

Waith Institute for Spiritual Leadership

Waith Manuscript

**Finding your Current
Level of Awareness ~
and Working with it to Increase it**

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Waith Institute for Spiritual Leadership

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TOPIC

FINDING YOUR CURRENT LEVEL OF AWARENESS ~ AND WORKING WITH IT TO INCREASE IT

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.

We give the blessing to all of you!

Our topic of discussion for this class IS FINDING YOUR CURRENT LEVEL OF AWARENESS AND WORKING WITH IT TO INCREASE IT ~ and to find those levels of Self that have the Lightheartedness that may be higher than that which you have at concrete. By doing so, you can work to bring in to the concrete some of that higher level of Lightheartedness.

Levels of awareness ~ what is meant by AWARENESS?

- ☀ An understanding.
- ☀ See clearly.
- ☀ An openness.
- ☀ Bigger picture.
- ☀ Focusing.
- ☀ Perception of.
- ☀ Knowledge.

This is a good list for our discussion.

UNDERSTANDING ~ an awareness means that you understand.

SEE CLEARLY ~ "What do you see clearly?" ~ that is the question.

OPENNESS ~ "Openness to what?" ~ that is the question.

BIGGER PICTURE ~ bigger picture than before, perhaps.

FOCUSING ~ understand and remember that we use the word FOCUSING now in place of the word MEDITATION so that it takes the baggage away from the word meditation as some mystical type of activity. You simply focus ~ go within Self.

PERCEPTION OF ~ perception of your own world or your own reality.

KNOWLEDGE ~ it is the knowledge that you have attained in this life as well as the other lives that you have had. The knowledge is stored.

All of these different definitions of the word AWARENESS exist within Self. As you learn something new on the earth plane, you see things differently ~ you have a new understanding.

When you first began going to school and you were learning to count, that was a new understanding for you. You saw things in a very different way. And of course, just when you began to feel safe and secure in the understanding and knowledge, you went into the next grade where you were told, "Now we are going to take those numbers and do things with them."

And you were introduced to addition, subtraction, division and multiplication. You, then, said, "I have a new understanding ~ it opens my world even more and I see more clearly for I have a new level ~ I have moved into the next grade."

As you moved from one grade to the next, more things were done with those numbers that began to become more complex until you finally reached the level called, Algebra. And we sense the flinching in the energy of many in this gathering at the mere mention of the word! ☺ ☺

Many responded in that same way and said, "Algebra ~ that is as far as I want to go ~ this is it." Others said, "This is wonderful ~ I want to know more!" They decided to take more classes in math.

The same thing applies to any subject, any component of learning. There is the beginning level and all the levels that are higher and higher ~ an infinite number of levels of understanding.

Even if you think you have reached the highest level of understanding where numbers are concerned, for example, it is always changing! The world is not static ~ it is a very dynamic environment on the earth plane.

And, just when someone or some profession might think that they have all the knowledge that they could possibly have ~ they have learned it all ~ something new is presented that breaks through that thought, that barrier, and a new level is opened up.

Within Self you have levels of understanding for different components of lessons that you are learning.

Just as one person at concrete may have decided to learn very high levels of math and very low levels of language ~ someone else may do just the opposite. And one person may, then, have very different levels of awareness for all the different topics that exist within your formal schooling.

Extrapolate that into your lesson learning and your daily living ~ the issues of patience, unconditional love, forgiveness, tolerance. There are levels that you have taken on to learn that are different from the levels that another has taken on.

That seems rather simple to understand ~ true in concept. “Ah-h-h, here I am at concrete,” you say, “and I understand I have A, B, C, D, E lessons I am learning and know that with the issue of PATIENCE I have more levels to learn than someone else has taken on here in this concrete, which is how I perceive it.”

Many energies think that the earth plane is the only level they need to be thinking about ~ and that all of their different lessons have the same amount of learning. This is simply not the case.

Each of you has infinite numbers of layers ~ or levels ~ within Self. We use the linear description of it when, in effect, it is the neverending circle. The levels of Self are swirling around ~ they are not simply one layer on top of another. Each level has its own dimension of concrete and abstract.

We have placed this information on the record and are adding to that now. (Note: See the Waith Manuscript, How to Convene a Meeting of the Dimensions of Self ~ Concepts and Applications.)

Just as you are existing in this dimension of Self ~ you are aware of it, it is concrete ~ and you are attempting to make connections with your abstract levels of Self ~ so too, in other levels or dimensions of Self there is another concrete much like this one. It is concrete ~ you exist in it ~ you live in it, you work in it, you play in it. Oftentimes when you go into the dream state, you go into one of those other levels.

When you go into your dream state, you may, indeed, be LIVING in another dimension. And, when you go into the dream state in that dimension, you are coming back into this dimension to do the living. ☺ Think about that and remember that time is fluid and simultaneous ~ past, present, future.

However, you are in this dimension of Self and this means that you must live it and try to make connections with the other levels of Self that will give you greater understanding, clarity, openness, a larger view of your world, focusing, perceptual changes, and increases in your knowledge.

What do we mean, then, when we say, “Finding Your Current Level of Awareness?” Is this not your current level of awareness?

Sure, why not! ☺

It could be for some. For others, this is not their current level of awareness. "What did he just say ~ what does that mean?" you ask.

Is it when we work on a very specific lesson, and we leave our other awareness levels away in order to particularly work on that lesson, that we don't take on all the other awareness levels because that would just interfere with that lesson?

Indeed. CURRENT LEVEL OF AWARENESS means that you are focusing on one particular thing to learn ~ one lesson to learn. You have taken on many lessons in this lifetime ~ in this concrete dimension. Let us say you have taken on five lessons ~ and that is your current level of awareness.

When you are working on a particular issue, you go into a focusing for that particular level of the current awareness. The trick is in finding what your current levels of awareness are. At concrete many people do not know what the lessons are that they have come in to learn. The eternal question is, "What is my purpose for being here?"

When you walked into this class, you had a particular level of awareness about all the lessons that you have taken on. At concrete some of you know what that is. Most of you do not ~ it is in those higher levels of Self that have that knowledge. When you leave this class, your levels of awareness have changed~ whether you want it or not ~ even if infinitesimally. ☺

Some of you may, indeed, be aware of it at the concrete where you say, "Yes, I understand that!" Others of you might say, "I'm hearing the words yet I don't understand what he said." The information has gone into your higher levels of Self.

Higher level of Self versus a level of awareness are not always the same.

The level that you are in now, this concreteness, has an abstract ~ which, for the most part, is going to contain that information you learned in this class. It is up to you to say to Self, "How will I work with this new information I've received and how do I increase that information so it will help me to grow?"

Does that seem conceptually easy?

Conceptually. ☺

Indeed! What is the challenge?

Misinterpreting what I think I'm supposed to be doing.

You could be misinterpreting what you think you should be doing. What is another challenge?

The experience I have to go through to learn.

The experience that you have to go through to reach that information. What might be another challenge?

It could be remembering what I learned.

Yes, remembering what you have learned. What is another challenge?

Levels of Self ~ they may not want me to increase my current level of awareness.

Oh! You mean another level of Self may not want that to happen? How could that be? Why would that be? What does each level of Self have? 😊

Ego!

Yes, ego.

And, what is it that so many want to have happen when receiving information?

Be given the answer ~ not to work for the answer.

Be given the information and not have to work at it.

Our counsel has focused on the Search for Self ~ meaning that YOU find the answers within Self. We are here to give you guidance ~ to help you along the way. However, we can only give you the information ~ what you do with that is then the issue.

It is wonderful to sit and listen to the information ~ and this is true in every aspect of your life. Depending, however, on how important you feel the information is, will determine what you do with it ~ at this very concrete part of Self as well as at your higher levels.

Remember that the higher levels of Self are all working to learn. Each level ~ each dimension of Self ~ has its own agenda. And, part of being out of The Universal Consciousness is to bring all the levels of Self eventually into harmony ~ there is that key word, EVENTUALLY. 😊

In the meantime, levels of Self are in conflict with Self. This is what you are constantly faced with. One level will say, "That's great information, let's learn more." Another level will say, "I don't like that information ~ I want other information" ~ and the battle begins, which is why you may misinterpret what it is at concrete you need to be doing.

We are building on the information that we have given on the topic, HOW TO CONVEY A MEETING OF THE DIMENSIONS OF SELF. One of the ways in which this concept of finding the current level and working with it to increase it and trying to ease up the battle within Self, is to bring Lightheartedness into the Search for Self.

We will do a special workshop on Lightheartedness so as to lay a greater foundation for ways in which to increase your current levels of awareness, to go within Self and to be lighthearted. (Note: See the Waith Manuscript, Lightheartedness.)

So, my loved ones, what questions might you have?

Don't we already know everything that we're supposed to? We're just pulling it in?

Yes, indeed. You know everything that you are supposed to know and that information is in all these different levels of Self. And, some levels of Self you have already worked with and they very freely share that knowledge. Other levels of Self say, "No, it's mine ~ I don't want to share it!" This is the challenge and your journey.

It is through Lightheartedness that you begin to relax some of those levels of Self that feel so tight about not letting go of information. Think about how you feel when someone withholds information from you. You feel frustrated, excluded, that you have incomplete information, perhaps ~ and you feel you are being controlled by someone who has the information.

When someone gives you information, you feel free and in harmony with Self and the person who gave you the information.

So it is with Self. Often, through a bit of humor and Lightheartedness, you can convince someone on the earth plane to give you information. It does not have to be jokes and slap stick ~ it can simply be a way of lightness that is presented.

So yes, the journey is about regaining the information that you already have. And if you were able to already have that information and it was easily regained, why would you be here? You would be back in The Universal Consciousness and your journey would be over. This is why you are here ~ this is the game on the earth plane.

As we go about with our levels of awareness and lesson learning, do our Higher Selves learn the same lesson? Do they have the great opportunity to take on the learning of the lesson or do they, once at concrete, learn it automatically?

We have said that, if you look at the basic levels of Self, there is Concrete Self, Higher Self and Soul ~ simple. Higher Self is the intermediary between Concrete and Soul ~ and Higher Self is the one that has the biggest ego.

Higher Self is also the key to the Soul and often Higher Self is battling with either Soul or Concrete ~ and this is where it all comes in for the growth. When you add in the fact that each level, or dimension, of Self has a Concrete Self and a Higher Self, you then have a greater complexity. And, then, there is a Mini Soul in each level of Self ~ a concept we have presented in our discussion of, HOW TO CONVENE A MEETING OF THE DIMENSIONS OF SELF.

Once the Higher Self says, "Ah, yes ~ great," then there is harmony. Then, of course, do not forget the percentages of lesson learning. Perhaps, for example, you have brought all levels of Self into harmony with one tenth of one percent of the lesson that you took on and you still have another nine tenths of a percent of a lesson to learn in other lifetimes to come.

So, balancing occurs ~ and then it becomes out of balance until all of the percentages that you have chosen to take on have been achieved.

It does not just stop when you learn what you think is one lesson ~ it is continual and the joy and fun of the earth plane. It is the reason for the need for the Lightheartedness.

Any who would be drawn to our words are those who have sent out to The Universe that they want to learn more about being lighthearted. They would come into our environment ~ kicking and screaming, perhaps 😊 because saying that you want to learn something, and then being presented with the opportunities to learn, can have a bit of conflict. You may say, "I want to learn Algebra ~ I know that I need to learn Algebra ~ I don't want to learn Algebra!" 😊 It is the same with Lightheartedness.

Would this apply to anything that I'm stuck on? Conceptually, I get the lesson yet deep within it's very hard to practice it?

The concept is easy ~ it is the application of it that is the challenge. Even when you know an application ~ and, remember that the application is a concept ~ it is up to you to take that application and do something with it. You may modify it or change it completely. However, it is the living of it. It is easy to read and hear about it ~ to actually do it is another thing completely. And that is your journey.

So the more Lightheartedness I have, the more it will help me get to other levels of Self because they'll be more open with information?

Yes. Lightheartedness does all of this on the list of awareness you created at the beginning of this class. Lightheartedness and increased awareness go hand in hand. It is very difficult to see things through a dark shroud, for example, and be able to be open and see clarity.

Other questions, comments or concerns?

On the Lightheartedness issue, it seems like it feeds into helping us with our own Self, and then when we're lighthearted, other people who we may not have had such a fun time dealing with, the next thing we do comes out better.

Yes, and as you are more lighthearted about the world around you, you do not take so seriously what another may say to you or what another may do. You are able to see it through a lightness rather than a darkness ~ and it is a freeing of the energy.

And yes, people ~ all energies ~ respond to Lightheartedness much more easily than they respond to darkness. Remember the light always wins, ultimately!

And on that note, we bring closure to our discussion.

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

Farewell and thanks, Waith!



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WAITH . . .

*Heaven is in your own heart ~
heaven is the love you hold for Self.*