

*Waith Institute for Spiritual Leadership*



**GUIDED ENLIGHTENMENT  
SELF STUDY**

**Search for Self  
Foundation**

**Information Given Interdimensionally By  
*Waith***

THROUGH  
*Mushiba*

A PUBLICATION OF  
*Terra Lux Press*  
Second Edition  
2009



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## INFORMATION TO KNOW BEFORE STUDYING

### FORMATTING STYLE

#### LEARNING COMPONENTS OF EACH CHAPTER

1. Chapter Topic ~ Information given by Waith.
2. EVALUATE MY UNDERSTANDING OF THIS chapter ~ Questions on key points meant to guide you in determining your level of understanding.

#### WIDE MARGINS

Each page is designed with margins wide enough to write in your comments or questions ~ or simply, to record your personal reflections.

#### FONT STYLES

Within this book you will see three different font styles that reflect the following ~

1. *Waith's words appear in this font style (Maiandra GD) and the color black or purple. If one from his Spirit Group speaks, that energy will be identified by name (Jenjura, Francis, Teetee, Jacques, Boopsie or Farena).*
2. **Questions and responses from those in the class appear in this font style (Arial), size (10 point bold) and the color blue gray.**
3. **✳ Indicates multiple responses from class members.**
4. The words written by Terra Lux appear in this font style (Arial) and the color black or purple.

#### WORDS IN PARENTHESES

Parenthetical remarks are given to help clarify comments made by Waith or others. You will also see the symbol ☺ that indicates Waith is speaking in a lighthearted way or the participants are responding in a lighthearted manner to remarks made by Waith or others in the class.

#### ILLUSTRATIONS

Waith occasionally draws pictures to highlight points he is making. The illustrations in this book are the original drawings made by Waith, who lightheartedly admits to his less than artistic skills!

The Document ~

**TERMS AND EXPRESSIONS  
USED BY  
WAITH AND TERRA LUX**

is available on the Terra Lux website ([terralux.org](http://terralux.org)) as a PDF document.



## INFORMATION TO KNOW BEFORE STUDYING

### WHO IS WAITH

*Waith* is an Archangel who has been speaking through Mushiba since 1987. (Note: Waith often uses the universal **We** instead of **I**.)

*I come from a very high energy layer, or dimension, known as The Angelic Kingdom. This kingdom is one of service and designated to serve as Protectors, Warriors and Messengers.*

Waith describes The Angelic Protectors as those who are assigned to energy forms and are responsible for them during their journey outside The Universal Consciousness ~ often referred to as The One. The Angelic Warriors are trained to help in the battle between the light and dark and The Angelic Messengers give information and guidance. Angelics are trained for one, two or all three areas.

*I am trained in all three service areas. I am an Archangel and a High Commander of The Protectors, The Warriors and The Messengers.*

Waith is here to help us understand the abstract and concrete of our lives. He counsels the importance for Self to live the experiences of the earth plane and to understand the higher order of the spiritual realm that enables Self to have the concrete experience.

Waith refers to his definitive guidance as the SEARCH FOR SELF. He concentrates on six specific concepts and their applications for Gaining Self Awareness through Focusing. Assisting Waith in the SEARCH FOR SELF information are six entities, who are in spirit with him in what he calls his SPIRIT GROUP, and who also speak through Mushiba. The SEARCH FOR SELF topics and the Spirit Group members assigned are ~

Jenjura ~ Webbing Effect  
Francis ~ Community of Self

Teetee ~ Group Balancing  
Jacques ~ Healing of Self

Boopsie ~ Gender Harmony  
Farena ~ Lightheartedness

*The SEARCH FOR SELF information comes from The Angelic Realm and is tapped into the highest levels of The Universal Consciousness. It is long term guidance for the growth of Self as it is connected to The Universal Consciousness. Our counsel is not intended to be a quick fix for earth plane problems. Our information is meant to help you respond to opportunities for vibrational advancement and spiritual growth.*

Waith is also here to help prepare us for *The New Illusion*, his frame of reference for the time after the shifting of the Earth's axis.

*The earth plane is a training ground with a specific purpose and an established set of plays that we call ILLUSIONS. These illusions are placed into a Portfolio of Illusions played out in a specific time on the earth plane. The earth plane is preparing for the transition into a new illusion. The commonly used wording now on the plane is THE SHIFT OF THE EARTH'S AXIS. The Shift is not going to be the end ~ it is simply a transition from one concreteness to another concreteness.*

## INFORMATION TO KNOW BEFORE STUDYING

### PERSONALITY PROFILE OF WAITH

Waith loves to banter and encourages interaction with those gathered for his meetings. He is serious about his mission and lighthearted about himself ~ and very irreverent. Here is an interaction between Waith and a class participant ~

**When we incarnate, do we carry the same personality? So, even though we have some stage to act out on for each lifetime, do we basically have the same personality beneath all of the lifetimes?**

*The short answer to that is yes, no and maybe! 😊 Generally speaking, the personality will change given whatever the life happens to be, as planned prior to entry onto the earth plane and may encompass a series of lifetimes. In a series of lifetimes there is a consistent personality and the personality, itself, is a lesson to be learned. You can take on the learning of different personalities from one incarnation to another. A series of lifetimes enables you to more deeply develop particular personality traits ~ and personality, thus, develops an ego.*

*There are situations where, from one lifetime to another, the personality changes. What does not change is the essence of Self ~ this is at the Soul level. So the Soul of Self remains true to itself and stores the different personalities that it has developed. Thus, you may take on a series of lifetimes where your personality traits are emphasized and then merged into your Soul memories, ready to be called upon when needed.*



#### **WHAT FOLLOWS ARE DESCRIPTIONS OF WAITH'S PERSONALITY AS PERCEIVED BY THOSE WHO HAVE BEEN IN HIS GATHERINGS ~**



- ⚙ **Waith is a wise and loving energy, which I think forms the basis of his personality expression.**
- ⚙ **He has a strong personality, loves to talk and often speaks in very long sentences that have no periods at the end. He can babble with the best of them and, yet, can be very concise and infuriatingly short with his answers!**
- ⚙ **Waith can be serious, playful and challenging, prodding us to go within for our own answers. He can express surprise. He's curious, respectful, loving, kind and gentle.**
- ⚙ **Waith is an experienced, patient teacher. His voice carries an air of great wisdom giving me the impression that he's quite serious. Actually, he has a great sense of humor ~ it's just that people often don't see it because they are concentrating on the serious nature of a given discussion.**

#### **WAITH SUMMARIZES THE QUESTION OF PERSONALITY IN THIS WAY ~**

*The goal is to blend and merge those personalities so that all of the dimensions of Self are harmonious. At that point, it is time to return to The Universal Consciousness.*

## INFORMATION TO KNOW BEFORE STUDYING

### WHAT IS THE COMMUNITY OF TERRA LUX (Earth Light)

*The Community of Terra Lux* serves as a Center of Spiritual Awareness and, along with Waith, is here to be of service, give guidance in developing spiritual leadership skills and provide educational tools to those who seek help in finding their balance.

The Mission of Terra Lux is to disseminate information for growth, share spiritual knowledge, help raise the vibration, consciousness and sense of balance of those who seek us, and give light when requested. Our Mission is highlighted by the ~

#### **Guidelines for Growth**

given by Waith

*Respect Self*

*Love Self*

*Respect Others*

*Love Others*

*Be of Service to Self*

*Be of Service to Others*

*Be Joyful*

*Be serious*

*Be Single of Purpose*

*Be Unified in Purpose*

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The Community of Terra Lux, Inc. is a 501(c)(3) nonprofit, all volunteer organization and serves as the earth plane headquarters of the Waith Institute for Spiritual Leadership and the Terra Lux Press. The connection among these three entities is best expressed this way ~

**Terra Lux** is the community ~ a group of spiritual beings who come together seeking to live balanced lives. We meet in person and via the cyber world.

**Waith Institute for Spiritual Leadership** presents Waith, and the six in his Spirit Group, in public sessions, classes, workshops, seminars and retreats as well as private discussions with any who would request.

**Terra Lux Press** produces and publishes the concrete support material for Terra Lux and the Waith Institute for Spiritual Leadership.

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Terra Lux was formed in 1986 by Mushiba and Abalma, who are twin energies. Assisting them in the initial stages of growth were Buema, Elijah, Garrett and Limer. Garrett and Limer have left the earth plane and still provide guidance from the dimension in which they each reside.

Terra Lux operates within the Fluidity of the Community of Terra Lux, a Model of Community Operation given by Waith that focuses on three circles of energy flow ~ Service, Spiritual Education and Spiritual Leadership. The Fluidity of the Community of Terra Lux is fostered by The Metagers ~ Ariana, Barjan, Berick, Buema, Elijah and Solara ~ who, with Mushiba, respond to both the concrete and abstract needs of the Community of Terra Lux.



## INFORMATION TO KNOW BEFORE STUDYING

### WHAT IS THE WAITH INSTITUTE FOR SPIRITUAL LEADERSHIP

The *Waith Institute for Spiritual Leadership* (*WISL*) is a Center of Spiritual Development created to serve as the concrete, formal and organized guidance manifestation for the information that is given by Waith through Mushiba. *WISL* presents Waith, and the six in his Spirit Group, through public sessions that include classes, workshops and seminars as well as private discussions with Waith for any who would request.

Waith, from the beginning of speaking through Mushiba, has had a deliberate plan of information dissemination that he refers to as the SEARCH FOR SELF. He has given a substantial amount of information that has been electronically recorded, transcribed and edited. This information is available on the Terra Lux website ([terralux.org](http://terralux.org)) under *Waith Teachings*.

This book, *SEARCH FOR SELF ~ FOUNDATION*, is the first in the Guided Enlightenment Self Study series and allows you to study independently within your own time frame. It presents a flow of information meant to serve as a written guide to the concepts Waith has presented during his first phase and thus far during his second phase.



**The topic for each chapter in this book is a condensed version of a larger discussion given by Waith. This digest version is designed to help you understand the flow of Waith's information and familiarize you with his terms and expressions.**



Additional books in the Guided Enlightenment Self Study series are being developed and will be periodically released on the Terra Lux website ([terralux.org](http://terralux.org)).

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### WHAT IS THE TERRA LUX PRESS

The *Terra Lux Press* produces and publishes the concrete support material for the Community of Terra Lux and the Waith Institute for Spiritual Leadership and includes the following ~

Waith Teachings ~ housing all the published Waith Transcripts.  
Private Sessions with Waith ~ availability to speak personally with Waith.  
Tools for Gaining Self Awareness ~ concrete assistance for Gaining Self Awareness.  
Music by Barjan ~ exclusive distributor of *SPIRIT SONG*.

**For questions, comments or concerns,  
go to the COMMENT POSTING PAGE  
for the *Search for Self ~ Foundation*  
on the Terra Lux Website or email us at ~  
[contact@terralux.org](mailto:contact@terralux.org)**

## INFORMATION TO KNOW BEFORE STUDYING



Gentle Reader ~

You are about to embark on your own personalized journey within Self ~ with guidance from Waith. And remember ~ Spirit is with you as you read and grow.

Gaining Self Awareness through Focusing is the thread that runs through your SEARCH FOR SELF. Below is a Focusing Tool for Gaining Self Awareness that was given by Waith that may guide and assist you in finding your internal direction ~ something that is within each of us.

Now it is time to JUMP!



*quiet myself*

*breathe in and out slowly in a way that is comfortable*

*envision bright white light surrounding me*

*allow quiet drifting thoughts from myself*

*relax*



***IT IS AS SIMPLE AS THAT!***



(A FAVORITE STATEMENT BY WAITH)



***JUMPING INTO THE NEVERENDING CIRCLE OF SELF ...***



***PERSONAL REFLECTIONS***

# Chapter One

## GUIDELINES FOR GROWTH



*The Guidelines for Growth serves as our statement of purpose and the umbrella of the SEARCH FOR SELF, which is our definitive guidance mechanism.*

*Our guidance is about bringing balance between abstract and concrete. We are here to help you to understand the spiritual precepts of your own path ~ how you can apply those precepts and the tools by which you can apply them ~ and how you can analyze what you have done.*

### LEARNING GOALS

Understanding the importance of the Guidelines for Growth.

Identifying the Guidelines for Growth that are important in my life.

***The Guidelines for Growth is the Essence of Waith's Message ...***

### GUIDELINES FOR GROWTH

*Respect Self*

*Love Self*

*Respect Others*

*Love Others*

*Be of Service to Self*

*Be of Service to Others*

*Be Joyful*

*Be Serious*

*Be Single of Purpose*

*Be Unified in Purpose*

CHAPTER ONE  
GUIDELINES FOR GROWTH

*When we first gave The Guidelines, someone referred to them as, Waith's Commandments, to which we replied that we did not intend for The Guidelines to be referred to in that way because commandments imply, "You must do this!" Our Guidelines for Growth, however, indicate a much more fluid responsibility within Self.*

*The Guidelines are meant to be a tool for balancing, for in its very outline it is Self and it is others. It is the great balance and the line that each of you has within Self for your own balance. This is what the SEARCH FOR SELF is about ~ to find that line and to move that line as you increase in your own awareness because of the discovery within Self.*



*The Guidelines for Growth is a process ~  
each of the items listed is not mutually exclusive.  
It has no beginning, it has no end  
and, yet, it must begin somewhere.  
Where does it begin?*

⚙️ It begins with me because I had to read the list. 😊

⚙️ Inwardly ~ in some other level of Self.

*It is the paradox of the concrete and the abstract ~ where does it begin? Did it begin in the abstract dimension and come into the concrete dimension or did it begin in the concrete and feed back into the abstract? The answer is yes! 😊*

*We bring this out initially because many people would say, "Where does it begin?" It would seem logical that it begins at the beginning, which is the first line item ~ Respect Self. Is that necessarily true? Is that the beginning?*

**Everything is simultaneous and everything is individual so there can be no beginning and end.**

*Yes, for we are discussing a circle. So, where do you begin if you are in a circle?*

**Anywhere!**

*So that means, then, that you might begin simply by being joyful?*

**One can't be without the other, so it is simultaneous.**

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GUIDELINES FOR GROWTH

*So, you are being everything at the same time?*

If I was speaking to someone in a concrete manner and they asked, “Where should I start?” I could say, “Start somewhere, simply start!” On an abstract level I would say there is no beginning and no end ~ once again the two sides of it.

*At the concrete, you want to have a beginning ~ to be able to say, “Of course, we start with Respect Self,” and then everything else works from it ~ from a linear standpoint. At the same time, you are dealing with the nonlinear and this is the search within Self ~ to understand linear and nonlinear.*

*You live in a very small portion of your own energy ~  
and that is linear.  
Most of your energy is nonlinear.*



*You have manifested in this dimension of Self with The Mass Consciousness ~ and with others who have manifested in this dimension of Self that is concrete. You have all bought the same line, if you will ~ you all agree that there is a beginning and an end in this dimension. No other dimension of Self, as it relates to this dimension, is linear.*

*RESPECT SELF is a powerful statement. You have brought into this concrete dimension of Self, awarenesses from your other dimensions of Self that are nonlinear that have already been involved in all of those activities that are listed in The Guidelines ~ the simultaneous component.*

*Think of it as if it were a Ferris Wheel that is moving around and it comes to the point where you need to get off. It brings you to the docking point, if you will ~ you are still in a circle and you have been experiencing the movement around and around and it is time now to get off, and out of, the circle.*

*The point, in the concrete, that you get off the nonlinear circle is Respect Self. That is why we have given the Guidelines for Growth in the way that we have ~ a beginning and an end and yet a circle. This means, then, that you begin with Respect Self as you exist in this concrete, linear dimension, and that is what you must balance ~ linear and nonlinear.*

**CHAPTER ONE**  
**GUIDELINES FOR GROWTH**

*Following that particular thought process, then, you find yourself at the next point, which is what?*

**Love!**

*Yes, Love Self. Respecting and loving Self are the two critical components to keep this wheel going ~ nothing else can happen to accelerate this nonlinear wheel without your understanding of respecting Self and loving Self and your attempts to go within Self to bring respect and love of Self.*



***You cannot Respect Others and Love Others  
to any greater degree than you Respect Self and Love Self.  
You cannot give to others to any greater degree  
than what you have within Self.***

*Does that mean that you must work only on respecting Self and loving Self before you can Love Others and Respect Others and Be of Service to Self and Be of Service to Others?*

**When I first saw The Guidelines, I chose BE OF SERVICE TO SELF and BE OF SERVICE TO OTHERS to work on and then I was able to begin to feel more respect of Self when I was being of service to Self and others.**

*You had already developed a degree of respect and love of Self that enabled you to go into what we would call a FURTHER ALONG THE LINE COMPONENT of The Guidelines. Then it was a feedback mechanism so you began to Respect Self and Love Self more because of what you had done in service to others.*

*Many people will interpret The Guidelines as meaning that they cannot work on anything else except Respect Self since that is the first component. Oftentimes people will become stuck within their own growth because they think they have to achieve whatever it is that they determine is the level that they will Respect Self, before they can begin to Respect Others.*

*This is a way in which many entities behave. However, it can be self defeating if you think you must achieve a certain level of respect of Self in order to have succeeded.*

*Each infinitesimal movement is growth and success, even if that movement ~ and hear us well here ~ is backward.*



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**GUIDELINES FOR GROWTH**

*Whatever you do, whatever movement, is growth and success ~ even if you move back in your understandings, for moving back in your awarenesses means that you simply reflect ~ you grow as a result of reflecting and moving back.*

*There is no such thing as not growing ~ it is an imposition that Self places onto Self ~ some standard that is measured externally rather than internally.*

*Everything that you each do is a way in which you develop respect of Self. The dark would want you to believe otherwise and would say, "Oh, you've been bad ~ look at those thoughts you're having ~ look at that behavior ~ you've said something unkind about somebody ~ you've regressed."*

*The abstract of all of this can be a bit overwhelming ~ what does it mean to Respect Self ~ what does it mean to Love Self ~ and how are those two different from each other? Our response is ...*

**RESPECT can be considered NON EMOTIONAL.**  
**LOVE can be considered EMOTIONAL.**



*Love, as defined on the earth plane, is very emotional. Respect, as defined on the earth plane, is non emotional ~ it indicates that there is a very definitive line that has been acknowledged by the entity who says, "I'll allow this ~ I'll not allow this ~ your behavior is disrespectful ~ your behavior is respectful."*

*The emotion of love comes from the non emotion of respect. Respect is an attitude you have for Self and the world in which Self exists. Out of respect comes love ~ you cannot have any greater degree of love for Self than you have for respect of Self.*

**If you Respect Self, you then Love Self.**



*You cannot have love without respect, for love is the working instrument that comes from respect. You can, however, have respect without love.*

*Emotion can become part of it if love is involved with the interaction. If there is someone who you are interacting with and you are trying to achieve a level of respect, the love ~ therefore the emotion ~ may enter into it.*

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**GUIDELINES FOR GROWTH**

*Love tempers respect. The respect, in some cases, can be very hardened, if you will. When someone says that they Respect Self and they will not allow such and such a behavior by others because they respect themselves, they may be looked at as jaded, as you might call it on the plane. It is the love of Self that brings in the tempering ~ it softens for there is, then, the love of others.*

*As you attempt to Respect Self, you may say, "You'll learn what it means to Respect Self from my example ~ I'll not allow you to do this." Or, you may reach a point where the love says, "I understand this person is working on respecting Self ~ perhaps my understanding of myself has a greater awareness than this other person and it's up to me to help that person in their path toward respecting Self." So love enters in and tempers respect.*



***Love and respect feed on each other  
and give fuel to the circle.***

*We deliberately begin the Guidelines for Growth with Respect Self because it is the most critical and predominate issue with which most entities find themselves dealing.*

*We have given to you the fuel that keeps the wheel moving. Let us look at these other line items. What are the next two?*

**Be of Service to Self and Be of Service to Others.**

*You need to Be of Service to Self first, which then allows you to Be of Service to Others. Service, however, brings in issues of assistance as well as abuse ~ or imposing on another.*

*There are many entities who more than gladly will let you take on their issue ~ no imposition involved at all. However, if you simply take on an issue of another, you are imposing upon Self and you are imposing upon another ~ double imposition. And it is this arena in which most entities find themselves so entrenched. (Note: Please see Chapter Eight to read more of Waith's discussion on Service.)*

*After the service component, what are the next two components?*

**Be Joyful and Be Serious.**

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*Sometimes an entity will find their entire life is spent completely in joyful activities ~ others will find their entire life is serious ~ this is part of the path.*

*For those who have taken on a path of complete joy filled or complete serious filled, they are working through extremes.*

***The ultimate goal is to be balanced and  
to have an understanding of how  
the two ~ joyful and serious ~ come together and  
to have both in one's existence.***



*Perhaps in this entire lifetime an entity has jumped into this neverending circle and said, "I must work on the issues of being serious." It may, in fact, be for a series of lifetimes ~ it could be five or ten lifetimes that have been plotted out in which the thread is being serious. Another series of lifetimes, five or ten, may have been about being joyful ~ and then it will be time to look at another component.*

*In the meantime, that entity who perhaps is concentrating on being serious is living with another entity ~ whether in the family grouping, in the work grouping or in general ~ who is attempting to Be of Service to Self or Be of Service to Others ~ and that is their concentration.*

*So it is important you understand that the Guidelines for Growth does not follow a hierarchical order. The Guidelines is given in linear form so those who are first exposed to the concept can see that these are GUIDELINES for living a spiritual life. It does not mean that you must start at Respect Self and if you do not accomplish that, then you might say, "Oh, my goodness, I'm not getting through the other components, so I'm a failure!"*

*It does not matter what any entity is working on ~ all that matters is the understanding that everyone is working within the flow of a neverending circle.*

*We come now to the final two components of The Guidelines ~ and be careful of the wording.*

**Be Single of Purpose and Be Unified in Purpose.**

**CHAPTER ONE**  
**GUIDELINES FOR GROWTH**

*Be Single OF Purpose and Be Unified IN Purpose ~ there is a difference in those two little words ~ OF and IN.*

*You are an individual ~ you have a purpose ~ it is OF you and you alone.*

*Unified IN Purpose means that there are others who have the same purpose ~ they are in it together.*

*There are many groupings that come together, supposedly unified, and they are not, for their purpose is not unified ~ they are not unified IN their purpose. They may come together from this single OF purpose and not translate it into a group being unified IN purpose.*

*Until an entity can play in those arenas harmoniously, there is the difficulty of the purpose. The Mass Consciousness has been created for this experience that you all have in the current concrete. There is unification in purpose that is The Mass Consciousness and it is the goal of each of you to find your place back into that unification through your own individual purpose and then the coming together.*

*This is much easier said than done. Why is there such a difficulty for many entities to connect to The Universal Consciousness during their focusings? The answer to that question can come from the guidance we give in the SEARCH FOR SELF ~ we are here to help you and give you tools to connect to The Universal Consciousness through Self.*

*The access to information in The Universal Consciousness that we, as Angelics have, is available to everyone ~ it is simply an ability that many entities have not developed.*



***There is nothing mystical about the ability  
to access information at high levels.***

*It is part of the journey and part of the reason that we have the Guidelines for Growth as the mission of the SEARCH FOR SELF ~ to ultimately bring you back in connection with The Universal Consciousness.*

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GUIDELINES FOR GROWTH**

*You ARE able to connect to The Mass Consciousness ~ for at abstract your very highest levels of Self are connected.*

*Once you are able to connect to The Mass Consciousness, think of what that will do to the circle that you are in ~ in the abstract. Think of the Guidelines for Growth as linear. You can make a circle by linking the beginning and the end ~ you are Unified in Purpose. What does that connect to?*

**Respect Self.**

*Yes, and this is where the circle ~ at abstract ~ is created. It is the concrete that must find the path back through Self and those levels of Self that will not give up the information, for any number of reasons ~ that is part of the SEARCH FOR SELF.*

*Respect everything  
for everything that is concrete is spiritual  
and thus  
EVERYTHING IS SPIRITUAL.*



**CONCLUDING REMARKS FOR THIS CHAPTER**

*The Guidelines for Growth is a tool and a spiritual precept to be used to help you find balance between the abstract and concrete and between Self and others. This search for balance takes on significance as we continue our journey into a discussion of the Earth Plane Connection ~ what the earth plane is and why you are here.*



*The Guidelines for Growth is about  
spiritual living in a physical world  
by spiritual beings living spiritual lives.*



**Reference:** Waith Workshops:  
October 5, 2000.  
November 2, 2000.  
December 7, 2000.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. Am I able to list and explain the Guidelines for Growth?
  
2. Do I understand the difference between Respect Self and Love Self as Waith has explained it? Does my understanding differ from that of Waith? How?
  
3. Do I demonstrate respect of Self and love of Self? Are there ways in which I would like to demonstrate more respect of Self and love of Self? How?
  
4. Am I working on any particular issue(s) in this lifetime relating to any of the specific Guidelines for Growth? List my personal examples, concerns and/or questions.
  
5. Can I identify the Guidelines for Growth that are of greatest importance to me at this point in my life?



For questions, comments or concerns,  
go to the COMMENT POSTING PAGE  
for the *Search for Self ~ Foundation*  
on the Terra Lux Website ([terralux.org](http://terralux.org))  
or email us at ~ [contact@terralux.org](mailto:contact@terralux.org)

## Chapter Two

### EARTH PLANE CONNECTION



*Our topic, EARTH PLANE CONNECTION, will show the association that the earth plane has to the overall scheme of The Universal Consciousness. The earth plane is only one of millions and millions of dimensions that exist.*

*There is much more at work here than simply your experiences on the earth plane, and most definitely more than your experiences in the human encasement, for there are thousands of encasements that exist from dimension to dimension. The earth plane is, however, one of the most difficult training grounds and one that provides accelerated growth and accelerated learning of spiritual concepts and principles.*

#### Why have we come here and for what are we training?

*You have come to learn lessons in a very accelerated manner so that you may then take what you have learned and be of service to others who would need your guidance. The Universe presents significant numbers of opportunities for service. The Angelic Kingdom, for example, is an opportunity to be of service. Guide School is an opportunity to be of service.*

***Before you can return to The One,  
you must have given service.***



*Simply to have learned your lessons does not enable you to return to The One. It means that you have learned what you need in order to be of the ultimate service. Once that is completed, then you can be considered for return to The One.*

#### Why do we choose to leave The One?

*Boredom! 😊 When there is no beginning and no end, you must do something with all this time! You all decide to leave The One at various points. Energy likes a challenge, and when there is nothing to do except just hang out, as you might call it, you get bored.*

#### LEARNING GOALS

Explaining the meaning of the Earth Plane Connection.

Understanding meaning of The New Illusion.

## CHAPTER TWO EARTH PLANE CONNECTION

*On the earth plane you can learn love and how to become nonjudgemental. You learn about Self and as a result, grow vibrationally ~ you learn your lessons.*

*You cannot learn your lessons in only one life. Learning your lessons is a process by which you learn something in one life and learn something in another life and it carries on.*

*Before you begin your sojourn on the earth plane, you select from what we refer to as The Menu, which is a portfolio of lessons that you would like to learn.*

*There are some entities who choose a great number of lessons to be learned, and others who may select only one and decide that their time on the earth plane will be very limited in its lesson learning.*

*You have, therefore, much flexibility in your own destiny on the earth plane. When you are at The Menu, you are given much guidance. You each have an Angelic Protector who is assigned to you immediately upon your separation from The One. This Protector is with you during your selection time, as well as specific Spirit Guides who are trained in assisting in menu selection so as to help you in making your choices.*

*There are some entities who may decide to choose one item from The Menu in an attempt to try out the earth plane, to see if it is something they want to commit greater lesson learning to. Others may jump right in, with guidance from those who have been trained to help in that area. Thus, what you find on the earth plane are entities who have CHOSEN to come.*



***You have chosen to come onto the earth plane ~  
you have not been forced.***

*As you work with other entities, know that they, too, have specifically selected the earth plane ~ and that it indicates a certain degree of commitment to learning.*

*On the plane, each of you has taken on varying degrees of difficulty ~ or a percentage of lesson learning.*



## CHAPTER TWO EARTH PLANE CONNECTION

*One entity may have, perhaps, taken ten or twenty lessons to be learned and another may have taken on only one or two. Thus, you have what we call, levels of awareness that exist on the plane.*

*For example, there are those who would want to fight back when attacked. And, there are those who would say, “No, there must be another way to settle our disagreement ~ we don’t want to fight ~ we want to try something else.”*

*This is the ultimate battle between what we call, as your frame of reference, the light and the dark. However, it is much too simplistic to say it is the battle between the light and the dark. It is the battle that exists among levels of understanding. Know that each entity has its own point on the path, and it is not for you to judge.*

***Be concerned with Self’s path and not the path of another.***



*Recognize and acknowledge that each has made a commitment to learning on the earth plane and once you come onto the plane and see the illusion from the illusion itself ~ living within the illusion rather than outside of the illusion ~ then there are constant changes, and this is done at spirit level.*

*You finish your earth plane sojourn when your total number of lessons has been learned. This means that The Menu you created has been completely absorbed. Your vibration, then, is no longer of a compatibility with the earth plane encasement, and it will then change and become vibrationally acceptable to other training ground encasements.*

**Is this the only training ground with humans?**

*The earth plane training ground provides this form of encasement. However, we must qualify that by saying that other training grounds, while having different looking encasements, have the same vibrational acceptance as the encasement in which you find yourself now.*

*There are some training grounds in which, when not on the earth plane, you can easily go to, for the encasement that is on that training ground readily accepts the vibration you have.*

## CHAPTER TWO EARTH PLANE CONNECTION

*While you are committed to one training ground, such as the earth plane, you have a number of other training grounds available to you ~ not all of them, however.*

*On the earth plane time is real, and thus it must be dealt with. It is too easy to say, "Oh, what is time?" That is a most philosophical question, or metaphysical, as you would call it on the plane. You are on the plane.*

*You are in an illusion, and part of the illusion is time. You, therefore, adhere to it, even though in other dimensions, time takes on a different perspective and, indeed, does not exist.*

*You finish your earth plane sojourn when your total number of lessons has been learned. This means that The Menu you created has been completely absorbed. Your vibration, then, is no longer of a compatibility with the earth plane encasement, and it will then change and become vibrationally acceptable to other training ground encasements.*

*At particular times on the earth plane there occurs a cleansing of the old and a presentation of the new. This situation is occurring now and we refer to it as The New Illusion. Just as you would cleanse yourself, for whatever the reason ~ you are feeling an illness or you simply need to clean out some old energy to make room for new energy ~ so, too, does the Earth.*

*The many dimensions of Earth are now filtering through into the concrete and are cleaning themselves. Once that is completed, the new energy is ready. The way in which an illusion closes and opens relates entirely to energy.*

*In order for a new illusion to come into place, everything at the end of an illusion goes into an exaggerated form. What appears, however, to be an exaggeration of darkness is not ~ it is simply an exaggeration of energy that will no longer be able to function within the Earth's new vibration. The Earth is getting rid of all that is creating blockages for its own energy.*

*An illusion change is all part of the grand plan and not to be considered a negative. The end of an illusion presents wonderful opportunities for the light to truly come into its own and place into the memory banks of the Soul the spreading of light.*

## CHAPTER TWO EARTH PLANE CONNECTION

*At the beginning of The New Illusion there will be a harmony where the truth that each energy has for Self is respected by others, who in turn will have their truth respected. The Universe is simply taking its course as it needs to.*

*The electromagnetic field of the planet is in control of its own energy, just as each of you is in control of your own energy. And if your encasement is ill, you are able to cleanse it for you have power and control over your own electromagnetic field.*

***The way in which an illusion closes and opens relates entirely to energy.***



*The concept of Manifestation is very popular on the earth plane now where many say, "Simply manifest it." This statement is not really accurate and brings about a misunderstanding about manifestation. To completely understand manifestation you need to recognize that it has a balancing dimension to it.*

*Understand first that manifestation is a physical interpretation of a spiritual tenet ~ a spiritual belief ~ and like everything else that comes from the spirit into a physical form, it can be abused, and it is, therefore, a lesson.*

*Manifestation simply means the earth plane ability to bring into physical form that which is a spirit form. Many think manifestation means bringing in money and the ability to acquire possessions. Manifestation is only one very small part of a greater spiritual scheme of illusions on the earth plane.*

*Each of you creates your own illusion within the greater illusion that is maintained on the earth plane by The Universal Consciousness. The land, the trees, the buildings ~ indeed, your own physical encasements ~ are illusions that all energies have determined to believe in while being on the earth plane.*

*The illusion is a contract made with The Universal Consciousness, for if there is not the acceptance of the illusion you are in, there is no way in which you may learn your lessons. The illusion, which is the physical aspect of the spirit, allows for the scenario.*

*Once you move out of The One, you have vibrational fields ~ your Soul, Higher Self and Concrete Self.*

## CHAPTER TWO EARTH PLANE CONNECTION

*The Soul is the library ~ this is how you would best think of it. The Higher Self is the library card that allows you to take a book out of the library ~ your Soul ~ and the Conscious Self is the result of reading the book. In order to gain access to the library, you need a library card. Each of you has an automatic capability of gaining access to your Soul's information. It is, however, a condition of being on the earth plane that at the conscious level, you think you do not have that capability.*

*While on the earth plane, there will be issues of dependency, for part of the earth plane condition is to work through the issues of addiction. When you are free of dependency, it means that you are back in The One. Thus, as with all issues played out on the earth plane, it is an accelerated ground of training for lessons of dependency.*

*Dependency exists in all training grounds, be it the earth plane or any of the others, be they spirit or in concrete, as you would know concrete. There is a sense, then, on the earth plane, that you must free yourself from dependency, which is the ultimate goal, of course, of all energy, for it is without dependency that you are then allowed back into The One.*

*To be dependent, or addicted, means that you are developing a strength of inner Self, and that as you work through your issue of dependency, you grow within Self, becoming less and less dependent ~ or addicted ~ to those items that are external to Self.*

*You each are at varying points in your path of growth on the earth plane, and, therefore, have varying levels of addiction. Remember that the earth plane itself is an addiction. ☺ Thus, each of you, while incarnated on the earth plane, will have a relativity of addiction to the ENERGY OF ADDICTION OF THE EARTH PLANE. Thus, to be on the plane means you have plugged into a particular energy of dependency, necessary ~ as you have determined by your planning for your path ~ to be critical to your own development.*



***The earth plane is a training ground of disharmony.  
Our guidance over the years  
has concentrated on entities finding  
harmony within the disharmony.***

CHAPTER TWO  
EARTH PLANE CONNECTION

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have discussed how you have chosen to come into this lifetime at the end of an illusion in order to undergo an acceleration of the learning of your lessons. The intensity of the issues that you take on can become difficult. It is of critical importance, then, to learn about Lightheartedness and how to balance that with seriousness. Thus, our next discussion is about what we refer to as Playtime on the Earth Plane.*



*Carry on with the light.*



**References:**

Waith Public Sessions: 1992 (excerpts taken from various sessions during the year).  
Waith Special Topic Session: November 3, 2001.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. What does Waith mean by the *Earth Plane Connection*?
2. How would I explain what Waith means by The New Illusion?
3. What does it mean to me to find harmony within the disharmony?
4. How were the issues I am working on chosen and who was involved in the selection?
5. Can I identify some of The Menu items I have selected?



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## Chapter Three

### PLAYTIME ON THE EARTH PLANE

*It is time to lighten up, loved ones ~ to learn of the balance between the spiritual heaviness and the spiritual lightness in the SEARCH FOR SELF.*

*Many on the plane feel that play is something that should not be part of their behavior. They say, "We must get to the seriousness of the spiritual mission." They think they must be serious and always looking for and analyzing the reasons why everything happens.*

***Often, there is no reason to know the reason.***

*We concentrate on playtime and Lightheartedness so as to give you perspectives on how to keep lighthearted.*

***We use the symbolism of a TOY BOX in our efforts to lend a base of lightness.***

*The Toy Box represents the composite of all the lessons you each have chosen to take on for your earth plane sojourn, not just for one particular life ~ and certainly not all of them for one life, for it is an array that you have chosen.*

*As a child you go to the box that contains all your toys and take out one and play with it a bit. You place it back in, take out another toy and play with it. And, some of your toys have greater attachment to you than other toys.*

*These toys are examples of the lessons that you take on. You determine certain percentages of the lesson you will have on the earth plane, in general, and then, specifically, in a particular life.*

#### LEARNING GOALS

Understanding the importance of having Lightheartedness.

Understanding the concept of the Toy Box and having favorite toys.

**CHAPTER THREE**  
**PLAYTIME ON THE EARTH PLANE**

*You may take the issue of patience and say, “I will only try to achieve five percent of what I need to learn about patience on the earth plane ~ the other ninety five percent I will learn on other training grounds.” And with the issue of truth, you say, “I will try to learn twenty five percent on the earth plane and the other seventy five percent on some other training ground.” Thus, when it comes time to play with patience and truth, which one do you think you might play with more?*

**The one with the biggest percentage ~ truth.**

*Yes! When you come onto the plane, you decide, along with your Angelic Protector and your Spirit Guides, on a priority of favorite toys. Once on the plane, you play, for you are in a production and acting out your role.*



***In each lifetime you have one very favorite toy  
that you hold dear to your heart ~  
it is the one lesson that you have given  
the dominant percentage to undertake  
in that particular lifetime.  
In another lifetime,  
another toy becomes your favorite.***

*The humor in all of this comes in recognizing what your favorite toy is and in recognizing that you do, indeed, show preference to this toy ~ that is why you play with it so much.*

*If you are playing with patience in this lifetime as your favorite toy, then you can be certain that because you want to play with patience all the time, patience will present itself in many different opportunities all the time. It only makes sense ~ you want to play with it.*

**Or the lack of patience! ☺**

*Yes! And the more that you do not have patience, the more that you want it, and the more scenarios that you would ask to be set up so that patience can become yours, can be truly a part of your path. View it in humor, view it as playing and say, “Oh, of course, this is my favorite toy!”*

*We understand how much easier it is to talk about being lighthearted than it is to actually be it.*



CHAPTER THREE  
PLAYTIME ON THE EARTH PLANE

*The discussion is very easy and much more difficult to activate.  
However, it is most important to fluffy up Self.*

*And, speaking of fluffing up Self, Farena will now enter to add  
to our discussion of Playtime on the Earth Plane. She is one of the  
six who works with us in our Spirit Group and is responsible for  
the component of Lightheartedness in the SEARCH FOR SELF. Enjoy!*

**Farena:** *Hi! Hi! Fluffy, fluffy, fluffy to all of you!*

(Note: There is much group laughter and chatter as Farena goes around to people and greets them.)

*I have a poem for you!*



### *Harmony*

*Harmony means to be happy ~ to be free  
Harmony means that we have let go  
Harmony means we are love – we can hug ~ we can fluff!  
Harmony means we are balanced ~ we can laugh  
Harmony means we can fluffy our aura and play!!  
Harmony means we can swish ~ we have learned our lessons ~  
we have passed the test ~ and we can dance!  
Harmony means that we touch another with our love  
Harmony means we take the sense of Self  
from the Heart Center and send it out!  
Harmony means tip toe ~ tip toe ~ and say hello  
Harmony is freedom ~ balance!  
Harmony is development of our wings  
Harmony is achievable by all ~ simply let go  
That is how we learn lessons ~ we let go!*

(Note: Everyone applauds and thanks Farena.)

*Be lighthearted and fluffy!! Waith will return now. Bye!*

**Bye and thanks Farena!** (Note: There is much group laughter and chatter.)

**Waith:** *The poem by Farena is a good tool for you to use as a  
concrete reminder of the importance of staying lighthearted.*



**CHAPTER THREE**  
**PLAYTIME ON THE EARTH PLANE**

*As you are able to keep yourself lighthearted, it becomes your responsibility to teach that to others. As you learn, so then must you teach ~ and, as you teach, so, too, do you learn.*

*It would be very easy to say, “That person isn’t playing the way I think they should be playing ~ they should be lighthearted ~ they should do more ~ laugh more ~ they’re not playing enough.” Be most careful of looking at another through your own eyes and thinking that they, too, have taken on all that you have taken on in exactly the same pattern. This is simply not the case.*

*Look at another only in terms of an understanding that they have a toy box and that they, just as you, have in this lifetime a favorite toy.*



***Playtime is a spiritual activity and,  
therefore, you have permission to play.***

*Most on the plane have difficulty in giving themselves permission to play, for they feel it would take away from the greater mission.*



***Play is a mission ~  
play is part of balancing and must be given attention.***

*There is the fine line that all walk on the earth plane. Know that this is all illusion and because you are on the plane you must play in the illusion ~ you must live the illusion and feel the emotion that goes with this illusion. So, on the one hand you believe it completely, for you must. And on the other hand, you believe nothing, for it is not real.*

**So the bottom line is that no matter what conflicts we have in our life, don’t take them too seriously.**

*It is much like a coin ~ it has two sides. You must, indeed, take what you do seriously while not taking Self seriously. Simply look at all you do and know that it must be done, and at the same time, laugh about it, for it is the joy and the laughter that helps to break the tension of the seriousness without taking away from the intention of learning and growing.*

**CHAPTER THREE**  
**PLAYTIME ON THE EARTH PLANE**

*Remember, we have said that life on the plane is one of imbalance. Once you balance, The Universe says, "We'll let you stay balanced for x amount of time." It could be a year, a week, a day, a nanosecond, ☺ and then it is time to work on something else or at a higher level of that particular issue that you just balanced.*

*All who are out of The One are in a constant state of imbalance. Think of yourself on a teeter totter. The fun is in moving up and down and trying to reach the leveling point. Once you are at that point, there is no longer a challenge. The fun is in the moving up and down ~ so you begin playing again.*

*You work to gain the balance between lightness and seriousness, and once that thread melds, it is time to return to The One ~ be absorbed ~ get bored ~ come back out, with new little tasks. ☺*

***The opportunities are presented continually  
to be lighthearted and to look into Self for play.***



**Can we actually work on our physiological makeup in order to ease it into more lightness?**

*Often an entity comes into an incarnation to be very serious for the entire lifetime. Thus, if you find yourself so very, very serious, this is perhaps your mission.*

*Know that you have points in your mission where change occurs. You plan, prior to entry, to be working on a particular issue. Once a certain point is reached in the resolution of that issue, it will be time to either place it on the back burner or incorporate it with another issue ~ or change completely.*

*You may say, for example, "For the first thirty years in this life, I will be very serious ~ this will be my concentration, at which point I will begin to change and put that issue aside and work on another issue."*

*You have control over your entire destiny ~ that which you have determined to be your path. There is nothing external to any of you that would control your destiny ~ unless, of course, you give that up to an external source.*

CHAPTER THREE  
PLAYTIME ON THE EARTH PLANE

*You will encounter many entities who are at different points in their own balancing of lightness and seriousness ~ and this is where you need to be careful.*

*Be cautious of allowing another entity to interfere with your own sense of balancing. Do not let another impose upon you, just as you would not impose upon another.*

*Be careful of another saying to you, “You work too much ~ you should play more ~ you should take a vacation.” To one entity the work they do may be the balance ~ it may be their vacation. It is a double edged sword ~ being imposed upon and imposing.*

**Do Spirit Guides and Angelic Protectors have the same issues with lightness?**

*Oh, indeed, yes.*

**So would I, as a serious person, get a grumpy Spirit Guide? 😊**

*You could.*



***Spirit Guides are assigned to help in whatever the issue happens to be in one incarnation or a series of incarnations.***

*If you need to have, as you call it, a grumpy Spirit Guide to help you work through a particular issue, so be it.*

*Understand that your Spirit Guides are not arbitrarily assigned to you ~ you choose them. You say to the leaders of Guide School, “This is what I need to learn.”*

*Thus, you will say, “I need to have the learning of seriousness in the next ten incarnations on the earth plane, and in order to achieve the percentage of learning that I have determined on the earth plane, I need to exaggerate and need two lifetimes where I am very, very serious.”*

*So, if you have a grumpy guide, it is your own fault! 😊*

**Can we trade them in? 😊**

**CHAPTER THREE**  
**PLAYTIME ON THE EARTH PLANE**

*Yes, you may ~ this is entirely your decision. It happens more as the rule than the exception.*

*As your own energy changes,  
so does your need for guidance change ~  
and the interconnection of other energies  
to be of service to you changes.*



*It is most appropriate to have a continual changing of energies around Self that responds to whatever your vibration happens to be at that point in time.*

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have discussed that play is a spiritual activity and that energies may choose to experience a lifetime ~ or cycle of lifetimes ~ of exaggerated Lightheadedness or seriousness. We elaborate next on what we refer to as the Cycle of Lesson Learning, a cyclical pattern to the learning of your lessons.*



*Playtime is a spiritual activity and  
is meant to help in the balancing of the Soul.*



**Reference:** Waith Public Sessions: 1993 (excerpts taken from various sessions during the year).

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. According to Waith, why is it important to incorporate Lightheartedness into my life and how is this achieved?
2. How have I achieved Lightheartedness? Describe.
3. Am I able to identify my favorite toy as well as my other toys in The Toy Box?
4. Did I play today? How so? Did I enjoy it? Did I not enjoy it? Why?
5. How can I balance seriousness and Lightheartedness within Self?



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## Chapter Four

### CYCLE OF LESSON LEARNING



*The learning of your lessons occurs in phases within a flow that we call the Cycle of Lesson Learning.*

***Every lesson you take on goes through phases that make up a cycle and in actuality is a circle.***

*The lesson must fulfill various components. Each component may take a number of lifetimes to complete. You are not able to skip around in this Cycle ~ and you must complete one phase before you are able to go into the next phase.*

*When you take on a lesson, a particular role on the plane is usually the way in which the lesson is acted out. You may take on the lesson of learning tolerance or patience.*

*Each of these lessons is a major lesson that breaks into a series of lessons within the lesson, for if an entity were to attempt to take on the total lesson of, let us say, tolerance, in one lifetime, it would be far too overwhelming. (Note: See Waith's discussion of Percentages of Lesson Learning in Chapter Three.) Thus, the roles are taken on as segments of the total lesson.*

*There is a certain parameter that is determined at your Soul level when you decide to take on a lesson, as to what degree you will take on for the learning of that lesson. Thus, YOU determine what percentage or degree you will have in learning a lesson.*

***Lessons are not completely learned on the earth plane ~ only portions of a lesson.***



*We describe, now, the four phases ...*

***PHASE ONE*** means that you take on the lesson without any assistance from other energies ~ you must start the learning of a lesson without help.

*When Phase One has been completed ~ and for some it could be a very few lifetimes and for others it could take many hundreds of lifetimes ~ you are then ready to move into the next phase.*

#### LEARNING GOALS

Understanding the Cycle of Lesson Learning.

The reasons why understanding the Cycle of Lesson Learning is important for Self.

**CHAPTER FOUR**  
**CYCLE OF LESSON LEARNING**

*PHASE TWO is learning that same lesson and now with help. You will receive assistance from many, many sources.*

*Once you have gone through the learning in Phase Two, you then must take this lesson into the next phase.*

*PHASE THREE is meant for you to help another learn that lesson you have been learning. You would be helping another who is in Phase Two. You have lessons to learn by helping others to learn the lesson ~ thus you begin to take on the role of teaching and learning.*

*Once you have finished this phase of helping another to learn their lesson, you move into the final phase.*

*PHASE FOUR is you helping to help one who is helping another. Thus, you are helping someone who is in Phase Three to help someone in Phase Two.*

*When you have completed Phase Four, you will be released from the learning of that lesson.*



***It is of no concern to any of you  
what another is here to learn ~  
only what YOU are here to learn is of importance.***

*You do not know who any other entity happens to be and what phase of The Cycle they are in. You may have a sense of being in a particular phase of the lesson. The purpose of focusing ~ often called MEDITATION ~ is to assist you in gaining that information ~ this is THE SEARCH FOR SELF.*

*Gaining this information can make it easier to realize that you are, perhaps, still in Phase One of a particular lesson, and that is why everything seems so difficult and seems that no one understands or is assisting you. It is necessary for you to go through that phase.*

*You may see another who appears to be going through the same kinds of issues and they are receiving help from all around, and you think that there is inequity and you say, "Why is that person receiving so much help and I receive none?" It is necessary, my loved ones, for, eventually, you will be in that phase where you will receive help. It is only in understanding what it feels like to NOT receive help that you then will be able to give help.*



## CHAPTER FOUR CYCLE OF LESSON LEARNING

*And in learning how to give help, eventually you will be able to help another to help another, for it does not come easy to help another if you have not been helped.*

*It is a marvelous cycle. You can be at various points in the learning of your lessons in any one incarnation, so you may be in one phase for one lesson and another phase for another lesson, all within the same incarnation. It makes for great fun!*

**We see people who appear to sail through life and everything is happy and others who have great difficulties. This information you have given might help us.**

*Yes, and remember that each entity determines what their journey will be.*

***In a particular incarnation  
an entity may come in to simply work  
on ONE phase of ONE lesson, period ~  
there is no other lesson, no other phase.***



*An entity may be in Phase One and it is a very difficult time for them or, they may be in Phase Four and all appears to be smooth.*

**If an entity is taking on, for example, five lessons, and he or she is in Phase One of those five lessons, wow, what an overwhelming lifetime that must be!**

*It could be ~ it is the entity's choice. We attempt to guide and direct ~ we cannot impose, only assist.*

*If an entity were to ask us, "What do you think if I take five lessons and I'm in Phase One," our response would be to not encourage that. However, depending upon the entity and the strength of that entity, it may be quite appropriate.*

### CONCLUDING REMARKS FOR THIS CHAPTER

*We have outlined the cyclical pattern of the learning of lessons. It is time now to continue our journey and move into a discussion of the one lesson that all energies must take on ~ Patience.*



***All lessons are not completely learned only on the earth plane.***



**Reference:** Waith Public Session: April 17, 1990.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. Why is it important for me to have an understanding of the Cycle of Lesson Learning?
2. How can that understanding be of practical benefit to me in this life?
3. Am I able to identify and explain the phases of the Cycle of Lesson Learning?
4. Make a list (as long as I want) of some examples of lesson learning.
5. On this list circle any I feel I am working on in this lifetime, and include a phase of where I think I might be in this particular lesson.



## Chapter Five

### PATIENCE



*Popular for discussion is the Topic of Patience ~ perhaps because patience is the one issue that all entities must face when coming out of The One.*

*You may take on various percentages of patience that would differ from one entity to another. However, each entity ~ even an Angelic ~ must deal with the issue of patience. Patience transcends gender ~ transcends points of awareness ~ transcends everything.*

*There is no entity outside of The Universal Consciousness who can claim that they have achieved perfect patience.*

***Your level of awareness is directly connected to your ability to work on your degree of patience.***



*What we have just said is an important point that applies to ALL learning, and not only to lessons of patience. THE DEGREE OF YOUR OWN AWARENESS DETERMINES YOUR ABILITY TO LEARN. How many of you are impatient with those who have a different level of awareness than you? Every hand should be raised! ☺*

**I thought it was just me. ☺**

*It is every entity. It is all right to be impatient ~ to know that it will happen. Does that then give you the right to be impatient? No, it does not and, thus, it is not all right to say, "It's all right to be impatient ~ therefore, I'll be impatient." By saying or thinking that, you allow the negativity to enter in.*

*It is expected that tests will be given and that you will meet those tests. You must not assume an arrogance that says, "Waith said it's all right to be impatient, and therefore, I am, and too bad for you!" ☺*

*Patience is directly connected to respect. We go back to the first Guideline for Growth ~ Respect Self.*

#### LEARNING GOALS

Understanding the concept of patience.

Evaluating my own level of patience.

**CHAPTER FIVE**  
**PATIENCE**

*The more that you develop respect of Self, the more patient you become. And, the more patient that you become, the more you develop respect of Self. Everything moves in a circle and connects ~ everything has a purpose ~ and is part of the SEARCH FOR SELF.*

*We can give you guidance about seeking patience. However, you each must feel a comfort within Self for your own level of patience.*

*One entity may have more patience than another has ~ and, indeed, that is the set up on the earth plane and within The Universe. Do not compare yourself and say, "Oh, I must be as patient as that other person who is so saintly and patient!"*

*While a person may have achieved a certain level of patience, you can trust that they have other issues that are, perhaps, at a lower level of understanding than you. Not everyone has high levels of understanding in everything.*

*Let us talk about the situations where you must deal with your patience.*

**Sometimes I am patient with one person about a particular topic and impatient about the same topic with another person. Does this have something to do with the difference in the awareness level of two people trying to resolve an issue?**

*What you bring out in your question is the essence of the issue of patience on the earth plane. Remember that you each are balancing with other energy forms. You may have much to balance with one entity and less with another.*



***Patience, in and of itself, does not exist in a vacuum ~  
patience is tested by its interaction with others.***

*Patience has been brought in as one of those catalysts. You talk about a particular subject with one entity and there is the issue of patience ~ for it has been specifically brought in to help in the balancing between the two of you.*

*You can take the same topic with another entity where there is harmony between you, or you have a lower level of balancing than you did with the other entity.*

## CHAPTER FIVE PATIENCE

*The same topic is easily discussed ~ there is no impatience. You listen to the other's opinion ~ you value it. You say, "Ah, yes, I understand exactly what you have to say." Whereas, to the other entity you might say, "What do you know?"*

*The earth plane is simply the training ground of balance and that is what patience relates to.*

*Knowing the concept is a start ~ knowing how to apply that when you meet someone you are impatient with is a more difficult situation. Oftentimes, it becomes situational as to how to deal with a particular entity.*

***Patience is generally part of the underlying issue  
you face when it comes to dealing  
with another energy form.***



*The energy form need not be human ~ it could be The Plant Kingdom and you say, "Why aren't you growing faster, plant!?" It may be that the energy in that plant is one with whom you have some balancing ~ for the plant right next to it is just fine and you are petting the plant and are very happy saying, "Oh, what a nice plant!" And you are shaking the other plant saying, "Why aren't you growing faster ~ why aren't you doing this or doing that?" 😊*

***You can be going along feeling quite good about  
how patient you are and then  
you meet someone and a little button is pushed!***



*Suddenly, you find yourself with the feeling of not having patience with this person. They say something and you snap back at them or you say, "Oh! What do you know ~ you don't know what you're talking about." And all this time you had been thinking how patient you were and saying, "Oh, I've really fine tuned my levels of patience!"*

*This is a typical game that is played by entities ~ as soon as you say, "I've done it ~ I'm perfect now when it comes to patience ~ I've really worked hard at this, too, and I deserve feeling good about being patient."*

**CHAPTER FIVE**  
**PATIENCE**

*The Universe says, "Well, that may very well be, so we will test you ~ we will send someone who can test your patience."*

*Sometimes you pass the test ~ sometimes you do not pass the test. Each time you pass the test, however, the ante goes up in terms of being tested.*



***The Angelics are tested on a regular basis for patience.  
No energy escapes it,  
regardless of where they are and  
their levels of understanding.***

*You are all subject to periodic testing and you can be certain there will always be an energy who will test your patience.*

*You may perceive, at Soul level, that there is an energy with whom you have something to balance. Or, you may not have anything to balance with a particular energy. However, The Universe can present any illusion to keep you on your toes, if you will.*

**How does unconditional love connect with Patience?**

*Unconditional love and patience work in conjunction with each other. They are, shall we say, foes of each other in terms of lesson learning ~ and they are deliberately set up.*

*As you begin to learn unconditional love, your patience becomes much greater ~ and as you become more patient, you become more easily able to give unconditional love.*

*We have said that it all begins with Respect Self and Respect Others ~ and Love Self and Love Others ~ our Guidelines for Growth. Patience is an underpinning of that and, therefore, as you become more unconditional in your love, you become more patient.*

*However, you must cross that line before you can achieve the level of patience you are working on.*

**How do we connect patience with tolerance? I feel that we can basically replace one word with the other. If we are not patient, we are not tolerant.**

**CHAPTER FIVE  
PATIENCE**

*The difference between tolerance and patience can be a fine line ~ however, there is a difference. Sometimes they are used synonymously, and that is incorrect. They are of equal importance in terms of eventually learning respect of Self ~ for each of the lessons that you take on are deemed appropriate to learn respect of Self so that everything else follows.*

***You can be patient, and not tolerant.  
You cannot be tolerant without being patient ~  
that information we will give you.  
Now it is up to you to seek the fine line.***



**CONCLUDING REMARKS FOR THIS CHAPTER**

*We stated at the beginning of our discussion that your level of awareness is directly connected to your ability to work on patience. We will continue now by expanding upon the concept of awareness ~ specifically, Gaining Self Awareness.*



***Be patient with yourselves  
~ first and foremost ~  
be patient with yourselves.***



**Reference:** Waith Special Topic Session: May 4, 1997.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. How am I working on my lesson of patience?
2. What types of issues make me feel most impatient?
3. How can I apply Waith's words on patience to my life situation?
4. Do I feel that I need to have more patience in certain situations? If so, why? How can I use the information from Waith to help me in these situations?
5. What is my understanding of the difference between patience and tolerance?



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## Chapter Six

### GAINING SELF AWARENESS

*Meditation, it seems to many people on the plane, is some mystical, difficult, unachievable activity that they see Zen Buddhist Monks performing, sitting in a cross legged position, arms and hands in a particular position, sitting straight and chanting with candles. Because of this perception, many entities say, "I can't meditate."*



*We refer to meditation as **SELF AWARENESS** and the process is referred to as **GAINING SELF AWARENESS THROUGH FOCUSING**.*

*There is nothing mysterious about Gaining Self Awareness ~ it is simply the **FINDING OF ANSWERS FROM WITHIN SELF**.*

*My loved ones, you are Gaining Self Awareness every moment of your existence. Whether you are sleeping or moving about, you are becoming more Self aware because that is the way you receive your answers and how to respond to your world.*

*There is not one movement that you make ~ not one word you speak ~ that does not come from Self.*

*The question is, "How do I Gain Self Awareness?" That is the journey within Self, my loved ones, and the **SEARCH FOR SELF**.*

*Changing the word **MEDITATION** to **SELF AWARENESS** is a major shifting and one that will carry through into The New Illusion. The energy in The New Illusion will be one of understanding Self and it will be very natural, this **SEARCH FOR SELF**, because in The New Illusion there is the lesson being taken on of interdimensional travel and interdimensional communication. You already do this.*

#### LEARNING GOALS

Understanding the concepts of Self Awareness and Gaining Self Awareness through Focusing.

Explaining the importance of having conflicts within Self.

**CHAPTER SIX**  
**GAINING SELF AWARENESS**

*When you speak, the words are from another dimension of Self. It is not the concrete ~ the concrete is, as you might call it, the puppet of Self.*



***It is impossible to not have Self Awareness.***

*Consciousness exists in everything. Self Awareness exists in everything ~ maybe not to the same standard for humans. Certainly as you sit on the sofa, the chair, the carpet, there is Self Awareness ~ the energy that is encased has a consciousness.*

*Steel, stone, glass ~ everything has consciousness and is Self aware. Whatever an energy decides to take on as an encasement, the nature of that encasement has its own parameters of Self Awareness and lessons to be learned.*

*As a human, you have parameters for Self Awareness and life that is not understood by other forms of encasements that have different Self Awareness parameters.*

*As you become more Self aware, you become accepting of the Self Awareness of other encasements ~ and, while you may not understand, you become accepting. You do not need to understand in order to accept. These are issues of judgement.*



***Learn to understand Self and you will learn to accept others ~ and it will happen very naturally.***

*Gaining Self Awareness through Focusing is in two basic ways ...*

- \* **INFORMAL FOCUSING**, whereby you are simply living your life and you hear information from Self regularly and sometimes without even realizing it and ...
- \* **FORMAL FOCUSING**, which many people call meditation. This is a conscious and deliberate journey within Self for answers. Formal Focusing can take on two forms ...
  - ⚙ **UNDEFINED FORMAL FOCUSING**, where you go into your Higher Self without any particular purpose or goal. You need to do that periodically so that you will come back with information that you can use for the second type ...
  - ⚙ **DEFINED FORMAL FOCUSING**, in which you seek specific information and would ask Self specific questions.

**CHAPTER SIX**  
**GAINING SELF AWARENESS**

*We have given many such informal and formal Tools for Gaining Self Awareness through Focusing and we will continue to do so.*

*Respect the focusing tools that others use for Gaining Self Awareness and they will respect your tools for Gaining Self Awareness. And, if they do not, so be it. The more Self aware you become, the more you understand that others may not show respect.*

*Trust Self for WHAT you hear and WHEN you hear it ~ when you are driving, walking, drawing pictures, dancing, bathing. When you least expect it, a thought form comes in.*

*Self Awareness means you are dealing with all the dimensions of Self ~ both the light of Self and the dark of Self.*

*Self Awareness means to reflect on what you did ~ send it back through Self ~ evaluate it and have it come back again. It is Self doing it ~ there is nothing external doing it. The Universe helps by sending opportunities for Self to understand Self. And The Universe will keep sending and sending and sending until Self says, "Enough!" Trust in Self for Self's own Self Awareness.*

***The only way that you see the light  
is by coming out of the dark.***



*It is quite simple and it is quite complex. In its complexity it is simple ~ for the facing of Self is simple. Take the courage within to say to Self, "I will face you now, Self." Once you have done that, it becomes easy.*

*It is all about having a little conference with Self. Focusing tools can enable you to have that conversation within Self ~ that is what it is about ~ bringing Self into Self at a conference table and saying, "Okay, let's talk."*

*To Gain Self Awareness does not mean that you have to use formal focusing tools to find answers within Self. You are doing it right now as you are thinking.*

*Thinking means that you are within Self and it is in the learning of lessons and the testing of those lessons that increases the levels of awareness that, then, increase Self Awareness.*

CHAPTER SIX  
GAINING SELF AWARENESS



*As you learn more, there is more to learn ~  
it is a process ~ a cycle ~ and it is neverending.  
There is no right way to do anything ~  
it is your way to do it.*

*Formal focusing is a tool for Gaining Self Awareness ~ and it gives you the ability to hear Self talk. Whether that discussion is peaceful or not is entirely up to Self! ☺ ☺ If your higher levels of Self are not especially happy and peaceful, then that means the answers that you are going to hear from other levels of Self will be reflected. Higher Self has a personality and what happens when personality enters into a situation?*

**The ego can take over!**

*Yes, and ego is a good thing unless you misuse it. Ego is an important component for the development of strength within Self. You need ego to develop strength within Self and once that strength within Self begins to develop, you will be tested for using that strength to be of service to The Universe.*

**How do we distinguish between our level of Self that is ego and the level of Self that is higher consciousness?**

*All levels of Self have ego. Ego exists outside of The Universal Consciousness. It cannot NOT exist ~ it is inherent in being outside of The One. The only time that ego does not exist is upon return to The Universal Consciousness.*

*When you go within Self to hear Self Talk, what do you think might happen?*

**We can have conflict.**

*Yes, there is generally conflict with Self ~ which is a good thing.*



***Ego is a good thing.  
Ego is something that is constantly being tested  
for abuse or non abuse.***

*The conflict within Self comes because the different layers of Self ~ and there are infinitesimal layers of Self ~ all have their little egos. They go to each other and say, “No, I want to do it my way!” ~ “No, I want to do it my way!” ~ “No, listen to me, I’m higher than you!” ☺ These issues are within Self.*

**CHAPTER SIX**  
**GAINING SELF AWARENESS**

*It is the bringing together in harmony of the ego that is the challenge within Self. It brings the ultimate respect of Self and ultimately respect of Others.*

***Conflict, if used correctly, is good  
for it enables you to look at an issue  
and determine how to smooth it ~ how to resolve it.  
The only way that Self comes to resolution within Self  
is by facing the conflicts.***



*The more you bring your ego components into harmony within an inherently disharmonious environment, the more you are able to strengthen ~ and the more, then, you Respect Self.*

*When you are attempting to hear answers, to talk within Self, you are ultimately trying to connect to The Universal Consciousness. That is the easy part for it is the concept.*

*How to implement this concept is the fun part, for all you are trying to do is hear yourself talk. Each of you generally likes to do that. Yes? ☺*

**I generally don't listen when I talk.**

*And that is part of the conflict. ☺ While we would bring humor to your response, it is, indeed, part of the conflict. You want to go to Higher Self, ask questions and hear answers. So often your response is, "Don't tell me that answer ~ I don't want to hear that ~ I want ANOTHER answer." ☺*

*You might say, "I can't do a formal focusing." You cannot because you are not ready to hear the answers ~ and that is all right. You cannot focus because, while you hear yourself talking all the time, you simply do not listen.*

*Whenever you have a problem to solve, you have all the answers that want to flood in. Conscious Self might say, "No!" Or, you will hear something and say, "That's my imagination, that's silly and that won't work."*

*Thus, you discount what you are hearing by saying, "That can't be right, that's not what I want to hear, tell me something else, and when you finally get it right, then I'll listen." ☺*

CHAPTER SIX  
GAINING SELF AWARENESS



*A basic precept of The Universe is that  
you receive what you NEED  
and not necessarily what you WANT.*

*Oftentimes, you are WANT ORIENTED and say, "That's not what I asked for ~ I asked for a Mercedes Benz and I didn't get one and instead I got roller skates." The Universe determined that what you needed was transportation to move from one spot to another and roller skates would do it.*

*If each entity would hear and accept the NEED being satisfied rather than the WANT, the flow would become much easier.*

*The main complaint people have about formal focusing is, "I didn't hear anything ~ I fell asleep ~ I didn't talk ~ I didn't listen ~ I didn't get any information." Well, at a concrete level you may feel that way for you perhaps have not fully developed your abilities to listen.*

*You are multileveled as Self. When you return from a formal focusing, the first thing that you think about is what you were bringing back with you.*

*Do not think that thought forms are your imagination and discount them as something to ignore. Rather, every thought form that comes into your head has an origin and needs to be given attention. This is where creativity comes in.*

*Each of you is creative ~ some of you recognize your own creativity and act on the thoughts that come into your head. Some of you shove them away saying, "Oh, that's silly, that would never work." You start to evaluate your own sense of creativity before you allow it to come in.*

*Gaining Self Awareness is the way you can find your own creativity. And it is in that creativity that you find your answers and can free yourself from the mundane earth plane issue. You might think, "Oh, what does this have as meaning?" Do not discount it.*

*Go back within Self to learn more ~ are you fearful ~ are you not fearful ~ what other concerns ~ what other things in other lifetimes have brought about the fact that your Higher Self is giving you a little red flag about a particular topic?*

CHAPTER SIX  
GAINING SELF AWARENESS

*Do not discount anything that comes into your head ~  
especially when you are  
coming out of a formal focusing.*



*Be observant. Have paper and pencil with you because sometimes, as you are moving back into the concrete, there is a brief window where you have clarity of what went on during your formal focusing. That can go away immediately upon entering the concrete dimension, so quickly write it down.*

*When you are awakening from the sleep state, write down random thoughts that might occur. This is very critical to the tracking of your own answers from within Self. Your dreams have their own meaning for Self. When you come out of the dream state, it is the same concept as it is in a formal focusing. The dream state is an altered state ~ a form of formal focusing.*

*What has evolved over so many time frames on the earth plane since Atlantis is the misrepresentation of what Gaining Self Awareness through Focusing is about. Many say, "Oh, it's supposed to be this utopian state ~ I can't reach that utopian state, therefore there must be something wrong with me ~ I'm not spiritual enough!"*

***The fact that you exist means you are spiritual.***



*There is not one energy out of The Universal Consciousness that is not spiritual. Every path is spiritual and every energy form is spiritual. You are equal ~ energy wise ~ to the carpet, the plants, the sofa, a blade of grass. All energy is equal.*

*You are all spiritual beings experiencing concreteness ~ whether it is as a human or whether it is as the carpet upon which you sit or walk ~ or the food that you consume. It is energy that is encased ~ and it is having an experience.*

*What do you think that means, what we have just said? Ah, my love, you are thinking, "No, don't call on me, Waith, please, no, don't call on me! No, no!" 😊😊*

**I can't repeat it as you have given.**

*Give us what we gave you ~ in your own words.*

**That's the problem because I didn't listen very well!**

**CHAPTER SIX**  
**GAINING SELF AWARENESS**

*You see, a highlight! If you do not listen to the pearls of wisdom from an Angelic, you certainly are not going to listen to Self. You said, "I wasn't listening." What were you doing?*

**I was concentrating. I think you were talking about different encasements all having an experience and having consciousness. And we are all spiritual beings out of The Universal Consciousness. I got that one too! 😊**

*You did hear more than you realized, which is actually part of what we emphasize. 😊 You hear more than you realize. You discount it unless you are challenged ~ just as we did with you. When you are within Self, you often are half listening. Challenge Self. You hear more than you realize.*



***You must begin to trust Self ~  
and that is the hardest part.***

*We can give you information, along with focusing tools. There are infinite focusing tools. The doing of it ultimately comes down to trusting Self ~ hearing the words that are coming from Self and the opening of Self. You can learn to hear Self talk by respecting everything that surrounds you, everything that makes up your environment ~ not just other people. The clothing you wear, your hair, your fingernails, the ribbon on a tree, is all encased energy.*

*Everything you come in contact with is ultimately Self. You are sitting on yourself as you sit on this carpet. The clothing that you wear is Self. The trees that surround you are Self. It brings in a much greater sense of Respect ~ for whatever you do to anything else, you do to Self.*

*The highest of power is The Universal Consciousness and you are each part of The Universal Consciousness. Remember ~ you are One and you are Separate. The way you can truly enhance the separateness is to remember the Oneness.*

*There is much more than the Concrete Self, Higher Self and Soul ~ there are infinite levels within Self. By relaxing, you are able to be in touch with a part of Self you may not have recognized.*

*How often do you take a moment in the day to just sit for two, three, four minutes in quietness ~ simply sitting, not doing anything and not having a reason for sitting?*



**CHAPTER SIX  
GAINING SELF AWARENESS**

*Most on the plane feel they cannot waste that time ~ they have too much to do! And by the end of the day if they try to do a formal focusing, there is too much stimuli.*

*Or to start the day with a formal focusing, they say, “No, no, there is too much to do.” They get out of bed, feet hitting the floor ~ gone.*

*Find the time to quiet Self ~ find the time for formal focusing.*

***Gaining Self Awareness is about quieting Self.***



**CONCLUDING REMARKS FOR THIS CHAPTER**

*There is much to know about Self. Our dissemination of information and all that you would learn formally through Terra Lux revolves around the SEARCH FOR SELF and understanding your own energy. Thus, in our next discussion, Energy Fluidity, we shall explore energy ~ what it is and how it flows.*

***It is critical that you find at least one point  
in the day to be quiet.  
There is much for you to investigate about Self ~  
it is the SEARCH FOR SELF.***



**References:**

Waith Workshop: January 17 and 24, 1999.  
Waith Special Topic Session: September 12, 2001.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

- 1. What thoughts come to mind when I think or hear the word MEDITATION? How does that compare to Waith's definition of Gaining Self Awareness?**
- 2. In what ways do I already focus within Self that I was not fully aware of until reading this chapter?**
- 3. Why are conflicts within Self important?**
- 4. Have I encountered difficulties in Gaining Self Awareness through Focusing? If so, how have I, or how can I, overcome them? Do I want to overcome them?**
- 5. What has Waith said in this chapter that I can utilize to assist me in my formal and informal focusings?**



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# Chapter Seven

## ENERGY FLUIDITY



Before reading ~ or studying ~ the information we have given on the Topic of Energy, you need to know our frame of reference, especially as it relates to the SEARCH FOR SELF.

We give you two shapes. (Note: Please see Illustration below.) The shape on the left is the current flow of energy, which has a tunnel structure and is often referred to as Chakras. And, the shape on the right is the new flow of energy ~ to come ~ which has a peanut shape and has, what we call, Energy Centers. There will be a new flow of energy in The New Illusion.

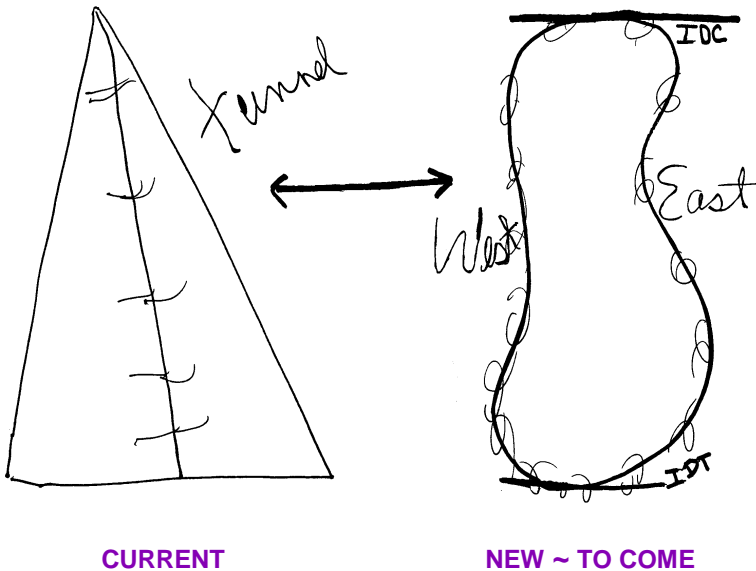
Chakras move up and down in a tunnel. The pyramid shape ~ the three points ~ are the parameters in which this tunnel operates ~ restrictive and specifically determined to be so for this particular illusion for this was the way it was set up. The flow is from North to South and South to North. This is the way the planet Earth currently exists on its axis ~ North to South.

### LEARNING GOALS

Understanding the basic meanings of energy.

Awareness of Energy Fluidity as it is now and as it will be in The New Illusion.

### ENERGY FLUIDITY SHAPES



CURRENT

NEW ~ TO COME

(NOTE: THIS ILLUSTRATION APPEARS AS IT WAS DRAWN BY WAITH.)

CHAPTER SEVEN  
ENERGY FLUIDITY

*We use the words Energy Centers to replace the word Chakras.*



***Energy Centers and Chakras mean the same  
in that they represent a flow of energy.  
Chakras represent the current flow of energy and  
Energy Centers represent the new flow of energy.***

*We will rarely use the word Chakras since we are not here to rehash the abundant information available on Chakras. Instead, we use the words Energy Centers since our emphasis is on the new energy flow.*

*One of the confusions on the earth plane now is the use of the word ENERGY. You might say, “you are an energy form” or “the flow of your energy” or “everything has energy.” To the uninitiated ~ and even to those who are initiated ~ that is confusing.*

*As we continue to give more information, energy will be defined in ways that we will unveil over time.*

*The basic component that all on the plane are dealing with now is a flux in energy ~ within Self and external to Self ~ and that which is the Earth as a physical, the Earth as an abstract, the Earth as an energy and all the layers of the Earth.*

*Energy Centers, then, is representative of the fluidity of the new energy that will begin with the planet itself as well as with all encased ~ not just human. All that is encased has a flow of energy ~ a bit different from kingdom to kingdom, nonetheless, a flow.*

*There is no top or bottom to the flow of energy in The New Illusion. However, we give frames of reference so you will understand that interdimensional communication and travel, as a learning mode, is the set up for The New Illusion.*

*We use the initials IDC and IDT (Note: Interdimensional Communication and Interdimensional Travel) for top and bottom as the frame of reference that communication is done at the head and travel is done with the feet. (Note: Please see the Illustration of Energy Shapes on page 47 and refer to the shape on the right.)*

**CHAPTER SEVEN  
ENERGY FLUIDITY**

*This flow of energy goes East to West and its Energy Centers are throughout ~ they flow completely around in this peanut shape.*

*Currently on the earth plane, there are some who have switched in their polarities to this new flow of energy. There are some who are still very much using, to their benefit, the current flow and there are many who are flip flopping ~ back and forth, just as the Earth is flip flopping on its axis as it prepares to move into its new flow of energy.*

*Each of you has a high level of understanding regarding energy. How can we say that?*

**We're living proof of it!**

*Indeed you are!! ☺*

**If I didn't know about energy, I would be dead!**

*Yes! You are all here ~ more or less. ☺ ☺ So you already are experts at energy and now you want to understand how to better work through the issues you brought in to learn.*

*As you live within Self you are able to live outside of Self. You live within Self, you experiment outside of Self. You bring back what you learned outside of Self into Self, mix up the equation a bit, bring it back out for testing, do something, reflect and say, "Oh, I liked that ~ oh, I didn't like that." You bring it back into Self, evaluate it, and bring it back out. This is energy ~ this is you!*

***Energy is fluid and  
energy moves all the time.  
Energy cannot be still, even when you think you are stalled  
in learning a lesson and think that your energy is blocked.  
Blockage is a movement.***



*Many might be thinking, "Oh, Waith, how can you make that kind of statement?" ☺ Blockage is a movement. If you want to know what that means, then sign up for the Certificate in Energy Fluidity! ☺*

**If the future is fluidity, what is the current state?**

CHAPTER SEVEN  
ENERGY FLUIDITY

*Fluid ~ as is the past. Time is an illusion ~ time is linear for the earth plane training ground. And, even in its linear form, it is still nonlinear and thus, it is simultaneous.*

*And, so, there is a past, a present and a future. And, indeed, many people attempt to bring that into some type of definitive moment along a scale ~ a beginning and an ending. In reality, it is completely fluid.*

*You are here, in this concreteness, and you are also everywhere else. It is not just the Angelics who can be in different places at the same time ~ it is no trick or something that has been given out as some type of gift or high end ability. It is the ability that all energy has ~ it is simply whether or not you have developed the skill or WANT to develop the skill.*

*Certain training grounds are meant to help you develop the skill of becoming more fluid and the earth plane is one such training ground.*



***The New Illusion will have a new definition of time ~  
it will be more fluid.***

*There will be a greater understanding of interdimensional travel and communication. The earth plane is set up to have linear time ~ The Mass Consciousness demands it of the earth plane because of the training ground rules.*

*You are all living simultaneously in the past, present and future and not just on the grander scale of things as yesterday, today and tomorrow as all together.*

*Think of this ~ as you are here right now, this nanosecond, you have moved into a nanosecond past, present, future. Energy exists ~ past, present and future ~ it is all the same, although from a linear perspective, it is not.*

*The current flow of energy is, by definition and design, very fixed and limited and does not take into account interdimensional travel and communication.*

*This current illusion was not designed to do a great deal of adventuring into interdimensional travel and communication as a normal process of living.*



*The New Illusion is set up for just that and therefore the flow of energy must be more conducive to flexible movement, which is what interdimensional is all about ~ very flexible.*

#### How fast does energy go?

*It actually moves in two different ways. It goes at the speed in which your own encased energy is moving ~ and that varies from individual to individual as well as within Self.*

*Your energy, then, moves within an energy flow outside of Self that may or may not be in the same harmony or at the same speed with which Self is flowing. Therein lay many of the challenges ~ Self is flowing, from an energy perspective, in a different way than the flow of energy external to Self.*

*This situation does happen a bit with the current flow of energy. However, because of the rigidity factor of the pyramid shape, it is not felt quite as much and the challenge is less than it will be in The New Illusion.*

#### Can an energy lose some of itself?

*Actually not, my love. You may feel that you have lost some of your energy ~ you have not for it is hiding or resting, perhaps.*

#### So, energy can't die?

*Energy does not die. Energy leaves an encasement and then goes into another encasement. You may not see that encasement for it is in another dimension. Energy does not die ~ however it can come back to haunt you!! 😊😊*

#### Will energy flow in a multidimensional way rather than in a linear way with the new shape?

*Energy will flow around ~ there will be no set entry points as there are now where you go into a particular Chakra ~ the middle Chakra and the crown Chakra being the two favorites. The new flow of energy will have ANY point as one of entry.*

CHAPTER SEVEN  
ENERGY FLUIDITY

When we come out of The One, there is only one, for lack of another word, mound of energy. As we evolve, does that energy grow or does it just kind of expand, keeping the same substance?

*Our basic response is ...*



***Energy does not expand ~ Energy ILLUMINATES.***

*As you learn, you become lighter and your energy illuminates more. It is the illumination of energy that creates the sense of expansion. This is a topic for advanced energy discussions.*

**Is energy everywhere?**

*Energy is everywhere! You are sitting on energy ~ you are wearing energy! Within your body are many different energies ~ your blood, your bones, your skin, your hair, your toenails.*

*The chair is an energy ~ you sit on energy now ~ it is being of service to you. All energy ~ Angelics, Humans, Animals, Minerals, Chairs ~ has consciousness ~ life that is different from kingdom to kingdom ~ nonetheless, consciousness.*

*Consciousness is about ability to learn. The chair, which encompasses many, many kingdoms of energy, has much to learn and much to give in service ~ different from what a human has to learn and be of service.*



***Energy is everything and everything is energy.  
Once you understand and accept that concept,  
a greater respect begins to develop.***



CHAPTER SEVEN  
ENERGY FLUIDITY

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have said that in understanding the flow of energy, all energy takes on encasements and has much to give in service. We extend our discussion now to one that explores how each of you responds to and brings balance to your own Call to Be of Service.*



*Learning about energy is about the  
flow of one's own being ~  
and how to live within Self.*



**References:**

Waith Workshop: January 21, 1998 and March 26, 1999.  
Waith Special Topic Session: October 10, 2001.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

- 1. What comes to mind when I think of the word ENERGY? How does my understanding differ or is similar to Waith's?**
- 2. Have I felt changes in my energy level? Identify one way I know when I am not flowing within Self and how I try to reestablish that flow of energy for Self.**
- 3. Describe the current flow of energy in this illusion and the shape in which it can be identified. What will be the new flow of energy and its shape in The New Illusion?**
- 4. As I look around my home, list as many energy forms as I can. Then circle the ones with which I feel a close affiliation or comfort.**
- 5. Reflect on, and write down, what TIME means to me.**



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## Chapter Eight

### CALL TO BE OF SERVICE



*The issue of service has become a one sided perspective ~ service as it would relate to the needs of the person giving the service, rather than the needs of those for whom the service is given. It is, however, the first step that you would take when focusing on your needs to respond to the Call to Be of Service and must be taken before you can truly begin to understand the requirement to Be of Service to Others.*

*As indicated in our Guidelines for Growth, you must Be of Service to Self, which then enables you to Be of Service to Others.*

***The amount of service that you can give to another is the degree to which you have given to Self.  
The fine line is drawn between being selfish and being selfless.***

*The greatest call that comes from The Universal Consciousness is that of being selfless ~ not thinking of Self first, and rather, thinking of others. However, the ability to not think of Self first while being of service to others requires that you are secure in your own identity of Self and have the ability to give of Self based on the satisfaction of your own needs.*

*There is a sense within Self that you must have achieved perfection within before you can give of Self to others ~ this is not correct. The correctness is that, as you achieve even an iota of understanding of service to Self, The Universe then expects you to give back.*

*It is in the holding back of the request from The Universe to be of service that so many areas of difficulty occur within an energy who is very deliberately blocking the hearing of the call to Be of Service to Others.*

*It becomes a difficult issue for many entities to give of Self for they fear they will be taken advantage of. That is the journey ~ that is the way in which the understanding comes of your own fine line between being selfish and selfless.*

#### LEARNING GOALS

Explaining what being of service means.

Understanding the concept of finding balance between selfishness and selflessness.



**CHAPTER EIGHT**  
**CALL TO BE OF SERVICE**

*As you feel that you are being abused by another ~ for they take advantage of you ~ you retreat within Self and you become selfish. However, unless you are taken advantage of by another, you will not know where your own fine line is between being of service to others and being of service to Self ~ selfish and selfless.*

*It comes back to the ever present situation of finding your own answers within Self ~ not what another would say to you is your line of service ~ rather what you feel is your line of service. This is the SEARCH FOR SELF. In order to find your line, you must stretch and place yourself into an arena of being of service to others to the point where you may, indeed, feel that you are being taken advantage of.*

*Keep pushing yourself to Be of Service to Others until you find that line ~ that point where you say, "Enough is enough ~ it's time now for me to retreat back into Self to evaluate how much I've progressed in my ability to Be of Service to Self."*

*As the tide that comes onto the shore moves forward, it moves back. And it moves forward again and it progresses, and it moves back. This attitude is what you need in your search for bringing greater strength and ability to Be of Service to Others.*

*For some, there is a very large space around them to Be of Service to Others for they have worked over many, many lifetimes. Others have a much smaller space to Be of Service to Others for they have not worked this particular issue in the same way as one who has a larger space.*

*What you might feel is an imposition on you by another ~ someone else may not feel that at all. They may have already experienced that level of service and it is integrated within Self so they are not feeling imposed upon. That individual would then have another point at which they would feel imposed upon. Thus it becomes important that you find your own point between selfless and selfish.*



***Selfish is not a bad word ~  
it is not a bad place to be from our perspective  
and from the perspective of The Universe.***

*The issue of selfishness and selflessness is not limited to just the human encasement ~ all energies are involved. Every encasement is of service.*

**CHAPTER EIGHT**  
**CALL TO BE OF SERVICE**

*You find, for example, that in the environment of Terra Lux there is a sense of comfort and harmony. The balancing of service is finely tuned so that you sit on a rug whose purpose is to be of service for the function that you find yourself utilizing. You do not hurt the rug when you sit or walk on it.*

**In order to be of service, how do we find our spot where we feel we are being of the best service?**

*You bring up a paradox. How do you know the way to find the need? Our response is that how you are able to identify where you need to be of service eventually becomes instinctive. Until you reach that point, simply jump in and say, “Oh that looks like something I could do.” Another situation would be where you would say to someone, “How can I help you?” They may say to you, “You can do this, this and this.” Or they may say, “You tell us how you can help us.”*

*Ultimately, the way to be of service is where you find what feels right for you ~ you find your spot.*

***By finding what is right for you,  
you are responding to the needs of another.  
That is where you begin to understand the connection.***



*Until you reach that point, you simply forge ahead. It is the only way that you will begin to know where your line is. An opportunity to be of service comes to you ~ jump in and start. Someone in that energy grouping may think, “Oh, I could take advantage of this person.”*

*Balancing then comes into place. Someone who is working on issues of power balancing, for example, might say, “She’s saying she wants to help ~ I’ll abuse her by taking advantage of her.”*

*As you are on your path, you are looking for that point at which you realize you are being taken advantage of. It may not be in this lifetime. You may go the entire life working within a grouping where they take advantage of you. Or you may say very quickly, “They’re taking advantage of me ~ I’ll stop this.”*

*Do not be concerned where your line is. Allow yourself to experience what is occurring and trust you will be guided.*

***Remember ~ you are not on this trip alone.***



**CHAPTER EIGHT**  
**CALL TO BE OF SERVICE**

*Everything that you do is with the help of your Spirit Guides and your Angelic Protectors and others around you at concrete. Someone may say to you, "Have you really thought about the implications of what you're doing?" And, it may create a red flag in you or at least a yellow one that says, "Perhaps I should step back a bit ~ I've had someone who I trust suggest that I rethink."*

*Remember that your journey is with many, many guides ~ both within the dimension that you exist ~ and interdimensionally. Be always ready to call upon them for that type of service, for they are being of service to you.*

**I have already been taken advantage of and it didn't matter to me, I still gave. Everyone berated me for it. However, I did it anyway. I learned from it and I think I would still do it again. As far as identifying what point I'm at, I don't seem to know if I'm there or not.**

*You never reach the final point of saturation of being of service to others. You find a point where you think your line is, learn from it if you have been taken advantage of and step back and say, "I've learned." The line is moved again, so that you journey to a new line and learn new ways in which to be of service.*

*You are correct in saying, "I would do it again," for everything that you do is the right thing to do. Even if you think you made the wrong choice, it was meant for you to have made that choice.*



***Everything that everyone experiences is the right choice ~ ultimately.***

*Often you have hundreds of choices for any single situation. You may not realize it at concrete ~ it is at a more abstract level. And, any one of those possible responses will be correct.*

*Some of those responses may detour you on your path ~ they may take you into a new path ~ in fact ~ a new journey.*

*Eventually you come back to the main path ~ whether it is the life in which the detour occurred ~ or hundreds of lifetimes later.*

*Who you are right now is the result of the decisions you made in the past and if you were to change any of those decisions, you would not be who you are now.*



***Who you are now is who you are supposed to be.***

**CHAPTER EIGHT**  
**CALL TO BE OF SERVICE**

*Being of service to others is a barometer that you have in terms of understanding your own sense of balance within Self. As you feel more comfortable being of service, it is an indicator that you are becoming more balanced.*

*As you do not place attachments to what you do for others, you become more and more harmonious within Self for a particular lifetime.*

*Trust in the fact that you are being presented ~ every moment of every instant of your existence ~ with opportunities to be of service. They may be small ~ you may not even recognize them.*

*Being of service to others does not mean some dramatic activity that you engage in and the whole world responds and says how wonderful you are, how altruistic you are. It is in the very simple, small things.*

***Being of service is being respectful to  
the surroundings in which you find yourself.***



*If you Respect Self enough, then you will recognize the need of another for respect at the same level. Then the degree of your own imposition upon another is tempered by your awareness of your own level of respect of Self.*

**There are perceptions and misconceptions about giving. It's a lot of pressure when people think we should be doing a certain thing, and we don't want to, necessarily.**

*It goes back to Self, where you are discerning and say, "It doesn't matter if the world says it's the right thing to do ~ I don't feel, for Self, that it's the right thing to do ~ there's something else that I feel is better as the right thing to do for me."*

*If everyone responded to only one right thing to do, then everything else would be neglected. Each energy has their own Menu of right things to do.*

*As you become more confident in Self and increase your levels of awareness within Self, it enables you to see levels of awareness that are still evolving ~ and from which you have evolved. You are able to see a level of understanding that another has that is different from yours, and you now understand and it gives you a greater ability to be of service.*

CHAPTER EIGHT  
CALL TO BE OF SERVICE

*The process is a circle. You begin the process when you initially come out of The Universal Consciousness.*



*You may not be aware that you have begun the process ~  
which is essentially the  
Guidelines for Growth.*

*However, once you go through the first cycle of the process, you are locked into it. That process becomes much like a snowball that, as you keep rolling it, it becomes bigger and bigger. You have gained greater strength and knowledge.*

*Your mass of understanding increases as you go through each cycle and roll it over and over again. You become a very big snowball. Suddenly you see another snowball coming down the hill. It has just started and is very small. It comes to you and you say, "I remember what it was like to be where you are ~ if you need me, I'm here for you."*

*This comes again to the issue of where do you impose and where do you not impose. You say, "I'm a big snowball now and I can help you if you so need it."*

*You have sent out to The Universe that you are ready to serve. The Universe knows this.*

*However, you can say, "I'm ready now to help this small snowball ~ don't get too close to the fire, little one," ☺ "and if we collaborate, we can become a unit ~ even though you're smaller than I am, it doesn't mean that we can't contribute something to each other's path ~ for here, jump up on top and I'll carry you a bit ~ and then we'll find another large snowball and form another unit ~ and you'll learn from us and we'll learn from you, for truly you have learned things in your path that are different ~ the snowflakes that you've picked up are different from the snowflakes that we've picked up."*

**Sometimes I find I can't forgive myself and I take on blame for not doing things for others when I think I should have.**

*The ability to forgive Self is an evolutionary process and ultimately, forgiveness is an act of judgement for you are saying something was wrong. To say that you forgive someone, whether it is outside of Self or within Self, means you are indicating that you are judging ~ that there should be something to forgive.*



**CHAPTER EIGHT  
CALL TO BE OF SERVICE**

*From the perspective of The Universal Consciousness regarding lesson learning and being nonjudgemental, there is nothing to forgive because everything you choose to do is right. At the same time, understand there are implications for your behavior to the world around you. Trust in Self and take responsibility for Self. Know that whether you take that responsibility or not is part of what you learn and the path you travel.*

*Understand that it comes from within Self first and that it is then extended outside of Self to others ~ and that it is always evolving ~ never reaching the point of perfect service to Self and perfect service to others. Rather, you find the percentage, the degree to which you are comfortable ~ and then you stretch your limits.*

***The concept of being of service is very simple ~  
trust in Self and take responsibility for Self,  
with the understanding that there are  
implications to the world around you  
for your behavior.***



*Whether you take that responsibility or not is part of the path that you travel. Taking responsibility for Self involves leadership.*

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have talked of service to Self and others. For our next discussion, we extend the concept of service to include one of Spiritual Leadership ~ for service to Self and others come in the form of leadership.*



***The journey is about Self first.  
To Be of Service to Self enables you to then  
Be of Service to Others.***



***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. What does being of service mean to me?
2. From the reading, how do we find the balance between selfishness and selflessness? Have I found my point between selfish and selfless? Explain and describe.
3. How do I interpret my own Call to Be of Service to Self? (Give an example.) In what ways am I of service to others? (Give an example.)
4. Do I want to increase my level of service to Self? To others? How can I do this?
5. Have I ever felt guilty about my level of service, either to Self or to others? If so, has the information in this chapter helped to change that feeling?



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# Chapter Nine

## SPIRITUAL LEADERSHIP



*In the journey for the SEARCH FOR SELF, you must find Leadership within Self first before you can effectively project it 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.*

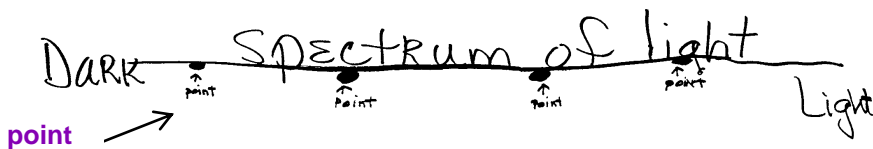
*We discuss the Topic of Spiritual Leadership and begin by presenting, in a linear form, the Spectrum of Light, as we call it. (Note: Please see Illustration A below.)*

### LEARNING GOALS

Explaining the meaning of Spiritual Leadership.

Understanding the meanings of the Spectrum of Light and the Spectrum of Spirituality.

ILLUSTRATION A  
SPECTRUM OF LIGHT ~ IN LINEAR FORM



(NOTE: THIS ILLUSTRATION APPEARS AS IT WAS DRAWN BY WAITH.)

*Here is light and here is dark, as presented in your linear understanding, as opposite ends. You may happen to be here the light part of the spectrum and another person happens to be at here on the dark part of the spectrum. (Note: Waith is indicating different points on the line.)*

***The Spectrum of Light means that all energy is light  
~ ULTIMATELY ~  
it is just where they happen to be on the spectrum.***

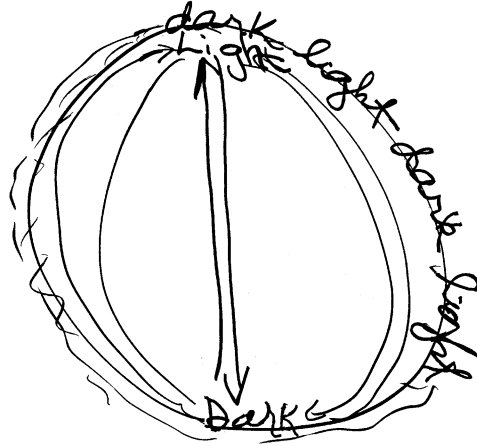


*An entity, when looking at another entity who appears closer to the light, is seeing that they are in the light. This entity who is looking at the entity who appears closer to the dark, is looking at that entity as if it were in the dark. (Note: Waith is indicating points on the line.)*

**CHAPTER NINE  
SPIRITUAL LEADERSHIP**

*It is all a matter of where you are on the Spectrum of Light as to who, in YOUR perspective, is light or dark. A spectrum, however, is a circle. (Note: Please see Illustration B below.) It is continuous, connected and all part of the whole ~ light, dark, light, dark, light ~ all the way around and all part of each other.*

**ILLUSTRATION B  
SPECTRUM OF LIGHT ~ AS A CIRCLE**



**(NOTE: THIS ILLUSTRATION APPEARS AS IT WAS DRAWN BY WAITH.)**

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

*At any point in time, you can see something through what might be called a veil of darkness. It may be short term ~ it may be long term. Thus, as you look at the world around you, it is seen through your own Spectrum of Light.*

*As your levels of understanding increase, it fills in the spectrum and makes it lighter and lighter ~ diffusing the dark of Self.*



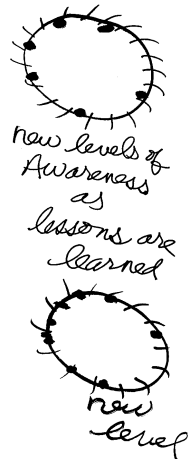
***As you become more aware of your own issues,  
and as you work through those issues,  
you become more light filled.***

*And, as you become more light filled, the dark begins to be diffused.*

CHAPTER NINE  
SPIRITUAL LEADERSHIP

*We look at the spectrum again and illustrate that you have new levels of awareness as your lessons are learned. (Note: Please see Illustration C below.) These little sparks represent light. And, here, we place these little spots to represent dark. As the sparks begin to overshadow the spots, and your spectrum is completely filled in with the sparks, what happens?*

ILLUSTRATION C  
NEW LEVELS OF AWARENESS AS LESSONS ARE LEARNED



(NOTE: THIS ILLUSTRATION APPEARS AS IT WAS DRAWN BY WAITH.)

**We go to The One.**

*Yes, the journey is to get all the sparks filled in on your Spectrum of Light. There will be little shadows in Self until you have achieved that moment where return into The One occurs. It is a simultaneous event and 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 ~ you are The One.*

***You cannot be out of The One  
and be completely filled in with your sparks!***



*Every energy you come in contact with is outside of The One and, therefore, has what?*

**Different amounts of sparks and spots.**

*Yes, and if you have fewer spots than another has, you are going to have a greater light filled perspective.*

**CHAPTER NINE**  
**SPIRITUAL LEADERSHIP**

*Generally there is some other energy, whether in this dimension that you find yourself or another dimension, who has fewer spots than you do ~ fewer shadows ~ however, still has spots.*

**So in a way, spots represent lessons to be learned?**

*Oh, indeed! If you see something that, in your mind, is negative, it means that you have a spot. We view this as a good thing ~ it is a lesson. You would ask Self, “What is it about this lesson ~ what’s the issue 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. You might say, “There is something about this person I don’t like.” Well, this means that you have a spot that matches a similar spot in that person. Use it for the benefit of Self and, ultimately, for the benefit of another, for the spot in another is attracted to your spot, for whatever the reasons.*

*Often, an energy who sees another energy with fewer spots will have a greater attraction to that lightness for it is a built in component of the flow of The Universe that the dark is attracted to the light ~ because of this Spectrum of Light.*



***The dark is necessary in order for the light to develop.***

*This, my loves, is where all the fun and games on the earth plane occur and where the issues of judgement come in.*



***Leadership within Self means  
the ability to make decisions within Self about Self.***

*You must make your own decisions within Self, regardless of the external information, including, and sometimes most importantly, guidance that would come from your Angelic Protector as well as your Spirit Guides, for after all, they are external to Self.*

*A very 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.*

CHAPTER NINE  
SPIRITUAL LEADERSHIP

*If you had perfect Leadership within Self, you would be back in The One! Therefore, there is no pressure on anyone to think that they must be perfect in this life.*

*Each of you has the ability and the potential to lead others. As you look around, you may see others who have what you consider tremendous leadership abilities ~ more than you do perhaps. That is because they have developed those abilities within Self ~ to lead within Self.*

*As you go within Self and lead within Self, it automatically begins to express itself outwardly.*

***Leadership outwardly is a reflection of leadership inwardly.***



*You must look to Self first ~ this is our message to you through the Guidelines for Growth. You must go to Self first ~ you must be selfish in order to become selfless.*

*You cannot be selfless unless you have something to give. The only way to have something to give is to develop it within Self ~ which is selfish, according to the terms used on the plane.*

*Leadership, if we were to look at the two terms of abstract and concrete, is what?*

**Concrete.**

*It is very concrete. Spiritual then, with only one choice remaining, would be what? 😊*

**Abstract.**

*Very good! The Earth is the concrete and that which is the spiritual is the abstract.*

***Spiritual Leadership is the abstract and concrete coming together.***



*Each of you has imbalances and yet you lead in various ways ~ sometimes a bit more insightful than other times.*

CHAPTER NINE  
SPIRITUAL LEADERSHIP

*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 ~ it is part of being involved in the quest for Spiritual Leadership that can only be attained by going within Self to work on the spots and the sparks.*

*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 in which they follow.*

*If you look at any leader and say, "This person leads in everything that he or she does," upon closer examination you would find this is not true ~ you would see that there would be at least **ONE** area of that entity's life ~ concrete life ~ that they are not leading and that they are following.*

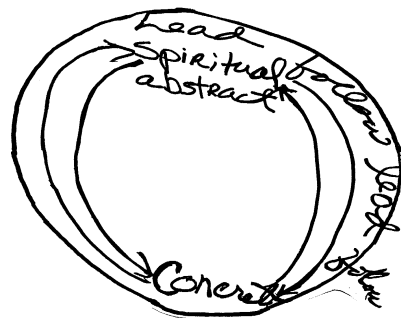


***Good leaders are followers and good followers are leaders  
~ it is the same coin ~  
for it is the Spectrum of Spirituality.***

*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 ~ is spiritual and concrete. Concrete feeds into spirituality, which feeds into concrete, which feeds into spirituality. (Note: Please see Illustration D below.) It is a spectrum of following and leading.*

ILLUSTRATION D  
SPECTRUM OF SPIRITUALITY



(NOTE: THIS ILLUSTRATION APPEARS AS IT WAS DRAWN BY WAITH.)



CHAPTER NINE  
SPIRITUAL LEADERSHIP

*All entities on the plane are in various forms of leadership and at their own point on their Spectrum of Spirituality. They may be aware or unaware of it, just as some entities are unaware of the abstract, and very much aware of the concrete. This does not mean they have low levels of abstractness.*

*Be careful of judgement where you look at another and say, "They are so concrete ~ they are not spiritually evolved."*

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

*You are a leader in many arenas and the leadership you exhibit comes from Self and the truth that you hold true for Self.*

***Your spirit is evolving ~ that is what the journey is about.  
How you define spiritual within Self will change  
with every experience that you have.***



*Therefore, at the end of every 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.*

*At the end of each day look at what you have experienced ~ reflect on it. This is always a good practice ~ to take a few moments at the end of each day, reflect and say, "What have I experienced?" Take that into the sleep state with you ~ whether you remember it is not the issue. Physically write down, "What I have experienced today." Where does that experience, then, go?*

**Other levels of us.**

*The abstract. And then what does the abstract do with that experience and knowledge?*

**Sends back information.**

*Yes, sends back more instructions to the concrete and says, "Here, this is the result ~ and we've mixed it with all our other experiences and now it's back." You wake up and say, "Based on the experiences that I had yesterday, this is how I will go today."*

CHAPTER NINE  
SPIRITUAL LEADERSHIP



*Live on the plane ~  
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 say, "I think I'll try that." You experience it and how it feels and say, "That felt wonderful." Or, "I'll never act like that again." Or you go somewhere in between. You place 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 it. Trust in Self.*



*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 don't 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."*

*You run into trouble at concrete with the issues of non trust of Self. There is a condition you place when you say, "Use the information that I'm going to give you about my experiences at concrete." What is generally the next thing that you might say?*

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

*That is correct, for you say, "I want it this way and I want it in the morning!" ☺ You put conditions on that request and trust.*

*The level of Self that receives the information says, "Sure, you want it back and in this particular way ~ well, see what I'm going to do!" Instead, simply say, "Here it is."*

**CHAPTER NINE  
SPIRITUAL LEADERSHIP**

*Trust by being patient! It is the patience of Self that is important. You say, "Why can't I get this done ~ what's the matter with me ~ I should know this ~ it's been presented to me ten hundred times."*

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

*Continually reflect on experiences and forgive Self ~ and 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.*

***Service to others comes in the form of leadership.***



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

*Remember that we have said that ego is necessary for all energy to maintain itself outside The One. 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.*

*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.*

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have said to look for changes of the spirit ~ which is a process and will continue until you return to The Universal Consciousness. Leadership is about making decisions within Self about Self. To strengthen that ability, it is critical for you to expand your knowledge of Self. Each of the topics we have discussed thus far has been meant to prepare you for the journey within Self. We continue, now, by introducing you to the basic information contained in our guidance tool that we refer to as the SEARCH FOR SELF.*



***Lead with your Spirit ~  
as it exists at the moment.***



**Reference:** Waith Workshop: April 10, 1999.

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. How would I define SPIRITUAL as it relates to Self?
2. How has Waith defined Spiritual Leadership and how would I then define Spiritual Leadership?
3. What does leadership within Self mean as Waith has stated it? And how would I define leadership for Self?
4. How has Waith defined the Spectrum of Light? What do sparks and spots represent?
5. What do I feel is the main point Waith brings out in the discussion of the Spectrum of Spirituality? When he says, “Lead with Your Spirit,” what does he mean?



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## Chapter Ten

### SEARCH FOR SELF

*Our discussion of the SEARCH FOR SELF is meant to bring a greater understanding of the fine balance between the abstract and the concrete. One without the other creates an imbalance.*

*Imbalance, of course, is necessary to bring about balance. Our information is meant to help you bring Self into a finer tuning of balance, along with ways of Gaining Self Awareness. The implications of Gaining Self Awareness are manifold, for it is the only way in which you will understand your own vibrational changes.*

*Gaining Self Awareness is a process and is the way in which you will understand how to connect with the other kingdoms on the planet, and to connect with the planet itself ~ the concrete and abstract planet, the energy of planet Earth, and to help you understand the earth plane as an energy and your place within it.*

***As you change, it brings about growth,  
and growth brings about change.***

*It becomes all too easy to be complacent, to think that you are flowing and all is fine. Usually, if you are on an accelerated path, The Universe will say, "All right, you've had a nanosecond to relax, now it's time for something new." ☺*

***Our emphasis is on the  
Search for Self through Self Awareness  
~ Concepts and Applications ~  
and working with your own energy.***

*From the perspective of The Universal Consciousness, there is no individuality ~ it is all One. You exist outside of The Universal Consciousness and, therefore, the illusion is of separateness, individuality, and yet, simultaneously ~ a connectedness.*

#### LEARNING GOALS

Explaining what the Search for Self means.

Understanding some of the ways to bring more harmony to Self.

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*There is much discussion on the earth plane of Healing of Self. There are those who have acquired the skill to be facilitators in the healing process.*

*Healing can only come from Self. You must, in your journey toward the eventual Healing of Self, seek out the facilitation from others who are trained, who have worked and studied, who now give of themselves to help you in your path ~ to help you to eventually heal Self.*

*There are many healers within traditional medicine. Do not shrug them off because they are not holistic. Be careful of thinking that one way is the ONLY way. You are the one responsible for what works for you. Seek out the many alternatives given to you as tools to help you in your own healing.*



***Healing of Self comes from an alignment  
of energy within your vibration  
that brings closure to a particular lesson  
that you have taken on.***

*When you have learned a lesson, you heal within Self. There is no pill, no herb in existence that will be that one thing that heals you. Pills and herbs may help you in your journey toward healing, if it is a physical manifestation of an issue. However, the only thing that heals you is a balancing of your own energy in a particular issue that you have taken on to learn.*

*Many of you have minor types of healing on a regular basis ~ emotional healing, spiritual healing, intellectual healing, and, indeed, physical healing.*

*You are not healed by any external source ~ it may only appear there has been a healing. In actuality, it is temporary, it is a tool to enable you to finish the lifetime so that you come back into another experience having reached closure at a certain point in your own healing.*

*In your next lifetime ~ you may be able to work more with your energy to heal, rather than with external sources. To reach that point where you can work with your own energy requires working externally, lifetime after lifetime after lifetime.*

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*There is no energy that comes onto the earth plane who starts and finishes a complete lesson in one lifetime. We have discussed this within the context of the Cycle of Lesson Learning.*

*Each of you has your own particular and unique journey that may bear resemblance to the journey of another. Your journey is unique in itself. So each of you would SEARCH FOR SELF ~ on one hand, in very similar ways that others would SEARCH FOR SELF, and on the other hand, in very dissimilar ways.*

*It has been our premise from the beginning of our discussions through Mushiba, that Gaining Self Awareness is unique to the individual and that you find your own way of Gaining Self Awareness rather than adhering to what another tells you is the proper way.*

*Be careful of those who would tell you that their way to Gain Self Awareness is the one and only way. There is no one and only way to Gain Self Awareness.*

*Although it is useful to talk with others to compare and contrast, and to gain insight into how another focuses, it is important to keep in mind that it is the way ANOTHER does it and not necessarily the way YOU would focus. You may, however, find the information useful to synthesize within your own frames of reference.*

***What is important in the SEARCH FOR SELF  
is to relax AND  
be lighthearted about it.***



*Seek the comfort within Self and the relaxation. This is your journey! It is not the journey of another. There are no rules by which you must abide. We do not give you rules. We give you counsel, guidance and tools to play with so you can determine if they are appropriate for your attempts to reach Self.*

*As you move on to the next level of study, SEARCH FOR SELF ~ A BEGINNING, you will begin your study of the six major concepts that comprise our guidance. For each discussion there is one member from our Spirit Group who helps give a sense of perspective from the mission that each has as part of the Spirit Group.*

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*Each in the Spirit Group will describe their topic.*



**Jenjura:** *Each of you is webbed within Self. Many of you have lifelines, which have lifelines and/or splits. They, too, have a Webbing Effect. Thus, the journey is to find your way through this webbing back to your source. It is this web that makes it so difficult to learn of Self.*



**Francis:** *The concept of Community of Self is more than simply human energies. It is everything that surrounds you. There is no hierarchy in Community, no superiority ~ only equality. What sets an energy apart is the role that is played by each in the Community that it forms.*



**Teetee:** *Group Balancing is the way of The Universe and is done by everyone. It is to be heralded with great happiness for it is what makes up the game outside of The One and provides opportunities to share experiences. The joy in Group Balancing comes from sharing, embracing, loving and laughing with others.*



**Jacques:** *The very nature of being out of The Universal Consciousness means that part of you is not whole, and the part not whole relates to the neverending circle. Every entity must be healed. There is no entity exempt ~ for being out of The Universal Consciousness implies the need for Healing of Self.*



**Boopsie:** *There are specific roles assigned to the male and female ~ they are not meant to be alike. In the splitting of energy is created the need to return back to The One ~ after achieving Gender Harmony by experiencing lives in which you are a gender different from your dominant one.*



**Farena:** *Lightheartedness is not a luxury ~ it is a necessity. It is necessary for the balance, for closing the neverending circle. Being lighthearted does not mean you are not serious about your mission. Rather, you do not take yourself seriously ~ you are lighthearted and everything flows as a result.*

**Waith:** *Remember that all energies are capable of going directly to The Universal Consciousness for their answers. It is simply an undeveloped skill ~ and the journey is to develop those skills. That is why intermediaries, such as us, are available to help you to develop your skills in directly reaching The Universal Consciousness. The purpose of coming onto the earth plane is to learn how to balance between concrete and abstract.*



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*You will achieve that sense of balance as you learn your lessons. There is never a point on the earth plane where there is an absolute balance ~ it is a contradiction in terms to say that you are balanced on the earth plane.*

***The earth plane is a training ground of imbalance.***



*The training on the earth plane enables you to be balanced within your energy field in a much more rapid way than if you were to not come onto the earth plane.*

*The SEARCH FOR SELF means attempting to balance. And, just as you balance, something else comes along to bring you out of balance. That is the nature of the training ground known as the earth plane. Be cautious of anyone who might say to you, "I'm completely balanced ~ I'm in complete harmony ~ I'm one with The Universe," for they may actually be One ~ with the bubble in which they live! ☺*

*In reality there is no energy on the plane ~ no matter how aware they may be, no matter how advanced their understandings would be ~ that is ever completely balanced, for that would mean perfection, and perfection is achieved only upon return to The Universal Consciousness. So the journey on the earth plane ~ the journey, indeed, outside of The One ~ is to seek the balance again, to bring you all to the point of ultimate balance that allows you to go back into The Universal Consciousness.*

**CONCLUDING REMARKS FOR THIS CHAPTER**

*We have said that you can feel in harmony with your imbalance. It is where you will see, then, entities who appear to flow and no matter what happens to them, they appear to be balanced. They are simply in harmony with their own imbalance. That is what you seek to achieve ~ this is the SEARCH FOR SELF.*



***You are back to the beginning and the  
SEARCH FOR SELF goes round and round ...***



**Reference:** Waith Public Sessions: 1996 (excerpts taken from various sessions during the year).

***EVALUATE MY UNDERSTANDING OF THIS CHAPTER***

1. What does the Search for Self mean to me?
2. According to Waith, what process helps us on our journey of searching for Self?
3. What does Waith mean by the Healing of Self and how is it achieved?
4. What does Waith mean by BEING IN HARMONY WITH ONE'S OWN IMBALANCE? Have I found a particular imbalance to work on? What specific ways can I use to bring more harmony to Self? Do I want to?
5. Have I found MY way to Gain Self Awareness? Describe.



*relax*



*and enjoy your journey.*

AND THE NEVERENDING SEARCH FOR SELF GOES ROUND AND ROUND ...



# *Personal Reflections*

## REFERENCE MATERIALS

### **CHAPTER ONE**

Waith Workshops:  
October 5, 2000.  
November 2, 2000.  
December 7, 2000.

### **CHAPTER TWO**

Waith Public Sessions: 1992 (excerpts taken from various sessions during the year).  
Waith Special Topic Session: November 3, 2001.

### **CHAPTER THREE**

Waith Public Sessions: 1993 (excerpts taken from various sessions during the year).

### **CHAPTER FOUR**

Waith Public Session: April 17, 1990.

### **CHAPTER FIVE**

Waith Special Topic Session: May 4, 1997.

### **CHAPTER SIX**

Waith Workshop: January 17 and 24, 1999.  
Waith Special Topic Session: September 12, 2001.

### **CHAPTER SEVEN**

Waith Workshop: January 21, 1998 and March 26, 1999.

### **CHAPTER EIGHT**

Waith Workshop: October 10, 1998.

### **CHAPTER NINE**

Waith workshop: April 10, 1999.

### **CHAPTER TEN**

Waith Public Sessions: 1996 (excerpts taken from various sessions during the year).



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For questions, comments or concerns,  
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WAITH . . .

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

