in your Energy Circle. It is not the issue of how many or even IF you come to recognize those who are in your Energy Circle.*

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*The issue is that you acknowledge that you are part of a totality ~ you are part of a Circle of Community ~ and at the same time you are the Circle of Self. You cannot be part of a circle unless you are part of Self and you cannot be part of Self alone. It works in harmony at the highest of levels.*

*Of course, the fun comes in with the disharmony that exists in a group of energies trying to all get along in a circle. The concept at the highest states, "Ah-h-h, we have all formed this wonderful Energy Circle and we are all in this together." And you are. ☺*

*You have all chosen each other to take the journey outside of The Universal Consciousness ~ on the earth plane and in other dimensions, other training grounds. Just as you may not always see eye to eye, as you would say, with your family members or your group of friends, for you may have other views of the world around you ~ so, too, does this exist with your Energy Circle.*

*This is the part of the journey that is so exciting, for each of you has your own Energy Circle. When you come together with others, they each have their own Energy Circle ~ that is why you are never alone.*

*You always have your Energy Circle ~ at a minimum ~ around you, even if you were to discard the fact that you must coexist with other kingdoms. We then add in this next layer of existence ~ this wonderful Energy Circle.*

**In your illustration, what does the Circle of Self refer to?** (Note: Please refer back to Illustration A on Page 27.)

*The Circle of Self refers to the circle that is in the middle of the larger circle. The Circle of Community is the larger circle, which is made up of the Circles of Self.*

**And does the Circle of Self look like a spiral?**

*Yes. That is the neverending spiral that is, from a linear perspective, a circle ~ and a circle is a neverending spiral. So they are one in the same. It is an attempt at an earth plane level ~ which sees only linear ~ to bring in something that is nonlinear.*

**I found the focusing to be deeply calming when I was surrounding myself with the white light. Some of the beams that shot out surprised me and some of them didn't. Some were as familiar to me as my thoughts, and some felt like I never thought of being connected to that particular being on an Energy Circle level.**

*Being in an Energy Circle has its ups and downs, which is an appropriate way to describe what happens to an Energy Circle ~ it has its ups and downs. An Energy Circle that is in complete harmony within itself looks, at a linear level, like you would see a circle that is round and smooth. However, this only occurs upon return to The Universal Consciousness in that instantaneous moment when it no longer matters whether your circle is smooth or not.*

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*The journey outside The Universal Consciousness is a bumpy ride and there are the ups and downs. One in the Energy Circle may be feeling smooth and the one next to them is not, so there will, then, occur the ups and the downs ~ placed into a circular motion.*

*There is sometimes the sense of taking a deep breath, crashing and moving up and moving down, especially when it relates to the member on both sides of you ~ as best as we can describe it in terms of a concreteness. Whoever is on each side of you in a circle affects the way in which you feel ~ let us show you an example.*

*We want you to form a circle and hold hands. We will begin here ~ squeeze the hand that holds your right hand. Now, my love, you squeeze the hand that holds your right hand. Go around after each has been squeezed and squeeze the one on your right ~ go around, around, around, and you are back here. How did that feel?*

**Comfy.**

*Nice and comfy. You are all in a flow, and would that not be lovely if every time there was the attempt to squeeze, it was done, AND it was done in a flow ~ it went around as it just did.*

*Let us show you how it feels in a different way. You will each have a number. My love, you are number one. Then we go around and count. As I say a number, the person who has that number, squeeze a hand. I am not going to say the right or the left, so simply squeeze a hand. Number eight ~ number four ~ number seven ~ number ten ~ number six ~ number one ~ number five ~ number eight ~ number ten ~ number one ~ number three ~ number four ~ number nine ~ number six ~ number eight ~ number seven. How does that feel?*

**Boring over here! 😊**

*Not as much activity going on over there.*

⚙️ **You didn't call number two! 😊**

⚙️ **Not as comforting.**

*It was not as predictable so it was not in the flow. It was not as comfortable because you were anticipating who was going to be called next ~ and if you would squeeze the correct way.*

*Some of you did not have as much activity because your number was not called as often. Some of you had a little more activity because your number was called more often. As a group ~ in general ~ how did it feel to be waiting for your number to be called?*

**Like being on alert.**

*Tense, and yet you were all connected. Some of you were feeling very up ~ for your number was called and you were moving and doing things ~ and some of you were saying, "When is my number going to be called ~ why am I not doing as much?"*

*So you felt an up and down tension in the energy group, even though you were all holding hands and you were all connected. You had a sense of anticipation, for even when the number is called, and you know who has the number on each side of you, you are not quite certain which hand is going to be squeezed and what impact that will have on you. Will it hurt you? If it is your right hand, what do you do? If it is your left hand, what do you do?*

*You experienced the unpredictability of the energy group ~ and yet totality of connection and individuality of behavior that then affects the entire Energy Circle.*

*The Community of Self is a much more complicated discussion than what it might first appear to be. How many different energy forms would you guess are in this room in which you find yourselves?*

**Billions! 😊**

*There actually are MANY billions. The carpet upon which you sit is made up of its own Circle of Community, for each piece of fiber is a consciousness ~ a fiber consciousness. Each of those fibers has its own circle of consciousness and is a part of a larger circle of consciousness. So, to say there are billions of energies in this gathering is not to exaggerate. It is the reason why we say you are never alone, for everything ~ animate and inanimate ~ has a consciousness.*

*All consciousness comes out of a larger consciousness. And, while it may not be living ~ as you would define living ~ it has consciousness. Many, many energies coming out of The Universal Consciousness decide that part of their Energy Circle will be energy encasements that have a very different kind of consciousness than what is generally known as LIVING.*

*It is much more fun to have the journey outside of The Universal Consciousness when you can go into an encasement that is simply consciousness. Think of it. You do not have to make a decision ~ you do not have to worry about the impact your behavior is having upon another. Different encasements bring about, then, different responsibilities to the totality ~ to the community of the circle.*

*So, indeed, your energy in one journey is human and in another journey is a fiber in a carpet. In the next journey you are a mineral kingdom member and in the next journey you become a member of the plant kingdom ~ you move around. Some energy encasements allow for decision making and actual ~ what is perceived as ~ life and other journeys are simply consciousness.*

*The Circle of Community can include unconscious and conscious. Conscious is generally referred to as those kingdom members who move about and have some type of interaction, as being ALIVE. As you begin to increase in your own awarenesses, that which is perceived as NOT ALIVE or as unconscious, takes on a very different perspective.*

*Even though it is not alive by definition of the general consensus, you in your higher understandings know that consciousness, alone, is alive. It may not MOVE as you know it. It may not GROW as you know it. It may not REPRODUCE as you know it. However, its consciousness means it is alive ~ it is energy. It functions ~ it moves.*

*The carpet upon which you sit is a consciousness and has very deliberately formed itself to be of service to other consciousness. You sit upon carpet. Other energy forms in other dimensions sit upon the human energy ~ you do not feel it ~ it is not painful. You are being of service in a different dimension. The carpet does not feel it ~ it does not hurt. It is the journey. All levels of understanding are tested for this understanding of consciousness and the ability to look at something and know it has a consciousness.*

*This card on the table has many consciousness energies. The color that makes up this card is a consciousness. The print and what makes up this print is a consciousness. The paper and what it came from and what it is made up of has consciousness. Each of the consciousness that makes up this card is part of its own Circle of Community. So there are many Circles of Community that are part of this piece of paper.*

*The consciousness that makes up this card is no better or no less than each of you. It is simply energy that has taken on another form that is different from you and appears to be not living ~ inanimate. However, it is very much alive and contributes to the flow of what makes up the Circle of Community in this classroom environment.*

*This same concept applies to food. To not eat animal is not necessarily a sign of any high spiritual achievement, for when you eat anything, you are eating the encasement that once housed energy ~ whether it is an animal encasement or a vegetable encasement.*

*When you drink water, you are consuming what was once housing energy. Water, once it is consumed, is no longer an encasement and the Energy leaves the encasement. Water or human ~ it houses energy ~ it is of service.*

*For someone to say to you, "I'm much more highly evolved spiritually because I don't eat meat," is simply ~ from a high level of understanding ~ inaccurate. It matters not what you eat, in terms of spiritual development. What matters in what you eat is how your body ~ your physical encasement ~ responds to what you place into it.*

*Some encasements of The Human Kingdom want only certain types of food ingested. That is what it is about ~ not that you achieve some high spiritual awareness because you eat certain foods or you fast at certain times. Fasting is meant to help the physical encasement, not the highest spiritual evolvment.*

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*You achieve your own levels of spiritual evolvement each time you are able to respond to the community around you ~ whether it is your encasement or those with whom you share your environment. And, you are able to better understand the TOTALITY and the INDIVIDUALITY concept.*

*You are separate and in control and yet everything you do and say impacts upon the totality. If you do something that makes the totality shudder, that is part of the journey. You do not always know which hand to squeeze. You do not always know which number will be called and how you will respond.*

*In the example we used in the circle, you each remembered your number. Sometimes, the number is called and the entity cannot remember that it is their number and so nothing happens. You certainly experience that in your life ~ you forget, do you not and say, "Oh, was that my number ~ oops ~ sorry." And, someone has to remind you. The one next to you says, "That was your number." Then that creates a ripple effect throughout the entire Energy Circle. They all say, "Couldn't you even remember your own number?" ☺ It is what happens.*

*It is time for Waith to return. We leave you with the blessings of the Community of Self.*

**Waith:** *There is much elitism on the earth plane that extends into what you refer to as a hierarchical concept. This concept states that The Human Kingdom is at the very top of the ladder and then beneath that is The Animal Kingdom and beneath that is any number of listings of kingdoms. There is no hierarchy in The Universe.*

*When we speak of levels of awareness, it is levels within Self of understanding. It is not that you are better than another because you have a higher level of understanding. It simply means that you have studied, worked and had experiences that give you an understanding of a particular concept that you have determined, specifically, to learn for Self. You learn it in conjunction with the others who are in your Energy Circle.*

*The Circle of Community that Francis has given to you is an elaboration for you in the understanding of the Energy Circle.*

*As a group of energies you have specifically come out of The Universal Consciousness, formed as a group to work through in your journey on the training grounds you have determined to take on. You will, therefore, have levels of understanding about each of those kingdoms that those energies have decided to take on.*

*You are energies who have taken on a whole range of different kingdoms. You will have, however, a ROOT KINGDOM. By that we mean that each one of you as an Energy says, "My Root Kingdom will be \_\_\_\_." So, one will be human ~ one will be mineral ~ one may be fiber.*

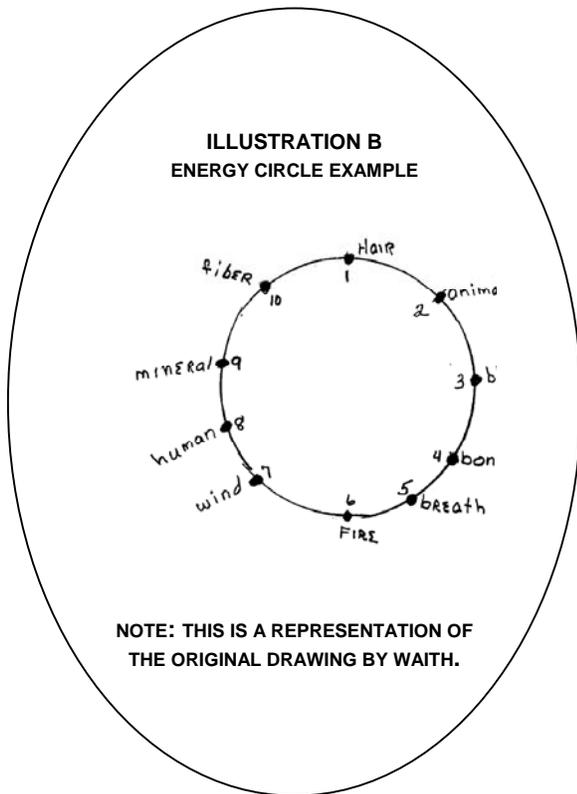
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*To give definition to kingdoms can be very limiting in this dimension that you find yourselves. However, we will attempt it. There may be wind as a kingdom ~ there may be fire ~ another may be breath ~ another may be bone ~ another may be blood ~ another may be animal ~ and another may be hair. Many of these kingdoms are appropriate frames of reference for you as humans, for many of these make up that which composes the human encasement.*

*Each of you, then, has a Root Kingdom. In an Energy Circle there can be as many energies as you want. There can be thousands of energies in a particular Energy Circle.*

*If you are the human and have all these others in your Energy Circle, you all then say to each other, "We will be part of the kingdom that you each have ~ we will eventually go into that kingdom."*



*There is no order of progression ~ you can go in whatever order you want. There is no hierarchy that says one kingdom is better than the other and you must complete one kingdom before you can go into another kingdom. It is the Energy Circle that determines the order in which it will progress.*

*As Francis gave you numbers in his example, each of you would take a number as a member of the Energy Circle. The number then places you in that order of progression. (Note: Please see Illustration B to the left.)*

*The first point of adventure would be, let us say, hair and that is given number one. Then, animal is number two and blood is number three and it goes accordingly around the circle. So, hair goes out, becomes hair ~ the energy is hair ~ and all these other energies take on their particular role.*

*When all have completed their particular journey in that kingdom, they come back into the Energy Circle. The Energy Circle is considered a mini Universal Consciousness.*

*In the example we have shown here, in order to finish your journey outside of The Universal Consciousness, you must become part of the kingdoms of the hair, animal, blood, bone, breath, fire, wind, human, mineral and fiber. And each of the others in your Energy Circle must also go into those kingdoms.*

*The wind may have finished its journey before the mineral member did, and before anything else can happen, the wind may come back and have to sit around and wait for the mineral to finish and come back in ~ because there is no opening. So, the progression through the kingdom for some can take many, many, many lifetimes, for it may take longer to learn the lessons that a particular kingdom has to offer ~ or some kingdoms offer fewer lessons than other kingdoms.*

*It becomes, then, a matter of simply coming back into the Energy Circle and hanging out and waiting for every other Energy to have completed its particular kingdom. Then everybody comes back in and then the hair now moves over into the animal and it moves all the way around so that fiber ~ which is number ten, here ~ now moves and becomes hair. This is how it works.*

*You may, in your journey, start out as an Energy in the encasement of hair ~ you might not become human until well into the journey. Then you might become mineral because that is next in line. Then you might become a fiber, which is next in line. This is why there is no hierarchical order of progression universally ~ it is an order of progression within an Energy Circle and it is all agreed upon.*

*Sometimes you simply draw straws and say, "Pick a number ~ who's going to be one, two, and three" ~ and then you determine what your Root Kingdom is going to be.*

**If everybody draws a number, is there an overriding consciousness for the whole Energy Circle that helps choreograph it?**

*Oh, no, you are on your own! 😊😊 Indeed, there is no such thing as being ON YOUR OWN outside of The Universal Consciousness. Inside The One you do not have a reason to be monitored because everything is harmonious. When you come out of The Universal Consciousness, you are given an Angelic Protector ~ some of you are given more than one! 😊*

### **Tough cases!**

*Tough cases, indeed. It is dependent on what you have decided you want to take on as an Energy. The more that an Energy takes on for its responsibilities, the more guidance it is going to need.*

*If an Energy comes out and says, "I want to go into every kingdom that exists," then, first of all, it has to find an Energy Circle where that, too, is going to be prevalent. That means convincing all these other energies that they, too, want to do the same thing.*

*Generally, however, there is a specific number of kingdoms and some Energy Circles take on larger numbers of kingdoms than others.*

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*You are given an Angelic Protector. You are then immediately assigned Spirit Guides to help in the formation of the journey of the Energy Circle. These are Spirit Guides who are specifically trained to help energies develop their journey, for when coming out of The Universal Consciousness it all looks rather easy with a common thought of, "Oh, wouldn't that be fun!" The fine print, as you might call it, is not seen by many energies ~ just as you might look at television and see stories playing out and they look fun! ☺*

*Spirit Guides are given to help you in designing your own path and then coming together with the appropriate energies to form your circle. As you go on your journey ~ and let us say for an easy frame of reference, you are in The Human Kingdom ~ you have all types of lessons to learn that are going to take many, many, many lifetimes.*

*You have, then, Spirit Guides who help you along the way. These Spirit Guides are also working in conjunction with the other Spirit Guides assigned to others in your Energy Circle.*

*Angelic Protectors are assigned to each Energy and they, too, communicate with each other. There is generally ~ depending on the number of energies in a circle ~ an overseer of Angelics who would then make certain that The Angelic grouping that is part of the Energy Circle is guided by a higher level of Angelic. So there are fail safe methods of guidance throughout the time outside of The One ~ you are not simply thrown into the pool and expected to start swimming. ☺*

*In the Webbing Effect there was the discussion of lifelines. The Community of Self now brings in a different positioning because of Energy Circles. The lifelines become intermixed with other members of your Energy Circle, for your Energy Circle compatriot will have a lifeline. Let us say the wind, that is right next to you in the circle, has a lifeline and you have a lifeline.*

*As a human you want to send your lifeline out, and the wind says, "I want to send my lifeline out, also," and you say, "Why don't we exchange ~ let's have my lifeline interact with your lifeline ~ so, my lifeline becomes a wind and your lifeline of wind becomes human."*

*It is a way of getting through the Energy Circle faster. It is generally not done until there has been at least two or three kingdom experiences, so that each Energy gets a sense of what a kingdom is like and what it means to have kingdom experiences.*

*The purpose of having a lifeline is to speed up the journey. That is what came out of the discussion of lifelines ~ speed up the journey. It is also very complicated and complex. This can occur with any number of entities in the Energy Circle, in conjunction with the one next to them ~ at a minimum. Sometimes a discussion can be held within The Circle that includes, "Oh, number three, what would you say?" Or, "I'm number nine ~ I'm a mineral and I want one of my lifelines to be blood." This presents interesting implications to the speeding up of a path.*

Of course, then the lifeline forms a personality and wants to do something else. 😊

*That can be part of the problem. We have indicated that an Energy must complete its kingdom before it can move into another kingdom. So you as an Energy would be human now, in this life. In the next life, you would not come back as a butterfly, for you must complete a kingdom ~ that is the basic concept and that which gives order to The Universe. However, the eventuality and the ability to do that, is inherent in the higher advances of Energy Circle development.*

*So, indeed, it would be a lifeline, and you do not know as an Energy whether you are the Root Energy or a lifeline of the Root Energy ~ and it matters not what you are.*

*You could be human in this experience, for you are a lifeline, perhaps, of The Mineral Kingdom Root. You, then, have a Root that is mineral that is sending you out as a human. When you have finished that particular lifetime ~ not simply a series of lifetimes, just one lifetime as a human ~ you go back to the mineral. The mineral says, "Okay, your next life you are going to be breath." And, you go out ~ because you are a lifeline ~ as breath.*

*It could also be a series of lifetimes. The mineral might say, "All right, lifeline, the next one hundred lifetimes you have will be as human." And the human equivalent lifeline says, "All right, the next one hundred lifetimes you have, lifeline, will be as mineral." Then you as a lifeline will come back to the Root Kingdom and you may be given another assignment. It might be the Root assignment.*

*So you have just finished being human and are part of the mineral who then says, "You get to be a lifeline in The Mineral Kingdom now." What you have done, however, for The Mineral Kingdom in that particular time frame is that the lifeline of one hundred experiences in The Human Kingdom then takes off one hundred experiences that it will have to do when it goes into that particular kingdom ~ and vice versa.*

**Could two energies, who are separate selves, get together and say, "I want to form a specific kind of energy to get us to a kind of experience?" So, both might place in the amount of energy they need in order to form a third Self that is a lifeline that the two of them are responsible for?**

*Yes. Anything is possible. Any innovative way to experience the journey outside of The Universal Consciousness can be developed. There are some unique combinations of experiences and energy forms.*

*If you work with another Energy who is in agreement, then any number of things can happen ~ any number of positionings and combinations, all designed to give an experience that an Energy would want.*

**Could someone else be working on a different training ground? They wouldn't have to be on the earth plane, for example?**

*Indeed, that can happen. The Human Kingdom, for example, has several other training grounds that are available to it other than the earth plane. For example, the hair, blood and bone would also go with the human when it went on to different training grounds. However, let us say, a particular human is on the earth plane and blood is with another human, and on a different training ground ~ it is not on the earth plane at that particular time. Even though blood and human sometimes are exclusive to each other, they do not have to be always on the earth plane ~ they can be on another training ground. There are no hard set rules.*

**When a new Energy comes onto the earth plane, does it change any of this or does it stay the same?**

*There are specific numbers of energies allowed outside of The Universal Consciousness at any given time ~ it is neither random nor haphazard. All the energies come out and all the slots of energy are filled ~ so that there is no major disruption of some new Energy suddenly appearing that has not been designated to its particular spot.*

*We give you an example. The energies form an Energy Circle ~ let us say in this particular Energy Circle there are one thousand energies. Those one thousand energies have been given a position ~ a slot ~ in the flow of The Universe. These one thousand energies must all finish and go back into The Universal Consciousness before there will be open slots ~ opportunity ~ for one thousand other energies to come out.*

*On any given training ground it is the same situation. There are x number of slots available on the earth plane for energies. Even though, for example, the entire Energy Circle is ready to change kingdoms, if there is not a slot on a particular training ground, then they must wait until a slot is available ~ until all these other energies have completed their particular journey on the earth plane and there is a slot open.*

*One Energy leaving a particular life does not open up a slot ~ it is a journey. If your journey is going to take one thousand lifetimes, it will be one thousand lifetimes before that slot is available to another.*

**It would seem that with waiting for different circles to complete and opening of slots that patience is a kind of universal thing.**

*Patience is one of the universal precepts. Indeed, every component of existence outside of The Universal Consciousness relates to patience.*

*Whether you take it on as a toy for your Toy Box or not, you still will be dealing with issues of patience. If you take it on as a toy, it just adds further emphasis to it and further degrees of difficulty.*

**Does there need to be recognition on the individual level of energies from other kingdoms and to recognize the implications of their actions in order for us to progress?**

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*You do not have to go to the fiber and say, "Hello, fiber, I recognize your importance in the scheme of things." You do not need to do that at a conscious level. However, the way you behave from lifetime to lifetime, your journey and attitudes are reflective of the acknowledgment at higher levels ~ the understanding at higher levels ~ of the totality.*

*So, it does not become an issue of holding court with every energy form and saying to them, "I acknowledge who you are ~ now that I have acknowledged, I can move on." It simply is not done that way.*

*As you become more aware of the TOTALITY and INDIVIDUALITY concept, each level of your own understanding then has its understanding of totality and individuality for that level of understanding.*

*Then, new levels are brought in where suddenly you have new understandings of the issues of totality and individuality.*

*It is an evolving process and not where, at a point in your path, you will say, "Ah-h-h, suddenly I'm completely aware of the TOTALITY and INDIVIDUALITY concept." It is simply an evolving consciousness.*

*You may go through a lifetime and know that everything is connected, and you will be working only on certain types of connectedness with consciousness ~ which would focus on your Energy Circle membership.*

**Is there a difference between being unaware when we are doing something versus being aware?**

*Yes, there is deliberate awareness of what you are doing and then there is a deliberateness that comes about out of unawareness. Deliberate unawareness comes at a conscious level. The higher levels are saying, "We're deliberately doing this so that we can learn something." At a conscious level you are not aware of the deliberateness of the higher levels bringing about an activity.*

*There are many things that happen at a conscious level that you are involved in that you may not have had any sense of deliberateness. However, you cannot use that as an excuse to say, "It's not my fault ~ at the conscious level I was not deliberately trying to do anything ~ it was my Higher Self." ☺*

*Your Higher Self is you, and anything that your Higher Self decides it wants to do and funnels through to the Conscious Self, you are responsible. It is not an issue of saying, "Oh, my Higher Self made me do it." ☺*

*Francis is going to return to say goodbye and give you a parting blessing from his energy field. Then, we will return to give the final blessing and departure energy.*

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***Francis:** We are most pleased to have been able to be in your vibration and to have given you the information regarding the Community of Self ~ and. now, as you know it, the Circle of Community. You may call upon us whenever you are having issues within Self and the community that you have gathered around you ~ whether it is your Energy Circle or the physical energies that you have surrounded yourself with.*

*Use the Focusing Tool that we have given to you. Find a string that is white and carry it around with you, trailing behind you. It will make people talk ~ even more than they do now. 😊*

*We give you our parting energy ~ an energy of softness and harmony within Self ~ and an energy of community and harmony within Self. As you become more harmonious within Self, you then become more harmonious within the Circle of Community. The more harmonious you become within the Circle of Community, the more harmonious you become within Self ~ and on and on, as you achieve each level of awareness.*

*We send you the blessings. Receive the energy.*

***Waith:** You now have an understanding of the Community of Self. The next step in the Search for Self is information regarding Group Balancing. Teetee will be assisting us in this discussion.*

## Chapter 3

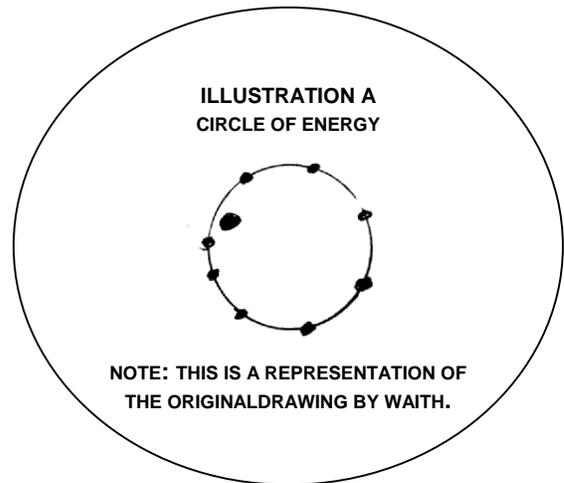
### Group Balancing

*In the discussion of the Community of Self you were exposed to the concept that all kingdoms are a part of the journey and that you must find, then, the individual Community of Self as well as the general Community of Self ~ bringing in many other kingdoms to your environment.*

*GROUP BALANCING is a discussion within the context of same kingdom Group Balancing and an understanding of the place in which you ~ as The Human Kingdom ~ find yourself balancing with others in The Human Kingdom.*

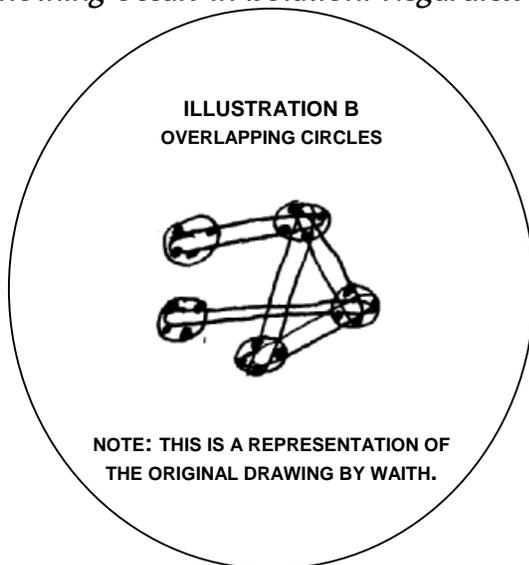
*We scan the energy field of this class simply for our own awarenesses of the bringing together of this particular grouping. When groups come together, it is not always the first time that they have been together. In this class you all have shared experiences. As a group you have not been together before although every one of you within this class has at least one shared experience with another in the group ~ thus bringing in a familiarity component.*

*We begin our discussion of Group Balancing with the grouping that is in this class. This large dot is an entity in the group and these other dots that we present are each of you in the group. (Note: Please see Illustration A to the right.)*



*You are, in this class, a Circle of Energy ~ nothing occurs in isolation. Regardless of how*

*much any entity would want to say they are alone, it is an impossibility on the earth plane. Within this class environment ~ as we would look at the Community of Self concept ~ there are so many community members that you would lose count.*



*Each of you is part of many, many groups that form Circles of Energy. So you are, in effect, one little Circle of Energy overlapping another little Circle of Energy. We could take one of you and you have, perhaps, a little Circle of Energy here and a little Circle of Energy here. (Note: Please see Illustration B to the left.)*

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*Perhaps some in each overlap, which then creates quite a web ~ the Webbing Effect within Self.*

*We now bring the Webbing Effect of Self into the Webbing Effect of Group Balancing ~ quite a web. If you think you live in isolation, it is now time to bring yourself out of that perception.*

*Some of your groupings are very wonderful and happy and you love to be in that grouping while other groupings are not quite as harmonious. You find it to be very difficult ~ the pulling, the stretching of your own learning of lessons. This is the journey ~ the journey is to bring all of your energies and your Circles of Energies into harmony.*

*When you have an energy grouping where you have a bit of difficulty, how do you act?*

Carefully! 😊

*Why would you be careful? 😊*

**I probably wouldn't want to upset the other person.**

*Is that true of everyone ~ being careful?*

**No. We need to take chances, make mistakes and see how far we can go.**

*Indeed. Understand that the journey on the earth plane is about coming to a sense of Self. The only way you can do that is through the understanding of your own interactions with others. It would be a most boring journey if you got along with everyone, would it not? 😊*

*When you are feeling quite fine and everything is going well, how long, generally, does The Universe allow that particular feeling to exist? 😊 For some of you it is a nanosecond ~ others may be given the luxury of several days, several weeks, even several years of earth plane time. Then, it is time for the learning to begin again. Most on the plane now have taken on accelerated learning, which means that the nanosecond component is ever prevalent.*

*Of course, others in your lives also try to push your button ~ do they not? Perhaps as you are pushing theirs, they are pushing yours. This is Group Balancing and is not to be considered something negative ~ it is quite joyful. It is what the journey on the earth plane is about.*

*Teetee is going to give you a Tool for Gaining Self Awareness that focuses on helping you find within Self what you have in common with each in this class ~ what it is that has brought you together. With practice you can utilize this Tool as you come into different groupings ~ regardless of the length of time you have with the group.*

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*This Tool can give you insight into how you fit within a group. Are you the instigator ~ is that your role? Are you the submissive one? Are you the pacifier? Are you the negotiator? Are you simply the participant?*

*You each take different roles within the different groupings, so that you see this little webbing that we have created with the overlapping of groups within Self means that in one group you may be one role and in another group you are another role. (Note: Please refer back to Illustration B on Page 42.)*

*You may be an agitator in one group and a pacifier in another. Then, imagine the joy if, in those two groups where there is an overlapping, and the overlapping groups come together ~ what are you? Are you the pacifier or the agitator?*

*And in your overlapping group is there another agitator or another pacifier, or do you have two agitators and no pacifiers or two pacifiers and no agitator? You have everyone wanting to be something and none wanting to participate. Or, everyone wants to participate with nothing to stir it up. See what the endless possibilities are ~ and the opportunities for learning.*

*Imagine if you were able to find within Self what a particular grouping meant to you ~ the value that could have for Self in understanding what your role is within a particular grouping. And, as you develop the tool, you would begin to see the overlapping ~ to see your role within the overlapping.*

*Welcome Teetee! ☺*

***Teetee:** Hello! This Tool is the first of two that you will be shown. You do not need to be physically in the group to use this Tool. And, as usual find the position of comfort for Self.*

**Focusing Tool**  
**Finding Commonality ~ Overlapping ~ within a Group**

*Visualize that the white light of protection descends upon you as a group.*

*Take from that white light of the group a handful for Self.*

*Visualize the color aqua ~ which is our color of Group Balancing within the Search for Self counsel.*

*Feel the color aqua covering you, comforting you ~ soothing you.*

*You are in a circle and are all holding hands.*

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*Visualize Self standing in the midst of this group of energies.*

*Place Self in the middle of this circle so you can look at each.*

*Trust in your Higher Self to know the energies of the group that you want to focus on.*

*Envision that they each have part of the string that connects all of you to The Universal Consciousness.*

*You are in the middle, feeling the strings from each ~ the fine threads of connectedness.*

*Visualize that you are holding these threads in your hand and are traveling to your Higher Self consciousness.*

*You are moving into the dimension of the Higher Self and carrying the threads of connectedness from the group.*

*The threads contain the information that binds each of you as a group.*

*Travel, now, to the dimension of the Higher Self.*

*As you settle into the dimension of Higher Self, wrap the threads of connectedness around Self.*

*Ask your Higher Self to bring you into the dimension of your Soul.*

*Your Higher Self guides you to that dimension of your Soul and all come together within Self.*

*Ask your Soul what the purpose is for you within this group ~ that is the only question to ask.*

*Listen now for the answer.*

**Focusing Time**

*It is time to return to the dimension from which you have come.*

*Thank your Soul for the insight.*

*Gather up the threads of connectedness and with your Higher Self slowly return to the dimension of Higher Self ~ thanking Soul.*

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*Your Soul closes the portal to its dimension and you go back into the dimension of Higher Self.*

*Visit with Higher Self to sort through the information from Soul.*

*Gather the threads of connectedness ~ thank your Higher Self for joining you on the journey to your Soul.*

*Leave the dimension of Higher Self and begin the journey back into the concrete dimension from which you are rooted.*

*Your Higher Self closes the portal to its dimension.*

*Bring yourself slowly back to the dimension of the current illusion ~ slowly return now.*

**End of Focusing Tool**

*This focusing can be as long or as short as you want. As you go through each of the steps, you can stay as long as you want. As you make the journey toward the Soul, you can stay in the dimension of Higher Self for as long as you want. When you go into the dimension of Soul, you can stay in that dimension for as long as you want. When you return, you can stay in the dimension of Higher Self for as long as you want.*

*We gave you this Tool as an example of what you might be able to learn ~ the concept. Some may have connected during this first time and others may find that you need to do this many times before you begin to feel you have made the connection with Self.*

*Who might share something that occurred during your journey in your focusing?*

**When you told us to see the white light going from one level to the next ~ and the threads going around ~ I kept seeing white balloons and everyone holding on to them and going up to the next level.**

*That is a wonderful visualization ~ a very good concreteness. Anyone else?*

**I kept seeing hands with fingernail polish ~ all in a big circle.**

*Ah-h-h, it might be very beneficial to revisit when you do this again to see if the hands and the fingernails had any significance to the group and your part in the group. It may not ~ or it may. It is the challenge of what comes from focusing to say, "What does it mean?" Who else?*

**I saw lots of flapping wings ~ like a wave and the color red ~ not aqua.**

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*You do not need to use aqua ~ actually, you can use any color you feel is appropriate to your own vibration.*

*Does anyone have a sense of what this group has in common that has brought you here?*

**I say it is a sense of strength within the group, and my being within this group, I was also connected with two other energies ~ single within this group.**

*You are making progress to find, perhaps, the one thing that connects. The use of this Tool can bring about connectedness within the group. While the group has connections within the group, there are further connections ~ this is the way of the earth plane.*

*So, two within a group may have a connection that is unique to the two of them ~ and one of those two may have a connection with another in the group that is unique to them and not to the original two. There are all types of variations.*

*It is time for Waith to return. We will return later to give you another focusing tool regarding Group Balancing.*

**Waith:** *What questions do you have about the information given thus far? What confusions might you have, what clarifications might you want, or simply what concerns might you have about Group Balancing?*

**What if we have a group we would like to balance with and yet we are the only one in the group who has this desire?**

*That is a common occurrence and is part of the balancing that comes with the grouping. At higher levels all of you know you are together to balance for whatever the reason.*

*It is at the concrete level that the playing out and the fun occurs ~ especially if one at concrete has a higher level of awareness about group interaction than the others. We say this very specifically ~ AT THE CONCRETE LEVEL.*

*Levels of awareness vary with each one of you from one group to another. You may have a very high level of awareness of the balance within ONE group and a very low level of awareness of the balance within a SECOND group.*

*There is no pat answer that can be given, except that you have an awareness for a reason that you must determine within Self. Is it meant for you to raise the level of understanding of the others as a group, or are you simply meant to go along and exist in the group and do what each of you do, knowing that at a higher level things are being worked out?*

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*There are many entities who come together in groupings of which none of them have any awareness of why they are together or even that they are together as a group and that it has meaning.*

*There is not a grouping on the earth plane that is not together for a purpose. It is only when you reach a level of understanding within Self that you know every group comes together for a purpose.*

*You might drive yourself crazy by saying, "Oh, I must find out the reason why I'm with this group," when it is not meant for you to find the reason. Or, you may let it go and simply say, "If I'm to learn the reason, it will be given to me." This is true of the focusing tool that Teetee has given to you.*

*If it is meant for you to have the information, you will receive it ~ perhaps not the first time and, perhaps, not after you have employed it ten, twenty or thirty times. You must not give up the search. Just because you are not meant to have certain information at this point in your path does not mean that further on in your path you will not be given that information.*

*If you have the awareness that the information exists, it means that you are to receive it at some point ~ it simply may not be right now.*

*Understand the patience issue. We repeat ~ if you have the knowledge that you want information of a certain arena, it means that you are ready to receive it. And you will receive it in the time frame of The Universal Consciousness in conjunction with your Soul ~ as opposed to you at the concrete where you might say, "I want it right now ~ I have taken all this trouble to journey to my Soul, so now give me this information." ☺*

*If you are in a group and know you will eventually have the information that you need to resolve the issue that brings you into that group, be patient with it. Employ the tools of searching Higher Self and Soul to find counsel in how to behave within this group. As you do this, if you are not given that information and that counsel, do not obsess about it. Simply say, "It's not time yet." You can try again the next day.*

*Relax ~ we cannot emphasize enough that you must relax in this journey for Self. You will be given the information you need when it is time for you to have that information. When it is time for you to hear or read a certain bit of information, you will have it. Whether or not you recognize it, is another component! ☺ So, bringing yourself together within a group can be extremely challenging because of the levels of awareness of group interaction.*

*It is time for a break. During this break we want each of you to connect with every entity in the class and try to learn something you have in common ~ something as simple and visible as your hair color. Or, it may be something less visible. (Note: Break Time.) The break time is over. Share, if you would, what you learned about each other.*

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- ⚙️ We all have skin!
- ⚙️ Food! 😊
- ⚙️ We are all on a spiritual journey here.
- ⚙️ For the most part we all seemed to like whipped cream a lot.
- ⚙️ She and I have both had orange hair once.

*Do you think that we gave this to you as a frivolous activity? 😊*

**Absolutely not! 😊**

*Oh, absolutely not! 😊 Well, actually, on one wing we did ~ it was meant to be frivolous, lighthearted and joy filled. And, on the other wing it was meant to serve as a tool for you. 😊*

*What many human entities fail so often to do ~ when they are in groupings ~ is to get to know each other in silly ways. They know each other by the work that brings them to the group ~ and that, of course, is very important.*

*If you truly want to break down the barriers within the group, do something similar to what we just had you do. You can think up an excuse for doing this. Food, by the way, is a very common bond for many.*

*There will be some in the group who may feel very shy about this and it will be up to you to initiate it ~ to bring it about and allow the other to talk, to share. Then, just as was occurring with all of you ~ there was great laughter! 😊 You were forming into little groups and sharing within those little groups ~ and then you would break apart and go into other little groups and you would share and laugh.*

*You all have come away from this experience with a better understanding of yourself and those who are in this class.*

*There is no mystical thing about Group Balancing. It is up to you as entities ~ wherever your level of awareness happens to be ~ to bring about your OWN balancing within the group.*

*What did you learn, my love, about one other person in this group? (Note: Waith addresses a person in the class.)*

**That someone really does follow their dream.**

*Yes, indeed. We say that often ~ follow your dream. Live it.*

*And, what did you find out about someone, my love?*

**What is easy for one person is hard for another, and I tend to forget that.**

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*Yes, and that is a good awareness to have, especially as you bring about balance in a group. As we said earlier, your levels of understanding differ. You may have a better understanding of how to do something than another, for you have worked hard at reaching that level of understanding.*

*As you expand your levels of awareness, you are responsible to share that understanding. It is where you learn patience ~ in sharing what you know at one level of understanding requires patience for the other who is not at that level of understanding yet.*

*Again, there is nothing mystical here. Group Balancing is about interacting every moment of every day and having the understandings of what brings about the Group Balancing.*

**I learned that we all have things we'd like to do, and for whatever reasons feel we can't do them.**

*Why do you think that you cannot do something?*

**I guess my conscious mind puts up a barrier and says I won't be able to proceed. There is always the fear factor in overcoming that trusting.**

*Why would another entity feel that they could not do something?*

**Perhaps they feel they lack knowledge or ability.**

*Perhaps for the same reasons that you feel you cannot do something.*

**Yes!**

*Oh, enlightenment! 😊*

**I wish it could just conk me on the head! 😊 😊**

*Understand, in being aware of Self, it enables you to be more understanding of those around you. So if you say, "Why can't that person just do what they are supposed to do?" ~ take that within Self and say, "Why is it I do not do something that I want to do?" For whenever the question is given to Self, it is a mirror. If you do not have the question, it means there is nothing to learn.*

*Most entities on the plane still have much to learn. The mirror is brightly shining and it is a good thing to have this mirror when you ask the question, "Why can't that person understand?" It means to look within Self. What is it about Self that still asks that question about why another cannot understand.*

*Do not view those questions as negative ~ view them as a reflection within Self to say, "Why am I not understanding why they do not understand?" It goes to levels of tolerance and levels of patience.*

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*Perfection does not exist on the earth plane. There are simply DEGREES of the levels of awareness that have been achieved.*

*In balancing within the group there must be the sense of Self ~ first and foremost ~ and the understanding of who you are as an entity and how that affects those around you.*

*Some Group Balancings can be frivolous ~ as you might call it ~ and less profound than others. For example, when you travel on a bus, from one stop to another, you are with a group. You have been brought together for that moment in time for a reason ~ perhaps never to be together again.*

*Thus, sometimes when you go into a particular grouping that lasts for five minutes of earth plane time, it is meant for the connection to be made, for you have others that you know in that group ~ at higher levels ~ and others that you now make connections with.*

*In our example of the bus there is the safety factor of going into this bus where, at an energy level, you know many, and now you connect with a group of others and you set up the stage for a future Group Balancing in another lifetime.*

*The understanding of your own behavior is what enables you to progress from one group to another and enables you to do what you need to in this overlapping.*

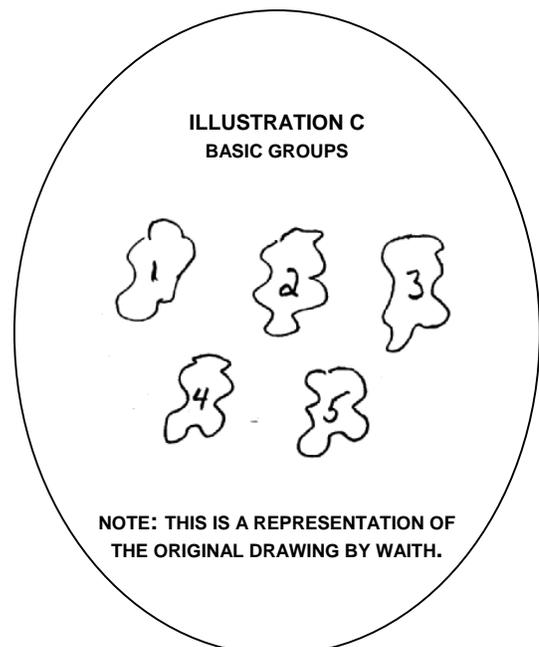
*When you first come onto the plane, in your first life or two in the sojourn, you do not have this overlapping. This orientation time, as we call it, is when you are setting up some of your basic groups that may see you through much of your journey.*

*When you have finished that orientation time, the lessons then come in that say, "This is what we will do with the groups and how we will overlap them."*

*Each of you has from three to five basic groups. (Note: Please see Illustration C above.) This connects to the discussion given on your Energy Circle ~ we refer you to that written information that comes from the Community of Self.*

*You have an energy group and this energy group is part of what form your basic groups.*

*Your basic groups are what see you through most of your journey on the earth plane from one lifetime to another. You will find that when you get into the overlapping, that within that overlapping there will be at least one who comes from your basic group.*



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*In spite of what might appear to be inharmonious groupings, within every grouping that you find yourself ~ these overlapping groupings ~ there is one from your basic group.*

*The basic groups were established during the orientation time of your journey on the earth plane. The Tool Teetee gave you can help you identify some of the entities involved in these basic groups for Self.*

*These basic groups form, for you, what many of you refer to as soul mates. Soul mates can be developed beyond the orientation time ~ and, indeed, they are. However, you have your foundation that is developed at that particular time of orientation.*

*Your core of soul mates consists of entities who you can feel safe with, even though they may appear to take on an antagonistic role within your group. They are your safety ~ as you are to them.*

*The reason for trying to understand why the group comes together and what the connection is, also helps you to identify who is in your basic group. Even if the relationship appears to be antagonistic, you know that this is someone from your basic group, and, therefore, there is strength and a safety.*

*If you push the button enough, you will find the safety. As much as you might push the button of someone who is antagonistic to you, if that entity is from one of your basic groups, that button eventually will break and the true nature will appear. Think about this with entities who you have battled with ~ back and forth, back and forth ~ and at some point it stops and there is an understanding. Think of this throughout your life where you suddenly say, "Ah-h-h, the battle is over."*

*Teetee is going to give you another Tool for Gaining Self Awareness that focuses on helping you to zero in on your basic groups. The first Tool she gave you laid the foundation to help you move into your overlapping groups.*

**Teetee:** *Hi, again! Let us refer to this illustration that Waith presented of the energy groups. (Note: Please refer back to Illustration C on Page 51.) The tool we have for you represents a concrete visualization for each of you. You can use what we show you or you can use something else appropriate to Self.*

*The important component of this Tool is to visualize some type of FORM and to place a number in each one ~ one, two, three, four, five.*

*You are about to go on a journey into the archive of Self and goes beyond the Soul ~ this is the archive which houses the original plan of your journey onto the earth plane. The archive is where you are going to learn about your basic energy groups.*

**Focusing Tool**  
**Recognizing your Basic Groups**

*Breathe in and out slowly and relax.*

*Call in your Angelic Protector and Spirit Guides.*

*Surround Self with white light.*

*Visualize these groupings ~ numbered one through five.*

*Begin the journey by moving your visualizations with the five groupings, up through Self and out of the energy field into the dimension of Higher Self.*

*You have the five visualizations ~ one, two, three, four, five.*

*Your Higher Self sees the visualizations and knows the journey to the archive begins.*

*Ask Higher Self for permission to go into your Soul.*

*Go into your Soul now, say hello and show Soul the five visualizations.*

*Ask your Soul if you might journey into your archive to identify your basic energy groups.*

*Receiving that permission, the entry way to the archive is opened.*

*Journey in and show the visualizations to your archive.*

*Your first question is, "How many basic energy groups do I have?"*

*If you receive the answer, you will know if you have three, four, or five.*

*If you have three, eliminate two of your visualizations.*

*If you have four, eliminate one of your visualizations.*

*If you have five, then you keep all of your visualizations.*

*Ask your archive to identify the energies that comprise each basic energy group.*

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*You may receive no answer or you may receive the answer to one energy grouping.*

*You may learn of one Energy that is in one energy grouping.*

*You will be given the information you need.*

*Spend time in your archive and ask, "What might you share?"*

**Focusing Time**

*It is time to return from your archive and move back to your Soul.*

*Close the entryway to your archive, thanking Soul for allowing you to go into your archive.*

*Ask Soul if there is anything it wants to share with you for information.*

**Focusing Time**

*You are ready to depart from Soul ~ coming back into the dimension of Higher Self.*

*Close the entryway to your Soul ~ thanking your Higher Self for allowing you entry into your Soul.*

*Ask Higher Self if there is any information it wants to share.*

**Focusing Time**

*Close the entry to Higher Self.*

*Return slowly into the dimension of concreteness that you are in.*

**End Focusing Tool**

*This Tool can be used for as long a time as you want, as you journey into each of those components of Self. Remember, you are not traveling outside of Self ~ you are traveling within Self and these are all components of Self.*

*Some of you may receive information immediately and quickly go into your archive. Others may find it takes many attempts before any information is given.*

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*And, as you bring information from your archive, it stays within Higher Self and is infused into Conscious Self as you need it.*

*Would anyone like to share something about their journey?*

**When I went into my archive, the only thing I saw really clearly was a big 3.**

*And what significance do you think that had?*

**It was probably my number of energy groups.**

*It could also mean that here is energy group number three ~ not knowing if there is a four or five. It is a clue for you, my love ~ the number three. The next time you use this Tool, go into the archive and say, "What does the number three mean?"*

*You have something more concrete now than before, for oftentimes the archive needs something more concrete than simply, "Show me the answer." It may give you a partial answer. This Tool takes many, many attempts for most entities. And, it is the fun of the journey, so you will understand ~ at a very minimum ~ how many basic energy groups you have within your vibration.*

*The Search for Self means to find out about SELF ~ and that does not happen in this little time frame known as one life on the earth plane. It is the series of lifetimes.*

*In this lifetime you may learn only that there is an identification of three ~ that may be it for this lifetime. You may not know if it means you have three groups or that group number three has been identified.*

*What might you do with this information if you go no further than just the identification of the number three?*

**It is a group?**

*Yes, it is a group. Whether it is group number three or one of three groups, it is a group that you can now focus on. Focus on number three ~ whether it is number three out of four, number three out of five, or number three out of three. It is group number three. And then what would you do with that information?*

**Use it the next time I use this Tool.**

*You actually could ~ you would have something very concrete. And, even if you never learned beyond that ~ anything about any of the other groups ~ you could, in this lifetime, focus on group number three.*

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*If you have, from other lifetimes, identified any of your basic groups, it is going to come out of your archive. You may have gone through this exercise in some other way in another lifetime and already have accumulated this information. The reason you may be getting number three is that you have already identified the others in another lifetime ~ or numbers of lifetimes.*

*So you need to be more aggressive in your own search. Do not lay back and say, "My archive didn't give me any information ~ oh, poor me." Instead, say, "What else do you have to give me?" That is one of the three questions. Say, "What is it about number three ~ have I learned of other groups from the past ~ and what other information can you give me?"*

*For some who will read this information, they may be at the point of establishing their basic energy groups. If that is the case, they will have an advantage in that they will have stored knowledge to be retrieved easily. They have implanted ~ during this orientation time ~ the recognition of their own archive.*

*Most think that the Soul is it ~ it is not. Levels of Self have many, many layers that store information, depending upon what it is to be used for and its purpose. You now have valuable information you can utilize at the concrete as well as at the abstract, for you can be continually thinking, "basic energy group ~ basic energy group." ☺*

*As you look at people around you and feel a certain harmony with an entity, say to yourself, "I wonder if they're part of my basic energy group."*

*Take that particular entity's visualization into a focusing and ask your archive, "Is so and so part of my basic energy group?" And, if you are given the answer of yes, then push the button a little bit and say, "which group?" If you do not receive an answer, that is all right. However, if the answer is, "Yes, this is an Energy who comes from one of your basic groups," you have something.*

*If you find yourself especially irritated with someone, do the same thing. Say, "I wonder if this person is a part of my basic energy group ~ they so irritate me ~ it is to the extreme of harmony." Bring that into your archive and ask the same question. It will give you an awareness of Self and an awareness of how to deal with those around you within your groups. As you develop your levels of awareness, your own abilities to define your basic energy groups will grow and strengthen.*

*If you are not to have that knowledge right now, do not worry. Continue to seek the answers, for we emphasize again that if you were not meant to have the information, you would not have been given the awareness that the information exists. It is only when your awareness of information exists, that you know it is time for you to receive the information. WHEN you receive it and HOW you receive it, will be up to higher levels of Self and up to The Universe.*

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*Enjoy the focusing tools for Group Balancing that we have given. Practice them, play with them, modify and refine them. Find your own way of using the basic concept of what we have given to you.*

*It is time for Waith to return. We send you much white light!*

**Thank you, Teetee.**

***Waith:*** *Would there be any final questions or observations ~ comments ~ about what has been presented during this time?*

**On the basic energy groups, how many are in each group? Is it an undetermined number, a set number or a span of numbers?**

*There is no set number that exists within each group. There could be four in one group or in another group there may be seven, in another group there may be two.*

**When we go into a focusing and go to Higher Self and Soul, is THINKING OF IT enough or is there a good visualization we can use? How do we visualize Soul ~ just as a bright light?**

*Generally, to visualize the bright light helps in moving into your Soul.*

**The white light combined with the thought, is that enough?**

*Yes, the white light combined with the thought. Oftentimes, you simply can visualize the word SOUL and find yourself going into that dimension. You can visualize a fluffy white cloud as your Soul ~ whatever would have meaning to you as a Soul.*

*You have learned in our discussion of Group Balancing the importance of understanding your role within a group and that you are, indeed, part of many groups.*

*Unless you understand your place within the arena known as a group, you, then, are not able to fully find the Healing of Self within that group. Thus, we bring you now into a discussion of the Healing of Self.*

## Chapter 4

### Healing of Self

*Our topic is the HEALING OF SELF. Assisting in this discussion will be Jacques, who is a member of our Spirit Group. The Healing of Self is a popular topic and also one that is very much misunderstood.*

*You may hear the phrase SELF HEALING on the plane ~ we use the phrase HEALING OF SELF. This is an important distinction for using the words SELF HEALING allows a bringing in of external sources of power and that the healing takes place from outside of Self. The words HEALING OF SELF brings it into the arena of Self and the responsibility of Self for the Healing of Self.*

*The only way that you can heal is through Self ~ nothing external to Self can heal you. No one who proclaims to be a healer actually heals you. They are FACILITATORS ~ they are tools on the earth plane. Just as you would take an aspirin as a tool to help you in the comforting of the physical encasement, so, too, are those who are called healers, or those who work with energy, considered a tool ~ they are facilitators. They are a very necessary part, however, of the Healing of Self.*

*Until you reach a certain level of ability to heal within Self, you need to have facilitators. You need the concrete manifestation, external to Self, that can guide you in the direction you need to go within Self ~ to give you the strength and courage to seek the answers from within.*

*Healing cannot be done by external sources. There may be short term indications of an entity being healed by an external source ~ the doctor, for example, has given you a miracle drug that has healed you physically.*

*Often a short term healing enables you to catch your breath at the physical level. However, it is the issues at higher levels of Self that need to be addressed. And, if the higher levels have not addressed these particular issues in this lifetime, then it simply means that you return in another lifetime ~ whether it is the next one or twenty or one hundred lifetimes in the future ~ to work on the issue that created the physical manifestation.*

*Do not berate yourself saying, "Oh, I need external sources to help me in my healing ~ there must be something wrong with me." This is the journey, my loved ones. You must have external sources ~ tools ~ to help you. Eventually you will bring it within Self to bring about the healing, whether it is a physical healing ~ concrete ~ or whether it is an abstract ~ or spiritual ~ healing that you need.*

*Remember that the spiritual issues are the ABSTRACT and the physical are the CONCRETE and that the physical are, therefore, manifestations of the higher level ~ the issue at Higher Self.*

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*Be most careful, my loved ones, of those who would proclaim, "I am able to heal myself from within and you are not ~ therefore, I am more spiritually evolved than you are." Be careful of taking that as anything that has validity, for it means that the entity saying these words to you has issues of ego that must be dealt with.*

*My loved ones you are on your path for the Healing of Self at the speed and momentum appropriate for Self ~ not in comparison with any other entity. You, and you alone, determine the degree of success that you have in the Healing of Self. At the same time, do not feel ashamed or that you must hide the fact that you are seeking external help.*

*There are many in the medical profession who are also healers, meaning that they have an ability to work as a very solid spiritual tool with you. There are many who are not healers ~ they are mechanics, if you will, of the profession. And, even if you were to seek one out in that arena, it is all right.*

*Remember that everyone is evolving in their own path, and a doctor who is not yet a healer must work on his or her path through many lifetimes before reaching that arena of being a doctor AND a healer.*

*Do not pass judgement on any who come into your environment. Do not proclaim that they are not good enough ~ they may not be beneficial for YOU, and that is appropriate. Do not condemn them as being inappropriate for ALL, for then surely you will not pass your issues of judgement and you will be relegated to an arena of learning more concerning judgement.*

*Jacques will enter in now to give you information and a Tool for Gaining Self Awareness that focuses on the Healing of Self.*

***Jacques:** There is a general feeling on the earth plane that TO NEED TO BE HEALED in some way indicates that you are bad and that somehow you have not performed spiritually because you have a spiritual condition or you feel that your spiritual being is out of balance and, therefore, you must not admit to anyone that you have issues to deal with. You see others as having evolved ~ they are enlightened, as you might call it.*

*We are here to say to you ~  
FORGIVE SELF FOR NEEDING TO BE HEALED.*

*When you leave The Universal Consciousness, it is inherent that you have to be healed in order to return to The One. There is no Energy outside of The Universal Consciousness that does not have issues that need to be resolved ~ that is what The Game is about. It is a game ~ and it is a playground.*

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*This is the symbol for the Healing of Self ~ a circle with a dot in the middle. (Note: Please see Illustration A below.) The circle represents The Universe and the dot represents each of you as individuals.*

*The Healing of Self occurs in connection with Self and with The Universe ~ it cannot occur, one without the other. You cannot heal within Self in your first time out ~ it takes many lifetimes before you can begin to bring within Self that healing. The Universe provides many tools for you to use ~ take advantage of all the tools you feel appropriate for Self.*

*No one is perfect ~ is not whole ~ for the mere reason that you are all outside of The Universal Consciousness. Therefore, everyone is equal. There is no better energy form than another ~ and, while they may have different awarenesses than you, they are not better.*

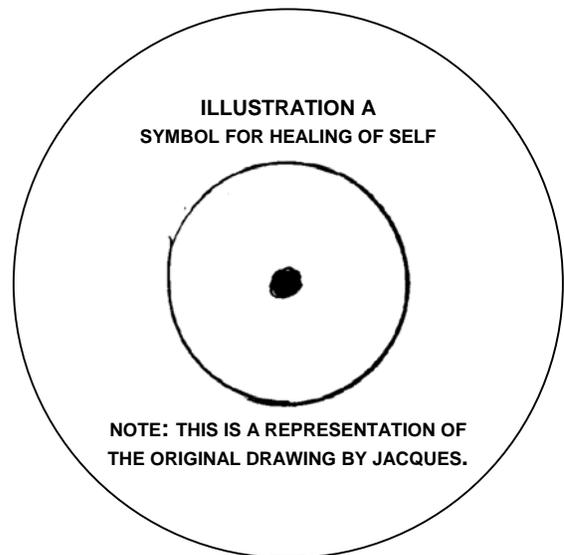
*You are not any better than another ~ you are not any worse than another. You may have said, "I don't want to heal Self in this lifetime, even though I can." Something else may have come up that took your attention away ~ that is a normal, natural occurrence.*

*Your life on the earth plane is an evolving one ~ it is a flexible life. There is nothing written in stone that says, "The life that you planned upon entry is the life that you must follow." You can change that, any moment of any time in the life ~ it is your life. There is nothing external to Self that controls that.*

*And, while there may be advice given as you seek the counsel of your Angelic Protectors or your Spirit Guides, you ultimately make your own choices. If you choose to blame something external to Self and say, "It was his or her fault that I did not heal myself," then you bring up other issues of Self responsibility.*

**When we don't heal our physical Self, even though we can do it, I think that because we are on a healing journey, we just heal other issues. We choose not to look at something right now so we go another way, because the encountering of wherever we are going has healing potential.**

*It always has healing POTENTIAL, yes. There are lifetimes when you may not do any appreciable amount of healing on ANY issues ~ that is fine. Or, you may take a side road. You may be going along and think that this is the issue you are going to heal and work on in this lifetime. However, you have all these other issues that are on other roads and you decide, after all, to take this other road and do that instead. ☺*



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*Eventually, in another lifetime, you will come back to this other issue ~ that is all right. Remember that the plan always looks easier and better on paper than in actuality.*

*It is a judgement upon Self that you would say, "I need to be healed ~ oh, woe is me." You all need to be healed. Some may not be as concretely manifested. Others may have issues in other dimensions of Self that need to be worked upon that may not manifest too clearly or strongly in the physical.*

*We assure you of this  
~ THERE IS NOT A PERFECT HUMAN ENCASEMENT ON THE EARTH PLANE ~  
remember this.*

*While it may appear that there is a perfect specimen of humanness, there is always something that is less than perfect ~ for if it were perfect, there would be no reason to be on the plane.*

*If any of you were perfect, you would be back in The One being bored out of your minds. There is no fun in Oneness ~ the fun is in the duality. ☺ You are One and you are separate ~ that is why you are here.*

*You jumped out of The One so that you could have something to do. And, the ground rule in SOMETHING TO DO is fixing Self again to bring you back into The One. And as Waith has said, once you get back into The One, you are bored ~ so you come back out again and do something different ~ do it again and in different ways.*

**You have said we need to forgive ourselves for needing to be healed because we have not yet reached unconditional love and perfection. Is it true we need to forgive ourselves for needing to be healed because if we don't, we can build up blockages and not be able to Respect Self and do our Healing of Self?**

*Yes. As you build up your blockages about forgiving Self, then that is a blockage to the Healing of Self.*

**So, do we need to understand that we do have to judge ourselves in order to be able to do our Healing of Self?**

*It is the paradox. In order to become nonjudgemental, you must judge. It is the exaggeration on both sides of the equation ~ exaggeration of judgement and exaggeration of nonjudgement. So, yes, it is easy to say FORGIVE SELF FOR NEEDING TO BE HEALED. To actually do this is the difficult part.*

*Living outside of The One is difficult ~ it looks easy enough from one dimension into another. However, when you move into a particular dimension to work out the abstract in the concrete, it looks much different.*

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*We have a Tool for Gaining Self Awareness that focuses on your journey through Self to determine a particular issue that you came into this life to deal with. And, while we will bring you through it in a shortened form, it is one you can take with you so you can work on discovering the main issue ~ or a minor issue ~ that you came in to work on.*

*The intent of this focusing is to give you the tool so you can then use it when you are in the quiet of your own environs ~ it can be used if you are walking ~ it can be used if you are driving ~ it can be used in any way that YOU use to bring Self into focus.*

**Focusing Tool  
Healing of Self**

*Breathe slowly and deeply in a way that is comfortable for you.*

*You are relaxing ~ slowly ~ breathing in and out.*

*Call upon the very highest of the white light to journey with you.*

*As you call upon the highest of the white light, ask your Angelic Protector and Spirit Guides to come with you for this journey.*

*Your Angelic Protector will protect and defend you. Your Spirit Guides will be there to give you the information as you need.*

*Envision Self surrounded by the white light ~ it is soft and fluffy and white ~ feel warmed from the light.*

*You are in the concrete dimension of Self and will now move into the abstract dimensions of Self ~ slowly ~ relaxing.*

*You now begin the journey into the other dimensions of Self.*

*Envision a ball of white light ~ it is several feet away from you.*

*Fix your visualization on this ball of white light.*

*Follow this ball of white light as it moves out of this concrete dimension ~ it is a tool to guide you out of the dimension.*

*Trust that you are protected as the ball moves out of the dimension, taking your energy with it.*

*The ball is moving slowly out of the concrete dimension and you are following it ~ slowly.*

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*The ball moves close to the dimension of Higher Self.*

*You are now moving into the dimension of your own Higher Self  
~ feel Self moving, following the white ball of light ~ moving into  
your own dimension of Higher Self ~ slowly, slowly.*

*The white ball of light stops ~ and you rest within the dimension  
of your own Higher Self.*

*Your Higher Self contains the information about the issue you want  
to focus on in this lifetime and all of the healing associated with it.*

*It is time for you to listen to what Higher Self may give you for  
information ~ do not ask questions ~ simply listen.*

**Focusing Time**

*It is time to return to the concrete dimension.*

*Thank your Higher Self for any information that was given.*

*The white ball of light is now ready to guide you back into the  
concrete dimension.*

*Follow the white ball of light as it comes into the concrete  
dimension.*

*Slowly, slowly it is returning into the concrete dimension ~ slowly  
returning you back into the concrete consciousness.*

*Your Angelic Protector and Spirit Guides come with you ~ and  
you are bringing back part of your Higher Self ~ the knowledge  
that comes from it.*

*Thank your Angelic Protector and Spirit Guides for going with you  
on this journey.*

*The ball of white light is slowly returning into the concreteness and  
you are returning ~ slowly returning.*

*Take a deep breath ~ hold it and let it out.*

**End of Focusing Tool**

*What comments, questions or observations do you have about your focusing?*

**I had a hard time finding the light. I could see the clouds going by.**

*You can certainly use the cloud to hold onto. One of the things to understand is the control Self has over its own journey. We, as an external source, gave you a tool ~ a ball of white light ~ that you could use to help you to journey through Self.*

*This particular Tool may not be of use to everyone and they may find that they use something else. Or if they are not able to see the white light, something else is there, like a cloud passing by ~ grab onto the cloud ~ for it is moving.*

*The concept behind this visualization is to hold onto something that will help you to move from one dimension to another. While there are many entities who do not need anything concrete to visualize moving from one dimension to another, most entities do ~ at least initially.*

*The only way that you can move into the ability to not need something concrete is to have used the concrete. You cannot automatically, without practicing, do this without a tool. It would have been perfectly all right for you to have grabbed onto the cloud and used that as a visualization ~ something concrete for moving Self out of the dimension.*

**I grabbed onto the cloud to find the light.**

*Might the cloud be a representative of the light? So, you actually had the light ~ you simply did not recognize it as such. You were looking for something that an external source of information had given you as the truth. And, it did not appear as your truth ~ therefore, you did not recognize something else.*

*It is your own truth ~ this is the basis for all of the guidance that comes from Waith and us in his Spirit Group. And, while we told you about a white ball of light being an appropriate tool, initially, you might not even recognize that as the light ~ you may see something else.*

*You each see your own symbol of light.*

*And so, yes, you did find the light after all ~ you simply did not recognize it. You have the ability to determine that whatever you think is the light, indeed, is the light. You simply acknowledge it as the truth within Self.*

**I received a wonderful statement from my Higher Self, which was that healing is really living without fear and one of the reasons we set up our challenges is to be able to decide, "Do I want to let a fear come up or not." By actually living through it is the only way. We cannot solve fear unless we face it. So by creating situations in our lives that are fearful, the only way we heal ourselves is by not contracting into fear and by saying, "In the face of this, there is no need to be fearful."**

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*Yes, there have been many discussions with Waith about the issue of fear that address that very point ~ FACING YOUR FEARS. There is nothing to be feared, my loved ones.*

*Fear brings about fear, which brings about darkness, which brings about fear ~ and then it loops back and brings about additional fear. (Note: Please see Illustration B to the right.)*

*Then it becomes exponential for as it loops back after the darkness has brought more fear into you and you have more fear, feeding into fear, feeding into fear.*

*Exponentially, you can have so much fear feeding into the darkness that it feeds into even more fear if you do not break that cycle.*

*There is nothing that can happen to you. You are energy. You are not killed. You do not die. Your encasement goes away, dissolves ~ it is no longer housing your energy.*

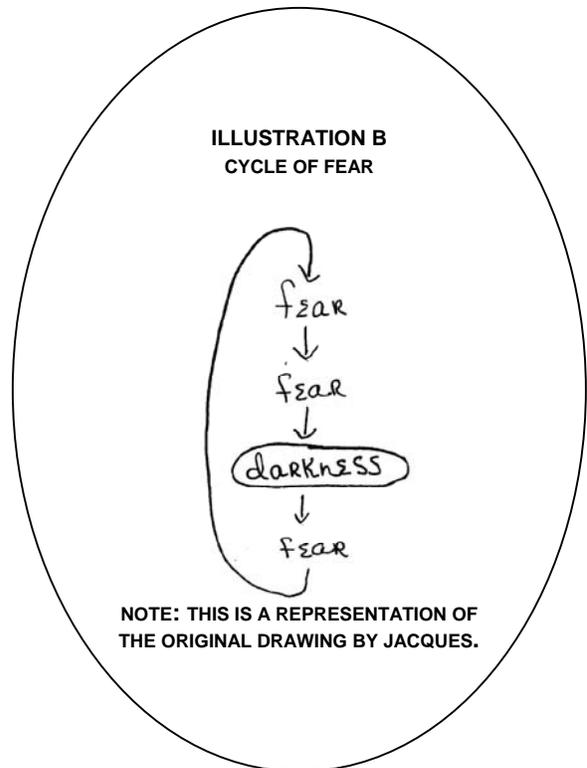
*There is nothing to fear. So you leave the life because your encasement no longer could support the energy ~ so what? You come back and do it again, maybe with a similar encasement, maybe with a different one ~ different gender, different everything. ☺*

*Think beyond Self in the concrete as the only definitive position. Think more globally, if you will, within your own realm of Self. If you get something in your physical encasement that is going to allow your encasement to no longer support your energy, so what! What has happened? Nothing!*

*It means that either the lessons you have taken on have reached their conclusion or, it means that whatever the lessons you took on, you decided it was time to stop and are going to come back another time to pick up where you left off in this lifetime.*

*Remember this prime directive from The Universe ~  
WHEN IT IS TIME FOR AN ENERGY TO LEAVE A PARTICULAR DIMENSION  
AND GO INTO ANOTHER, IS THE TIME WHEN IT WILL HAPPEN.*

*There will be nothing external that forces it. There is nothing that you can do in this dimension to keep you from leaving, or to keep another from leaving.*



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*All of the medicine that is on the earth plane ~ meant to help live a longer life ~ is simply a tool to help you to live to the point where you are going to live and to work with the issues that you are meant to work on.*

*You each have a point of departure. When it is time, it is time ~ that is it. There is nothing in concrete that can stop that. There is no such thing as leaving TOO SOON. Often you hear, "Oh, she had such a short life." She had the life she was supposed to have. Or, someone says, "Oh, if we could only help him to live longer by inserting tubes into him." Well, if that is the case, it is part of the lesson that the entity has taken on in conjunction with another.*

**What about those who take their own life?**

*You each take your own life. Some simply take it in a very visible way ~ in a way that is meant to help you learn and, at the same time, to help others to learn issues. The fallout from that with those left behind can be very dramatic ~ and actually can be defining moments for individuals where they change suddenly as a result. Their perceptions of relationships can change.*

*Nothing happens randomly ~ suicide is not a bad thing. It is simply a way to leave the life. It is no different than being in an automobile accident and being killed from the impact ~ it was time to go.*

*When it is time to leave a particular manifestation in a particular dimension ~ whether it is the earth plane or another training ground ~ it is time to go. There is nothing wrong with that ~ that is a joyful thing. It means you finished that particular lesson ~ that particular journey. Rejoice in that.*

*So fear, understand, comes from this feeling that, "I am going to be hurt in some way ~ physically or emotionally ~ and it might kill me!" The fear will serve as a barricade to your own ability to heal Self, for you buy into the concreteness and you are buying into more and more what the darkness is giving you.*

*It starts with fear and fear brings about fear, and, then, that is when the darkness comes in. The darkness will attack your most vulnerable spots, and if it thinks that you are in a fear mode, it goes right after you.*

*The best entities on the earth plane can have bouts of fear. They can be the most aware of any on the plane and fear can wedge its way in. The only way that growth occurs, however ~ in fending off the dark attacks ~ is by getting into a mode of fear. Sometimes you bring it on Self to see how well you will defend Self against the dark and be able to break the cycle of fear.*

*Remember that there is no such thing as perfection. There is no one on the earth plane completely absent from fear ~ that would be perfection.*

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*There are degrees, however, of ABSENCE OF FEAR. You may see another with a very high level of awareness of the LACK OF FEAR and it, therefore, might appear that the individual has no fear ~ that this person is perfect.*

**How does guilt works into this and that we don't feel we deserve healing or that we have failed in some way?**

*Feeling guilty about many things is a part of the Healing of Self. Only YOU allow yourself to feel guilty ~ no one external to you can make you feel guilty. It goes again to respect of Self. Do not allow anyone to make you feel guilty. They might say, "You have no right to be here because you are sick," and they make you feel guilty. You may then say, "I don't have any right to be here ~ I have healing to do ~I must not be here."*

*The guilt, then, can create the fear, or the fear can create the guilt. Suddenly you are back in that cycle, because regardless of whether the fear created the guilt or the guilt created the fear, you are into the fear cycle.*

*Unless you can break that fear cycle, it is going to continue. And, then you have guilt added into this fear cycle and the guilt increases and you become more vulnerable to people making you feel guilty ~ about any number of things. There is nothing to be guilty about.*

*If you do not take responsibility for Self, first and foremost, and Respect Self, then you will allow others to make you feel guilty. Understand that taking responsibility for Self is a very complex issue in the Healing of Self.*

*You cannot just arbitrarily and in isolation say, "Well, it's all right for me ~ after all, I'm me." This is an irresponsible behavior and one that is on the plane among many who say, "What's good for me is good for me ~ it doesn't matter what goes on around me."*

*When you take responsibility for Self, you must understand the implications it has for those around you ~ those whom you have chosen to enter in with and be a part of. If you say, "If you don't like it, too bad," you MAY be acting irresponsibly.*

*On the other hand where is the line for Self between being imposed upon and being respectful of Self and taking responsibility for your own actions? This is what each entity has as their defining line and cannot be imposed upon by another who might say, "THIS is where you say, 'enough is enough' ~ THIS is where you are being imposed upon."*

*You cannot say IN COMPARISON TO another entity where YOUR line of imposition is. You cannot judge another and you cannot, then, judge Self on the basis of another.*

*What else might contribute to not being able to bring about the Healing of Self? Fear and guilt are certainly the two big ones.*

Does unconditional love have something to do with it?

*Remember that unconditional love is perfection. There is no entity on the plane ~ or, indeed, outside of The Universal Consciousness ~ that has PERFECT unconditional love.*

*Seek to STRIVE FOR LEVELS OF PERFECTION, within a percentage of what you have taken on for unconditional love. And what would you say is on the other end of unconditional love?*

⚙️ **Conditional love.**

⚙️ **Judgement.**

*Judgement or conditional love ~ everything that occurs in any of your lives is working on this two way activity. You reach an unconditional love mode ~ and are able to do it with a particular entity and not, necessarily, with another.*

*You have many kinds of judgement and conditional love. Look around and see others who seem to have much more unconditional love toward the world and others who have much more judgement or conditional love toward the world.*

*You must not look with judgement upon those who judge. And, do not look at unconditional love in another entity as something to make you feel guilty and think, “I should be more unconditional in my love ~ look at that person ~ that’s the way I should have reacted, and instead I was so conditional and judging ~ I’m a horrible person and I feel guilty.”*

*As a result of those emotions you might then say, “Because I’m not unconditional, I feel so guilty ~ I might regress in my own Healing of Self” ~ and then fear begins and then the cycle.*

**Where does hate come into all of this?**

*Hate is the most powerful emotion in the human condition ~ it is in and of itself and stands outside of all of this. Why do we say that hate is the most powerful of human emotions ~ more than love.*

**We can destroy ourselves.**

*Yes, you can destroy yourself. What does hate do also?*

**It destroys others.**

*It destroys others. What else does it do?*

**It motivates.**

*Hate motivates. Love does not motivate. Love is the essence of light. Hate is the essence of dark. Remember this one thing ~ THE DARK ATTACKS THE LIGHT. The light does not attack the dark ~ THE LIGHT DEFENDS FROM THE DARK.*

*Of all the emotions in the human condition, hate is the only one that motivates. It motivates and brings about everything else.*

*You might think, "Well, even though I'm feeling guilty, I don't hate." If you are feeling guilty, what are you hating?*

**Self.**

*Indeed. Remember that whatever motivates you, is going to help you toward becoming, within Self, peaceful and whole. Thus, hate is not necessarily a bad thing.*

*There is no such thing as horrible ~ even the darkness is not a horrible thing. The dark attacks, and does that to get you moving toward a greater sense of unconditional love and a lack of fear. It is all part of the cycle and all part of what has to be done.*

*If the darkness were something that you wanted to get rid of, The Universal Consciousness would not have put it into the play. It motivates and enables you to grow and to move more and more back into The Oneness ~ which is total light!*

**Sometimes with guilt we feel that we deserve to be punished for something. Is forgiveness the antidote?**

*Forgiveness of Self. Waith has said that to forgive is to judge ~ for you are saying that something was wrong. Who are you to judge? Even for us to say, FORGIVE SELF FOR NEEDING TO BE HEALED, is a judgement upon Self. And this is the paradox of it. This is why it is so much fun on the earth plane ~ for one feeds into the other. You might think, "Oh, what should I be doing now ~ should I be forgiving ~ no, that's judging ~ if I judge, then I'm \_\_\_\_." You see, it brings about paranoia ~ which is the intention. ☺*

*There are certainly other things that can motivate you. If you are unsatisfied in some way, you will take action. Hate, however, is the strongest motivator ~ and it is generally hate within Self. If you feel unsatisfied with Self at some abstract level and say, "Oh, I'm not good enough," you begin to hate Self for not being good enough. And while it may not be an extreme hate, it is a lack of respect of Self.*

*As you move into that cycle of respect and love, it feeds back and you Respect Self and Love Self more and you Respect Others and Love Others more. You will Be of Service to Self and Be of Service to Others ~ it all feeds in to the Guidelines for Growth.*

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*You are going to have to deal with these issues of fear and darkness. Here you are in the middle struggling to understand Self ~ that is what it is about. (Note: Please refer back to Illustration A on Page 60.)*

*Healing of Self will happen in the way that you need. And while you may not trust Self in this lifetime to do this healing, that is all right.*

*Do not allow someone to make you feel guilty when they say, "You're not doing it the right way ~ why don't you do it this way!" Instead, simply respond by saying to Self, "I'm doing it the best way that I can" ~ and trust in Self to know that. Do not allow the world around you to make you feel guilty. It may irritate the living life out of those around you and so be it. ☺*

*Live your life in a way that is appropriate for you ~ and at the same time, in a way that does not harm the world around you because you are being irresponsible in the way that you are behaving. It is, again, a paradox ~ and a fine line that each of you must find within Self.*

*It is time for Waith to return and we will return later.*

**Waith:** *What questions do you have thus far about the information you have received?*

**There are groups of people who come together with one idea in mind ~ to hate this one and that one. Would you elaborate on this?**

*Within every group there is dark and light ~ for every entity has dark and light within Self ~ it is the duality. There is no entity who does not have a light side and a dark side.*

*The degree of hate within a group would be dependent on the entities gathered in the grouping. One entity may have a great deal of lightness within and they are in a grouping where there is a great deal of hate. They may then be associated with that group ~ and with a great deal of hate. However, when they move into another group, they are with those who are not filled with as much hate ~ whether it is Self or external ~ and therefore they meld into that group, perceptually.*

*Be very careful of making judgements about any groups as being hate filled and, therefore, they are dark ~ or, they do not have much hate, so therefore they are light. Those are judgements ~ you do not know why a group has come together.*

*A group may give you an appearance of being hateful, of being dark filled. They may be, indeed, a group of Angelics who have come in to actually present that illusion ~ to motivate. If you see hate, then you have it within you.*

**I've felt that hate was more a fear of something that was not understood and not a feeling in itself. I think that a person can't just hate something. Rather, they must feel threatened by it or afraid of it because it's different, so they hate it.**

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*From an external perspective that is correct. However, hate does not begin externally to Self. Hate begins where?*

**Internally.**

*Hate begins internally. There is a hatred of Self. Again, this is not a negative and that you are a horrible person. For some reason you have brought into a particular lifetime the emotion of hate.*

*We have talked about The Toy Box, where you bring an issue into your arena ~ it is your little Toy Box that you carry with you from life to life. The Healing of Self is inherent in this Toy Box ~ it is the lining, if you will. (Note: To read the discussion of The Toy Box, see the Waith Transcript, PLAYTIME ON THE EARTH PLANE, available through the Terra Lux Online Shop.)*

*Hate is a particular issue available for entities to take on, in any degree that they want. It can be a favorite toy, in fact, for then it allows all of these other issues to come into play.*

*Understand that there are entities on the plane who take on various kinds of paths. They may take on very short paths that will entail ten or fifteen lifetimes or one hundred lifetimes ~ and they have not chosen hate. Therefore, this cycle does not happen to them ~ they have other issues.*

*If you have chosen hate as a toy, it means that you will want to play with it and take every opportunity that you can to play with it. It will mean that it embeds itself into Self upon movement onto a training ground. Therefore, it is in you ~ it then feeds.*

*If hate exists, and only if hate exists, can fear come. Fear does not come before hate. Hate must exist in order for fear to manifest, and in order for guilt to manifest. However, once it is external, then it gets into this feeding frenzy and it no longer matters because the hate itself has manifested.*

*Do not berate yourselves ~ do not judge yourselves ~ that you have pockets of hate. Hate motivates you and it feeds back into Self. If you are able to get rid of the hate that is external and say, "I hate the way that person acts or that institution acts," then you can burn it out at the external level. Once it is burned out at the concrete, it soothes into the internal.*

*Eventually, the internal hate is gone because you have burned it out at the external. It will take many, many, many lifetimes ~ it may take the entire sojourn on the earth plane.*

**Isn't hate just a temporary feeling that we can dispose of at some point in time?**

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*It can be, for if hate is one of the toys you have taken on, you may come into a lifetime without that toy. You may have taken other toys out of your Toy Box, so that in a particular lifetime you do not even have the toy with you.*

*In another lifetime you may have brought it in for the first part of the lifetime and then put it back in The Toy Box at the end ~ or the opposite. You are without your toy the first part of your lifetime, and for the last part of your lifetime you decide to bring it in to play with because you have other issues that are also at play ~ simultaneously. The Healing of Self, then, is ongoing and continuous.*

**Most of my life I've been very fearful. Since I've gained resources in healing, if I get back into that fear mode, I put on a different lens. I realize I can be an observer now. I can stop it, center myself, and change my lens.**

*Indeed, it is meant for Self to determine what is needed for Self. We can give you the information. However, we are simply a source of guidance and cannot TEACH you anything ~ no one can teach anyone anything. It is learning ~ you each learn, and learn within Self. It is as simple as that ~ you learn within Self.*

*You find the tools within Self for the Healing of Self, and those tools can be found through external sources ~ by going for guidance.*

*You come to hear us. You read our words. We do not give you the answer. We simply give you guidance ~ information that you may or may not find useful. You may take one bit of information that works for you and the rest you throw away ~ fine. One bit of information may be all that you need. 😊*

*There are many on the plane who pretend to give you the answer and say, "Here are ten steps toward better health," or "Here are six steps toward enlightenment." They make it very concrete by saying, "If you follow these steps, you will be enlightened and you will be able to heal yourself if you follow this procedure."*

*This may be a tool for an entity to bring themselves into at least the beginning discussion within for Healing of Self ~ and that may be what the entity needs. We are not that kind of informational source. We do not give answers ~ we do not solve problems. It does not make the other sources bad. It simply makes them other sources ~ for individuals who need that type of information.*

*The Healing of Self ultimately comes from Self and your own discoveries ~ synthesizing information that you have received from all the external sources, even synthesizing information that comes from your Spirit Guides and Angelic Protector. Even your Angelic Protector and Spirit Guides do not tell you what to do. They give you information ~ they guide you. You ultimately use that or not and synthesize it.*

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*Remember that no one is perfect, and that means that no source of information is perfect. Some, such as ours, have very high levels of understanding. However, it is not perfect, for there are dimensions that we are not able to plug into. That is the way it is, just as there are dimensions that many are not able to plug into. Understand THAT and give credit to yourselves for your own ability to heal within Self ~ and to do it completely on your own, ultimately.*

*The paradox in the symbol for the Healing of Self is that the individual is alone within The Universe, while surrounded by The Universe. (Note: Please refer back to Illustration A on Page 60.) Therefore, one cannot exist without the other. The Universe would have no reason for existence if there were not something in it.*

*You are able to exist outside of The Universe because you are connected by energy threads. So there is an interconnectedness ~ the individuality and the duality. Individual means SEPARATE FROM and The Universe is The One ~ thus the duality.*

*Jacques will return to give you an Affirmation for the Healing of Self.*

***Jacques:** We have an Affirmation that might help bring you into a sense of the Healing of Self when you forget that you need a Healing of Self.*

*“I AM HEALING SELF ~  
I FORGIVE SELF FOR NEEDING TO BE HEALED ~  
I RESPECT SELF ~ I LOVE SELF.”*

*And, that is all that you need to say.*

*We do not give you the definitive way to do something. We give you ONE way, one particular way that may help you to find other ways appropriate to Self. There is not just one concrete way for anything. There are as many concrete ways to do something as you can think of ~ once you have the ESSENCE. The Healing of Self is an essence. How you do that is up to you.*

*We have been pleased to be of service to you in this discussion of the Healing of Self. We send you all the very highest of the white light.*

***Waith:** Well, then, we are ready to bring closure to this discussion. We would ask for any final questions or observations.*

*I needed that kick over the edge of the cliff. 😊*

*Indeed ~ and you fly after all. 😊*

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*It is the fear that so many have that they will not be able to meet the challenge. Understand that if the challenge is presented to you, then you are ready to meet it ~ there is nothing to fear.*

*Nothing is presented to any of you from The Universe that you are not ready to meet ~ it is one of the precepts of universal activity. You will only be given those things that you are able to meet. While they may appear to be stretching you, that is what it is meant to do.*

*Having the awareness of the Healing of Self now leads us into our next topic of discussion. The issues of Gender Harmony prevail currently on the earth plane with intensity. We will provide information ~ along with Boopsie, from our Spirit Group ~ to help you understand gender selection and the differences and challenges that come from your gender selection ~ and the impact on your Search for Self.*

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## Chapter 5

### Gender Harmony

*Many of you would say that GENDER HARMONY is not an issue that you have. We say to you that every entity has issues with Gender Harmony. If you have made the statement, "Oh, that is such a female activity" ~ oh, that is such a male activity," you have issues of Gender Harmony. To make a reference to the other gender in a way that promotes negativity in ANY way means that you have issues of Gender Harmony.*

*Having an issue is not a negative thing. Having issues is what your journey is about that you take outside of The Universal Consciousness. There is no such thing as not having an issue. If you had no issues, you would not be outside of The One. ☺*

*The members of this class are of encasements that are male and female. If your encasement is male or female, that is it, that is your gender, is that correct?*

**No! ☺**

*No?! ☺ There is something else that goes with this? As we have progressed in our discussion of the Search for Self as a study tool, the topics of information from the Webbing Effect through where we are now, you have been learning that there is much more to energy connection than would previously have been thought.*

*Let us begin by looking at a concept called DOMINANT ENERGY.*

*DOMINANT ENERGY simply means that in the scheme of The Universe, gender has been divided for the earth plane experience. Other training grounds have different types of genders and numbers of genders.*

*For the earth plane, there is determined to be male and female as gender, and each gender has its goal, has its mission. Each Energy, before entry onto the earth plane, selects which of the two genders it wants to take on for its primary lesson learning ~ thus, taking on the goal and mission of that gender.*

*However, part of your journey is to go into ENCASEMENTS that are different from your dominant, so that the female encasement may house a male Dominant Energy and a male encasement may house a female Dominant Energy. This is the way of your journey.*

*Why would an Energy want to go into an encasement opposite to its dominant?*

**To learn about issues, for example, of how people treat males and how they interact. It changes the viewpoint. We can learn their issues and bring better harmony within Self.**

*Yes, it is to learn issues and to understand the perspective of the other. Why would you have to do that if, indeed, you had your own very defined mission as a female or as a male? Why would you have to learn about the opposite gender?*

⚙ For balance.

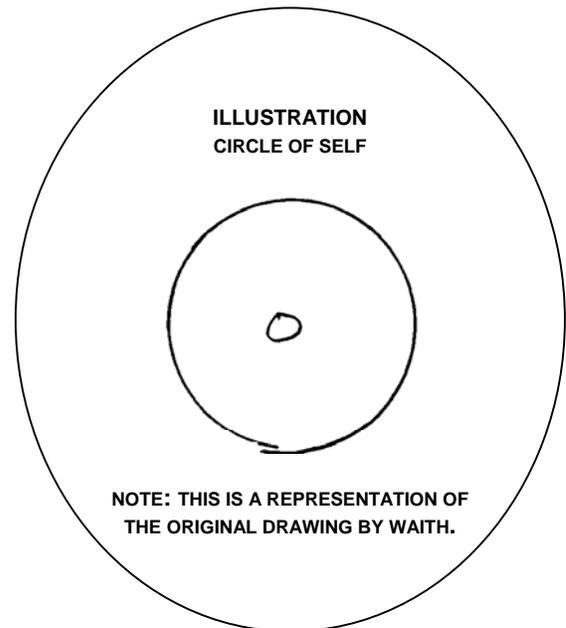
⚙ To try and get along.

⚙ Ultimately to be okay with ourselves.

*Indeed, and that brings about a sense of balance within Self for, ultimately, you return to The Universal Consciousness and you must have an understanding of the totality of life outside of The Universal Consciousness.*

*We have discussed within the context of the Community of Self, TOTALITY and INDIVIDUALITY and that both must exist ~ simultaneously and separately. We revisit that illustration. (Note: Please see the Illustration to the right.)*

*You each must be individuals and, at the same time, to recognize that you are part of the total and that being in the totality does not mean that you lose a sense of identity ~ for you are individual.*



*One of the most interesting physical manifestations of the Dominant Energy concept is the form that it takes on when going into encasements.*

*As we said earlier, in this class there are male and female energies ~ some within the encasement of dominant and some not. There are some female energies in male encasements. There are male dominant energies in the female encasements and there are some dominant male in the male encasement and some dominant female in the female encasement. What makes this so interesting?*

No one knows for sure. 😊

*No one knows for sure ~ and, and it is none of your business to know for sure. 😊 😊  
What it does bring about, of course, are issues of judgement, for you would look at a particular entity and ascribe to it certain judgements based upon behavior ~ and affectation ~ the female acts like a male, the male acts like a female.*

*Boopsie, from our Spirit Group, is going to now give you information that relates to the origin of gender. She had finished her journey on the earth plane and then returned for a refresher course. 😊 So she gained further insight as a result of having finished her journey on the plane and then returning to gain additional information.*

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*There are many walking among you who are in that same situation. You know not who they are, nor does it matter. It just gives further strengthening to your own issues of totality and individuality.*

*Enjoy Boopsie! ☺*

***Boopsie:*** *Ah-h-h, such beautiful energies ~ and so many variations on the theme of gender! ☺ ☺*

*At The Universal Consciousness level it does not matter whether you are male dominant or female dominant ~ it is simply a path that you have chosen.*

*You each must choose a gender ~ you cannot leave The Universal Consciousness unless you have a gender. Your gender is determined by the training grounds upon which you will travel ~ the earth plane being only one of millions.*

*This is what happens. You pop out of The Universal Consciousness and have an Angelic Protector assigned to help you choose your training grounds and the lessons you want to learn. You look at the fine print ~ many, not everyone ☺ ~ and what the requirements are for each training ground. One of the requirements relates to gender.*

*The earth plane has two genders. Other training grounds have more ~ others have less. Two is not necessarily the minimum. ☺ There are training grounds where there is one gender for it both propagates and reproduces in and of itself. There are many species on the earth plane that do this. The human species has two and it was set up that way.*

*You set it up and determine how many different training grounds you will be going on and, therefore, how many different genders you will have open as a path. Then, you decide within your Energy Circle the order in which you will go onto the training grounds. And, of course, this is all determined in conjunction with your Energy Circle.*

*You look at your plan and see that with all of the training grounds, you will have x number of genders that you must work through. That, then, becomes part of the totality of your energy, for you must then build up an accumulation of that which is determined for the genders in each of those training grounds.*

*On the earth plane currently the female is nurturing and the male is aggressive. Genders on other training grounds have different characteristics. What you may find that adds further complexity to your journey on the earth plane is that the person sitting next to you may have experienced another training ground where they took on several genders that related to that training ground.*

*You may only have taken on the path of the earth plane and your only gender experience is that which is the earth plane.*

*You may have had male and female, female and male and the person sitting next to you has more depth to their gender experience. This adds in greater complexity and greater issues of judgement.*

*The goal of many energies is to bring confusion to the world around them about who they really are ~ are they male or are they female? 😊 What difference does it make?*

**It comes down to the lessons we need to learn.**

*It comes into the plan of action that you have placed before you. It is set up as a way to learn issues of judgement and also to bring balance within Self ~ to bring strength to you as an Energy for your journey.*

*You each take on different goals ~ some want to travel, here, there, and everywhere in a non directional way ~ and that in itself has direction. Others take on a much more directional path where very specifically they want to learn to be, for example, a facilitator for healing. Or, they want to become one who is able to communicate interdimensionally or one who wants to be in charge of some type of energy grouping that requires a very intense training.*

*The purpose of gender is not that you bear other entities, for most assuredly in the illusion to come that is changing quite drastically ~ the signs are already in place for this. Being female does not mean automatically that you are the breeder. Being male does not automatically mean that you participate in that. It has nothing to do, actually, with anything except providing a different set of objectives.*

*Gender has nothing to do with sex ~ there is that word! The MOMENT we said that word, there was a change in the energy force field in this class! 😊 Some of you became very uncomfortable thinking, “Oh, she’s going to talk about sex.” 😊 😊 Others started to laugh within Self, while others saw the irreverence of that statement.*

*Sex is a biological function on the earth plane, used as a tool to help in reproduction. However, this is not necessarily done on other training grounds ~ they have other versions of that biological function based on their own encasements. It is, yet again, another particular component of the earth plane, which gets in the way of many things ~ which can get in the way of bringing harmony between the genders.*

*Let us look at separating out Gender Harmony and sexual issues. They do come together and yet they are not absolutely necessary in order for Gender Harmony to exist. Sexual issues are only a small part of total Gender Harmony.*

*When there is a discussion of gender, it usually means sex ~ sexual issues, same gender relationships, opposite gender relationships. It is usually a discussion of the sex that goes on ~ not about the differences in the issues that each gender has taken on.*

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*Gender Harmony is not about becoming like the opposite gender ~ it is about, first, becoming comfortable within your own gender and feeling comfortable in relating that to the outside world.*

*Secondly, it is about understanding the opposite gender ~ with respect and unconditional love. It is about simply saying, "That individual is male and that individual is female ~ it is wonderful that we have come together so we can understand each other's perspective."*

*It has been designed that there be different perspectives ~ the female and the male. It is not designed that you become like the other. What occurs when you go through lifetimes as the opposite gender to your Dominant Energy, is that you become more empathetic ~ you see how it is to be the opposite gender.*

*You specifically take on issues that will bring about the discrimination that can result in being a particular type of encasement with a particular type of energy, involved in different types of relationships ~ and the abuse that goes with those kinds of prejudices.*

*Eventually you become positive and light filled in your acceptance of Self and others.*

*It is the GUIDELINES FOR GROWTH at its very essence ~ Respect Self, Love Self and Respect Others, Love Others. That is what Gender Harmony is about ~ looking at the differences and accepting them as wonderful and not as negatives.*

*Understand that the earth plane is a training ground of exaggeration and that is why there is so much of the male acting like the female and the female acting like the male. It is to learn exaggerated lessons in an accelerated time frame and it will create many judgemental attitudes and reasons for jeering and disparaging remarks.*

*We are going to give you a Tool for Gaining Self Awareness that focuses on Gender Harmony. This Tool could be good to use in the morning or at the end of the day.*

**Focusing Tool  
Gender Harmony**

*Relax and breathe in a way that feels comfortable for Self.*

*Call upon the very highest of the white light and bring in your Angelic Protector and Spirit Guides ~ ask to be surrounded with light and protection.*

*Envision your encasement ~ you are male or you are female.*

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*Envision the prime components of your encasement that make you different from the opposite encasement ~ the prime conditions.*

*Embrace the similarities and the differences that you have with what is perceived as the opposite gender ~ embrace it with love.*

*Say to Self, "I am beautiful as the gender I have chosen, regardless of the encasement I am in"*

*Say, "My encasement is beautiful, regardless of the gender I have chosen ~ I say this for all around me ~ everyone is beautiful for the gender and the encasement they have chosen"*

*Say, "I respect and love Self ~ I respect and love others."*

*Bring Self slowly back to the conscious world, thanking your Spirit Guides and thanking your Angelic Protector ~ surrounded by the very highest of the white light.*

*Return with a sense of renewal for respecting and loving Self and others, regardless of their encasement and their gender.*

**End of Focusing Tool**

*If done at the beginning of your day, this Focusing Tool may give you the reinforcement for going through the day ~ and give you that energy of respect and love for Self and for others. If done at the end of the day, it may help you to reflect upon the behavior of the day ~ upon Self and upon others.*

*To forgive Self is as important as it is to forgive others, and if you behave in a manner less than what you feel appropriate during a given day, you must forgive Self. You must not say, "I ruined my chances ~ I'll never make it now because I was bad today." Well, bad is good. 😊*

*You cannot achieve the good unless you have gone through that which is not good ~ from YOUR perspective of what is good.*

*You cannot know how it feels to be good and to Respect Self and Love Self unless you have NOT respected and loved Self.*

*You cannot help others to learn how to respect and love Self if you have not traveled that way.*

**Can we switch dominant genders?**

*Not outside of The Universal Consciousness. What does switch is the movement into an encasement. So, if you come out and determine to be male in your journey on the earth plane, you remain male. You cannot switch to become female.*

*What happens, however, in the switching, relates to other training grounds, for there are other training grounds where there are male and female, as well as other types of genders. You may, then, say, "I was male on the earth plane, and I will be female in another training ground."*

*One component that has not been discussed very often that relates to this question is doing the earth plane a second time. We know many of you think that to be a horrible thought ~ that you would want to do it a second time, within the experience ~ without going back into The One. Rather, you say, "I have finished everything that I have done on the earth plane that was needed and I can now go and do something else."*

*You can, in fact, say that you want to do it again ~ you want to repeat, and this time you want to become dominant male or dominant female. That would be a condition under which you would be able to change dominant genders. Of course, this must be in agreement with your Energy Circle. The others in your Energy Circle must agree as well.*

**According to Waith you have finished the earth plane and you came back.**

Yes! 😊

**Did you come back under those circumstances or just for extra learning?**

*It was not coming back to relearn the particular issues on the earth plane or to gain further strengthening from that perspective. Rather, it was related to the goal that I have in Guide School in facilitating Gender Harmony at an advanced level. So, I decided to take on a series of lifetimes relating to very specific kinds of issues and it was what you might call a refresher course or a post graduate course and it was fun! 😊*

*There is something exhilarating in returning to the earth plane when you are not bound. On the other hand, the conditions must be set so that you do not realize that you are not bound ~ for then the lessons are not learned.*

*While at the higher level there is an understanding that there is no binding to the earth plane, at the concrete there must be the understanding of, "Yes, I am here bound just as others are here bound." Without that there would be no understanding of the issues being learned.*

*I came in as a male and I came in as a female ~ and I am not indicating to you what my Dominant Energy was, for it does not matter. All who work with Waith in his Spirit Group are not who they appear to be ~ surprise ~ just as all who are gathered in this class are not who they appear to be. 😊*

*How do you decide which gender you are going to be? Do you think it is arbitrary? Or do you have a say in it?*

**Does it depend on what lessons we need to learn?**

*What if everyone coming out of The Universal Consciousness wanted to be a female ~ or male ~ on the earth plane? How would you decide?*

**Is the decision made as part of a larger whole so there's somewhat of a balance for the whole earth plane?**

*Yes, it must be made as part of a larger whole. It is made at the Lead Energy level, which has been discussed in the Webbing Effect. It means that even if you want to be male, for the good of the whole, you must take on the female ~ or vice versa.*

*Thus, each Energy does not necessarily end up getting the gender that it wanted. This in itself creates interesting learning experiences because right at the beginning then, there can be what you call, RESENTMENTS that are built in.*

*Energy splits and there are twin flames or triplets or quadruplets. And, energy splits and energy splits, and as each Dominant Gender splits, it splits off other genders ~ males and females. There might be three males and one female or vice versa.*

*What happens, then, is that at the very beginning there is an Energy who might say, "I wanted to be the male and I've been told I have to be the female." Do you think that might affect the overall attitude of the Energy? ☺*

**Just a bit! ☺☺**

*As a very small component of what can be a more complex discussion, we talk of the twin flame ~ each of you has a twin flame. One of you is male and one of you is female ~ that is the way it works for the earth plane. Let us say that you wanted to be the male and the other one wanted to be the male. He got his wish ~ and it was because of the TOTALITY component.*

*You know that eventually you will reach harmony in the TOTALITY of things. However, in the INDIVIDUALITY scheme of things, you have now a resentment toward your twin flame ~ at a very basic level. This flies in the face, if you will, of many thinking about ABSOLUTE HARMONY WITH MY TWIN FLAME ~ this may not be the situation.*

*There is absolute harmony with the twin flame because you are One ~ however, this may not be so in the individuality of it. While you have One consciousness ultimately, the individuality of it says, "No, we are separate." So, one side of the Energy says, "na, na, na, na, na," if it is not being a nice Energy. ☺ The other side says, "I know ~ I lost."*

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*You can take this in several ways. You can simply say, “Well, that’s the way it is ~ I understood the rules of the game ~ I take on female, because after all, it does not matter, ultimately.” Or, there could be the resentment ~ and that carries through and infiltrates everything that you attempt to do, until you are able to lose that resentment.*

*Some energies, therefore, come into the Gender Harmony issues already predisposed to be resentful, and others come into the Gender Harmony issue predisposed to not be resentful ~ to see it as the greater harmony.*

*This adds in another component of the mix, of the differences that each of you have as you relate within Self to your issues and as you relate to those around you, all different levels of understanding. It is the ultimate challenge ~ to understand.*

*Someone feels resentment about the opposite gender ~ and you do not understand how they can feel that way. Another would say to you, “Of course, you have to be resentful of the opposite gender ~ how could you not be ~ look at what’s being done ~ look at what’s being said ~ look how people behave.”*

*No matter what is said or done, that Energy cannot understand why you do not feel resentment toward the opposite gender ~ or have lower levels of resentment, or lower levels of judging that they act a certain way because of who they are.*

**About the twin flame ~ are you saying that they are interacting in the same lifetime?**

*They can.*

**Aren’t there many lifetimes when twin flames don’t meet physically on that training ground.**

*Yes, and your question brings up a point that is on the record from Waith and needs to be reinforced. There are times when twin flames will say, “We’ll deliberately not meet physically on the earth plane ~ we’ll plan lives that either do not bring us together on the earth plane, even though we may be on the plane at the same time, or we’ll plan it so that we are never on the earth plane at the same time.” That is a very interesting type of situation to be in.*

*Most do not choose that type of situation. Even if there is resentment that one has taken the chosen gender, there is the ultimate harmony that allows the understanding of the differences in gender when coming together. And, it can be quite beneficial to have a lifetime here or there where you are with your twin flame and KNOW that you are with your twin flame ~ and, it can be quite volatile, also.*

**What is it when someone does not like their gender and they have a physical sex change?**

*The physical changing of the encasement gender is a very interesting vibrational shifting. We give you an example.*

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*A dominant female energy is in a male encasement. The male encasement is changed to female. This may mean there is a harmony needed to bring the encasement back in line with the Dominant Energy.*

*However, there can be the situation where there is the dominant female energy in a female encasement and the female encasement wants to change to the male encasement. Now there is the female Dominant Energy in the male encasement.*

*Many lessons are learned as a result of this ~ judgemental issues, vibrational change issues ~ for it is done at a conscious level that truly can implant into the Soul memories of the Energy how it feels to switch genders without actually switching genders.*

*You are actually switching ENCASEMENTS although it feels as if you are switching GENDERS. It makes for very interesting learning of lessons. It can create a balance within the entity that was not there ~ and it can create imbalance because of the effects it has upon those around the Energy.*

*Remember the TOTALITY and the INDIVIDUALITY component. You do things individually, and it affects the totality and so you must be aware of what you do as individuals for ultimately it affects the totality.*

*This must not stop you from doing individual activities where you say, "Oh, what effect will this have upon the totality?" You deal with that as you deal with it.*

**It feels like a strange expectation level that I personally place on different entities, based on their encasement form and will go out the window now.**

*It is the learning to understand that you will be interacting with those who are very much their encasement, because of the socialization of the earth plane ~ this is all part of it and why Gender Harmony on the earth plane is such an interesting component of learning ~ it permeates throughout the lessons.*

**When we grow into a higher spiritual awareness, do we become just light and the gender thing goes away or does it still exist?**

*That gender thing follows you everywhere. 😊 Whether it is on the earth plane or some other training ground, there is always that gender thing for it exists on all planes of enlightenment ~ you cannot get away from it. 😊*

*It is time for Waith to return to continue the discussion.*

**Waith:** *What comments, questions or observations do you have regarding our discussion thus far on Gender Harmony?*

**I have experienced that it seems most of the time females approach and break the barrier to talk to someone easier than males.**

*One of the goals of the female gender is to have a greater ease with Self and with others. Sometimes it can be exaggerated to be too easy ~ that is where the balance comes in. For the male, the sense of not having that comfort, to the extreme, where they would not approach anyone, needs to also have the balance.*

*The male and female energies can help each other in bringing the balance. If you are male and go into the female experience over several lifetimes, you get that energy of understanding of how to be comfortable in speaking with another.*

**There's a difference in energies in this class than in some of the others and I don't know if it has to do with the mixture of male and female.**

*The vibrations do change with an intermingling of the genders. There is a different vibration from when a gathering is all female to when it is all male. As soon as you begin introducing the opposite gender, it changes the vibration. So, if it is all male and you bring in one or two females, there is a change. As you bring in more and more females, the change becomes greater ~ the same with this class.*

**When you say male and female, are you talking about the encasement?**

*Energies AND encasement ~ for the perceptions that you would have of the encasement bring about a different response to your own view of what is here.*

*It is time for Boopsie to return with more information.*

**Boopsie:** *When you move into The New Illusion, gender is going to be looked at very differently. Waith has placed on the record that in The New Illusion relationships of same gender will be the dominant relationship and those of opposite gender will be the lesser of the two in terms of dominance ~ flipping from the way it is now.*

*Relationships change from illusion to illusion. In The New Illusion, the way in which entities arrive takes on a more varied form. The female gender will no longer be needed exclusively as the receptacle ~ you have seen the beginnings of that and it will become commonplace rather than abnormal, as it is now.*

*The male has already been shown to only need to donate that which is needed to replicate the species ~ this will become even more of a commonplace situation. As you go to buy food in these food stores, so, too, will you go to purchase this, that or the other variety of gene pool ~ it will become very commonplace.*

*The attitudes toward gender will change in The New Illusion, as will the differences between genders. One particular objective from each gender path will take predominance. In the current illusion, aggression is the predominant issue ~ the male having strong aggression, the female not having strong aggression.*

*Nurturing becomes the new objective. In the current illusion the emphasis has been on females developing aggression and males lessening aggression. In The New Illusion it will be on males increasing their nurturing and females decreasing their nurturing.*

*You will move into same gender relationships where it will be the male same gender that will have the children and the female same gender that will not. It will be the females who will provide to the males the necessary means by which the entity arrives ~ although it will not have to be through the physical encasement of the female.*

*What will not change in The New Illusion are the two components that come ~ one from each gender ~ to physically, biologically, bring in the entity. However, it will not take on that sexual mode that it does now in this illusion, for the emphasis will be on nurturing ~ it will not be on aggression.*

*It will be quite a lesson for the females, who are predisposed to want to nurture. And it will be quite a lesson, CULTURALLY, to say that the male is now the nurturer ~ it is a very normal, natural thing. The learning is already being done ~ the transmission of that attitude.*

**If same gender relationships in The New Illusion would be what most people would be and opposite gender relationships would be looked at as abnormal, then is there not still a gender balancing that needs to be done?**

*Ah-h-h, we never said there was not ~ they are the same issues except packaged differently. ☺*

*We are now going to give you a Tool for Gaining Self Awareness that focuses on a journey into the archive of your Soul to discover your Dominant Gender. Your archive can tell you what your Dominant Energy is and also information of other lifetimes of Gender Harmony that you have experienced ~ specifically relating to encasement and Dominant Energy.*

### **Focusing Tool Discovering Your Dominant Gender**

*Relax yourselves.*

*Call upon the very highest of the white light and your Angelic Protector.*

*Call upon your Spirit Guides ~ gather them all around you.*

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*Breathe slowly in a way that is comforting for Self.*

*Feel Self slowly drifting in free space ~ you are safe ~ your Angelic Protector holds you.*

*You are floating and see your physical encasement ~ you are above it.*

*Take the image of your physical encasement with you on this journey ~ you are male or you are female as a physical encasement.*

*You see bright light above you and are moving toward that bright light ~ it is your Higher Self energy field.*

*Higher Self opens the entry and you float into the white light of Higher Self and rest.*

*Higher Self is going to take you to the Soul of Self.*

*You are in a cloud of white light that is the Higher Self.*

*This cloud begins to move upward ~ you are safe and warm in the cloud of Higher Self.*

*See a bright gold light ~ it is the Soul of Self ~ it hovers over your cloud of white light.*

*The cloud of gold slowly descends upon you and covers the cloud of white light.*

*You and Higher Self are softly surrounded by the gold light of Soul.*

*Rest a moment and listen to your Soul.*

*See in this gold cloud a white opening to the archive of your Soul.*

*Your Soul allows you to go into this archive ~ go in this opening.*

*It is time to listen to what your archive tells you about your Dominant Energy and other lifetimes of Gender Harmony.*

**Focusing Time**

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*It is time to say goodbye to your archive and to thank the archive for information.*

*Slowly move back into the gold cloud that is your Soul.*

*Rest in Soul and receive information your Soul wants to give.*

**Rest Time in your Soul**

*It is time to say goodbye to your Soul and to thank Soul for the information and for allowing you to journey into it.*

*The gold cloud begins to lift now and moves upward ~ slowly and gently upward.*

*The white cloud of Higher Self begins to drift ~ slowly it is returning you closer, closer to the dimension of concrete.*

*The white cloud hovers over the physical encasement ~ you are seeing your physical encasement close, yet far away.*

*Say goodbye to Higher Self and thank it for letting you journey to your Soul with it.*

*Acknowledge all the levels of Self.*

*Gently float down into your encasement and return to the concrete dimension from which you came.*

*Slowly return.*

**End of Focusing Tool**

*This focusing was a shortened version of what you can do. As you journey upward, spend as much time with Higher Self as you need ~ spend as much time at Soul as you need and spend as much time in the archive as you need. And, on your return, the same thing ~ spend as much time as you need. You may not receive the answer you are looking for when you first do this ~ or even after several times!*

*If the information is not ready to be given to you, you will not have it. However, it is worth a journey into the archive and to look for gender information. You can also use this Tool to focus on any issue that is in the archive, for the Soul Proper does not clutter itself with all the information that you have. And, it does not hold on to what is your Dominant Gender ~ that is archive knowledge.*

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*Most of the lives that relate to gender issues are in your archive. You can, for example, narrow in on a lifetime if you are given the specific information about how you looked as a particular encasement in a particular life that is opposite to your Dominant Gender.*

*You could then take that information and, within Self, go back into that lifetime through focusing to learn more about that life. You are given only the information that you need for this lifetime and how it is affecting you ~ to give you more strength for this lifetime.*

*Remember one very important component of the Search for Self ~*

*YOU ARE GIVEN ONLY THE INFORMATION THAT YOU NEED FOR THIS LIFETIME.*

*You will not, generally, be given superfluous information. And, while you may want to know about a particular lifetime, if it is not meant for you to know about it, you will not be given that information.*

*If you have blockages, let go of them. And when the time is right, if it is for this lifetime, you will be given that information specifically relating to Gender Harmony. If you are to know specifics about your interaction with Self and with other genders, you will be given that information.*

**In the Focusing Tool you just gave us, I liked the visualization of gold very much because I felt lots of tingling going on inside me.**

*To visualize gold and white in your focusings can be a most appropriate foundation ~ and to then bring in any of the other colors that might also be appropriate to your understandings and your imagery.*

**My experience is that I'm coming from the fear of the opposite gender. How do I overcome that?**

*That is part of the journey that comes with not understanding the opposite gender. When going into your focusing, look for whether or not you had an anxiety about becoming the gender that you are.*

*Remember, sometimes resentment comes because the twin took the gender that you wanted. That can bring resentment and fear of the other gender because you wanted that gender so much and it was not given to you. You fear it now because it is what you wanted and could not have ~ it is a natural flow of energy to fear what it wants and cannot have.*

*With the first Focusing Tool we gave you, use it to first bring a soothing within Self of loving Self and loving other genders. After you have used that Tool, use this second Tool and bring Self into Soul with that very specific question of, "Why do I fear the other gender?"*

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*As you need to know, you will be given the answers. It may not be a definitive answer, for answers are given in bits and pieces ~ one little bit of information may be given to you to use, to try out with the opposite gender so that you do not fear ATTEMPTING TO NOT FEAR the opposite gender.*

*It is multifaceted ~ the fear of the fear, the fear of finding out what the fear is, the fear of letting go of the fear. There are many interconnecting components, which is true for all of you.*

**When we go to our archive, can it answer in a feeling rather than in words?**

*It could be a feeling that you receive. It could be an actual sound that you hear. Each person receives information in different ways.*

**I was feeling that I was male dominant when I was in there, and I don't want to believe it. 😊**

*"I don't want to be male dominant!" 😊 Do you think there are some issues of Gender Harmony here? 😊*

*A wonderful way for us to end our presentation and give emphasis to the point by saying, "I don't want to believe that I'm male dominant." We could not have stated it better. 😊*

*We send you all an energy of harmony, love of Self, love of the other gender, acceptance, and above all, respect. Waith will now return.*

**Waith:** *Are there any final comments, questions or concerns?*

**I recently read that we will not have true liberation until females get in touch with their strength and males get in touch with their tenderness. Is this an acknowledgement of the new emphasis in Gender Harmony that will be in The New Illusion?**

*Each illusion on the earth plane presents an opportunity to focus on one particular component in harmony that brings in the strength and the gentleness in terms of the balance. Nurturing is that component in The New Illusion.*

*If you have not already begun to change your attitudes where nurturing is concerned, it will be time soon enough. If you find that it is a difficult concept, then you may want to go within Self to understand why you find that to be a difficult concept. The second Focusing Tool that Boopsie gave you may assist you in finding that answer.*

*In conclusion, we say to you ~ it takes many lifetimes to come to an acceptance of Self, to trust in the information that comes through and to know that if you flow with that information, it is much easier to take the journey.*

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*If you do not flow with that information, you take the journey anyway ~ it just has more rocks in the road, as you would say.*

*You will reach that point of understanding ~ all entities do, for you return to The Universal Consciousness eventually. That is the way the game is set up. It may take eternity, and since you have eternity, you have no limitations. There is nothing that says you have to do it in a certain amount of time.*

*Our final discussion component is Lightheartedness, and we will be assisted in this discussion by Farena, a member of our Spirit Group.*

*Lightheartedness is a combination of elements that bring about a sense of being joy filled within your encasement and within your total energy. You must bring Lightheartedness into Self in order to finish your sojourn on the earth plane.*



## Chapter 6

### Lightheartedness

*Our basic premise during the time that we have been speaking has been the importance of LIGHTHEARTEDNESS as part of the prevailing energy and in actuality, irreverence. Many have begun to understand the joy that comes in being irreverent! 😊. There are many, however, who think that to be lighthearted is not part of the spiritual path ~ that you must be very serious.*

*Farena, in our Spirit Group, is our Emissary for Lightheartedness and irreverence. She presents her vibration to you in an exaggerated form, which is necessary to bring you into a balance within Self for your own comfort in being lighthearted and irreverent.*

*It takes great strength of Self ~ indeed, respect of Self ~ to be lighthearted and, more importantly, to be irreverent. The world around you may view it as being not filled with substance and say, "Oh, you don't take anything seriously ~ therefore, you don't matter ~ you couldn't actually have any depth to you." Thus, Farena presents herself in the most exaggerated of forms to show you that the more you are lighthearted and irreverent, the more it represents your ability to Respect Self.*

*As you become more and more irreverent and lighthearted, you are respecting Self more. And, therefore, you are loving Self and respecting others and loving others ~ the critical beginning part of the Guideline for Growth. It matters not whether you see the depth of Farena or understand it or even appreciate her depth and substance for it does not matter to her ~ nor would it matter to anyone who is lighthearted and irreverent.*

*The more you Respect Self, the less you are concerned about how others think of you ~ this is the message that comes out of Lightheartedness. It is an attempt to bring you out of Self and in actuality bring you back into the very core of Self ~ the respect of Self. Many say, "I must be serious about my spiritual path ~ can't smile ~ can't laugh ~ certainly can't be irreverent ~ that would be disrespectful." Quite the contrary ~ IT WOULD NOT be disrespectful. It is disrespectful only if you feel it is disrespectful to Self.*

*Welcome, now, Farena.*

***Farena:*** *Hi! Hi! Hi! Hi! Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy ~ loosen, loosen up! Fluffy, fluffy, fluffy, fluffy*

*This is my Harmony Basket and this is my boa. (Note: Farena refers to a white basket that hangs from the ceiling containing fluffy items, including a white feather boa, wand and tiara.) Soft and fluffy, soft and fluffy, soft and fluffy, soft and fluffy! Oh, you are in much better shape now. 😊*

**You always have to fluffy us up. 😊 😊**

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*Many times I have to fluff you up because you forget to fluff yourselves up! ☺ It is easy to forget to fluff yourself up when everything on the earth plane is so serious and people say, "Oh, I must do this and if I don't do this, then the world will end." Many say, "My job here is so important ~ if I don't do this particular thing, then my path will be disrupted," or even worse, "What does this mean in relation to my path?"*

*Who cares what it means! Live your life ~ be aware of everything that is going on around you. You are here to be part of the earth plane. Enjoy it ~ revel in it! Do not be concerned and thinking, "Am I doing the right thing in terms of my path." If you are doing it, it is part of your path. If you were not supposed to be doing it, you would not be doing it.*

*Many people ask, "Am I making the right choice?" Well, yes, you made the choice. Live it until it is no longer time to do it. Do not think about whether it is a bad choice or a good choice ~ it is a choice. That means that it is a good choice ~ ultimately. Do not think in the short term here on this plane, in this lifetime. Ultimately, it is the best thing to do. That is where Lightheartedness comes in ~ Be Joyful ~ be lighthearted.*

*We are going to help loosen you up. The first thing is to move your body.*

*Now say, "Ha, ha, ha!" ☺*

**Ha, ha, ha!**

*Hee, hee, hee!*

**Hee, hee, hee!**

*Ho, ho, ho!*

**Ho, ho, ho!**

*Ha, ha, hee, hee, ho, ho!*

**Ha, ha, hee, hee, ho, ho!**

*Now do it on your own!*

**Ha, ha, hee, hee, ho, ho! ☺ ☺**

*On your own!*

**Ha, ha, hee, hee, ho, ho!**

*Wiggle your arms!*

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*Now we are going to do a wave. We are going to start over here and you are going to go ha, ha, ha, ha! And then right after she finishes, you are going to go ha, ha, ha, ha! Then you are going to keep going, and keep going. 😊 (Note: The group says ha, ha, ha, ha in waves.) Are we supposed to tell you to stop? Stop when you want to! 😊*

*There are a number of things we are trying to show you with this little exercise? What are they?*

- ⚙️ **How to be free.**
- ⚙️ **How we can change the energy level.**
- ⚙️ **Be spontaneous!**
- ⚙️ **How to make a fool of ourselves!! 😊**
- ⚙️ **Know when to stop.**

*Know when to stop. How to make a fool of yourselves and know when to stop ~ how to change your energy level and know when to stop ~ how to be spontaneous and know when to stop. What is the operative phrase here?*

**Know when to stop?**

*Know when to stop!*

*We would like you to hug each other now ~ do not miss anyone! 😊 😊*

*As we indicated, this is our Harmony Basket. We also have a poem entitled HARMONY, which relates to everything that should go on in your life ~ harmony. Poems do not necessarily rhyme, which means that your life does not necessarily have to rhyme. It does not have to have deep meaning at the concrete, for it has deep meaning at higher levels.*

*Deep, from a spiritual perspective, means respect of Self. It always comes back to that in the Search for Self ~ Respect Self. That is the deepness of Self ~ that you Respect Self and because you Respect Self you are able to bring about anything and still Respect Self.*

*You can be silly and say, “Oh, that was stupid.” There is nothing wrong with that! That is the way that you bring about Lightheartedness, for you say to Self, “Oh, that perhaps was not the choice after all, however, I made it, I did it, I lived it, I integrated within Self and now I act as a result of it.”*

*ACTING ON IT is the operative phrase here!*

*Many seriously minded people think about what they should be doing ~ and they think~ and they think ~ and they never act. They keep thinking about it ~ thinking about whether it is the right thing to do ~ thinking about getting all the information, and this is valid.*

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*NOT ACTING is a path. However, not acting means that you are not working toward Lightheartedness, for it is only in the acting from which Lightheartedness can come ~ only in acting can you say, "That was wonderful what happened ~ yea!" Or, "That wasn't so wonderful what happened ~ yea!" ~ and laugh about it and say, "Let's try again ~ let's try something else."*

*You are on the plane to experience ~ TO EXPERIENCE THE EXPERIENCE ~ not to sit around and think about it, unless of course that is your path and then you can sit around and think about your path of sitting around and thinking about it. You can bring yourself into quite a little frenzy! ☺*

*The entire focus of the Search for Self is Respect Self. You have learned through all of these discussions with the other Spirit Group members the different focuses that are needed. Some entities will take on many lifetimes ~ a series of lifetimes ~ focusing on the Webbing Effect and trying to find themselves through the Web of Self and the Energy Circle that surrounds them.*

*Others will focus in a series of lifetimes on the search for the Community of Self, the search for Group Balancing, the search for the Healing of Self, the search for Gender Harmony ~ some in that order, some not and sometimes trying to combine. All along there is the ultimate end of Lightheartedness, for you cannot truly find the Self within without having the thread of Lightheartedness.*

*You may not have Lightheartedness threading through for many, many thousands of lifetimes. You, then, come to a point where you have gone through much seriousness ~ and no Lightheartedness. You say, "Ah-h-h, I am being exposed to Lightheartedness ~ this is a lifetime of Lightheartedness ~ or a series of lifetimes of Lightheartedness."*

*And, the thread finally says, "We now go through the entire energy field." And, as you begin to take on other lifetimes, a little thread has already begun to weave itself and you have the neverending circle of the Search for Self.*

*You are very serious ~ until that circle begins to overlap with the thread. Then, the little thread continues to overlap all within the neverending Circle of Self ~ it always there so that no matter how far you spread your neverending Search for Self, the thread of Lightheartedness is now there.*

*Some of you START your journey with Lightheartedness and the thread is there. Some of you go through hundreds of lifetimes and the thread is not there until finally you come to the lifetime that Lightheartedness begins its threading.*

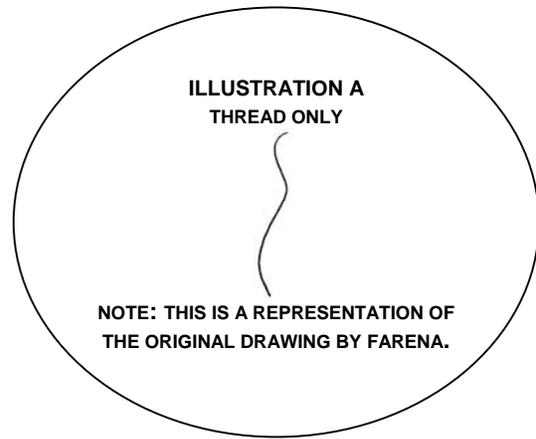
*It is important for you to understand where your thread is within the journey for the Search for Self. We are going to do some THREAD HUNTING with you using a Focusing Tool ~ just as you have done in the other components of the Search for Self.*

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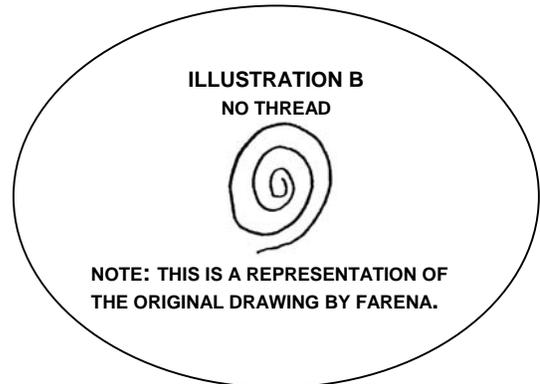
*It is now time to find your Lightheadedness thread. Some of you have very long threads and some of you have itty bitty threads and some of you have no thread at all.*

*The longer your thread is has NO bearing on the degree of respect of Self ~ it simply means that you have a longer thread. It could be that you have a long thread that looks like this. (Note: Please see Illustration A to the right.) This thread goes from one life to another because all you have done is take on Lightheadedness. You have not taken on any other things to do.*



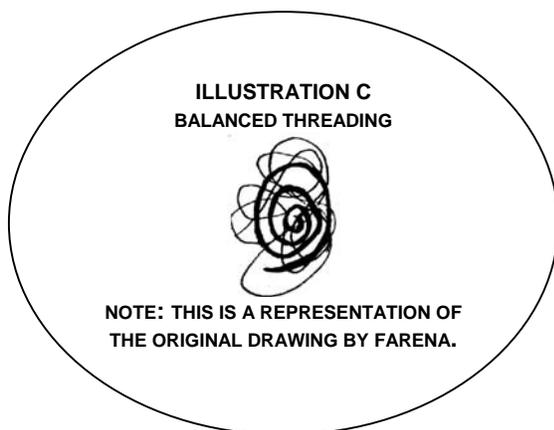
*Some of you have only a thread of Lightheadedness without anything for it to intermingle with.*

*Some of you have only your spiral ~ that means there is no thread of Lightheadedness. These are the two extremes ~ and that is all right. (Note: Please see Illustration B to the right.)*



*Then there are others who have any number of combinations, like this. (Note: Please see Illustration C below.)*

*What you have, then are the two extremes and then the balance ~ there is a surprise! 😊*



*Within most gatherings of entities all three situations ~ A, B and C ~ exist. Some have ONLY THE THREAD of Lightheadedness ~ they are the ones who you might call airheads who have no substance, as you might refer to it or judge it.*

*Those who are in B have no sense of humor and see nothing lightheaded about anything ~ you cannot joke with them and you might feel you do not want to be with them for they take themselves too seriously.*

*Then, there are those who say, "I, on the other hand, am not overly serious, for I am either A or I am over here in C, where I have at least some thread of Lightheadedness that's occurring" This goes to judgement, for at the earth plane level you know not who is in what category ~ nor is it any of your business.*

*So, you will find yourself in mixed gatherings and you know not whether they have only a thread or whether they have achieved a percentage of balance of Lightheartedness and respect of Self. You do not know and you cannot judge and say, “They have no substance,” or “they have no Lightheartedness.”*

*We like to appear as if we have no substance and some have said, “Oh, there she goes again ~ fluffy, fluffy, fluffy, fluffy, fluffy, la~la~la~la~la, la~la~la~la~la.” It is fun to give that as an appearance. 😊😊*

*Or, you might say, “I must do something to lighten up that person.” Well, perhaps that person does not even have a thread yet and to lighten them up would not happen. You could not do it for they do not have the thread yet. You must not judge another by their seriousness. You certainly can make comment about it ~ “Oh, you are so serious.” Do not use it as a judgement, however.*

*The arena of C is where ultimately everyone goes. However, many of you do not know which letter in these graphics applies to you.*

*Thus, we are going to give you a Tool for Gaining Self Awareness that focuses on helping you to find your Thread of Lightheartedness. If you are not able to find your thread, it simply means that either you do not have your thread or you are not supposed to find it ~ right now.*

*You can have a very long thread. You can be in here (Note: Farena points to Illustration C ~ refer back to Page 96.) with all kinds of balance that is occurring ~ and you try to find your thread and it hides on you. 😊 That is what Lightheartedness does because if you are very serious about finding your lighthearted thread, it might hide on you!*

### Focusing Tool Finding your Thread of Lightheartedness

*Envision a long sparkling gold, white and purple thread.*

*The thread has a fluffy needle at the beginning of it ~ not sharp ~ and it will guide the gold, white and purple thread through your energy field.*

*Visualize this thread in your hand and say, “I have a thread.”*

*Surround Self with the very highest of the white light.*

*Envision the protective white light ~ it is all around you, soft and fluffy, and you are comforted by the white light ~ it protects you.*

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*Call on your Angelic Protector and your Angelic Guides ~ for you have both, Angelic Protector and Angelic Guides ~ this is an angel exercise. ☺*

*Envision your purple, white and gold thread ~ soft and fluffy.*

*Envision that you give this thread to your Angelic Guide ~ simply say, "Angelic Guide, here is my thread that I have just made."*

*Your Angelic Guide takes the thread ~ envision that it is being wrapped around you ~ gently starting at your feet.*

*Your Angelic Guide is moving around you, surrounding you with this thread ~ and the end of the thread is nowhere to be seen.*

*Your Angelic Guide goes around and around, moving upward, covering your encasement, until it reaches the top of your head.*

*Your Angelic Guide gives back to you the needle and thread and you now hold the needle.*

*You are surrounded by a thread that has no end.*

*It is time to journey into Higher Self ~ surrounded by your thread.*

*Envision the dimension of your Higher Self.*

*You are welcomed into that dimension of Self.*

*Close the entryway to Higher Self.*

*It is time to ask Higher Self to reveal the thread of Lightheartedness for Self.*

*Ask if it exists ~ and if it exists, ask to see its length in relation to the thread that is wrapped around you.*

**Focusing Time**

*It is time now to thank Higher Self for the information given ~ it is valuable and is for you to understand as you return to the concrete.*

*As you leave Higher Self, close the entryway behind you.*

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*Return with this thread wrapped around you ~ it is a cocoon and you will keep it wrapped around you when you return to the concrete ~ and you will still be holding the needle as you return.*

*Thank your Angelic Protector and your Angelic Guide.*

*Slowing return into the concrete, holding the needle in your hand ~ return, slowly into the concrete.*

**End of Focusing Tool**

*Stand up and hold your needle in your hand and say, "Yea for my needle!" 😊*

**Yea, for my needle! 😊 😊**

*Go to each other and say, "Look at my needle!" (Note: Members of the class show each other their needles and there is much laughter.) Oh, pretty! Everybody's needles! Wonderful needles! 😊 😊*

*Everyone sit for a moment holding your needle. Take a few moments to think about what your needle looks like ~ as it relates to Self. Your needle is a description of you. Then each of you is going to tell us what your needle looks like ~ think for a few moments. (Note: There is a short time of silence.)*

*Let us start here. What does your needle look like?*

**It looks like a feather. That is what first came to mind ~ to carry the thread.**

*Why?*

**I guess because it is pretty and soft and fluffy and that's, I think, a part that is missing for me.**

*Ah-h-h, a part that is missing from Self ~ very good.*

**I envisioned an outstretched hand.**

*Why?*

**Because there are times I reach out and times when I pull back and it can be received or rejected.**

*Ah-h-h, very good.*

**I saw two images. One was like the bottom of an old fashioned gold sword and the other was starlight, like coming from a star.**

*Why do you think you had that vision?*

Maybe seeing it as a tool following my life.

*Ah-h-h, very good.*

I envisioned a butterfly with wings and that represents freedom for me ~ freedom out of my self centeredness.

*Ah-h-h, very good.*

I saw a needle! ☺ And it was a lot of colors and had an eye in it. It was cute! ☺

*Did it have significance for you?*

I think all the colors had a lot of fun in them ~ pretty ~ and it could do the job.

*Very nice.*

I'm just imagining that it is yellow. It kind of has yarn and is binding all of us together ~ just reaching out and binding everybody, lightly.

*Why do you envision it this way?*

Maybe because we're all here energy wise.

*Did it have substance?*

Some substance. It was a yellow metal needle.

*Good.*

I saw a needle reach out that was created of light ~ something like an etheric light, although it was a larger needle like we would use for weaving or net making. The thread on it was a bluish, whitish etheric thread and it kept going around in circles.

*Why do you think you envisioned that?*

Because I could see through it like a beam and it didn't have any concreteness to it.

*Very nice.*

My needle was sort of like a knitting needle, and instead of being hard it was just wrapped like a barber pole and there was gold and purple wrapped around very tightly.

*Why do you think you envisioned it this way?*

Because it just goes on with no beginning or end. I can't see where it started or ended.

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*Very good.*

Mine was gold, kind of like metal although not cold like metal ~ very bright and shiny, and warm. The part with the hole was big so I could get the thread through without unraveling it. It was long and pointy ~ not sharp pointy though.

*And why did you envision this, do you think?*

So it doesn't get lost. It is easy to see when threading things through.

*So it would not get lost ~ very good.*

Mine was very fine and white. It had to be soft and it had to be hard, so it was made out of bone marrow from a chicken. 😊

*Wonderful! Bone marrow from a chicken! Why do you think you envisioned it that way?*

Because I have a hard time being very lighthearted. There is a part of me that thinks it's very silly. I have a hard time being silly. I take everything very seriously. Lightheartedness is something I've known for a long time that has to come out in me.

*And what better time than today! 😊*

Although I'd like Lightheartedness to come out in me, I think it's a part of me that I'm afraid of.

*It takes strength to admit that, my love.*

*You have each done the first step in trying to find your own thread ~ or to see if you even have a thread. Why does this help, do you think?*

Maybe we'll have a little more fun once in a while, instead of stopping ourselves and saying, "Oh, I shouldn't do that ~ that's not appropriate."

*You have something concrete now to help you in your search for Lightheartedness. It is a representation of the thread, for we asked you to bring into a vision that which you think represents Self.*

*The question comes as to whether you are A, B or C. You could be in A and now this life is B. You could have come into the life, completely absorbed, knowing that you had this thread and not knowing what to do with it. 😊*

*You could be in B without any A and KNOW that A exists, because it is time for you to go into that part of the path. However, it is so foreign that you do not know what it means. You get a taste of it and then you pull back, for it has not integrated with Self yet.*

*Or, you could be in C and just now beginning to expand more in your areas of Lightheartedness.*

*It is not important to know, actually, where you are. It is important only to know that you can grab onto the thread that is Self and if you do not have a thread, then it is time to grab one! ☺*

*We are now going to give you a Tool for Gaining Self Awareness that focuses on finding your arena of Lightheartedness. Are you in Arena A or B? Or are you somewhere in the arena of C, where the balance is?*

*Only you know this within the higher levels of Self ~ and at the concrete level you may, indeed, not be given that information. It may not be for you to know ~ or it may, indeed, be time for you to know.*

*This Tool can be used in conjunction with your thread and needle in the first focusing.*

### **Focusing Tool** **Finding your Arena of Lightheartedness**

*Relax and bring Self into a fluid and soft sense of Self.*

*Breathe slowly in a way that is comfortable for Self.*

*Call in your Angelic Protector and Spirit Guides and ask them to bring in the highest of the white light.*

*Visualize the needle that you created going into your hand.*

*Feel your physical encasement becoming very light ~ you are letting go of your physical encasement.*

*Feel Self begin to float out of your encasement ~ out of the concreteness ~ moving slowly away from your concrete encasement.*

*See your encasement ~ you are separated from it, yet you are attached to it with your thread and needle.*

*You are gently floating ~ floating ~ floating.*

*You no longer see your physical encasement ~ you are surrounded by white fluffy clouds.*

*You are moving into the dimension of Higher Self ~ feel the whiteness of the light of Higher Self ~ you are surrounded by your Higher Self dimension.*

*Feel Self ~ at Higher Self ~ now moving into your Soul dimension.*

*Your Soul dimension is gold and white.*

*Move into Soul with your thread and needle and thank your Higher Self.*

*Close the entryway to your Soul.*

*Ask Soul, "Do I have a thread of Lightheartedness?"*

### **Focusing Time**

*It is time to thank Soul for the information given to you.*

*Some of you will return with the thread of Lightheartedness that is intertwined within Self and it will replace the thread that you entered Soul with made by Self at the concrete.*

*Some of you, while not given the thread of Lightheartedness, will return with a thread that will be a substitute for the time.*

*Thank your Angelic Protector and Spirit Guides for the information and guidance.*

*It is time to leave the dimension of Soul ~ thank Soul for the information.*

*Higher Self and Concrete Self, merged, are slowly moving out of Soul.*

*Close the entryway to Soul as you leave.*

*Concrete and Higher Self are merged and have an understanding of each other and the connectedness that you have.*

*Slowly you move out of the dimension of Higher Self.*

*Close the entryway to Higher Self as you leave.*

*You are floating now, holding on to your thread that connects you to your physical encasement.*

*You are slowly moving toward your physical encasement ~ now moving into your encasement and holding onto the thread and becoming One with your physical encasement.*

*Wrap the thread around your wrist and envision that it is secured with the needle that represents Self ~ it is yours to access whenever you want.*

*Slowly return to the concrete ~ slowly return.*

### End of Focusing Tool

*What is the purpose of securing around your wrist this thread and needle?*

**So it will stay with us.**

*Why would you want it to stay with you?*

**As a reminder. It's like having a rubber band that I can snap when I want. ☺**

*Yes, my love, that is a purpose ~ to help remind you of your search for Lightheartedness ~ for it is a search. There is no Energy on the earth plane who has achieved the completeness of Lightheartedness ~ you would not be on the plane if you had. ☺*

*Everyone is at some level of understanding. Waith has talked of the levels of awareness and so, too, is the level of understanding of your own Lightheartedness part of the Search for Self.*

*You each have moments when you feel lighthearted and then you each have moments when you feel very heavy ~ and then you have moments when you feel the balance. Most of your time, however, is spent in being either very, very lighthearted or very, very serious. The balance is meant to be those times of a reminder that it can be achieved and how important it is to have that balance. ~ in everything that is done.*

*Lightheartedness is the thread that weaves through all of the experiences on the earth plane ~ and eventually you have to have your thread. Do not be concerned about controlling it at the concrete.*

*We have given you the rubber band as a symbol ~ it is an abstract symbol. There is a contradiction ~ an abstract symbol. ☺ Nonetheless, it is for you to use as a reminder that it is appropriate to seek the lighthearted and to go to your wrist and pull the rubber band ~ even if it is not there to the eyes of others ~ to pull it and say, "Ah-h-h, my Lightheartedness."*

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*We have given other information that is in the written form from our initial workshop with you that gives other tools for being lighthearted. It is up to you to bring it into Self to the degree that you feel is appropriate for Self.*

*Do not feel pressured that you must act in a certain way or must be as irreverent as someone who you know. Do not wish that you could be like anyone else. Rather, wish that you fulfill that which is Self to the fullest and then you will be who you are.*

**There is part of me that might be left over from when I was a child that is worried about doing things right. May I call on your purple fluffy light to help me?**

*Oh, we would love that! 😊*

*We would say to you, “How do you define RIGHT” ~ realizing, of course, that your definition of right must coexist with the world in which you live, in some way. Perhaps that coexistence means to be in harmony with the world around you or that coexistence means to be an agitation to the world around you ~ or some combination.*

*Harmony is achieved through agitation ~ and agitation only comes about through a sense of harmony. It is YOU who must make those definitions.*

*We picked the color purple to use for fluffiness and Lightheartedness. If you see it suddenly ~ spots of purple ~ it is an emissary sent to remind you to lighten up. Be light in your seriousness ~ be serious in your lightness ~ be light.*

*The information that we have given to you has great depth to it upon further study and, yet, it is all quite frivolous ~ and it is all right to be frivolous. You do not have to spend all of your Search for Self saying, “I’ve spent three hours at a spiritual workshop and all they did was go fluffy, fluffy, fluffy and dance around ~ what did I learn?” Reflect upon the thread of Lightheartedness and the irreverence.*

*Time for us to bid adieu and for Waith to return. We send you the fluffiest of purple light. THINK PURPLE. 😊 Carry something around with you that is purple to remind you of Lightheartedness! Fluffies and farewell to all of you! 😊*

**Waith:** *Would there be any general questions relating to the topic of Lightheartedness ~ comments or concerns that you might have?*

**It seemed like I felt a link with what I like to do the best, which happens to be sewing with real needles, and the more that I do what I like to do, the more lighthearted I generally feel. There seems to be a link there. 😊**

*Do you think there is a link between doing what you like to do best and feeling lighthearted? Imagine that!! 😊*

**We were only taught that from you! 😊**

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*Indeed. And as you like what you are doing, you become more successful at it ~ and that success brings about a sense of respect of Self. And as you begin to Respect Self, you begin to enjoy doing more of what you do ~ and you become more lighthearted. And then you Respect Self more because it has become such a positive cycle.*

*Then you are able, truly, to begin going through the Guidelines for Growth, for you have the cycle that has started ~ and the more that you give, the more that you will receive, and the more that you will Love Self.*

**I find it hard to integrate Lightheartedness when I am learning. To me that is a very difficult thing.**

*Do you think you have learned anything from this class?*

**Yes, I have learned to let go.**

*So you learned to let go. Now, while you were learning this, did you have fun?*

**Yes, very much so! 😊**

*You have responded to your own comment. It is all right to learn and have fun at the same time. Learning need not be associated with pain.*

**Sometimes it's painful.**

*Sometimes it is ~ that is part of the path when you takes on an experience. Sometimes the learning occurs through what is discomfort in the short term, for everything on the plane is short term ~ it is the long term that is the universal perspective.*

*In many situations, you can be joy filled in the learning experience ~ indeed for all learning experiences ~ if you have the attitude that this is the earth plane as a playground. Everything that is being learned ~ even if it is painful or of discomfort ~ is ultimately lighthearted and joyful.*

*There can be, however, very concrete learning experiences, such as this class, where there is Lightheartedness and, yet, you have learned something ~ so you see it can be done. It is a way in which you bring your own attitude into it. It is also the way in which the facilitator, who is attempting to help you learn, brings in Lightheartedness.*

*There are some on the plane who view learning very seriously and there is no laughter in the environment ~ it is all very serious. So it is difficult to take Self out of that kind of serious environment and you find yourself buying into it, if you will. It need not be. Lightheartedness in the learning environment can go hand in hand for it is natural.*

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*While what you are learning needs to be looked at seriously, so that you learn it, it need not be taken with seriousness. As we say so often, “Take what you do seriously and take yourself very lightheartedly” ~ and, then the learning is joy filled.*

*It is your own attitude that brings you into whether it is joyful or not. You can move Self into another dimension if you feel you are in an environment that is too serious. Even though you are physically in that environment, you can take yourself mentally out of it and still be absorbing what you need. It is part of the Search for Self and something that you can learn to do.*

*How you want to be within Self depends on you. Do you want to have the thread of Lightheartedness permeate Self so that it is truly part of the scenario of Arena C, where all that is being learned in the Search for Self is threaded through?*

*Or, it could be quite separate where you are simply focusing on Lightheartedness without any other types of issues ~ or you could be simply looking at that journey without the Lightheartedness. That can vary from one lifetime to another. It is up to Self.*

**I think Lightheartedness can also pull us out of some difficult situations. For instance, if we have a situation where everyone is upset, haven't we had occasions where we might smile and someone will look at us and say, “What are you smiling about? This is a serious situation.” And yet the smile comes automatically. I think that's calling on the ability to look at things lightheartedly and the others might pick up on it.**

*Yes. It works to bring out the Lightheartedness. There have been many discussions in our forums that have focused on smiling ~ simply smiling ~ and making people wonder what you are up to. ☺ Indeed, it can break that sense of seriousness, and sometimes creating an agitation where someone would say, “You shouldn't be smiling ~ what are you laughing about ~ there is nothing funny here ~ this is serious.”*

*When you find yourself in that type of environment, you learn through your own experiences how you will respond. For some, they are known for breaking the seriousness ~ they are actually looked at to help break the seriousness of it, for they have a reputation for being able to lighten up an environment that can become too serious.*

*For some of you it may be the first time that you would attempt to do this. It might feel foreign to you, to smile when YOU feel it is not appropriate to smile. And, that is indeed, what the Search for Self is about ~ finding your own answers within Self and the your balance.*

*The final element in this series of discussions in the Search for Self is Closure. In our final class meeting with you, we will bring in an energy of closure.*

## Closure

*It is a grand occasion. Closure to any type of energy grouping or gathering is one of Lightheartedness, joy and celebration.*

*It is with this emotion, as you would call it on the plane, that we enter in filled with great celebration as an energy.*

*You each have achieved tremendous movement in your path, for you have determined to focus on a particular study that then enables you to further your focus of study. That is what the journey on the earth plane is about ~ focusing ~ and eventually bringing closure.*

*To simply focus without bringing closure accomplishes nothing, for then you are continuing to focus and focus and focus without there ever being resolution brought in to the study.*

*Your study outside of The Universal Consciousness is in LEVELS OF UNDERSTANDING, and before you can move to a new level, you must bring closure to the level at which you were studying. That, then, gives you a beginning and an end, as you would call it on the earth plane. It is a sense of concreteness and very important to the strengthening of Self ~ the very important respect of Self that is the first GUIDELINE FOR GROWTH.*

*Respect of Self comes from continually having closure to that which you study. Whether it is a very short period of time or whether it is an extended period of time, there must be the time when you say, "Ah-h-h, I have completed the requirements for this level of awareness and it is time to be recognized."*

*It is important to have concrete recognition.*

*As you move along in your path, many of you will find you have no need for concrete recognition ~ the recognition comes from within Self. However, regardless of any on the plane who would say they need no concrete recognition, there is a little part of them that says, "Ah-h-h, it is nice to have someone know that there has been completion and that there has been a closure given within Self to a particular focus."*

*The experiences that you have had as a result of a particular focus can now have resolution. You can take that resolution and use it as the foundation for the next level of understanding.*

*Then you move to the next level of understanding, have experiences and you bring closure to it ~ and there is resolution and THAT resolution, then, serves as the foundation for the next level of awareness, and so on ~ that is how growth is achieved.*

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CLOSURE

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*We would like you each to form into a circle for the Energy Closure. Please repeat these words ~*

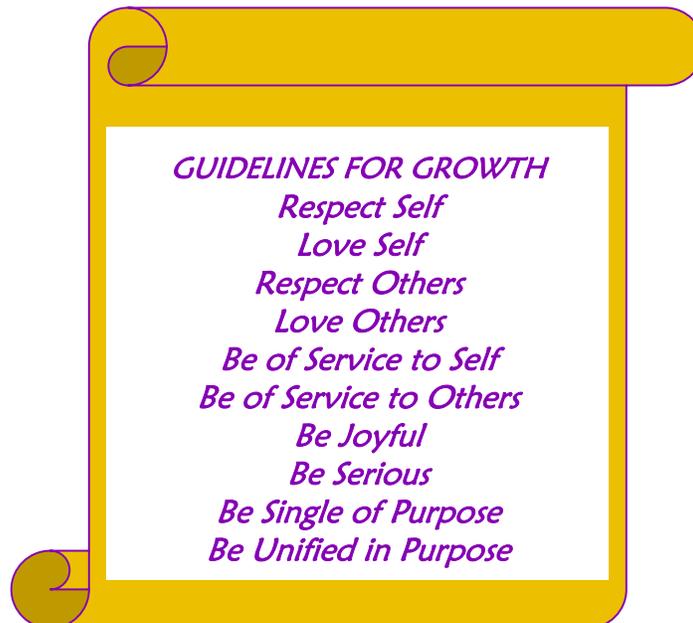
*“We call upon the very highest of the white light.  
We thank the very highest of the white light for helping us to achieve success.  
We are in harmony within Self ~  
and we are in harmony within this energy grouping.  
We now bring closure to this part of our journey ~  
and we call upon our own Angelic Protectors to guide us  
during our next phase of our journey.”*

(Note: The group repeats each phrase as Waith gives it.)

*Take a deep breath ~ squeeze each other’s hands ~ release the hands and hug each other ~ and now all applaud. ☺*

*So, then, for all of you, feel pride in your accomplishments. Express that pride in renewed service to others, for you have an added tool of strength that has been developed in Self and The Universe will now expect that you give to others what you have learned for Self.*

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



**This Transcript is an edited version of Waith Classes during 1997 and 1998.**

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**WAITH . . .**

*Heaven is in your own heart ~*  
*heaven is the love you hold for Self.*