

Waith Class Transcript

JULY 21, 1991

Event, Quest For Wholeness ~ Topic, Meditation, Your Way

Technique For Meditation

Meditation Is An Activity That Gives You A Sense Of Detachment From Concreteness

Your Spirit Guides Are Assigned To Assist You In Reaching Your Higher Self

Your Meditation Is Personal, Is Unique, And Is Most Necessary For Growth

Could You Explain More In Detail What It Means To Get In Contact With Our Higher Self?

The Art Of Inspiration When Connecting To The Higher Self

What Will Allow Me To Get In Touch With My Higher Self More Directly?

~ 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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Event, Quest For Wholeness ~ Topic, Meditation, Your Way

The purpose of this most beautiful gathering has been for you to begin, and some to continue, the journey to Self and the understanding of that which is Self. Our message to those on the plane is to assist in the reaching of the Higher Self through that which is meditation, and we would want to speak of meditation with you during this session, for there is what appears to be confusion in the minds of many as it relates to meditation.

There is the perception by many on the plane that one must meditate in a very specific way and that to not do so means that you are not meditating. Our consistent message has been that you would meditate according to that which the Soul gives to you for its needs and that each energy reaches that which is its Higher Self in its own very unique manner, and while there may be many of you who find similarities in the way in which you meditate with others on the plane, each energy is unique in its abilities and in its needs to reach the Higher Self.

We first are most emphatic, if you will, in saying that you would find that which is appropriate to Self for knowledge to be learned and not that which another would say to you is what you need to learn, and that you would, first and foremost, find a spot, an activity, that brings you into a sense of focus. We have had many ask us if painting, for example, would substitute for meditation, and we would say that it does not substitute, it is meditation.

Technique For Meditation

And each of you, then, would draw into yourselves now, as we speak, to you deep within that which is referred to as the Solar Plexus. Draw deep a breath. Draw it in deeply, and now hold this and envision the beauty of the White Light that is Self. And now, bring this up through the Energy Centers and out through the nose, and out through the nose.

Now. This exercise is a technique for you to begin to focus without sitting in that which is the lotus position. You do not need to do this. You can be sitting, as we sense energies with the legs crossed, for it begins to bring into your energy a focus and a quietness, and it allows each of you then to build the White Light of Self within your own energy field. And as you do this several times, you find yourself the point of relaxation and focus. And at that particular point, you then are able to gain access to that which the Higher Self has determined is necessary for you to know, for you work at conscious level in harmony with Higher Self.

Now. Most important for you each to know is that when you focus Self, you allow the energy from the Higher Self to flow through, and what might appear to be an activity or a thought or a behavior that, in wondering where it came from, "How was I able to solve this problem that I have? How was I able to make this poster?" A most beautiful energy form making posters for this event found this to be true, that it came through during the focus, and the Higher Self simply gave the information. For my loves, all that you need to know is within Self.

Meditation Is An Activity That Gives You A Sense Of Detachment From Concreteness

We are here not to give you answers. We are here to assist you in reaching your Higher Self, for only you as an energy form are able to find the answers, and if you do this, then nothing outside of your own energy can control you. And meditation then becomes most significant for daily practice, whether it is in the form of concentrated altered-state behavior such as the most beautiful loved one projected with you earlier, or whether you simply would walk out into that which is nature on the plane and feel a sense of detachment from the illusion, for meditation is simply that, my loved ones. It is detachment from the concreteness of the illusion on the plane and is available to all. It is not some activity that only highly advanced, as you might refer to it, energies are capable of.

And you would be careful of allowing other energies to say to you, "That is not the way to meditate. This is the right way to meditate." There is no right way that is specific to large groups of entities. There is only your right way. Remember that, my loved ones.

Your Spirit Guides Are Assigned To Assist You In Reaching Your Higher Self

And your Spirit Guides are assigned to assist you in reaching your Higher Self. Know that all of you have a minimum of two who guide you. All are assigned a guide and a protector from The Angelic Kingdom. That is a given. When you enter into the sojourn on the earth plane, you are assigned a guide and protector from The Angelics to be with you during your entire sojourn, as many lifetimes as that takes. And from lifetime to lifetime, you then are assigned guides of an advanced vibration who will assist you as you progress throughout the sojourn, and are specifically assigned to help you in specific lessons and in specific paths that you choose in a lifetime. And you may have one. or two. or three, or sometimes four, guides assigned for a particular lifetime, but at a minimum you would have one guide and one Angelic, always. And they are charged with assisting in reaching the Higher Self.

Your Meditation Is Personal, Is Unique, And Is Most Necessary For Growth

They indeed are able to communicate with you through the Higher Self if you so choose, if you so desire. And you do not need to have what you might refer to as a mystical experience that you would compare with another entity to see whose mystical

experience was better than the other, but rather, you would go within and simply find your own truth, not be concerned about what the truth of another happens to be, and therefore building within Self a sense of strength and a sense of love, for as you grow within Self and feel the love of Self, it enables you to project the love to others and to Be of Service to Others and to help others along their path. And thus, meditation, for each of you, is personal, is unique, and is most necessary for growth.

As is our usual procedure when we speak, we prefer to take questions and have a dialogue rather than simply to stand, or sit, with you and preach, for this is not our way. It is the way for others.

Could You Explain More In Detail What It Means To Get In Contact With Our Higher Self?

As we determine the time left on the plane for Mushiba is thirty six years, and in order to go into detail would require much more earth plane time than thirty six years. However, to give you the answer as simply as possible in this time frame, we would say that to reach the Higher Self is simply to reach your own higher awarenesses. It is not something that is external to Self. All are connected to The Universal Consciousness. All of us are connected to each other. We are all One. We simply move out of The Universal Consciousness, but always remain connected by a very, very fine thin energy, and that all the knowledge that we need comes through the very thin energy that connects to The Universal Consciousness and feeds into the Higher Self.

It is a most complex process, but understand that all the information is available to each of us. It is simply a situation of gaining in the vibration necessary to gain higher awarenesses. And as each energy increases in its own vibration, it also increases its own abilities to gain higher awarenesses.

Meditation is the tool that assists in opening the door to the Soul, for the Higher Self is the key to the Soul, and the Soul contains all of the memories and all of the experiences that are pertinent to that which is your energy, and which, therefore, knows what needs to be called upon from The Universal Consciousness. And it is only through meditation that the Higher Self is able, then, to open the door to the Soul and to gain that knowledge that the Soul determines appropriate for the lifetime. Simply put, as we are able in this very short time, my loved one.

The Art Of Inspiration When Connecting To The Higher Self

Is it possible to contact through meditation the entity that helps you in creation? I work with art, and many times I have an inspiration, and I quickly complete a project, after which I feel as though someone else was using my hands. I look at the finished product and say, "How did I do this?" Is this ever possible with the process which you have just described?

Most definitely, my loved one. Understanding that that which comes through the energy field comes from the Higher Self. It filters through the Higher Self, and that all are able to gain this information. That which you refer to in this situation is coming from the Higher Self, the highest levels of the Higher Self. It is you, you see, that creates, not some other energy that creates.

That which is referred to as channelling on the plane is, as we would come through, a different energy giving information. It is very distinct differences, and all on the plane are able also to bring in information from other energies that would give them guidance, and it comes through with the protective White Light. It is not to be used as a parlor game, as you might refer to it, but rather, as that which would increase the growth of the Soul.

When you produce or create or behave in a particular way that seems to be different than your conscious abilities, you would seek confirmation from Self. It is much more difficult to trust in Self than it would be for us to say, "Yes, my love. That was the Higher Self coming through." Rather, you would seek that knowledge and that confidence from Self, for as you do this, more of Higher Self enters in and your abilities and your creativity and your love abound tremendously.

What Will Allow Me To Get In Touch With My Higher Self More Directly?

We see ~ we see music as surrounding that which is critical to your abilities to reach Higher Self. Most specifically, a music that has ~ Barjan, E-minor is a note? ~ E-Minor. We seek our earth plane music consultant. ☺ E-Minor, as that which is pivotal to your own vibration. There are compositions currently on the plane that focus on that particular note. This would, in your environment, enable you to move into Higher Self much more readily and to gain higher access than currently available to you.
