

Waith Class Transcripts

JULY 07, 1992

Topic ~ Lightness Of Spirit

Everyone Has The Gift Of An Added Component Of Lightheartedness In Their Soul Memories

Technique For Calling Upon The Energy Of Lightheartedness

True Spiritual Growth Is Taking The Seriousness Out Of Self And Working Through Issues

Would You Go Through The Steps Again To Guide Us?

Is There A Crystal That One Can Carry To Help Them Stay Lighthearted?

Will Any Pain Or Illness Be Helped By This Technique?

Can You Do This Technique Also With Someone Else? And How Would You Do That?

Can This Technique Be Done To Help Those In Other Kingdoms Who Are Unable To Do This?

Can You Do This With Just Visualizing Without Doing The Physical Airplane Part Of It?

Was The Earth Plane Seriousness Created To Help Us Learn Our Lessons Better Or More Quickly?

How Does The Darkness Play Into Our Seriousness?

Would Wearing Or Surrounding Yourself With Certain Colors Help With Lightheartedness?

~ 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

A Publication of Terra Lux Media ~ 1992

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Topic ~ Lightness Of Spirit

We thought it would be appropriate to speak with you in this session relating to lightness of spirit. Far too often there is a sense of heaviness that goes with energies incarnated on the earth plane, for the earth plane, as we have said so often, is one of the most difficult of training grounds, if not the most difficult training ground. It is accelerated in its emphasis of lesson learning, and as a result, often, energies on the plane become so serious, and we continue in our mission here to emphasize the gaiety and lightness on one hand and the seriousness of purpose on the other hand. However, we have also been aware of the sense of burden that many energies on the plane now feel in their acceleration that they have taken on as The New Illusion begins to present itself.

And it is most appropriate, then, that we very regularly talk about this lightness of spirit, for, you know, energy inherently is Light. It is not heavy. It is joy filled. It is not given a sense of burden. And it is appropriate, then, that we give you a perspective in this earth plane connection, for understand that all of you on the earth plane have chosen to come here. It is not mandatory that an energy come on the earth plane ~ and prior to your entry into the sojourn on the earth plane, a very long discussion is given with each entity before they even begin their first time on the earth plane. And at that time of agreement for entry onto the earth plane, there is injected into the Soul of the energy a very strong component of Lightheartedness, as best as we can describe it.

Everyone Has The Gift Of An Added Component Of Lightheartedness In Their Soul Memories

Each of you has an added component of Lightheartedness in your soul memories that is a gift, if you will, given by The Universal Consciousness to those who choose to come onto the earth plane so as to be able to draw upon it when the burden seems so heavy. And you can reach this Lightheartedness through your meditations and through a technique that we are going to give to you now. This technique will be on the record for those on the plane who have difficulty in reaching the Lightness that is part of the spirit that brings about the laughter ~ that brings about the sense of freedom, the sense of joy, the sense of Oneness.

Technique For Calling Upon The Energy Of Lightheartedness

- *Now. We will show to you a very easy technique and one in itself that is quite lighthearted. What you will do when you are needing to go to the core of your gift that we have given that has come from The Universal Consciousness, you would stand and you would place your feet shoulder length apart so that you maintain a balance.*

- *Now. You would place your hands in ~ as if you were an airplane. ☺ These are your airplane wings, you see, and then you would take the palms of the hand and you would face them outward, and then you would draw in a breath from that which is the Solar Plexus, and you would breathe it in through the mouth and you would hold this breath to the count of five. Slow five ~ ONE, TWO, THREE, FOUR, FIVE, and you would let the breath out through the nose, closing the mouth while doing this. This is so that the breath does not escape through the mouth, you see. A most important component.*
- *Now. If you draw in and you let out, and then you bring your hands slowly up over your head, over that which is the Crown Chakra, and you place the fingertips together so that they form that which is The Pyramid Shape. And you bring your hands down slowly so that they are close to the Crown Chakra without actually touching the head, and you now have your eyes closed and you envision within this pyramid a little ball of fuzzy White Light. It must be fuzzy. This is not your standard White Light ball. This is your fuzzy White Light ball. ☺ ☺ Think of a little fuzzy. There are fuzzies on the earth plane that you could equate this, you see, this fuzzy white ball.*
- *And now, you envision the calling upon the very Highest of the White Light to bring into your pyramid, protection. And now, you envision this fuzzy white ball moving through the tunnel of the Energy Centers, moving down through the seven Energy Centers and coming down, down, down, until you envision the little white ball at the very base of your encasement. And then you split the little white fuzzy ball, in your imagery, and you place one on the tippy, tippy, tips of your toes ☺ so that you have, then, this position of standing with The Pyramid Shape and the two fuzzy little White Light balls on the tips of your feet.*
- *Now. you take your right foot and you place it forward to the front of you, remembering not to lose these little fuzzy white balls, and then you bring the foot back to its position and you do the same with the left foot, the left foot forward, remembering about the little fuzzy white ball, and then you bring the foot back. And then you wiggle your toes simultaneously, and the fuzzy little white balls stay there, you see, as you wiggle them. And then, you bring your feet together as you stand forward, straight, with your feet together, and the two fuzzy little white balls become one again at the base of your encasement on the toes.*
- *And now, as you feel these little fuzzy white balls, you say the following, remembering that your position, then, is The Pyramid Shape over the Crown Chakra, the fuzzy white ball now at the base of the toes, and you say, "I call upon the memory from the Soul that gives me the Lightheartedness that The Universal Consciousness has gifted to me as an energy."*
- *And now envision the fuzzy white ball moving back up through the seven Energy Centers, and as it moves through the Energy Centers, you envision the fuzziness*

spreading throughout the encasement, throughout your energy within. And you move it all the way through and back into that which is the pyramid. And you fill the pyramid with the Light from the fuzzy white ball.

- *And then you say, "Thank you, Universal Consciousness, for the gift and for your protection." And as you say this, you open your hands so that now the fuzzy white ball can move up and out and back into that which is the Highest of the Protective White Light. You then bring your hands back into The Pyramid Shape, and slowly bring your hands back into the position in which you began in the airplane and the palms facing out. And then, very slowly, you bring your hands together, palms facing each other. As you bring them together, you then ~ (Waith claps) and you release the Lightness.*

Do you have questions about this technique?

Can we do it at work? 😊

There would be times when you could do this at work, and, in fact, the final stage of this clapping, you know, could bring the attention of others around who would say, "What are you clapping about?" And you would simply say, "It is joyful to be here." 😊 That would certainly gain attention, would it not? Perhaps a bit of Lightheartedness at the same time.

True Spiritual Growth Is Taking The Seriousness Out Of Self And Working Through Issues

Now. You know, there is the tendency for those on the earth plane to just be very diligent about what they are here to do and, you know, "It is now or never! If we do not get it done now, then it will not get done. And, oh, my goodness, let us be so serious about all of this, and let us take a stand on issues, and let us, you know, be so vocal about what we are here to do."

The true quest of spiritual growth ultimately results in not flaunting, not discussing what the issues are, but rather, simply working through them and taking the seriousness of Self out of them, the working of the issue. What you do as an entity must be serious, for you have growth, you have lessons to learn, but not to impose that upon others, but simply to be lighthearted as you express yourselves with others, without bringing in the so called immensity of what you have taken on. For, you see, part of the entrapment of the earth plane is to get you to be so serious. It is then that the darkness can attack at very vulnerable points, for you take yourselves so seriously.

And we will say this over and over and over again while we are on our mission here, we have said it continuously and we will not let up on it, and that is, you do not take yourselves seriously. You take what your mission is in a serious manner, but not

yourself. You take what you do lightheartedly, and you project Lightheartedness, for it is the Light that wins over, not the dark.

And while you must be most concerned about your own path, it is your path and not to be imposed onto another ~ rather, to Be of Service, which is the prime directive of all energy. To Be of Service means that you are lighthearted toward others. You accept them unconditionally, which, of course, is most difficult. Remember, the theory is always easy. It is the application of the theory that is so difficult, application of the concept.

Now. Lightheartedness, then, is something that each energy has inherently in its soul memories. All of you have it. It is not just given to special energies. It comes to all energies, an added Lightheartedness that is above and beyond the inherent Lightheartedness of all energy, because you have chosen the earth plane.

And because we speak of Lightheartedness in this session, we also keep this session with you very lighthearted. We will not give to you information that is heavy, that you must digest, that you must reread, and reread, in order to understand what we say. We have done that quite a bit in this earth plane year, and we will pick up where we left off in future sessions. Thus, we keep this lighthearted, and we would take questions from you now that relate to this sense of balance between the seriousness of your mission and the Lightheartedness and the gaiety of your energy and yourself.

Would You Go Through The Steps Again To Guide Us?

Now. You place your feet ~ make sure now that you have room to spread your arms like an airplane. Yes. And now, you place your hands, palms facing out, and now bring your hands up over the Crown Chakra in The Pyramid Form, and bring the hands down close to the Crown Chakra, and now breathe in through the mouth from the Solar Plexus area and hold ~ ONE, TWO, THREE, FOUR, FIVE, and breathe out through the nose. Do this one more time to lighten you a bit, in through the Solar Plexus, mouth ~ ONE, TWO, THREE, FOUR, FIVE, and out. And now envision within the pyramid the fuzzy white ball, little fuzzy white ball. And now, repeat after me, "I call upon the very Highest of the White Light for protection."

And now, envision the fuzzy white ball moving downward through the tunnel, which is the Energy Centers, moving slowly down, and moving down so that it reaches the base of that which is the trunk area of the encasement. And now, split the fuzzy white ball and envision the two balls moving down the legs and placing themselves on the very tippy tippies of your toes, and feel the little fuzzy white balls on your toes.

And now, you take your right foot and you move it forward and you wiggle the little toes, keeping the fuzzy white ball on the tippy tips of your toes. Wiggle your toes. Yes. And now bring the foot back. And the left foot goes forward, and you wiggle the little toes with the little fuzzy white ball. (There is some group chatter) Yes, there is that song. (The

Hokey-Pokey) *I go to the memory banks of Mushiba. ☺ Indeed. In her days of dancing it was her memory in the memory banks.*

Now. You bring together the feet so they are straight out, and the two fuzzy white balls now become one again, fuzzy white, and you now slowly envision the fuzzy white ball moving up through the tunnel of the seven Energy Centers slowly, slowly filling the encasement with the fuzzy White Light, slowly moving up, up, up, until it moves back into that which is the pyramid.

We forgot the invocation. Move the fuzzy white ball all the way back down. ☺ You see, this is all right. You see, this is all right. You can move this back and forth, you see. We forgot! You see, and this is easy to do. When you do it automatically ~ eventually you will do this automatically ~ you do not have to say all these words and go through all this motion. Down, when the fuzzy white ball is one ~ it is one again, right?

Yep. One.

You invoke from the Soul memories and invoke the Lightheartedness that has been gifted to you. So repeat after me, "I call upon the Soul memory of Lightheartedness that has been gifted to me by The Universal Consciousness."

Now, you can bring the fuzzy white ball back up. Up, up, up, slowly filling the encasement, slowly, slowly, slowly, slowly and back into the pyramid. And now, as you slowly open your hands to allow the fuzzy white ball to move out, you repeat, "We thank The Universal Consciousness for the protection."

Now, envision this fuzzy white ball moving, moving back into the Higher White Light and bring the hands back into The Pyramid Shape, back into the position over the Crown Chakra. And now slowly bring the arms back into the position of airplane. And slowly now bring the hands together in front of your encasement, slowly, slowly bringing them to touch. And now clap! (There is clapping) With a little more practice you may actually get through this on your own!

You see, even the technique can be fun, and, to also remember that there is nothing that is so serious that it cannot be laughed at, you see. When we give you a technique and then we forget part of it. It is all right, you see, to do this, and you laugh about it. You do not think that because you have not done something correctly that, oh, you must be most cautious. Oh, what will people think and what will people say. It is all right. You laugh about it, for then you lighten up and you are able then to see beyond that which was the blockage that created the seriousness.

Is There A Crystal That One Can Carry To Help Them Stay Lighthearted?

There are some of The Crystal Kingdom that are more prone to helping in the areas of Lightheartedness, though you could take any clear crystal and it can Be of Service in that area, for the clear crystals are able to take on anything that is needed. However, the crystals that would best help in the areas of Lightheartedness would be not polished, they would be the raw crystals, and to find them of the colors of red or the variations of red, this color, and also the colors of green and the variations of green. Red and green are appropriate. You would find, as you do with all of those of the crystals, one that you feel connected to, and ~ for example, you would not have crystals out here of red and green and that we would say to you, "Pick your crystal now. These very specifically will help you with Lightheartedness."

While there would be some on the plane who might project that type of situation, absolutely any of The Crystal Kingdom can Be of Service in that area if you so ask it, but there is a predisposition with those that I have just described in color to take on Lightheartedness a bit more easily. It can be any size. It can be any shape, remembering that the size and the shape of a crystal does not indicate its quality of powers.

Will Any Pain Or Illness Be Helped By This Technique?

Oh, indeed. Indeed. If all it does is give a sense of release from the tension of the pain. Understand that the issue of what causes the pain still must be addressed, but this can serve to help you. (Waith takes in a deep breath) You see, catch your breath a bit rather than to just feel so burdened by the issue. It can be most definitely a tool for relieving pain of a temporary nature.

Can You Do This Technique Also With Someone Else? And How Would You Do That?

Oh, indeed. The more the merrier, you see. You would simply, as it was done now in this gathering, as many entities as would want to participate, and you simply all gather around. There are many variations. You could do this in a circle. You could do this ~ in the circle you could almost take off, you know, flying, you see, as your hands touch. Or you could simply have a few people ~ or you might be with one other, and you would work with that one other person, and you would show them the technique, and you would guide them through it and work with them in the technique as I did with you, and use the same type of procedure in which you say "And repeat after me ~ " and you say the words and they repeat after you, and to the conclusion of clapping the hands.

Can This Technique Be Done To Help Those In Other Kingdoms Who Are Unable To Do This?

You can do it in their vibration, and that would help in the vibration of that particular entity, be it an animal or even in The Plant Kingdom, you know, for as you do this, you are bringing in an energy of Lightheartedness, that if you are bonded already with an energy from one of the other ~ Animal, Mineral, Vegetable Kingdom ~ even the Air, you see. At times the air becomes very dense, and it is also in its own heaviness of its

mission. And for some, you have a connection with the elements that are part of the earth plane and Earth Mother, and you could use this technique, simply visualizing that you would lighten up your own surroundings, and the vibration naturally will assist those with whom you are bonded.

Can You Do This With Just Visualizing Without Doing The Physical Airplane Part Of It?

Yes, you could, my love, and many do this almost instinctively, for they know that they have this gift from The Universal Consciousness. And for many, however, it is a technique that in its own physical movement is a symbol that assists in bringing into focus that gift. Many find, even though they are able to instantly bring in the gift from the Soul memory without going through all of the motions, that, in fact, they would want to go through the motions on occasions, for it simply helps the encasement, the movement of it. And then there is an actual release of energy as you move, and the clapping of the hands and the movement of the toes, you see. It gives you a sense of gaiety and fun, but, you know, you can simply visualize it. It has the same effect, ultimately the end result. The effects are different, of course, from the feeling, the clapping of the hands and wiggling the toes.

Was The Earth Plane Seriousness Created To Help Us Learn Our Lessons Better Or More Quickly?

Yes. It is a part of the scenario of the earth plane that is built into the training ground of the earth plane that there be this seriousness, for to return to The One means that Lightheartedness is once again all that encompasses the energy, and in order to move back into that Lightheartedness, there must be the balance. And as we have said so often, the balance occurs as a teeter totter where you must go to extremes. You must be indeed most serious to the point of extreme in order to go back into Lightheartedness, and that you are constantly achieving the balance so that there is the understanding of the seriousness of your own path and yet the Lightheartedness that goes with endeavors to return to The One. Other training grounds have degrees of seriousness built into the scenario, but the earth plane is the one with the heaviest component of it. And thus, at times those of us who speak from this realm bring in this sense of frivolousness.

Frivolousness?

Limera?

Limera: Frivolity.

Thank you. We have trouble with vocabulary, you see. It is most ~ you must remember that it is all right to not know what to say. You must just let go of this issue of, oh, it must be perfect. It must be exactly right, or if it is not, then I will be appearing to be less than perfect. We all are less than perfect.

How Does The Darkness Play Into Our Seriousness?

The darkness energy that you mentioned ~ now, they are only relatively dark and not absolutely dark. What do they want when we are too serious? You said that they would attack us.

What happens is that when there is a sense of seriousness without any Lightheartedness, that it is a vulnerable point in each of you where you see things only from what is in front of you. You do not see. The lightness shows you the whole Spectrum. Darkness only ~ you can only see what is in front of you, and therefore the darkness would attack you during these periods of feeling that there is nothing except what is right in front of you, this forging ahead of the mission without any sense of area around you.

And then, simultaneously, each on the earth plane has other susceptibilities ~ it may be physical, it may be mental, it may be emotional ~ in which the dark forces can strike. Physical, for example, you may feel pain in your right hand, for example, and that that pain creates in you an attitude that is ~ makes you glum, and then begins to work upon you so that you are not of Service to Others, that you become centered within Self, not strengthening of Self, but centered within Self. And this is how they work, you see. The dark forces try to get you to center within Self, being self-centered rather than self-strengthened. A very significant difference. Thus, the more that you keep yourself happy and Light, the less opportunity the dark has to attack you.

Why do they want to do that? What do they gain from it?

Ah, they gain their own strength. They increase their own powers. They increase their own darkness, for as you are able to only see within you, you bring about your own darkness and they come in and they grab that darkness. Now, if there was Light around you and they attempted to come in, they would be grabbing Light. They certainly would not want to do that, for they would choke. They go phit-phit. (As in spitting out) It is White Light. ☺ Phit-phit. That is your goal, you see, to make them go phit-phit. ☺ And so they choke on the Lightness and they suddenly find themselves filled with Light. Aha! Then we have another one that we have brought into the Light!

Would Wearing Or Surrounding Yourself With Certain Colors Help With Lightheartedness?

Oh, most definitely, and we have not even begun our discussions of color and sound. We have given preliminary discussions of color and sound and its effect upon the vibration, and this will be part of our concluding topics for this Earth Plane Connection year in which we discuss ways to keep your vibration Light, and you ~ many of you already have a sense of color, for example, that feels ~ makes your energies feel good.

You know, color is very specific, and while one energy may feel not wanting to wear black, for example, that it would bring the darkness into the energy field, another may wear black, for this is what is appropriate to their energy. Again, be careful of being

judgemental of what is vibrationally correct for one. But we will be adding much more before this earth plane year is concluded in that regard and giving you even more detailed techniques as to how to keep your vibration Light through the use of color and sound.

So why are you telling us about gaiety? I thought that was Farena's job.

Ah, it is. It is. However, coming from the head spook, gives it a bit more, shall we say, credibility in that if the head spook can be gay and lighthearted and frivolous, then so can all of you, you see. We will switch roles one of these sessions and Farena will be most serious.

That is hard to believe. ☺

You do not believe? ☺

We now will prepare for departure, and as we do, we are surrounding you with an energy of sprinkles that will bring about a sense of communing with each other after we have left the vibration and enjoying the gaiety of each other, enjoying the Lightheartedness and simply being, enjoying your being. It is most beautiful. And we surround you now with a very large fuzzy white ball.

And center yourselves within that which is the Heart Energy Center and feel the beauty of Self and the connection of the sprinkling White Light that we send to each of you. And spread the beauty of Self throughout the encasement, filled now with the happiness and the joy of being. And send out now from Self into the gathering the beauty of Self as it mingles with all the other beauty, and the fuzzy white ball now moves into the total vibration and snuggles around you all and gives you the Soul memory of the gift of Lightheartedness.

We send to you now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
