

*Waith Institute for Spiritual Leadership*

***Waith Manuscript***

**Serving Others  
During Times of Stress**

**Information Given Interdimensionally By**

*Waith*

through

*Mushiba*

A Publication Of  
*Terra Lux Press*  
2004

# Waith Institute for Spiritual Leadership

## Waith Manuscript

### TOPIC

## SERVING OTHERS DURING TIMES OF STRESS

### 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.

*Our topic of discussion is SERVING OTHERS DURING TIMES OF STRESS. A subtitle to that is PROVIDING SPECIAL SPIRITUAL SOLACE TO OTHERS. And we say SPECIAL SPIRITUAL SOLACE for a reason. We add in the word, SPECIAL.*

*Serving Others During Times of Stress ~ How would you define OTHERS?*

- ☀ Other people
- ☀ Other energies
- ☀ Other kingdoms
- ☀ Other dimensions

*Others ~ you have listed OTHERS as external.*

- ☀ Other Selves
- ☀ Other levels of Self

*Other levels of Self certainly must be considered when discussing serving others. Others, first and foremost, is Self. And, then, it is external ~ other people, other energies, other kingdoms, other dimensions. In the Search for Self, what is the first component that is necessary to be achieved if you are to Be of Service to Others?*

- ☀ Service to Self.

*You must Be of Service to Self. You must Respect Self before you can Respect Others and Love Self before you can Love Others. You do not need to concentrate only on respect, love and service to Self with exclusion to others. What does it mean?*

**We have to Respect Others to the level we Respect Self.**

*Yes, for it is an evolving process. As you are gaining respect and love of Self, you are able, then, to Respect Others and Love Others to that same degree. And, as you are respecting and loving others, you are gaining in your ability to Respect Self and Love Self ~ and it becomes, then, the neverending circle.*

*When having a discussion about serving others, you must first look at the degree to which Self is served. If you want to serve others during times of stress, you must be able to serve Self during times of stress.*

*Times of Stress ~ How do you define TIMES OF STRESS?*

- ☀ **Change**
- ☀ **Uncertainty**
- ☀ **Depression**
- ☀ **Blockages**
- ☀ **Worry**
- ☀ **Out of flow**
- ☀ **Ill health**
- ☀ **Insecurity**
- ☀ **Negative environments**
- ☀ **Time shortage**
- ☀ **High expectations**
- ☀ **Doubt**
- ☀ **Fear**
- ☀ **Conflicts within Self**
- ☀ **There is good stress, also. It can be stressful to be doing things that we absolutely love, whether it's planning a party or moving or having a relationship. We can love it and it can still be stressful.**

*Things that you love to do can, indeed, be stressful! Well, we have quite a list!*

*KINDS OF STRESS ~ what is stressful to one is not necessarily stressful to another. What you might consider good stress, someone else may consider bad stress and vice versa. For example, planning a party, for you, may be fun ~ stressful, yes ~ however, you thrive on it. Someone else who has to plan a party may find it stressful and it could be a negative energy for them ~ they would be emotionally distraught about it.*

*What does PROVIDING SPIRITUAL SOLACE TO OTHERS mean?*

- ☀ **Supporting**
- ☀ **Comforting**
- ☀ **Understanding**
- ☀ **Helping when asked**

*Do you support, comfort and understand Self?*

- ☀ Yes
- ☀ Sometimes

*Yes, sometimes ~ no ~ maybe! ☺ When you are in the mood! ☺*

*It is very easy, is it not, to provide a sense of comfort when someone comes crying to you ~ to be understanding of certain stresses in another's life. They may have ill health, they may feel insecure, they may be filled with doubt, and they come to you. They are not sure what to do with the particular situation and you are able to give them some type of comfort ~ or at least you understand and you listen.*

*Do you do the same for Self?*

- ☀ **It's much more difficult because our own issues are involved.**
- ☀ **It's too easy to be self critical.**

*Indeed it is easy to be self critical. To listen to Self ~ this is what we harp on all the time ~ if you will excuse the little pun! ☺*

*Listening to Self ~ being able, then, to serve Self first and to give solace to Self. This is where the word SPECIAL comes in ~ Special Spiritual Solace.*

*Think of providing spiritual solace to others as external ~ you are providing comfort to those who are external to Self. However, when you are providing SPECIAL SPIRITUAL solace, it indicates you are doing it within Self. Make it special ~ as you are special ~ and say these words, "I will be providing special spiritual solace to Self and all the levels of Self." When you are able to do that, then you are able to provide solace to others.*

*Who needs to be comforted here?*

**Probably everyone.**

*Is that an assumption?*

- ☀ **Yes. ☺**
- ☀ **On some level, I imagine everyone does need to be!!**

*Ah-h-h, on some level ~ there is a qualifier that can get you through anything. We use that all the time!! ☺ And, many of you say, "Maybe not at the concrete ~ at some level ~ some level of me made me do that!" ☺ This is a convenient way of getting around it, for being out of The One means that there is always some type of dimension of Self that is needing comfort ~ it just may be that you have not recognized it within Self.*

*All right, you have accepted this fine point of SPECIAL for Self. Let us look externally. Spiritual Solace ~ comfort, understanding ~ is that necessarily spiritual?*

Everything is spiritual.

*Yes, so, what then is spiritual solace ~ why have we placed an emphasis on it?*

☀ I think it has to do with giving someone a fish versus teaching them how to fish, where if we acknowledge the spiritual needs and the aspects of the spirit that are coming through in the problem, we can address it more effectively and more permanently.

☀ Bringing a certain level of awareness to providing solace to others.

*Ah-h-h, awareness. Terra Lux is described as A Center of Spiritual Awareness. The majority of entities currently on the plane think that spirituality is some type of mystical thing that you reach after you do certain things ~ they think they reach a POINT of enlightenment.*

*The path of enlightenment is walked by doing what?*

Going within Self.

*Going within Self ~ and once you go there, what do you do?*

Listen! 😊

*Hopefully you listen! You go there, you listen and then what?*

Go into action!

*Action ~ you do it! You go within Self, you listen, you come back and you act! That is how enlightenment occurs. It does not mean that if you sit in that famous lotus position for twenty four hours fasting with only water being consumed, that somehow this is going to bring enlightenment. However, that is one model by which many people are attracted and by which many people do find a degree of advancement in their own levels of understanding.*

*Our counsel is focused on LIVING YOUR LIFE ~ and to reassure you that everything you do is spiritual. However, it is very easy to say, "Oh, well everything is spiritual," and then not give it the attention that it needs because, although everything and every being is spiritual, it is important to be reminded of it. Your spirituality is developing, which simply means that you, as an energy form, are growing.*

*Giving spiritual solace is, indeed, teaching and helping someone to find their own comfort from within ~ not solving their problems, not giving them the fish to eat ~ rather teaching them how to fish. It is helping people to find their own spiritual awarenesses. You are SPECIAL within Self ~ and so is everyone who you meet SPECIAL within Self.*

*Your SPECIAL component is going to give solace to the SPECIAL component of another ~ and you will be giving them spiritual solace. You may tell them it is all right to not sit in a particular position ~ that it is all right to cut flowers and make a floral arrangement, if that is going to help them to be comforted. You may simply listen to them.*

*How do you decide to whom you are going to give solace?*

**We don't decide. We try to give it all the time only we don't put a tag on it.**

*How do you give it all the time?*

**Things come up and we kind of go within and outside of Self and help people. When we have a problem within ourselves, we kind of go within and try to solve it. We're living our lives ~ just by being.**

*Ah-h-h, consider this ~ you are wrestling within on a particular issue, you are focusing on it and trying to resolve it. Someone comes to you for comfort ~ they are having the same problem! They are coming to you for comfort. That has not happened to any of you, has it? ☺ ☺*

**I have had so many times when I'm putting out words or actions that it bounces back and I say, "Wow, that's exactly what I needed to hear ~ and it was me who said it."**

*There is an interconnection, as you know ~ the neverending circle. Well, where does this start ~ this need or desire to resolve an issue from within? You have sent it out to The Universe ~ The Universe has sent it to you as a lesson to be resolved. The way that you resolve it within is by dealing with it externally.*

*Nothing within Self is resolved until it comes into the concrete. You can talk about it internally all you want and for some that could be an entire lifetime ~ it could be a series of lifetimes in which all they do is talk about it within Self. That is legitimate. At some point, the abstractness of it has to come into concrete. It may not be the concrete that you know in this dimension ~ it could be the concrete of another dimension within Self.*

*Anything that is coming into your concreteness here has been discussed internally and discussed, in some cases, ad nauseam, internally, until you finally, within Self, say, "Enough is enough of this conceptualizing ~ let's see if it's going to work."*

*In this lifetime you know how you can be thinking about something ~ and thinking about it and thinking about it, perhaps for days, weeks, months. Nothing really happens ~ you simply think about it ~ and then suddenly it is presented to you externally. It could be that it happened right away. More than likely, though, it was something that took its time fermenting internally and then it came in externally ~ someone comes to you and the issue comes out in its concreteness.*

*While you are dealing with the issue within Self, you are helping another. Remember that there will be a degree of difference in the levels of understanding of you and the person who you are helping. The issue will be the same that you are dealing with Self and dealing with this other. However, your level of understanding will be ever so slightly higher. Why?*

**In order to help others we need to first understand the issue ourselves.**

*You need to have at least the same level of understanding in order to respond to someone who is coming to you. Usually you have a bit more of an understanding so that you are helping. It is the same issue ~ however, you are helping that person who came to you.*

*What if you go to someone else? How do you know the difference? How do you know who is helping whom?*

**We don't.**

*Does it matter?*

**No.**

*No, it does not matter ~ do not be sitting around thinking, "Oh, let's see now, I must be helping this person, so my level of understanding is probably ever so slightly higher." Then you get into what?*

**Arrogance.**

*Ah-h-h, spiritual elitism. Live your life ~ with the full awareness and the sensitivity that your actions are impacting upon another ~ you are helping them and they are helping you. You are helping Self ~ Self is helping Self.*

*It is time now for you to reflect on what you have learned thus far in this class. Relax yourselves and remember that there is no right or wrong answer. (Note: several minutes pass)*

*Let us begin.*

**I have to sort through within Self first with my issues before I can help serve other people externally with their issues. I do this all the time ~ we all do this all the time.**

*You ALL do?*

**Yes.**

*Everyone?*

Well, they should.

*Oh, they SHOULD!! She keeps going deeper and deeper. ☺☺*

Yes. I think people do, just by interacting with other people and that they are helping each other and helping Self, at some level, work through issues.

*At some level?*

Yes!

*Always that qualifier!*

Yes, it's a good qualifier!

*It works for us! So are you helping the sofa on which you now sit ~ or the carpet?*

I might be. Maybe the carpet needs to have my feet rubbing on it.

*Maybe it does. So are you providing spiritual solace? Is it under stress ~ the carpet?*

It might be.

*Why might it be?*

Because everyone is sitting and walking on it.

*That is its job ~ to be of service to things being seated on it or walking on it.*

Jobs can be stressful.

*Indeed, jobs can be stressful. We have brought no stress into this meeting, have we? ☺*

☀ I learned that we can only provide service to others to the degree that we have given SPECIAL service to Self. It's important to bring the abstract and concrete together by listening within Self and then bring that into action, into the concrete, and do something about what we have brought in for information. For me the two words, SPIRITUAL SOLACE, brings the abstract and concrete together. The solace would be the concrete by giving the comfort and the spiritual is what comes through from higher levels. Finally, others who we are giving spiritual solace to are a reflection of ourselves.

☀ We must provide Self with SPECIAL spiritual solace first before we can help others with spiritual solace.

☀ I learned that I must listen to Self and provide the SPECIAL solace that is needed at that time so that the solace can be provided to others for their own Self solace.

☀ We should have ourselves set spiritually before we try to do anything with anyone else and their spiritual solace. By helping others we help ourselves.

- ☀ **By living my life I can provide solace to others and to Self. Your information has brought Self to the forefront for me, and the word, SPECIAL, reminding me that it's okay to put myself first ~ we have to.**
- ☀ **In whatever way I can help, so shall it be given back.**
- ☀ **Self must come first before we can give to others and the degree that we love and respect Self is also the degree that we love and respect others and that goes hand in hand with giving solace to others as well.**
- ☀ **Cleaning up our own Self first before trying to do it to someone else. 😊 😊**

*Now, what would you suggest using to clean up Self?*

- ☀ **With fluffiness and in so doing, as others have said before me, in helping others. We may not realize that it's all interrelated.**
- ☀ **I learned about the emphasis on the word, SPECIAL. I've never heard that before in other classes or other discussions.**
- ☀ **Service to Self provides a door to service to others which provides a door to service to Self which provides a door to service to others which provides a door to service to Self. And it all starts with the Guidelines for Growth. (Note: For a listing of the Guidelines for Growth, please see Page 10.)**

*So, the neverending door!*

**Yes, the neverending door ~ the revolving door. 😊**

*Yes, the revolving door ~ around and around, one leads to the other, to the other, to the other, which leads to the other ~ the circle. The revolving door is, indeed, a circle.*

*Times of stress are not necessarily catastrophic world events going on around you. Indeed, those are secondary. It is the stress within Self, as you have all identified earlier. It is that stress within Self that must be given solace because all of these stresses within Self are the stresses within others.*

*It is only the DEGREE of stress that each of you has that determines the way in which you are responding to it and the level of awareness that you have in the learning of your own issues.*

**How are we doing?**

*How do you think you are doing?*

**I feel that I am sort of at the bottom of it.**

*You are not giving Self a very good grade. 😊*

**Well maybe next class I'll get a better grade.**

*Why are you not giving yourself a good grade for this class?*

**I could do that ~ anyone can do that.**

*So why are you not?*

**Because you're here and you might say no. 😊**

*Have we ever said that? Would we ever say to you, "Bad energy!" 😊 😊*

*We would not say, as a value judgement, "Ah-h-h, you did only so good in this class." That would be an external evaluation of something that is an internal judgement ~ and it is a judgement within Self. You decide. You can say, "I did wonderfully." Or, "I was really bad." And you said it yourself. You can say whatever you want to say about Self. So why would you not say the best?*

**Okay. Self is wonderful.**

*Self is wonderful ~ regardless of what you are doing, Self is wonderful. Love Self. Respect Self. What have we been talking about all these years? Self is wonderful. Love Self. It is the lack of love of Self that creates all of the stress.*

*So, you did wonderful!! Say that.*

**I did wonderful.** (Note: The entire class responds.)

*Or, should it be wonderfully?*

**Wonderfully.**

*We can say whatever we want ~ and we do! 😊*

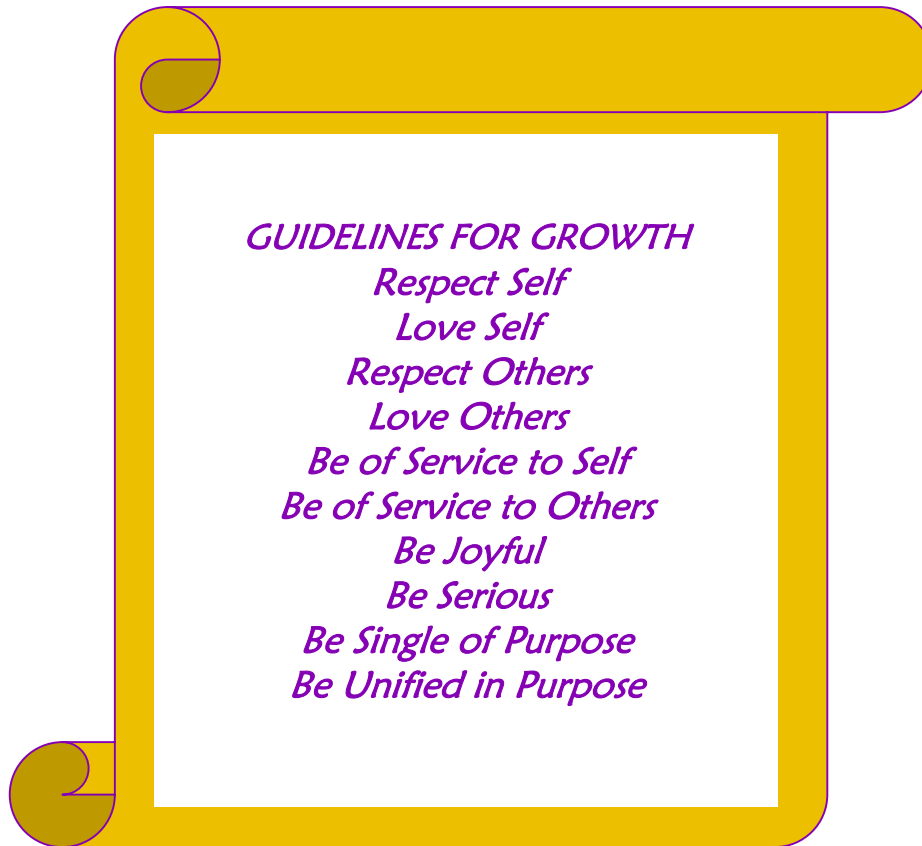
**Wondrously.**

*Wondrously. Even better ~ we like that ~ it flows better ~ wondrously.*

*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.*

**Bye, Waith, and thank you.**



# *Terra Lux, Inc.*

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**WAITH . . .**

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