

# *Waith Class Transcript*

**FEBRUARY 26, 1991**

The Flow Of The Universe, Part I

Technique To Be Utilized When You Sense That All Around You Is In Disarray Or Turmoil

Questions And Discussion Regarding The Technique Given

Would You Explain The Different Levels Of Consciousness, Some Refer To The Seven Heavens?

A Discussion Of Group Cohesiveness, And Parting Blessing From Waith

*~ A NOTE FOR THE READER ~*

*Waith's words appear in this font style.*

*If one from his Spirit Group speaks, they will be identified.*

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

☀ This symbol indicates multiple responses from class members.

*(References to names have been edited for privacy)*

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

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For more information, please contact us ~

[terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

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## The Flow Of The Universe, Part I

*We would discuss The Flow of The Universe. We have given a bit of information regarding The Flow of The Universe. However, we would like to elaborate now upon that which is very important that you know, first and foremost, that when we speak of The Universe, we speak of The Universal Consciousness. This is what we refer to. Thus, The Universal Consciousness is made up of all energy forms. This means, then, that The Universe is made up of all energy forms. Each of you are a part of The Universe. It is not that you are separate, and you are separate, and you are separate. It is simply that we are all a part of the same, you see.*

*Now. It is best to think of this Flow of The Universe as you would envision this Universal sign of the circle. Is this able to be seen by you all? (Waith refers to a circle which he draws on the easel) You are able ~ yes. Now, we will attempt to be as concise as we are able to in this. We have not had the honor of being on the earth plane as an artist. So, you must bear with us in this. Farena has a good deal of that talent from her times on the plane. However, she is on a special mission now and is not here to guide me, so I am sure that I will hear from Farena about my artistry. ☺*

*Now. So, you see, we have the circle, which means that there is no beginning and there is no end. And yet a circle, understand, can enlarge and it can reduce itself, and it can become infinitesimal and it can become as large as The Universe, as you would say, you see. And thus, each, each element of your energy comprises this circle. There is within each of you The Universe. Each of us carries the memory banks of the entire universe, you see. It is very deeply within the consciousness of each energy form. And we then part from this Universal Consciousness and we move out of it. You see, we move out in the little spurts around like this. And thus, you begin to see what is graphically illustrated on your plane as the sun. And the sun gives off what you call rays of warmth and comfort. And this is exactly the analogy that one would have as we look at The Universal Consciousness ~ and each of us are rays that come from that Universal Consciousness and we are Light, and we are beautiful, and we are warmth, and we give comfort to each other.*

*Now, the further and further away that we come from The Universal Consciousness, the colder we as an entity begin to feel, and this is where the sense of aloneness comes in, you see. And thus, many energy forms then find themselves at various points away from The Universal Consciousness. But there is never a disconnection. And it then becomes the journey back to The Universal Consciousness that you all find yourselves. Each of us finds ourselves in that journey back to The Universal Consciousness.*

*Now, understand that within this whole Spectrum there is energy. There is infinite energy that is comprised, therefore, of all of those who have moved out of The Universal Consciousness. All who are currently out of The Universal Consciousness make up The*

*Flow of The Universe, if you will, you see. So, each of us contribute to The Flow of The Universe. It is simple enough. Yes? Are there any questions thus far? Are there any concerns or confusions about what I have thus far indicated?*

*Now. Thus, we are all a part of this Universal Flow. This means, therefore, that, and we have said this before, that every action that we undertake, every thought that we undertake, affects in some way, somehow, every other energy, for there is what you would call this atmosphere. You feel it when you are with others. You feel an energy. It is simply then a compacting of the Universal Flow into a very specific space, and when one is on the earth plane it becomes very concrete, this space.*

*And thus, when you are with groups of entities, you will feel an energy if you are especially attuned to this phenomenon. And thus, many of you will feel this impact, be it negative or positive, to that which is your own energy field, for think of yourselves as a drop of water going into the lake, you see, or the ocean, or any large body of water. It is this still body, you see, of water, and suddenly you come into it and it creates a ripple, you see. And the more and more energies come into that body, the more ripples will be created. Now, this is where the trick comes, you see, for it is in keeping your head above the water, shall we say, that which is growth, for as the ripples occur, they give reason and opportunity for growth, for one must not fall below the water or allow the energy field to bring you down into it but rather to become a part of it.*

*Now, understand, and think this for your yourself as an analogy, that when you first jump into the water it takes a moment to become one with the water, and if you fight the water, you find yourselves going below, but if you simply flow with the water you find yourself a part of it, and there is no danger, you see, and you simply move along, if you let yourself relax. Now. This is the key word here on the plane, re-lax. Relax. Relax, my loves. There is too much anxiety. There is too much tightness, and there is this idea that, "I must Flow with The Universe." And the more that you think you must Flow with The Universe, the more tight you get, and the less you are able to do this.*

*Now. You see, as all Universal Truths go, it appears at first glance that it is very, very simple, and yet it is very, very complex, and yet in its complexity is the pure simplicity, you see. And this is the paradox of all Universal Truths, and it is relative to your own awarenesses as to your understanding of The Flow of The Universe.*

*Now, there is a very specific technique that we will provide to you in this session that will help you in Flowing with The Universe, in whatever aspect you happen to be in. You see, wherever you happen to be within this field, for this energy field all around The Universal Consciousness that spreads for infinity is made up of all these energies who are at their various points away from, you see.*

*Now. In understanding, then, that throughout all of this flow, it is made up specifically of the entities who are there at their various points, you see, so we have millions and millions and millions upon millions and millions of energy forms out of The Universal*

*Consciousness at various points, some very, very close to returning, and some who have jumped way back over here. Understand that this does not mean if an entity is way over here that they are very dark. This does not indicate degrees of Light or dark. It simply means the journey away from The Universal Consciousness, and this point from jumping out into the flow is determined by each entity in the lessons that they have chosen or the path they have chosen to take, you see, for remember that it is a continual back and forth type of thing.*

*You know, we have said this before. We jump out of The Universal Consciousness, we play in the playground, and then we finally get back into The Universal Consciousness, and decide that we are bored after a while and we want to come back out and do something else again, you see. And we take on many different forms by doing this, and this is just the way it is, you see. This is without end.*

*And thus, the issues of Light and dark are not the point of discussion at this time. That will relate at another time. But rather, it is simply that there is the tendency to tighten when one is in an energy field and to become less certain of their ability to float, you see, to relax, for especially within the earth plane, there is the concreteness of the illusion that is specifically set up for this type of feeling, that you have no control, that all of these things around you are in control. But they are not. They are not.*

#### **Technique To Be Utilized When You Sense That All Around You Is In Disarray Or Turmoil**

*Now. There is a very specific technique that you can bring about to help you in The Flow of The Universe. This is a very specific technique that can be ~ I will give to you now, and it therefore goes onto the public record and is available for all who would want to utilize this technique. It is to be utilized, my loves, when you sense that all around you is in disarray, that you see no sense to what is going on. You do not understand how you can be in the middle of so much that you would call helter-skelter ~ you see, all of this flurry around you, this.*

*Now. What you will then do, and you will need to find a quiet spot where there is no other entity who would create a disturbance, and if you find yourself in your work place, then there are many spots that you could go to, to bring in this technique, for it will take a very limited amount of time to do this. And you would watch now, and we will describe this technique so that if one is reading the technique they will have an understanding of what it is that they need do.*

*You would want to be standing, and you would place your feet apart approximately, as we would do here, oh, perhaps six inches. Now. You would then stand very, very straight with your head straight and held very high. You would then relax your body and you would place your arms at the side of you. And you would then breathe in very deeply through the mouth, and you would hold it for a count of perhaps five, and you would let the breath out through the nose. And as you are doing this, you would bring*

*your arms up from the side of your body, and you would have them then directly across from your chest area, and you would be breathing during this time.*

*And as you then continue to breathe, you will very slowly bring your arms up, up over your head until your fingers touch, and your fingers then will naturally form a Universal Circle over the Crown Chakra. And you will stand, and as you finish your breathing, you will then envision that which is creating the turmoil inside this Universal Circle that you have created with your hands. And as you envision this turmoil that you feel is disrupting your flow, you will then fill this circle with Light. You will fill it with the White Light of Self, the beauty that is Self, and you will feel the diffusion that the White Light gives to the turmoil that you have encompassed in the Universal Circle. And you will maintain this position until you feel that you have effectively diffused that which is the turmoil, even if it is a bit of a diffusion, and not the total ~ for your arms could get quite tired.*

*Now. Once you have kept the Light in with the issue, for as long as you feel it appropriate, you then very slowly open the hands so that the palms face upward, and by doing this, you send out into the electromagnetic field, that turmoil. And think of it as you would a ball being bounced, and place your hands in that position of bouncing the turmoil away, for it is encompassed now with Light. The Light fully encompasses this turmoil, and it has become a ball, and you bounce it away. It is no longer.*

*And once this has been completed, you begin breathing as you did before. Slowly, bringing your arms down so that they are parallel to the chest, and then finally back down to your side. And then you simply shake both hands, for they will be filled with energy that is Self, as well as that which has come from The Universe to help you. And you will feel the energy. Shake this so that it does not remain in simply one spot in your limbs, but rather, then, moves through you, you see. And when you feel that the energy has effectively moved through you, then you are complete. And that is a technique for you. Would you have questions of this technique?*

### Questions And Discussion Regarding The Technique Given

**Would that technique be helpful when we have an issue of not having enough time, and then we end up being rushed, and we lose the sense of relaxing.**

*Yes.*

**Would this technique be helpful to start our day before going to work, or to start our weekend?**

*Well, most appropriate, for the issue of time as measured on the plane is very much a part of this Flow of The Universe, for it is on the earth plane that this illusion is presented of time, and it creates perhaps for most entities a sense of loss of control when they view time as controlling and not having enough time. Understand that if one allows the flow properly, that all will be accomplished that is needed to be accomplished. And that, yes,*

*as you tighten with this sense that you have not enough time, then you surely will not have enough time, for you will worry so much about not having enough time that you will not do what you need to do in order to have enough time. A simple enough concept, but in its implementation not quite as easy.*

*And thus, if you were then perhaps, in dealing with the issue of time, to envision what you call a clock, you see, as the turmoil, and simply envision that in the circle, and use that as your focus point. And what you would want to do is have control over that clock, and once you feel that you have surrounded it with your own White Light and you can, you see, bounce it away, then the clock will not control you, but rather, that if you go at the pace that is appropriate for you, that all will be accomplished ~ maybe not what you felt should be accomplished.*

*You see, therein is a major difficulty, for understand that in this flow there is exactly that, a flow, and there is a time, if you will, for all things to occur, and it may not be that it is appropriate for you to have accomplished a particular item during the time frame that you indicate, but rather something other than that. And when you begin to feel blockages for that which you feel must be done, it is best to step back from this rather than attempting to force it. And this is where you let go of the clock. You throw this away, and you let go and you step back and you say, "Why is this happening? Why is it not going as I think it should?"*

**It is a matter of trusting, isn't it? That we trust all will be done that needs to be?**

*The Flow of The Universe does have strong elements of trust that go with it. It also must be understood that one must not simply say, "Well, I will just let Universe take care of it. I will not take the responsibility for it." Herein is a very fine line, you see, between the responsibility one has for one's own path and Flowing with The Universe, you see. The Universe is not there to solve your problems. It is there to help you move along your path, you see.*

**If one is at work, can they visualize doing that exercise without having to do it?**

*There will reach a point, my son, when you would be able to do that without having to go through all of the motions. We give the entire technique for the beginners, if you will, who would need to perhaps pull themselves away from a situation and go through the motions and a centering of it. There are many who are able, even within a very chaotic environment, to center themselves and pull themselves out of the environment even though they are still in the environment. If that be the case with your particular abilities, then by all means all you would need to do is to visualize this entire technique. One can be in the middle of a meeting, shall we say, and be able to do this if you have achieved that particular technique, to do so.*

**Is this same technique effective when you made a decision at work, and then later thought maybe it was not the right decision? Is it effective in somehow changing the results of that?**

*The technique would be effective and appropriate for any issue that disrupts the flow of what you feel is appropriate for your own path. Thus, if you were to have made a decision and then doubted that decision, it would be appropriate, yes, my love, to use this technique to help you in coming to a safety zone, if you will, of your own decision. For when there is doubt of one's behavior, then there is a disruption in The Flow of The Universe, for to go with The Flow of The Universe means that you know that what you have done is appropriate for that time. And, yes, that was a very good question to pose.*

**So, accept the decision that you made at that time and just relax with it.**

*Unless, of course, the decision that you made was not appropriate. And if there is a nagging, if you will, at that which is Self, that what you made was not the right decision, then it was probable that it was not, that the decision was not in accordance with what was appropriate for your own flow, and then that becomes another issue upon which one would meditate to determine perhaps where one needs to better understand their own behavior, you see. Wherever there is doubt within Self means that the flow has been disrupted in some way.*

**In making a decision, sometimes you feel right about the decision, but someone else can then plant doubts about it.**

*That is very, very common, my love, and it is also where strengthening of Self comes in, for this becomes a very tricky area, you see, for to make a decision and feel that it is right, regardless of what others think, and not to allow Self-doubt to then creep in is indeed the essence of Self growth and strengthening, for you then would feel, "Yes, I am in harmony with my own flow, and what I have done is correct," and that nothing that anyone around you would say would cause you to doubt that.*

**So, the technique would be effective then in it.**

*Yes. Yes, it would, my love.*

**In this technique, what is the reason once you breathe in through the mouth for breathing out through the nose instead?**

*It is a cleansing of that particular Energy Center as you move in through these Energy Centers that are affected. So, you are bringing breath in through that which is called the Solar Plexus, and that is bringing it in through the mouth, you see, but it is forcing it to come in through that particular center. And when you hold it, it enables it to focus itself within that which is called the Heart Center. And once that has focused, it then comes out through the nose, which is the passageway for the Crown Chakra. And thus, what has occurred is that there has been sort of a cleansing, if you will, this is the best way to describe it. But it also allows, then, the energies that are a part of those three centers to*

*open up and allow the energy of Self to rise to the level of the Crown Chakra. Is that clear, my love?*

### **Would You Explain The Different Levels Of Consciousness, Some Refer To The Seven Heavens?**

*There are many names on the plane that are given for the very same concept. We choose in our dissemination of information to not give specific names to the concept other than that which is very generalized, for it makes for an easier flow of understanding. There are, however, as you indicate, various levels, and the closer that one begins to be to The Universal Consciousness, then the greater, of course, is the awareness of The Universal Consciousness. Some would say that as you reach a certain level, be it what you would call seven, or twelve, or fifteen, or whatever, but it is a certain vibrational level, that there is a very distinct difference in the awareness levels than there would be from all the other levels. You see, there is what you might call a quantum jump into awareness. But this is reserved for that area around The Universal Consciousness that is imminent for return.*

### **Is one level conscious of the other level?**

*Understand that the higher levels are aware very much of the lower levels so that they are able to see what occurs at the lower levels. The lower levels are aware that there might be something up there, but not really aware, and have no idea, if you will, of what is at that level. For the most part, it is safe to say that the lower levels are not aware of the higher levels until they reach that level, of course, and that it therefore becomes very easy for the higher levels to move into the lower levels to guide and assist. But it is not possible for the lower levels to move into the higher levels and then back into the lower level. They must have achieved that level first, you see.*

*So, up can go down, but down does not go up until they have gone up, you see. They cannot go to a level beyond their own. Higher levels can go to any level below them, you see. So, if there were an entity, let us say, at this level here, they would still have many, many levels to go, you see. And the purpose for this is for guidance and for assistance, to Be of Service. Those at higher levels are obligated to Be of Service to those of lower levels, to bring those of lower levels to higher levels. Is that understood, my son?*

*We have for this session completed that which we would want to relay to you, and we would anticipate that you would have questions and that you would want perhaps to think through this next week, as it is called, and ponder upon that which has been said.*

### **A Discussion Of Group Cohesiveness, And Parting Blessing From Waith**

*Well, now, we are ready to depart. And we would hope that you would all remain after we have departed, for there is much discussion needed for the cohesiveness of the*



*community, and it will only come, you understand, if you all are a part of its formation in understanding that the formation of any cohesive group on the plane, and in spirit, takes work, it does not simply happen, and that one must all believe that you are in this together, for we are all in this together.*

*And we are here to Be of Service to you, and that you would call upon us in meditations to help you in this cohesiveness of the Community of Terra Lux, and that you would set aside the issues that one has of ego and Self, and rather to look at the total, for the higher mission now is upon us, and that is what needs to be given attention and not the issues of Self-gratification.*

*And we are here to help you in this, and Susan is also becoming available soon to help in the group healings that are necessary, and she will be available to help with Terra Lux as soon as she is called upon, In the meantime, we are always here, whether you call upon us or not, we are here.*

*Center yourselves now, my loves, and relax. Remember that you are all a part of The Universal Consciousness, that you are beautiful and loving and that we are all One, and envision the beauty that is Self filling the entire encasement, slowly filling all that is you in concrete form, and feel the warmth that is the love of Self. Slowly now, send your love to all those in this room. Merge your love with the love of others, and feel the love, and feel the warmth. You are all protected and loved. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

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