

Waith Institute for Spiritual Leadership

Waith Manuscript

Spiritual Leadership

Information Given Interdimensionally By

Waith
through
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A Publication Of
Terra Lux Press
2004

Waith Institute for Spiritual Leadership

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TOPIC

SPIRITUAL LEADERSHIP

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 will bring into a greater focus the issues of leadership at the concrete and at the abstract ~ a spiritual component of leadership and thus bringing into balance SPIRITUAL LEADERSHIP.

In the journey for the Search for Self, you must find leadership within Self first before you can effectively project that outwardly. The outward projection of behavior at the concrete is the result of the inward search. You cannot project outwardly what you have not found inwardly.

We would like you to take a moment and write down the first thoughts that come to mind when you hear the word, LEADERSHIP. (Note: There is a brief silence while the class members write their thoughts.)

Let us begin.

- ☀ I started with the words of facilitation, guidance, modeling by example, caring and compassion, respect, confidence and strength, focus, honesty.
- ☀ Initiative, bold, decisive, able to see the larger view, perspective, helpful, holds the group good first, inspiring, confident, effective, communicator, ability to take risk.
- ☀ Understanding what is happening with whatever the situation is, treating the situation according to that insight, and, rather than imposing what I think, working with what others might think, integrity.
- ☀ Living true to ones beliefs and keeping flow going in groups.
- ☀ I wrote, setting an example to inspire others.

- ☀ **Leader and follower and confident in direction.**
- ☀ **Strength, role model, focus, responsibility, decisive.**
- ☀ **Compromise, humor, innovative.**
- ☀ **Delegating and organizing and the ability to back down and let others come forward.**
- ☀ **Affirming the gifts of others and able to recognize weaknesses in Self and in others.**

You have given quite a listing ~ each of you had some responses that the others did not have. What do you think this indicates ~ that you each had different responses?

- ☀ **We each have different levels of awareness.**
- ☀ **We have each seen different types of people leading.**
- ☀ **We have developed different facets within Self.**

You have developed different facets within Self and, therefore, a different response to what the word LEADERSHIP means.

Your responses have been very positive and have indicated that Leadership is positive ~ it is done by individuals who possess these qualities ~ or should. There are, however, several words that are missing from this list that we find interesting as being NOT included. What do leaders possess over others?

☀ **Control.**

☀ **Power**

Ah-h-h, Control and Power. For all of the wonderful words and phrases that you have given here, most entities on the plane, when they hear the word LEADER, have had an experience with someone who tried to control them and used power over them. And, yet, none of you used those two words. Can you answer why you did not include Control and Power in your euphoric list? 😊

Maybe we wanted to focus on the positive and not on the negatives.

So Control and Power are negatives?

To some.

Are Control and Power necessarily negative?

No. They can be used in loving, right and good ways.

Loving, right and good ~ as defined by whom? How would you define GOOD control?

It would be setting up beneficial arenas such as hospitals and schools as opposed to prisons and concentration camps.

So, prisons and concentration camps are not good?

In a spiritual way.

We will return to that. Is Power a negative?

It can be used in any number of ways.

So, it can be used in a way that would do what to others?

Help them or harm them.

Help them or harm them. Let us look at some of these items on your list ~ as you have presented them in what appears to be the positive spin.

One of you said, "Understanding what is happening ~ treating the situation according to that insight and rather than imposing what I think, working with what others may think."

What does that philosophy enable someone to do where others are concerned?

Work for the group's interest.

According to whose perspective?

The leader.

The leader. So, this could, from a leader's perspective, be good or not good.

Poor judgement ~ there wasn't intention to do bad, be negative, and not for the good of the group.

As perceived by?

The group.

The group! So, the leader could reach a conclusion about working with what others may think that in the leader's mind is good. And, in the group's mind, may not be good.

One of you listed DELEGATION.

To delegate, a leader determines who and what to delegate. In the leader's mind that may be very positive. And, the person being given the task may view it in what way?

Not so good!

Not so positive!

“Living true to ones beliefs ~ keeping the flow going within the group.”

This is one of our favorites. Living true to ones beliefs ~ talk about beliefs. 😊

It could be on a positive or not so positive side. Some live true to the belief that they need to bear arms to the extreme while others believe that to be completely opposite. So keeping that into the middle of the group could be quite a difficulty.

Groups are formed according to beliefs, are they not? You are a group, now assembled, and you have a particular belief ~ in your mind, that is positive, it is beneficial. Would others view your beliefs in the same way?

Not necessarily.

Living true to ones beliefs is a powerful force. Remember that power is both dark and light ~ as is everything on this list. Some of the more profoundly powerful DARK words are CONTROL and POWER.

When you think of control and power on the earth plane, you think, primarily, of darkness ~ negative. These two words have a bad reputation on the earth plane. And, living true to ones beliefs sounds so wonderful, “She or he is living true to their beliefs” ~ as if that were always a light filled statement.

As you observe activities on the earth plane, you would see there are many who are living true to their beliefs. You may not agree with their belief and have the view that it is not light filled ~ you may view their belief as dark filled. Yet there are many living true to their beliefs who are strong leaders ~ they possess all the skills you have outlined.

FACILITATION and GUIDANCE.

Leadership is facilitation and guidance by those who are both light filled and dark filled.

MODELING BY EXAMPLE and CARING AND COMPASSION, RESPECT, CONFIDENCE AND STRENGTH.

In what way?

Together it lightens.

Does it? Can caring and compassion, respect, confidence and strength be framed in darkness?

Yes, they could.

How would that be? Are not these words light filled?

- ☀ Some of our leaders now and in the past were following the path that we know was not our path to choose.
- ☀ This can be a mask, outwardly masking another purpose.
- ☀ It could be genuine. Some one may say, “I really care for this child. I’m going to lock him up so nothing happens to him.”

Indeed. In YOUR view, you are caring. In YOUR view, you are compassionate. Give us an example of being compassionate that may have a framing in a not so light a manner.

If there are people, or energies, who they view as inferior to them, they’ believe they are going to put them out of their misery.

Ah-h-h, someone might say, “I have great compassion for those who are without homes and I do not want them to suffer, so I will ...”

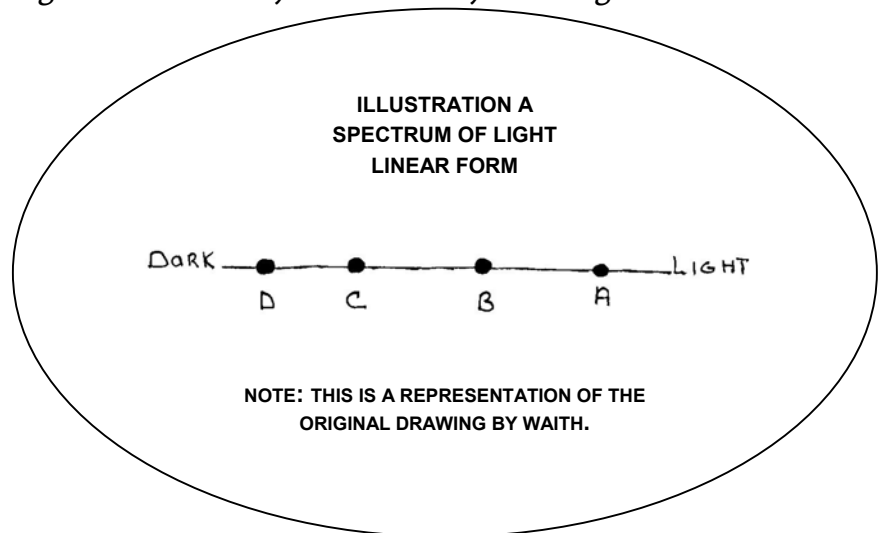
Kill them.

That could be a logical conclusion ~ and yet, it is framed in compassion, according to the belief system of the entity. This is an example of those who would believe that this behavior is very light filled and those who would believe it is very dark filled.

And, that person is living according to their beliefs.

The person is living according to their belief system and may have a great number of followers as a result of that. And, who is to say ~ for it would be judgemental.

We present in linear form the SPECTRUM OF LIGHT. (Note: Please see Illustration A, to the right.) Here is LIGHT and DARK, presented in a linear understanding as opposite ends.



This is a Spectrum of Light, which means that all energy is light, ULTIMATELY ~ and an entity’s degree of lightness is determined by where they happen to be on the spectrum.

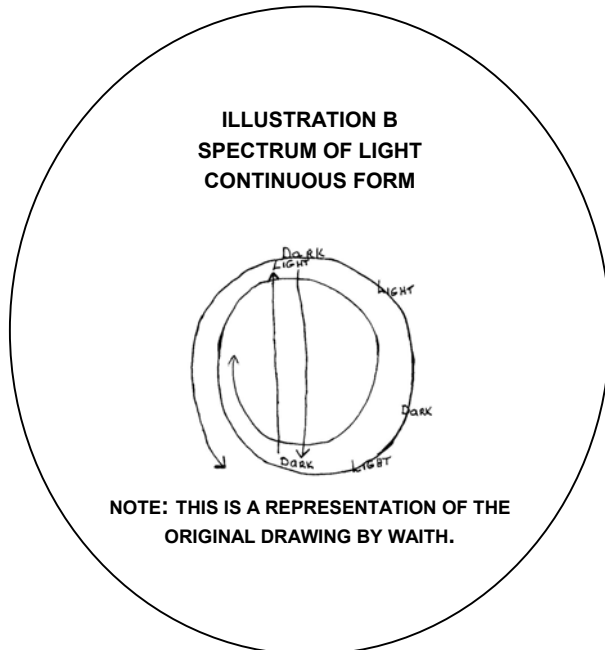
As you look at this linear representation, the entity at Point C, when looking at this entity at Point B, who is apparently closer to the light, is seeing that they are in the light. The entity at Point B is looking at the entity at Point C as if it were in the dark.

However, here is another energy form at Point A, even closer to the light who looks at the entity at Point B and sees them as dark. (Note: Waith indicates different points on the line.)

It is a matter of where you are on the Spectrum of Light as to who you think is dark or light in YOUR PERSPECTIVE.

A spectrum, however, is a circle. What does that mean in terms of dark and light, then?

Continuous.



Continuous and connected and all part of the whole ~ dark, light, dark, light, dark, light ~ all the way around. All connect and are all part of each other. (Note: Please see Illustration B, to the left.)

Each of you is light and dark. As energies, you are your own Spectrum of Light ~ a neverending circle, simply existing within Self. You vary in your own illumination.

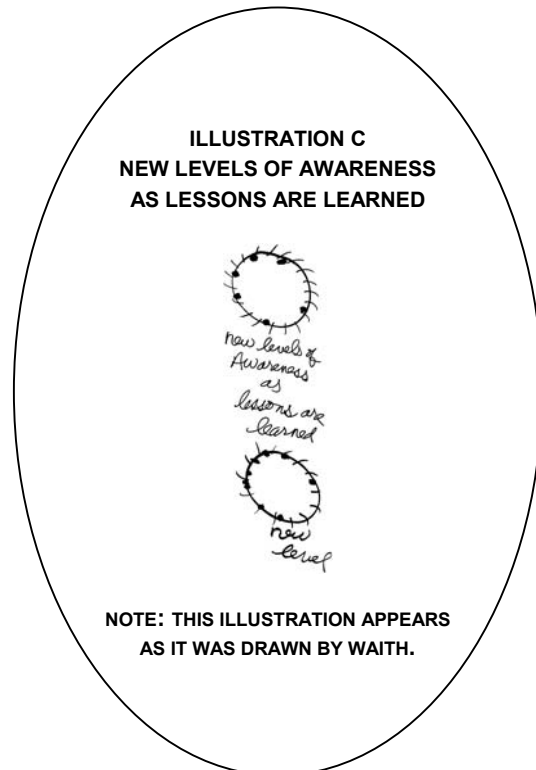
At any point in time, as you would measure on the plane, you can see something through, what might be called a VEIL OF DARKNESS. It may be short term or

long term. As you look at the world around, you see the it through your own Spectrum of Light.

Be aware of your own Spectrum of Light. You cannot judge the behavior of another to be light filled or dark filled because you are working on your OWN light filled versus dark filled behavior.

As you become more aware of your own issues, and work through those issues, you become more light filled ~ and, as you are more light filled, the dark becomes defused.

Here is your spectrum again ~ this is NEW LEVELS OF AWARENESS AS LESSONS ARE LEARNED. (Note: Please see Illustration C, to the right.)



These little sparks represent light and, these little spots represent dark. You have more sparks than you have spots. And here is a new level of awareness ~ here are the sparks, here are the spots ~ you have even fewer spots. The sparks begin to overshadow the spots.

Once your spectrum is completely filled in with the sparks, what happens.

We go to The One?

Yes, the journey is to have all the sparks fill the light spectrum. There will, however, be little shadows in Self until you have achieved that moment where return into The One occurs. It is a simultaneous event ~ it happens in an instant, a blink of an eye. You are all filled in and there is no reason to be out of The One now ~ you are The One.

You cannot be out of The One and be completely filled in with your sparks. That means, then, that EVERY ENERGY you come in contact with, is outside of The One and, therefore, has what?

Different levels of awareness.

They have different numbers of spots ~ or different shadowing. If one has fewer shadows than another has, they are going to have a greater light filled perspective.

Both the light and dark are components of you. As you work toward bringing in more sparks to your spectrum, you are attracting that which is dark ~ this is a normal process and what is universally known as the battle between the light and the dark.

The light does not attack the dark ~ it is the dark, those spots in each of you that attack. However, the light does enjoy instigating by saying, "Na, na, na, na, na, here I am ~ I'm light." You do this all the time ~ it is great fun and is part of the game. It is part of the way in which, eventually, you bring yourself into being light filled, for the purpose of instigating the dark so that it will attack is so that the light can absorb the dark ~ eventually ~ so, that no longer will you have a spot. You will have infiltrated that dark.

The way that this can happen is through interaction with others and THEIR dark spots. For the dark spots, within, lay dormant until they interact with the dark spots of another. Think about this ~ if you were to stay at home all day, every day, and not interact with any one or any thing at the human level, what would your life be like?

Boring!! 😊

Yes, it would be boring for you would not have any interaction or any activity occurring. There are many on the plane who choose that type of life for they are in sometimes what we refer to as a rest mode, where they simply do not want to do that kind of interaction, for interaction with others means that spot attacks spot.

And, as a way of testing, the fewer spots that you have, the greater your ability to instigate those who have more spots. And that is what the game is all about ~ instigate the spots.

So, do spots represent lessons to be learned?

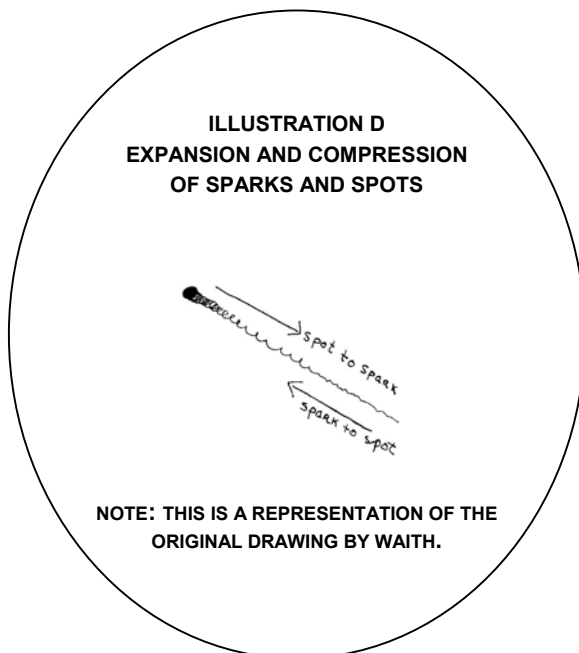
Oh, indeed, my love. 😊 If you see something that, in your mind, is negative, it means that you have a spot. We view this as a good thing for you recognize a lesson. You then ask Self what the issue is that needs to be learned.

This is what instigating a spot is all about for you may not really know what the lesson is until you meet it head on and say, “Ah-h-h, there is something about this person I don’t like.” It means that you have a spot that matches a similar spot in another and you use it for the benefit of Self and, ultimately, for the benefit of another because the spot in another is attracted to your spot ~ for any number of reasons.

Often, the more spots that an energy has the greater attraction to the lightness of another for it is a built in component of The Universe that the dark is attracted to the light because of the Spectrum of Light that has been designed. The dark is necessary in order for the light to develop. This, my loves, is where all the fun and games occur and where the issues of judgement enter.

Now you may be tempted to say, “I have fewer spots than you do ~ I am being attacked very, very strongly ~ that must mean that I have more sparks than spots.” 😊 What do you think would happen as soon as you started with that kind of thinking?

We get spotted!!!



You are going to get more spots!! 😊 😊

It seems that if spot meets spot, we either can keep spotting ourselves up or one person can step out and try to change their past behavior to a newer behavior that they would rather have, and it helps to break down that spot against spot behavior.

Indeed, this is where your Angelic Protector and Spirit Guides come in, for you have determined that you want to develop a spark and say, “I want to have a spark.” It is then your Angelic Protector and Spirit Guides ~ and those with fewer spots ~ who can help you develop your spark.

*Let us illustrate. This is a spot and a spark.
(Note: Please see Illustration D, to the left.)*

However, think about the way things can expand and compress. This spot can expand until it becomes what?

A spark!

And this spark can do what?

Compress and become a spot!

Yes, it can become a spot. So you must not become arrogant in thinking, “Look at all my sparks ~ aren’t I wonderful ~ I’m better now than this other entity.” What is that thought form going to bring you?

Another spot! ☺

It is going to take that spark and compress it so that spark of light may begin to have some filling in ~ heaviness if you will. And, while it may not compress immediately into a spot, it is on its way back to a spot.

Sparks are always being tested, my loves. Every spark that you have is up for CONTINUAL TESTING. There is no guarantee that once you have created your spark it will stay that way just because you say, “I’ve learned everything I need to know.” That thought form will bring you right back into a spot faster than you can blink your eyes! ☺

One of the things that I’ve been going through in my life is the belief that I was bad or not trusting my own light. It seems like there’s a balance between recognition of my own light and then not trying to get too uppity about it. Many times I’ve kept myself in a low place where I was almost more susceptible to dark because I didn’t believe in my own light.

The fine line ~ that balance within Self where you simply expresses your essence rather than talking about who you are. That is the way in which the sparks remain as sparks, for they have become part of the essence of Self.

And, no matter how many times The Universe tests that spark and you pass the test ~ it is your essence and has become who you are ~ it has become your belief system, at least for a particular lifetime.

You said we can’t judge the behavior of others to be light or dark filled and we have to work our way through our own spectrum. I understand that as a concept. It’s the application I’m having trouble with. I’m thinking of the example that was given about having such compassion for my child that I put them in manacles in a box. I don’t know how to not look at that and not judge it.

Oh, indeed, and we are not saying that you will be able to look at that without judging. If you were able to be completely nonjudgemental, you would be back in The One. ☺

Becoming unconditional and nonjudgemental is a process that is part of the SPARK AND SPOT THEORY.

You reach a point where you will be able to look at SOME events and say, “That is certainly not something I would do, however, I understand that it is his path.” And, at the same time, there may be another behavior that you look at and say, “That is terrible what they’re doing.”

You can be a portfolio of judgement and nonjudgement. There is nothing that we would give for information that says you must achieve perfection. Perfection does not exist outside of The One. We, as Angelics, are not perfect ~ as close to it as you can get! 😊 😊 No, we are not perfect ~ here comes another spot!!!! 😊

Being on the earth plane means that you are on a training ground of imperfection. It is very difficult to be nonjudgemental ACROSS THE BOARD while living on the earth plane. When you look at the earth plane from another dimension, you see it very differently and can look at activities and say, “This is part of the path ~ this is the journey.”

The Universal Consciousness requires all energies take on the issues of judgement and unconditional love and ~ thus, you automatically have spots when leaving The One.

If I look at Hitler and think, “Hitler is bad” then, as I’m thinking that, there’s little spots multiplying?

It depends on how thick your spot is and what effect that thought form has. It may be that you are a spot moving toward a spark or a spark moving toward a spot ~ and, then, that thought form would determine whether you are compressing or expanding.

Do I have control over that?

You have RESPONSIBILITY at concrete ~ the control comes from another level of Self.

In the example of the child being left, if I don’t have the knowledge, I don’t have the whole story. That child may have said, “Look I need to learn these lessons ~ please would you, as a friend, come in and fill this role, lock me up so I can suffer, so that I can grow and be better.” And so we keep that circular thought because we don’t know. And, thus, we can’t judge.

That is correct. You know not what the path is of another and the path of another connected to another ~ it is group balancing. It is a basic condition of looking at another. Part of the path that any would take on, is to become involved ~ and part of the path is to NOT become involved.

Do not let someone say to you, “You are a terrible person ~ you do not feel compassion for those who are refugees ~ you do not bring them in ~ you do not contribute money and food to them ~ you seem to be without compassion.” It is the path you have chosen ~ you have other issues that you are working on. It does not mean that you are not aware of that which is going on. You simply have not taken on that issue. You chose EVERYTHING ~ no one chooses it for you.

You pick and choose your battles ~ not everyone has the same battles. You cannot, for then there would be imbalance. You must pick and chose your own battles as they are appropriate for Self and not as determined by another although you may be influenced by others.

There would be others who would express their opinions, their feelings. They may, indeed, be guides for you in a way that says, "I have had experience in this and I am objective ~ you are trying to determine what to do in a situation so listen to my perspective and it may give you some insight."

Ultimately, you must make your own decision. At some point, you must say, "Enough is enough of gathering information ~ I must make a decision ~ will this be a battle that I fight or not ~ and if I do, I'll do it for as long as I feel I need to and then I'll stop when it feels as if it's time to stop." Along the way you may receive advice from those around you ~ some solicited and some unsolicited. ☺ Ultimately, you make your own decisions.

LEADERSHIP WITHIN SELF MEANS THE ABILITY TO MAKE DECISIONS WITHIN SELF ABOUT SELF.

Thus, you must make your own decisions within Self, regardless of the external information. An important concept to understand is that everything external to Self is meant only to give guidance. Each of you decides how much of Self to give away to another, for truly in the journey within Self, you must give away some of Self to external forces in order to, then, regain it.

If you had perfect Leadership within Self, you would be back in The One! Once again, this is all based on the premise that perfection is achieved only on return to The One. Thus, place no pressure on Self to think that you must be perfect in this life.

Perfection is achieved step by step which is the reason for the concept of taking PERCENTAGES of your lessons into a lifetime so you can achieve a LEVEL OF COMPLETION OF A PERCENTAGE.

For example, you take one tenth of one percent of learning Leadership within Self into this lifetime. You achieve that one tenth of one percent ~ in relation to perfection. You achieve closure of one tenth of one percent ~ you have perfected one tenth of one percent. Therefore, you have achieved a PERCENTAGE OF PERFECTION ~ however, you still have ninety nine point nine percent remaining.

In the next lifetime you might take two tenths of a percent and achieve IT ~ or, maybe, you achieve only one-tenth of that and say, "The next life, I will continue in this particular mode of percentage until I achieve closure to that two tenths of one percent ~ and, then, I will have achieved perfection of two tenths." And then you have a total of three tenths of one percent of perfection.

Someone else may have been working at this much longer than you. They may have achieved ten percent of Leadership within Self. In relationship to the energy who has achieved ten percent after going through lifetime after lifetime ~ working on a tenth of a percent, for example ~ that entity looks, TO YOU, to be perfect. This is where it starts to get muddled where you might say, "I'm insignificant ~ this other person is so advanced ~ they are perfect." And, in your eyes, they may be.

However, that entity who has achieved ten percent, may meet up with an entity who has achieved seventy five percent, because that entity has been at it much longer. And, that entity who appears perfect to you would look at this other entity and say, "This entity is perfect and I am not."

That is just one particular issue. The same entity who has ten percent of completion on Leadership within Self, for example, may have achieved only three tenths of a percent in another issue that you have already achieved fifty percent. So one entity may have achieved more of a percentage in one area than you, and you have achieved more of a percentage in another area than that same entity.

What kinds of implications does this bring into your path, then, my loves?

- ☀ **I might think I am better than someone.**
- ☀ **The person with the lesser percentage may feel failure, or judging themselves in relation to the other and feeling not as good as the other.**
- ☀ **People can appreciate each others strengths and there can be an exchange.**

Yes, those are all implications. It is important that you look for similarities and differences when working with others. Find the similarities that you have with others to build your foundation, in terms of a relationship. That gives you the strength to look at that entity and say, "Here are our differences ~ they will not destroy our foundation because it has been built on strong similarities ~ and the differences are only meant now for us to strengthen our foundation."

If you seek out only those with whom you have similarities, you will not have insight into the capabilities of another to help you to increase in those areas where your percentages are lower than that entity.

REMEMBER THAT EVERY ENERGY IS AT A DIFFERENT PERCENTAGE OF COMPLETION OF THEIR ISSUES.

Even if an entity has achieved ninety nine point nine percent completion of a particular issue, or ninety nine point nine, nine, nine, nine, nine... as long as they are still out of The One, they have a percentage to achieve ~ remember that.

It also highlights that the lives that you take on over and over and over again, are simply manifestations of the percentage of learning. If it seems that you keep getting the same issue over and over again, it means that the percentage that you have taken on, whether it is one tenth or two tenths or eight tenths, has not had closure brought to it.

We are going to give you a focusing tool that relates to Making Decisions Within Self.

Before we begin, please find something in this room that calls to you. There are many energy forms that would like to be your friend for this focusing tool. Walk around, listen and find something!

It is time to calm your energies and bond with this security friend. Does this friend make you feel happy and connected to something other than Self? You are holding another consciousness.

Focusing Tool Making Decisions Within Self

Call in your Angelic Protectors ~ ask them to hold you as you are holding the consciousness that you have selected.

Say to your Angelic, "Hold me ~ as I hold another consciousness, I, too, as a consciousness, will be held by another consciousness."

At a minimum, then, there is a consciousness holding a consciousness that is holding a consciousness. Reflect on it now.

As you reflect on this, consider that you are in the middle, as a consciousness, where you are being held, and yet you are holding ~ you are in the middle.

Reflect that this brings you within Self ~ for you are in Self ~ think of Self as in the middle.

Quiet Time

Bring yourselves back into this concreteness, still holding the consciousness.

End of Focusing Tool Making Decision Within Self

Relax for a moment and reflect on the sensation you felt with this focusing tool.

Look at this illustration and see three layers of Self and Self is in the middle ~ Self, within Self, within Self ~ consciousness within consciousness within consciousness. (Note: Please see Illustration E, to the right.)

As you are holding consciousness, you are concretely aware that you are being held by consciousness, three layers of consciousness ~ two of which are external to Self. The Angelic Protector is external to you and you are external to consciousness that you hold ~ and you are in the middle.

All three layers of consciousness are connected. Within Self, then, there are layers upon layers upon layers upon layers of consciousness.

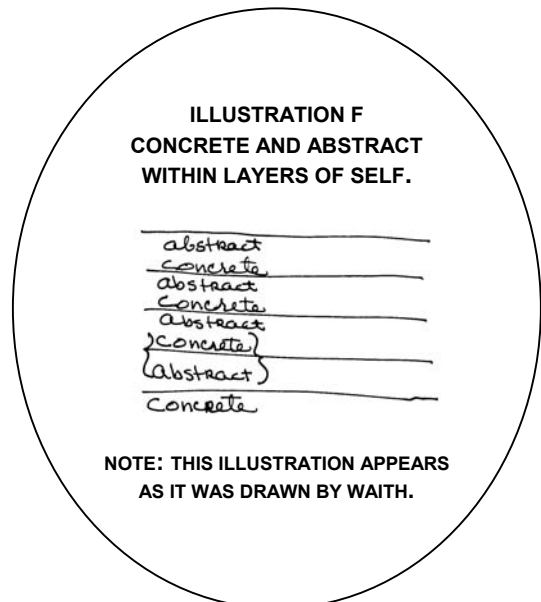
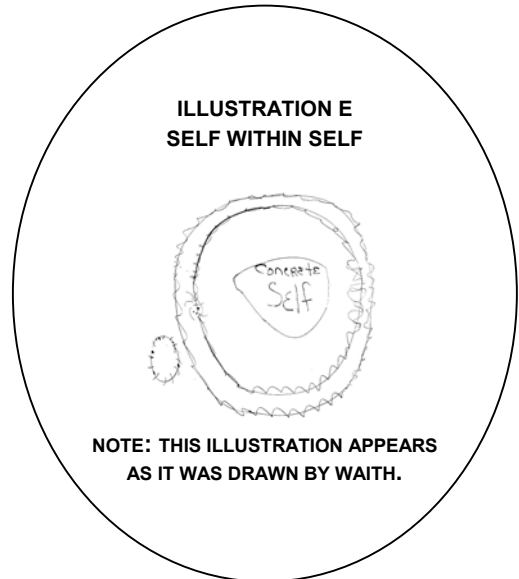
Think of consciousness of Self in this way. You are holding consciousness and it is concrete, for you are very aware of it ~ this is concrete Self. This other layer is you in relation to the concrete that you hold. And, this other layer is your Angelic Protector in relation to you.

Concrete has abstract ~ abstract has concrete ~ concrete has abstract. FOR EVERY CONCRETE THERE IS ABSTRACT AND FOR EVERY ABSTRACT THERE IS CONCRETE. (Note: Please see Illustration F, to the right.)

You want to make a decision at concrete. However, concrete cannot make a decision alone ~ it must have input from abstract ~ another layer of consciousness of Self.

Once you are in that abstract, it has its own layers of concrete, which has its layers of abstract, which has its layers of concrete. Where you are in your development of Self will determine how far back into those layers of Self you go in order to make decisions.

For some entities, their decisions can be made from the closest levels of abstract of Self ~ sometimes referred to as the sub conscious. It is a very close level of consciousness of Self that contains memories and the history of experiences in the current life ~ and, often, that is where you go to receive information for decision making.



Sometimes the light layer of sleep is a close layer of consciousness of Self and one in which decisions can be made very easily. In this state of consciousness you are not completely gone ~ you are resting and have a sense of awareness of the world around you, while at the same time, you are also drifting.

As you move further and further into Self ~ into yourself as a consciousness ~ you need a larger awareness of information to make your decisions at concrete and there needs to be more of a group discussion within Self about that decision making.

These closer levels of consciousness include what is commonly known as Higher Self. Higher Self, however, has many layers. Your Higher Self consciousness can infuse itself into the concrete. And, indeed, this is where much of the growth of Self can occur ~ and the reason why you would see some on the plane able to make decisions in a snap, where you would be paralyzed if you had to make the same decision.

The decision that they made appears to have such spirituality to it that you would say, "They are responding from such a higher source ~ they seem to know what the right decision is for them." Well, that did not just happen! The ability to bring in layers of Higher Self is achieved by doing what?

Practice.

Practice ~ doing it ~ trying it ~ lifetime to lifetime to lifetime ~ learning from others and then trying it and trying it again and again and again. Those outside of Self can only give you guidance and certainly the more that you ask others what to do, the more you will find that there will be plenty of those who would tell you what to do. ☺

It is a universal precept that, unless asked, technically, we cannot respond. And, many on the plane who understand this concept will not say anything until asked. Once you ask, be prepared for response.

Higher Self infusions are a very common activity. You are not endowed with mystical, cosmic powers because you have Higher Self infusions. Higher Self infusions are critical ~ indeed, necessary ~ in order for Concrete Self to strengthen. Concrete Self is the physical manifestation of all the layers of consciousness of Self. So, too, is every layer of consciousness of Self, then, a physical manifestation of its abstract layer.

You are a Universe in and of yourself. Think of the implications of understanding Self so fully and being able to communicate with many, many, many, many layers of consciousness of Self and what that means as you try to interact with others.

The more you are able to move into Self to obtain information from Self about decisions for Self and bring that into concrete ~ trusting at concrete that it is coming from Self with higher and differing perceptions ~ think how you can affect others. It comes back to the leadership component.

Being able to help others comes only from an ability to do what within Self?

Help Self.

Yes, help Self. And helping Self means being able to make your own decisions. You cannot lead others unless you are able to do what?

Lead Self.

Yes, lead Self. Each of you has the ability and potential to lead others. Some have tremendous leadership abilities ~ more than you, perhaps. That is only because they have developed those abilities within Self ~ to lead within Self. And, as you go within Self and lead within Self, it automatically begins to express itself outwardly.

Why would you be able to lead others in a particular direction in a particular arena and not able to lead them in other arenas?

I have not achieved it within Self?

You have not achieved it within Self ~ YET. You may not, in this lifetime, achieve it within Self ~ it make take hundreds of lifetimes ~ so what? So then, LEADERSHIP OUTWARDLY IS A REFLECTION OF LEADERSHIP INWARDLY.

And now to add depth to our discussion ~ because each layer of consciousness of Self is its own little Universe and has its own sparks and spots, as you go into any layer of consciousness of Self, you will have varying degrees of sparks and spots. One layer may have many sparks and not very many spots and another layer may have many spots and not very many sparks. This is where all the fun comes in when you try to have a conversation with Self.

When the sparks are lined up, is that when we get insight?

Some times it could ~ you would get insight from within that layer of consciousness. However, the other layers of consciousness have their own agenda, you see. Self is filled with contradiction!

So, when we would say to you, "Go within Self and focus on," you open yourself up to Pandora's Box as they call it, within Self. You will go layer into layer into layer and you never know what you are going to find within Self as a discussion.

The ultimate goal is that all your layers are lined up ~ they have the same sparks and spots. They have the same number, depth, length, the sparks are all the same thinness, they are not trying to compress, the spots have not moved out into a spark ~ they are all exactly the same. When the layers line up, what do you think happens at concrete?

More consistent behavior?

Indeed, more consistent behavior. It does not mean that you are more enlightened because all your sparks and spots line up. It just means that all your sparks and spots line up and you are in agreement within Self. This occurs periodically ~ it is a way in which issue percentages show that there has been some completion.

Once there has been completion of the percentage of an issue, there is balance. Then what happens?

A little rest!! 😊

A nanosecond, if you are lucky! Then you say, “This is no fun, we’re balanced ~ our behavior is consistent.” 😊 When someone says to you, “I can predict your behavior,” then it is time for the sparks and spots to do what?

Realign.

Yes, for once there is balance, it means that either more percentages of that particular issue come in or, you now turn your attention to another issue that is out of balance. Therefore, the sparks and the spots have to automatically realign.

However, what has happened with that alignment is that it has brought in to Concrete Self, a sense of understanding of Self ~ knowing that alignment can occur. Most entities find themselves, in any given life, aligning and unaligning ~ aligning and unaligning.

Sometimes, depending on the entity, there may be a period of earth plane time, where every day you feel this back and forth of aligning and unaligning. Then you may go for several years feeling unaligned ~ and then you may go for several years feeling aligned. It is all in the way that you have designed your own path and all the layers of consciousness within Self have said, “Let us take a deep breath and align for a period of time before we start up with something else.”

You may meet entities who have this alignment of sparks and spots and it continues for well into the life. And, there are others, who have not had any alignment of sparks and spots ~ they are in complete chaos within Self. And, then, of course, all those entities who fall in between those two extremes ~ it depends on what you have for your own path. The important thing is to enjoy it.

Does Concrete Self has the responsibility of understanding where information is coming from?

In some cases, yes. In some cases, part of the learning of issues ~ and going within Self to acknowledge the layers of understanding that exists ~ comes from Concrete Self saying, “I know everything ~ I don’t need to go within ~ there is nothing else ~ here it is, this is all that is necessary ~ there is no other layer of me.”

You hear of entities who discard the concept of intuition ~ discard the concept of anything other than what they can actually see, feel, hear ~ and that is a response to the concreteness.

We take this one step further. You are at concrete now and you are very open to going within Self. You could go through several layers of Self having green lights where each layer of concrete says, "Yes, this is good for we are all gathering." And, then, you come to a layer that says, "No!" ~ and there is a red light. That particular concrete component of that layer says, "I'm all that matters and I have all the information," and will not acknowledge that there is another layer seeking information.

With have said in the past that the Higher Self is the key to the Soul and that Higher Self can block entrance to the Soul ~ this is a basic concept. We have now expanded on that concept by saying that any layer outside of concrete is Higher Self and it is not always easy traveling through the layers.

Every layer of Self is higher to another layer of consciousness ~ so it is Higher Self. Depending on how much you travel within Self determines the intensity of that Higher Level of Self.

When you have accomplished an interaction with this closest layer of consciousness ~ when you can break through it ~ it then readies the way for that layer to infuse into your concrete layer, thus giving a greater awareness because there has been a connection of Self within Self.

However, this does not mean that once a layer, at its concreteness, allows interaction, that the layer will infuse ~ it simply means that it is capable of it. Not all entities want infusions of its layers of consciousness. Why would you not want to have your layers of consciousness infusing?

It could be too much!

It could! It could be that you simply do not want to do that.

Does each layer of Self have an ego component?

Oh, indeed!! Hence we have this spark and spot situation. One layer might say, "I have fewer spots than you do." ☺

It seems as if we'd have to make friends with Self and build a relationship and trust with each layer. So, it's like a two way street where the Higher Self can trust the Concrete Self and not be fickle and suddenly shut down and ignore it. We build an interaction.

Indeed, that is what happens.

You each are your own Universe. If layers of consciousness within Self form a Universe, then would it not seem appropriate that Self superimposes upon The Universal Consciousness. This means that you can stop your journey right now and simply recreate your illusion, which means that you recreate your existence ~ which could, if you wanted to, recreate back into The Universal Consciousness.

You are The Universal Consciousness ~ you alone. And yet everyone is part of each other ~ superimposed upon each other, layer upon layer ~ all energy that exists.

So, simultaneously, you are The Universal Consciousness ~ you are back in The Universal Consciousness and at the same time you are not. That is the way that the game has been set up ~ you are in The Universal Consciousness right now and, yet, you are not.

That kind of profound thinking does not get you much in terms of what you are dealing with now in concreteness ~ except, perhaps, to contemplate the profoundness of it all and, yet, the fact that it really does not matter at all either. ☺

You are here to live. WHATEVER DIMENSION YOU ARE IN, YOU ARE MEANT TO LIVE IT ~ this is the most critical message that we can give. You are here to live your life and it is fun to have an understanding that there are other kinds of awarenesses and perceptions that each of you has taken on, that differ from each other.

The toys you have taken on to play with can be shared with others ~ and in some cases, exchanged with others. It is a game and great fun. (Note: For Waith's discussion of TOYS, see The Toy Box in the Waith Manuscript, PLAYTIME ON THE EARTH PLANE.)

Being serious about it is part of the game and where you might say, "I'm very serious about what I have to do here ~ I'm very serious about learning about these layers ~ what it means exactly to get to one layer ~ I want an infusion of Self ~ help me get there ~ I know somebody who had an infusion of Higher Self ~ I want that, too." ☺

You can get whatever you want because you are dealing with Self and that is the most difficult ~ dealing with Self.

We've talked about the importance of relying on guidance from Self, and at the same time we always ask for our Angelic Protectors and Spirit Guides to help us in our travels. It seems like one of those paradoxes where we can't really go into Self without having outside guidance. I guess when we reach the point where we can give that up, we are back in The One.

Indeed, for then the Angelics and Spirit Guides would have no job! ☺

That was really staying with me because you talked about the importance of making friends with Self and yet the need to ask for outside help.

Indeed, you must be continually asking for guidance, for remember that the spots are still there and as long as you have spots, you are going to need to make decisions.

Yes, you become better and better at making decisions within Self as you grow and gain awareness and need to rely less and less on outside help. However, you never cut off that reliance completely for as long as there are spots, you will need help.

Even as you start to increase your sparks and reduce your spots, you may still want to call in those who you trust and feel comfortable with, to help reaffirm what you think is your decision. Often, no matter how confident you feel in your decisions, there may be another perspective because things have changed ~ the world around you has changed ~ and it is good to have those who you trust give you perspective.

We asked you earlier, “What comes to mind when you hear the word Leadership?” Now, what comes to mind when you hear the word Spiritual? Write down some thoughts. (Note: There is silence while the class members write their thoughts.)

Let us hear some of your responses.

- ☀ **I came up with six words that made me think about spiritual ~ infinity, love, power, light, abstract and knowledge.**
- ☀ **I thought of, in touch with Self, able to communicate to Higher Self levels and perhaps Soul level, able to make decisions for the highest good of Self and others, acknowledgement of other dimensions.**
- ☀ **Sensitive, guided, religious, gifted and divine.**
- ☀ **Levels of Self, blending of abstract and concrete levels, light, connected to all things.**
- ☀ **A feeling that I'm not alone, live in other worlds, so to speak, in other dimensions, and they have other ideas and then we kind of try to coordinate those ideas.**
- ☀ **Alignment, harmony, seeking, a sense of searching with humility and not feeling that I know it yet, resonance, not imposing on other beings, integrity, resolving issues with honesty, Self forgiveness and forgiveness of others, going beyond judgement, individual path for the greater good, service, helpfulness, honesty and not trying to project something I'm not.**
- ☀ **Holy, unconditional love, forgiveness, pure, goodness, balance, in playful coming together, infused, caring for others, sharing of Self, joined. My favorite was spotless ☺ and then, control of power.**

Ah-h-h, control of power.

THE ULTIMATE POWER IS TO HAVE NO CONTROL AND THE ULTIMATE CONTROL IS TO HAVE NO POWER.

As you can see in the same way that the listing for LEADERSHIP was given, so, too, is there a listing for SPIRITUAL. Each of you, just as with Leadership, gave your unique response to what you believe is Spiritual. An important component is that you have your sense of Leadership and your sense of Spiritual ~ each unique, yet also bringing in many similarities ~ while not with the exact words, the sentiment, the feeling, the sense.

We have defined somewhat loosely, LEADERSHIP. And, we have words that are giving definition to Spiritual. It is time to bring them together for some type of flow.

We want each of you to come up with your own flow of how YOU would recognize SPIRITUAL LEADERSHIP. Look at the words given for Leadership and for Spiritual and create your own definition. This is not meant to be done alone ~ work with others. (Note: There is chatter and laughter as people work together.)

Let us hear your responses now.

- ☀ **Respect of Self and Others, focused, larger perspective, acknowledgement of Self and others, recognition of the path of others and their song, like their special contribution while remaining true to one's own life path, uplifting others, offering hope, empathy, humor, thoughtfulness, appreciation, being reflective, able to face the shadow in one's Self, sharing one's own journey when it's appropriate with others without imposing, receptivity, accepting love.**
- ☀ **By respecting and loving Self we see more of the positive in others ~ respecting others and looking at good that is there with people, one is better able to embrace all of the actions mentioned such as harmony, humility, service with a smile, honesty, etc., and as works of the light are embraced being of service to Self becomes more real.**
- ☀ **I have respectful of Self and others, awareness of higher levels of understanding, seeking to understand Self, striving to learn lessons in helping others when called upon, an ability to make decisions.**
- ☀ **I felt Spiritual Leadership was acknowledgment and communication with Higher Self in other dimensions, pure of heart, integrity, honesty, inspiring, effective, balanced, intuitive ~ which equals able to see a larger picture ~ modeling by example ~ and that was sort of equal to unconditional love.**
- ☀ **I wrote, seek guidance with compassion and unconditional love going beyond judgement, focus on giving pure love so love can balance, able to communicate all these aspects and to have magnetic love.**
- ☀ **I came up with six areas. Decisive, confident, a good communicator to share the vision, using control and power to serve others, setting an example, respected by others, and unconditional love as being the underlying goal.**

We would point out that in your listing of SPIRITUAL there is nothing concretely listed that says LIGHTHEARTEDNESS ~ with LEADERSHIP you had humor as one of those components.

We emphasize so much in our teachings that SPIRITUALITY IS FRAMED IN LIGHTHEARTEDNESS. And, you all fell into that very serious mode of spiritual! 😊😊 It is predictable when asking, "What does it mean to be spiritual," that the immediate response brings about all these very SERIOUS perceptions. 😊

What is SPIRITUAL, after all? Can you really define it?

- ☀ **I don't think we can. Even with all of us here, we all have pretty much the same idea yet we all have a different point that we see it from.**

☀ **It's very personalized.**

It is very personalized. What have we emphasized in our discussions about the layers? They each have what two components?

Abstract and concrete.

Abstract and concrete. LEADERSHIP, if we were to look at those two terms ~ abstract and concrete ~ is very easily defined, is it not? It is very, what?

Concrete.

Leadership is very concrete. Spiritual then, with only one choice remaining ☺ would be what?

Abstract.

Very good, you all guessed the right answer! ☺ Our mission through Mushiba is to help bring balance into the abstract and the concrete. And indeed, the earth plane is the concrete ~ and that which is the spiritual is the abstract.

Abstract to each energy form is different than it is to another energy form ~ it is individual and something that is seen from Self's own levels of awareness.

We caution you so often about the spiritual elitist who tell you what it means to be spiritual by saying, "This is what you must do ~ this is what you must say ~ this is what you must believe ~ and this is how you say it and this is how you behave ~ here is the ritual that you will adhere to ~ and, if you do this, this and this, you will achieve some high level of spirituality ~ you must fast ~ you must consume only certain kinds of food and then you must have a cleansing of body." This is nonsense, as we have said over and over again.

Spiritual is YOUR sense of balance between the abstract and the concrete ~ and each of you is different because of the concept of taking a percentage of the lesson to be learned. Each of you is at various points of completion within a particular percentage and you have taken on percentages that are different from others in learning your lessons.

SPIRITUAL LEADERSHIP IS SIMPLY THE ABSTRACT AND CONCRETE COMING TOGETHER.

When you think of leaders and leadership on the earth plane, what words come to mind immediately?

☀ **Power**
☀ **Decisive**
☀ **Confident**
☀ **In control.**

- ☀ Strength.
- ☀ Sense of mission.
- ☀ Focused.

These are all words that can be used for benefit or not for benefit ~ for Self as well as for others.

We return to the consciousness within Self, where each has their sparks and spots. (Note: Please see Illustration C on Page 6.) If you are going to attain Spiritual Leadership, it means that you are in control within Self of your sparks and spots.

Leadership so often is represented by those energies who are having difficulty in even understanding Self and because of that they are projecting on to others their lack of balance within Self. Well, my loved ones, we are here to tell you it is all right for that is the way it is.

Each of you has imbalances within Self and yet you lead in various ways ~ sometimes a bit more insightful than other times. And, yes, if there is a leader who brings groups together to perform mass murders, my loved ones, that is part of living on the plane ~ that is part of being involved in the quest for Spiritual Leadership that can only be attained by going within Self to work on the sparks and spots.

You are each a leader ~ some in larger arenas than others. It is just as important to be a good follower as it is to be a leader and every leader, in some component of their life, has a role to follow. It may be less frequently than another.

If you would look at any known leader and say, "This person leads in everything that he or she does," you would find this is not true. If you were to look more closely, you would see that there would be at least one area of that entity's life that they are not leading, rather, they are following.

This concrete concept goes back into the abstract ~ the layers of Self, where in some layers you are a follower and in some layers a leader. Thus, you have the abstract view from within Self, of leading and following.

If you are comfortable with both components, you bring that ~ over time and experiences ~ into the concrete that you exist in now and find the ability to follow and lead simultaneously.

Good leaders are followers and good followers are leaders ~ it is the same coin. It is the SPECTRUM OF SPIRITUALITY ~ not a spectrum of leadership.

Out of the development of your own spirituality comes leadership. As you develop your leadership, you develop your ability to follow. That strengthens, then, your ability to lead ~ which strengthens your ability to follow.

The Spectrum of Spirituality ~ lead, follow, lead, follow ~ spiritual and concrete. We place in parentheses the word ABSTRACT under SPIRITUAL.. Concrete feeds into spirituality, which feeds into concrete, which feeds into spirituality. (Note: Please see Illustration G, to the right.) It is a spectrum of following and leading, following and leading.

Every entity who you see in various forms of leadership is at their own point on this Spectrum of Spirituality ~ they may be very aware of it or very unaware of it, just as some entities are very unaware of the spiritual and very much aware of the concrete.

This does not mean they do not have spirituality or that they have low levels of abstractness that have been developed ~ this goes back to judgement where you might look at another and say, "Oh, they are so concrete ~ they are not spiritually evolved."

Well, my loved ones, be VERY careful, for they may have taken on a specific kind of lesson in this lifetime and at the concrete it was determined that they would not have concrete awareness of higher levels of understanding ~ they would be would be very, very concrete.

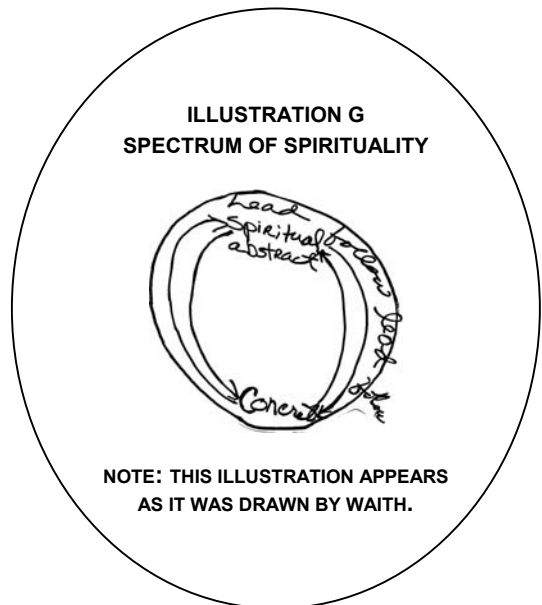
While our mission is to help entities bring balance into abstract and concrete, there are some on the plane who will not respond to this particular mission because their path is that they will remain grounded in the concrete or they will be in, what we like to call la-la land ~ in the abstract. ☺ So, too, when each of you is living in your world, you will find that there are some who are very grounded. Do not attempt to bring them into something other than that.

If an entity has, as part of its path, to move out of that groundedness, they will on their own. You will find others who are in an abstract component of life. And, then, there is every one else ~ all the others who are at some varying point on The Spectrum of Spirituality.

Why do some people follow a particular leader?

The leader is inspiring.

The leader may be inspiring ~ INSPIRING is a double edged sword, is it not? You can INSPIRE to good ~ you can INSPIRE to do things that another might perceive as not good, as we touched on earlier. Inspiration is certainly a way in which leaders gather others around them.



You can inspire to kill millions of people or you can inspire to save millions of people. You see it happening currently on the plane in various geographic areas.

There are leaders who inspire others ~ they have motivated them and brought forth their way of belief ~ to bring harm to millions of humans. In that same scenario ~ on the same stage, within the same play ~ are leaders who are inspiring others to bring good into that same situation that is being inspired to kill others. And, then, all along the outskirts, if you will, across the Earth, there are splinter inspirations for both major camps ~ you can decide in your own way if you will respond to a particular calling that the leader sends out.

Each of you chooses your own battle and, therefore, you will choose your own leaders. You will not choose a leader who does not ring a bell with Self. So, too, you as a leader would not bring others in to your arena if you did not ring a bell with those followers.

What do you think the Spectrum of Spirituality has in relationship to the Spectrum of Light?

I see parallels between the sparks and spots in the Spectrum of Spirituality and the Spectrum of Light.

What would happen if we superimposed the Spectrum of Spirituality onto the Spectrum of Light?

Sometime my lead would match up with my spot instead of my spark so although I would want to lead with my spark, I may be leading someone down the path of my spot.

Yes! Spots lead as well as sparks. Leadership is not always in the light. However, being in the light is relative ~ remember that. You are light to one entity and dark to another entity, depending on the spot and spark situation.

The Spectrum of Spirituality superimposes on to the Spectrum of Light and the Spectrum of Light superimposes on to the Spectrum of Spirituality for every layer of consciousness within Self.

The spots and sparks, the lead and follow and the abstract and the concrete, as spectrums, are within each layer of consciousness of Self ~ thus, we add in one more layer of going to Higher Self. Each layer of Self has its own agenda on its Spectrum of Spirituality and its leading and following and whether a particular behavior of leading or following is aligned with a spot or a spark within the layers of consciousness of Self. This adds to the fun of communication between the layers of Self. ☺

How do we know when we are imposing our leadership on another person ~ that we are making disharmony with the spots and sparks?

You may not, my love, and that is part of the game ~ that is part of the journey, for imposition is not a bad thing.

Imposition simply means that you have imposed and now must learn what the signs are so that you will not impose again. The only way that you will know how to recognize that something is imposition, for you, is to recognize it and, the only way you can recognize it is to have done it.

Live and learn. ☺

Yes and that is where the adage comes from ~ live and learn. ☺ It is the reason we place such an emphasis in our counsel to live the life ~ make the decision and do what you feel you must do. In order to know what you do not want to do, you must have done it so as to recognize it.

If you impose upon an entity, they were a willing participant at some level of that imposition, for they had determined they needed to be imposed on so that they would know what it felt like to be imposed on ~ to know where their line within Self is.

Our message is not that you obsess about whether you are going to impose leadership upon another ~ rather, go within Self to ask Self if it is an imposition. You may receive an answer or you may not. If you do not receive an answer, it simply means that concrete Self apparently has enough information to make a decision.

It would seem like the abstract is sometimes kind of intangible to our aware minds, so it's almost like we see the results of the abstract brought into the concrete ~ like a filtering down process. Sometimes I look around in my life and I go, "Oh, my goodness, I must have not really seen something."

Yes. Understand that when we say that our mission is to bring balance into the abstract and the concrete, it means that concrete is the physical manifestation of abstract ~ and abstract is the result of concrete. One feeds on the other and gives information to the other. Abstract tells concrete, "Here, go out and play it." And you go out and play it and then you send back the results to abstract ~ and abstract now reconfigures itself. Abstract says, "Based on the experiences of concrete, here's a new abstract ~ go play it." And, concrete plays it and sends it back to abstract.

That is the way in which growth occurs ~ abstract and concrete working together. And, then, of course, the sparks and the spots overlay into this harmony between abstract and concrete.

What is harmony, after all? Is it something that you can, concretely, define?

No ~ not really. ☺

As we say, the earth plane is a training ground of disharmony and WHAT YOU TRY TO DO IS TO LEARN TO BECOME HARMONIOUS WITHIN THE DISHARMONIOUS.

Because the Self comes in within different incarnations to learn lessons, can we sometimes be experiencing something in the concrete that the Soul's been working on for a long time ~ different patterns of experiences come up again and again?

Yes. The same layer of Self does not always comes into the concrete. There are some layers that have never been in the concrete of Self and there are some layers of Self that come and go.

What is interesting is when one of the intense levels of Self ~ what you might refer to as a higher level of Self that have never been on the earth plane ~ decide to come in for the first time either through the normal birthing process or through an infusion. That level will find itself looking around saying, "Ah-h-h, a tree ~ another human being ~ I am in a concrete world ~ I am not used to this." And, it could be a bit disconcerting.

For some it could be for the entire life ~ they have never been on the plane and yet, they have all of the memories of the other layers of Self that have been on the plane. They can use that to their advantage.

Higher Self generally, when it infuses, which is the usual situation, comes in because of a very specific reason and it has tremendous responsibility to the other layers of Self. Generally, there has been achieved a very strong harmony within the layers of Self when the highest levels of Self infuse.

It does not mean that the spots are gone ~ remember that all layers have spots and sparks. It just means that there is a much greater level of integration that has occurred within Self ~ when some of the higher levels of Self infuse onto the earth plane.

In your journey, there are allocated levels of Self that come and go on the earth plane. So, let us say that the first level, just for definitive sake, the first level closest to the concrete and the second level and perhaps the third, fourth and fifth level closest to the concrete Self on the plane, are those levels designated to come and go.

As one level learns something, it retreats into Self and another level comes in and learns something ~ retreats into Self, talks with the level that was just in, hopefully communicating, sharing information. It is a way in which the levels can learn to live with each other.

Could one of my selves come in for a moment, a week, a day or a whole lifetime?

Yes. Those infusions can be exactly that ~ they can be for the entire lifetime or they can be for a period of time in which, perhaps, the Concrete Self needs help when it comes to strength and insight. And, then, that level may go back into its position, or may remain ~ it depends on what Self decides.

Let's say I was at the first level and I was comfortable being in the concrete. So, one of the upper layers comes in. What's the difference between that and just connecting with the Higher Self?

There may be no difference ~ it depends on what the Self wants. When a level actually infuses into the concrete, it brings with it a different perspective ~ a PHYSICAL different perspective and a PHYSICAL different way of behaving and acting with others. It brings in an immediate ability to interact with higher levels of understanding without the necessity of having a telephone line to one of its higher selves. ☺

When the Concrete Self has achieved a level of harmony with other layers and can communicate without blockage, it is worthwhile and appropriate for most entities. However, there is the chance that the line of communication might be blocked by one of the other levels, for any number of reasons ~ the spark and spot scenario becomes out of sync a little bit.

When a higher level actually infuses, there is no longer the need to have that line of communication. That higher level brings in all of the understandings that the other lower levels have gone through in their experiences ~ it is part of the consciousness, and, also part of the Soul memory.

If I have all these layers, Higher Self, Soul and all these other layers, which one of them is making the decision?

Do not speak of the layers of Self as THEM. As long as you speak of the layers of Self as them, there will be a greater difficulty in bringing harmony. THEM is YOU ~ claim the layers of Self as Self.

The journey and challenge is about going within Self to talk ~ to have a group discussion. It cannot be done immediately for it is a slow, progressive process with a percentage being achieved on the earth plane of bringing harmony into Self.

We have a visualization that could help you in connecting with Self.

On a piece of paper, draw a circle and place your name in the middle of the circle. (Note: It is recommended that the reader draw a circle on a piece of paper and place your name in the middle of the circle so that you can follow what Waith says next.)

Visualization Connecting with Self

Stand and focus on the circle that has your name in it ~ feel it ~ it is a circle and has Self within in ~ it is you ~ it is Self.

Bring your eyes into what you would call a squinting position and while focusing on the circle with your name in it bring a sense of fuzziness to the circle ~ the lines are less severe ~ they are fuzzy.

As you are doing this, bring those lines into sparks ~ shooting out of the fuzzy.

You are visualizing Self ~ the layer of Self that is at concrete and you are bringing the concrete line, the circle, into an abstract by making it fuzzy with sparks coming out of it.

Feel yourself fuzzy with sparks coming out of you.



Bring the circle that you have of Self closer into you now ~ visualize that it is coming toward you and superimposing upon your physical encasement ~ you are fuzzy and you have sparks ~ all beautiful sparks ~ surrounding your encasement.

You are warm and fuzzy now ~ you are one big spark.

Relax ~ bring yourself back into the room ~ move your body a bit and breathe.

End of Visualization Connecting with Self

How do you all feel?

-  Like the sun!
-  Sparkly!
-  Fuzzy!

You can utilize this visualization before you go into any kind of earth plane activity and then take that FEELING with you saying, “I am sparkly ~ I am fuzzy.” Emphasize the spark, for we did not bring the spot into this ~ it is the spark. It is an easy visualization that you can do on your own at any time. It brings you into a sense of comfort with Self.

Relax now and interact with each other. (Note: The class members spend time talking with each other about the visualization.)

Give us your feedback regarding this visualization.

It was more difficult to picture the sparks than I thought. It was definitely a challenge to bring them in. Even though I sometimes have trouble visualizing I think that the more I practice this one, it should get easier.

That is the idea! 😊 As you do it, it becomes a little easier ~ it is a concrete thing. Understand that abstract is something that you are not aware of occurring in the concrete ~ that is why it is called abstract. 😊

There is a certain amount of trust that is there. We're visualizing and if we're not seeing it in our mind's eye, we still trust that it is there at some level.

That is part of the process where you say, "I want something concrete that I can see." It becomes difficult oftentimes to actually SEE what you THINK you need to see or what another tells you that you need to be seeing. Did you all see sparks?

No!!

What DID you see?

- ☀️ **There was another ball that was in back of it, sometimes it went around, and it was white ~ the black became white. And then it was kind of rising.**
- ☀️ **I was visualizing a pinwheel ~ it was easier. When I kept doing that in motion, it helped.**
- ☀️ **I was picturing a flashing, fluorescent bulb! It was like light dancing around.**
- ☀️ **I do something similar to this exercise every morning. I picture the sun when it is sunrise and it's really nice and I keep on keeping track of the sun, how its sparks glow more and more and I close my eyes. Every time is different ~ I get the sun in my heart and myself and I can see the sparks. They are different every time.**

What each of you is saying is that you have your own way of visualizing what it was that WAITH SAID. 😊 WAITH SAID, "look at the circle and visualize and do this and do that." It is very important that you find that which feels best for Self. What we give you is guidance ~ it is a starting point. It is a concreteness and concrete can be in as many forms as there are entities.

We can give you a frame of reference ~ that is part of our mission, TO GIVE FRAMES OF REFERENCE. From IT you then have your own frame of reference, your own perspective on things.

You visualized a fluorescent bulb ~ that is your frame of reference, for whatever the reason and that is appropriate for Self. It is the concept that we give that then comes into concrete. This is very important ~ you say that you want to have concrete and to know how to do it because abstract is so difficult. Abstract, however, is a concept and from a concept you can create any number of concretes.

What, then, is the CONCEPT that brought about this particular concrete visualization?

Are we exploring Self by attempting to visualize Self and blending the abstract into the concrete?

You are attempting to explore the levels of consciousness within Self. One of the ways in which you would explore the levels of consciousness within Self would be to visualize sparks, because you know from our discussion that sparks and spots are a part of the levels of consciousness of Self.

In order to explore the levels of consciousness of Self, there are many ways that you could do that. One of the ways would be to visualize sparks. Another would be to visualize what?

Layers?

Indeed, take that a bit further ~ be more specific.

The spots and sparks and how they line up with the layers. Maybe as we're getting closer to our Higher Self, there is some sort of continuum.

And what could you also do as you are visualizing your layers of Self?

Concentrate on a particular layer?

A particular layer ~ or try to see if there are a number of layers that have committed to the comings and goings on the earth plane and where the spots and sparks line up in a particular layer. You can take it from its very simple form, such as we gave you ~ visualize sparks ~ to any number of complex visualizations that are best for you.

The final component of this visualization is a fun and creative part. We want you to create your own concrete visualization ~ there is an interesting combination of words, CONCRETE VISUALIZATION.

Based on what you have already done in your own interpretation of the visualization we gave you, we want you to create what YOU think would be a good way for Self to address this concept of trying to explore the layers of Self.

Take a moment now to draw something that you would like to represent your visualization. (Note: The class members spend time creating their visualization.)

We would like some of you to describe to the greater group, what you have drawn as a visualization.

- ☀ **Those are my layers and this is the concrete Self and levels that are closer to that and as they start, they move up where the rings increase and the sparks and spots are there and I took the liberty of putting some bridges in to make the trip a little smoother. ☺**
- ☀ **I centered on the sun which are the sparks and I brought the layers into the center and made them become like one ~ the layers ~ just one sun and they all sparkle.**
- ☀ **My visualization is a sun that's smiling and has many sparks going off of it and even the ends of the sparks have sparks. ☺**
- ☀ **I'll stay with my pinwheel design and the different layers, sort of like an onion and yet a wheel too and the sparks are going through all the layers ~ continuous. Then there are spots, of course, to add in there. ☺ And it's spinning and kind of blending together. The faster it spins, the more they all blend together, rather than separateness.**

☀ Mine is layers and layers of clouds. And in my image they have various colors coming forth, like deep pink and blues, and layers and layers of clouds, which is how dimensions look to me, behind what look like clouds.

It is time now to do a focusing to practice your creation and you will then be able to make modifications to it. We will give you guidance up to a certain point at which we will then have you go on your merry little way within Self to see how this particular drawing that you have designed works for you.

You will play in that place for awhile and then we will bring you back and talk about what you have experienced in the designing of your own focusing tool.

Focusing Tool Going within Self

Relax and breathe in a way that is comfortable for Self, breathing slowly in and out ~ relaxing ~ placing all the stimuli away ~ clearing your head ~ clearing your thoughts.

Call upon your Angelic Protector for protection and safety ~ surround yourself with soft, fluffy white light.

Call in your Spirit Guides ~ ask them to be available for questions and feedback.

You are relaxing ~ your thoughts are clearing ~ you are visualizing the drawing that you have created.

Journey now into your own visualizations ~ we will return to bring you back to concrete ~ relax and visualize.

Focusing Time

It is time to return to the concrete.

Slowly dissolve the visualization ~ thank your Angelic Protector and Spirit Guides and slowly return to the concrete.

As you return, move your body a little to bring you back into the concrete.

End of Focusing Tool Going with Self

Take a moment and look at your drawing and make any modifications to it. (Note: The class members spend time in reflection.)

Let us explore what happened in your focusing and go in the same order as before. What happened and how was it similar or different from what your drawing was.

I noticed that once I got into the visualization and found, or created, my own world in there, the things that I saw were a little different because I passed through the layers. There was some distance, and the sparks and the spots were where I had drawn them on each ring ~there're actually inside the layer itself, all surrounding me in kind of a shell. And the sparks were electrical and the spots were almost like a void ~ they would block out the background. I looked closer and I could see that there was information there, almost like movie sequences or something that was hard to make out. And, the structure around me was made of a kind of stone ~ very concrete in a sense and each layer had some sort of a numbering scheme. And, then, I'd go on to the stone bridge and go to the next layer and one seemed very much like another.

Were there changes to what you had actually thought it would be?

The fact that the sparks and spots were in the layers and this of course doesn't really do it justice, so I guess I'm better at visualizing than drawing.

And what did you see, my love?

I saw very different things from what I thought I would see. I saw somebody coming upstairs from the basement and I started seeing many colors ~ symbols, information, the spots, the sparks ~ and they were not like the ones I had in my drawing! 😊

What do you think the stairs represent?

It was a layer and it was invited to the light. I also saw star symbols and it was all around the layers and then everything came to a flat place, and I liked that ~ it was in green.

Did you hear any answers?

Just the symbols.

Do you remember the symbols?

It's hard to bring them to the concrete because they were multidimensional.

Can you visualize them? Do you know and sense them?

Yes, I sense them.

You will be able to, by sensing them bring that into the concrete without it being concrete. It is the balance between concrete and abstract, that only each of you knows for Self. You cannot describe the symbols to anyone yet for you, you can sense it ~ it is part of Self and has meaning for Self, which then can be brought into the concrete in your own responses to the world around you.

Let us have the next response.

In my visualization I had a sense that I'm paying a lot of attention to the sparks and I need to pay more attention to the spots. It doesn't matter how many sparks I have ~ it's the spots that I must work on. So, I had a big spot and I guess I recreated the sun to make an example of the spots turning into the sparks. So, what I got out of it was that if I want to have more sparks, I need to concentrate on more spots and get those cleared up and into sparks.

Indeed, that is how sparks are created ~ sparks come from spots and spots come from sparks. You have heard the message from Self that you need to stop ignoring your spots.

Let us have the next response.

My little pinwheel changed because it became more fluid although it was still a circular motion with the spinning. First it was like a web spinning and I could see a spider's web and then it was spinning and it was dark. Then it changed and I seemed to be drawn toward the center. It got brighter and colors came in and then iridescence and then white. Then I seemed to be going to the different layers, like my Higher Self came with me and then I went to another layer, which I assumed was my Soul and it was gold. We sat down and I asked for information. There was still the spinning ~ I could see the motion of it and the light that helped draw me in to the different layers. It was a way of drawing me to a particular level. I didn't really get answers at the time other than fluidity.

You were receiving a message that you must be much more fluid.

Yes, and I had a sense of water, too, that came in.

Indeed, to flow and not hold things to be Self evident. There is nothing that is Self evident except within Self ~ not for others. What is evident for Self is evident for Self. You have been given an answer. You asked and you have received.

Now, what do I do with it? 😊

This is the joy of Gaining Self Awareness, for when you receive information, you can say, "Well, that's good, what do I do with this?" 😊 it is your cue for another focusing. Rather than to go in and say, "All right, tell me what I need to know" now you go back with the very specific, "All right, you told me something about being fluid ~ well, what does that mean ~ let's get a little more specific ~ let's have a little talk here."

This is what the journey within Self is about. Sometimes you will go into Self not knowing what to ask. You ask and you may receive specific answers at that time or may simply be given a little teaser. You return to concrete and think about it see if you can come to an understanding at concrete to test what concrete has for awareness.

Then you say, "No ~ I must go back." You go back then with something very concrete and say, "I have tried this and this and this, in trying to interpret what was given to me for information and yet it is not working ~ so tell me more."

You are talking to Self ~ you are not imposing upon any other entity by asking them to give you information. You are talking to Self ~ YOU CANNOT IMPOSE UPON SELF.

What was interesting to me is that I visualized being with my Higher Self and going into my Soul and while Higher Self was reluctant to go through that doorway with me at first, eventually it did.

Yes, it is one of the eternal conflicts within Self ~ going from layer to layer. And the Soul is sometimes not reachable because a layer of Self, commonly known as the Higher Self holds the key to the Soul and is reluctant or stubborn ~ thus, you work it out.

If a layer of Self is not willing to listen and go through that communication process, then it is certainly appropriate to go to a higher layer. If you cannot get what you need from the closest layer, then go to another layer ~ go to the top if you have to. It is YOU ~ you are blocking you by saying, "Oh, this layer of Self does not want to talk to me ~ oh, poor me, I'm a victim." It is YOU ~ it is then you who must break through that blockage by saying, "Well, fine, layer, I will go above you." Sometimes that is enough to have the layer say, "Oh, all right."

So, my love, have you received what you think will be helpful ~ and did this visualization work for you?

I like it. I'm thinking that maybe even at more concrete to help for those times when it's harder to visualize, there are things I can get that have the light spinning. That would be something that would help draw me in.

Very good, my love, to actually have something that represents your drawing ~ you can take it with you and as things start to get a little too earth planey for you, you can have your little pinwheel.

Let us have the next response.

I always see trees and I don't know what they represent although I'm beginning to have some insight that maybe they're the blockages. At the same time, I saw what I would characterize as the pinwheel with all these beautiful colors and I finally saw it with all the rays and that was kind of in back of the trees and in front of the trees. All I saw were lights and clouds and royal blue was on the side of the pinwheel as opposed to the other colors that were on the other side where the trees are. And, then, I saw the rocks on the side with all the layered rocks ~ and then the pond, for fluidity. It was beautiful, the water coming down, like a waterfall, and into this gorgeous pond. I more or less saw sparkles in the pond and the layers.

You also have seen color! What do you think the color means for your visualizations?

I was trying to determine why I was seeing so much royal blue in the pinwheel, which was myself.

And what does that mean if you keep seeing royal blue ~ how might you interpret that?

At one point my understanding was that if I surrounded myself with royal blue, that it would be helpful to me ~ and I don't surround myself enough with royal blue.

Your focusings have been screaming at you for a while that royal blue is a color that may be harmonious for Self. Have something that is royal blue that you keep in your regular environment. Royal blue might be the color that would help you to bring your own sense of spark and spot resolution.

You have all just gone through an exercise in which you can design your own focusing. You do not need to have someone tell you how to do it. Certainly there are many on the plane who would want to be told exactly how to focus. However, if you were to ask them and they were to tell you the truth, they would say to you, "I don't focus the way I'm being directed ~ I don't want to tell anyone because I'm supposed to be doing it a certain way and if I say I'm not doing it in that particular way, then I'll be banned from the group or I'll be told that I'm not spiritual enough." Again, that is nonsense. You each have the capabilities.

To bring closure to our discussion we say that you are a leader in many different arenas and the leadership you exhibit comes from Self and the truth that you hold for Self.

In the Leadership listing that you all created, you gave, Living True to Ones Belief Keeping The Flow Going Within The Group, Being True To Ones Beliefs. What are your beliefs? This is the question you must be always asking Self, "What are my beliefs?"

Your beliefs will change from day to day ~ even within a day they may change. It is up to you to connect with your own spirituality ~ that which is you and your essence. Allow that essence, which is an abstract, to come into the concrete as an experience.

LEAD WITH YOUR SPIRIT. Your spirit is evolving ~ that is what your journey is about. How you define spiritual within Self will change with every experience that you have. Therefore, at the end of each day, you will have a different spirituality, for you have had experiences ~ even if you do not leave your house. Not leaving the house is an experience. It is impossible to live on the plane without having experiences.

Look at the end of each day at what you have experienced and reflect on it. It is a good practice to take a few moments at the end of each day and reflect on the day and say, "What have I experienced?" Take that into the dream state with you ~ whether you remember it or not is not the issue. Physically write, "What I have experienced today." That EXPERIENCE goes where?

Other levels of us.

The abstract ~ and then what does the abstract do with that experience and knowledge?

Sends back information.

Yes, sends back instructions to the concrete and says, "Here, this is the result ~ and we have mixed it with all your other experiences ~ now it's back."

You wake up and say, "Based on the experiences that I had yesterday, this is how I will go today." So when you awaken, you will have had a synthesis at abstract that then gives you instructions for the day.

That is what living on the plane is all about. Live it ~ experience it ~ reflect on it ~ live it ~ experience it ~ reflect on it ~ constant feedback.

Only YOU can determine what is best for YOU. Look at the world around you ~ look at what others are doing and use that as part of the input for Self. You may look at another and see how they are behaving and think, "I believe I will try that."

You experience it and how it feels and say, "That felt wonderful ~ that felt very comfortable, that kind of behavior." Or, "That was terrible ~ I will never act like that again." Or, somewhere in between where you say, "Part of that felt good and part of that did not."

You put that into your experience portfolio and send it back to abstract. Do not be concerned where it lands in the abstract ~ which level of Self it is going to for that information will come to you as you need to know it. Trust in that.

If you do not begin trusting in Self, then Self is not going to give you a reason to trust Self. If you say, "I do not trust this layer of Self to give me the answer, " then that layer of Self is not going to give you the answer.

You have to prove to Self that you trust Self ~ just saying it does not work, "I trust you Self ~ here's information about my experiences ~ I'm going to trust you to synthesize this in abstract and give me a response."

There are issues of non trust of Self, however. You say, "Use the information, abstract, that I'm going to give you about my experiences at concrete." Then what is generally the next thing that you might say?

I want some results and I want it this way. 😊

That is correct! You say, "I want it this way and I want it in the morning!" 😊

You put conditions on that request and that so called trust. So the level of Self that receives the information says, "Oh, sure, they want it right back and they want it in this particular way ~ well, see what I'm going to do!" Instead, simply say, "Here it is." And, YOU TRUST BY BEING PATIENT!

Oftentimes people think that developing patience is something that they do with others. And while that is certainly important, IT IS THE PATIENCE OF SELF THAT IS MORE IMPORTANT. You say, "Why can't I get this done ~ what's the matter with me ~ I've learned ~ I should be knowing this ~ it's been presented to me ten hundred times ~ why can't I figure it out ~ what's the matter with me."

The level of patience that you have for Self is then reflected in the level of patience that you have for others. Whatever you have in Self is what you give to others. So be patient with Self ~ forgive Self.

At the end of every day, as you are writing down your experiences, say, "I forgive me." As you are writing out each of these experiences of the day, you will be judging yourself ~ that is normal. Pull yourself in and say, "All right, first of all, it was all right that I did this ~ I forgive me."

On the other hand, as you look at something you have done that puffs you up, say, "Remember humility" ~ for it can be taken away more rapidly than it was received. That is one of the games of The Universe which says, "If they get puffy about it, pouf, we'll take it away."

Continually reflect on experiences and where necessary forgive Self ~ and where necessary be humble and say, "This is good ~ I can use this to Be of Service to Others." That is the expectation of The Universe -- that you Be of Service to Others and that Service to Others comes in the form of leadership.

SERVICE TO OTHERS COMES IN THE FORM OF LEADERSHIP.

When we lead with our spirit, are we then not dealing with the ego anymore?

Not necessarily. Remember that ego is necessary for all energy to maintain itself outside of The One. Ego is again that coin in which ego can be used for good or ego can be used to not be of service. There needs to be ego ~ ego is part of the spirit. However, as you develop spirit, your ego takes on more of a SERVICE TO OTHERS component.

Remember that one can be leading and have more spots than sparks ~ be leading from a spot rather than a spark.

Leading with Spirit means that you are leading with your essence. At any point you may be leading with a spot spirit ~ and, that spot may actually be considered light to those who you are leading.

Remember The Spectrum of Light ~ what may be dark to one may be light to another. If one is leading from a spot, they may actually be seen as the light by those who follow.

What do we do when we recognize a spot?

Laugh at it! ☺ We have consistently said that there are many things you can do to get rid of the dark. One of the most effective ways is to laugh at it!

THE DARK DOES NOT LIKE BEING LAUGHED AT!

Lightheartedness and humor are so essential in the framing of your spirituality.

That could be good to do at the end of our review each day ~ just laugh at what we have done.

Yes! That is part of forgiving Self, to laugh and say, "Silly me ~ tomorrow will be another day ~ I'll make other errors in judgement ~ so what!" Try to improve each time and say, "That was not a very good judgement that I made ~ that was an error ~ let's try not to do it again." You will be tested.

Somehow it feels more comfortable as I learn a little and then it comes back again. It's not quite so severe. Sometimes I feel, "Oh, maybe I have learned a little bit here."

That is the point ~ as you learn it, it becomes easier. You become more comfortable with it and say, "Okay, it's a little bit different now ~ it's a little more intense yet I've survived all these other lessons ~ I've learned my foundation." It is much like mathematics where you learn the foundation and as you learn higher concepts, you have the foundation.

It is comfortable until it reaches a level where you say, "This is no longer comfortable ~ it must mean that the percentage is over ~ I have not chosen to study the highest levels of mathematics ~ I have only chosen to study up to a certain point ~ and that's when it will end ~ I will not have to learn the same level of lessons that another has to learn because I have not taken as high a percentage as they have." It is as easy as that!

We would like you now to reflect on what you have learned in this class. If someone were to say to you, "I only have a few minutes so tell me what you learned," what would you say?

(Note: The class members reflect for several minutes on Waith's question.)

- ☀ **It all begins and ends with Self ~to focus for answers from Self. Responsibility to others begins with myself using peaceful means and being of service to others.**
- ☀ **I learned what Spiritual Leadership means for me at this particular time and the importance of balancing between the concrete and the abstract and becoming more focused on accessing the different layers of Self and responsibility to Self.**
- ☀ **I've learned to lead with spirit and each day truly is a brand new start ~ leaving yesterday behind, learning from the various lessons for myself for that day and changing those things that I wish to change for this day.**
- ☀ **I learned that leadership is leading with the spirit, respect beyond judgement and forgiveness for Self and for others.**
- ☀ **We lead from Self and must work on Self first which I can do through visualizations. Leadership comes from the spirit and is a form of service. When we lead or follow, take some time to reflect on what we have experienced and trust that those experiences have been sent to an abstract part of Self and wait patiently for an answer ~ in this way we will grow.**

We conclude with this thought ~ LEAD WITH YOUR SPIRIT ~ AS IT EXISTS AT THE MOMENT. And be ever on the lookout for changes of the spirit.

Changes of the spirit are a process and will continue until you return to The Universal Consciousness.

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

Bye, Waith, and thank you!



This Manuscript is an edited version of the Waith Class of April 10, 1999.

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WAITH . . .

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