

Waith Class Transcript

JUNE 01, 1993

Playtime On The Earth Plane, Continued

Differences Between Some Training Grounds Regarding Concrete And Nonconcrete

Discussion Of Color And Sound As A Plaything

A Technique, Visualizing Color ~ To Lighten The Spirit (Next Section Will Be One For Sound)

A Technique, Visualizing Sound ~ To Lighten The Spirit

Discussion Of The Dimensional Coexistence Of Concrete And Nonconcrete

Waith Answers Various Question Regarding The Techniques Given For Color And Sound

The Hearing Impaired Have The Ability To Tune Into The Frequency That Is Its Energy

~ 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 ~ 1993

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

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

Playtime On The Earth Plane, Continued

We, in this time with you, plan to continue in our discussions of Playtime on the Earth Plane, and we thought that we would give you some perspective on play on the earth plane. You know, for many, many entities on the plane who feel that it is all work, there must be a perspective of play and Lightheartedness. Yes, the earth plane is considered a Work Planet, and it is considered one of the most difficult of the training grounds that are available outside of The One. And yes, it is a training ground in which accelerated growth is available. It is one of the few that has that particular component built into it. And thus, it would seem that when you are on the earth plane training ground, that the sense of play would almost be a contradiction for the basic purpose of this particular training ground.

Differences Between Some Training Grounds Regarding Concrete And Nonconcrete

Now. This is not correct, for the most important component to keep in mind with the earth plane is that it is a training ground of balance between concrete and nonconcrete. This is not always true on other training grounds. With other training grounds, some represent development of nonconcrete strictly, and the encasement that the energy takes on is invisible, if you will, to what your perspective would be on the earth plane. Other training grounds have strictly the concrete. And the earth plane, then, provides both ~ the opportunity for balance. And thus, those who are on the earth plane now have chosen a very, very accelerated and strengthening path.

Now. Play is critical to balance. I will not bore you with some of the trite sayings that are on the earth plane now regarding all work and no play. I said I would not, now. Now, what is available, however ~ thank you, my love. (Someone hands Waith a marker) Yes. Now, I was being discussed prior to entry here ~ I tune into this, you know.

They were discussing the writing utensils and were mentioning the fact that I do this all the time (Remove the cap) and do not write, and therefore they dry out. Is that the correct ~ dry out? And someone had to run someplace and find black, you know, for Mushiba only uses other colors. So, we will christen this now, as you might say, for we are going to discuss with you color and sound as a plaything.

Discussion Of Color And Sound As A Plaything

However, it is not as frivolous as you might at first glance think, for remember that all that we provide to you for information has a spiritual component, as you would call it, that which is the balance, and that as we provide to you this latest little play toy, it is also going to aid you in your vibrational attunements, for each on the plane now

undergoes vibrational changes. It is a part of what happens when there is a cleansing, as is occurring now. Thus, when you begin to feel your vibration dragging down, you know, and you are feeling that the burdens of your path are far too great and you question when another who is feeling lighter at the time would say to you, "But, you know, you asked for this!"

We know that when one is feeling a little bit down, one does not need to hear another who is not, saying, "But, you know, we each ask for these tests." We know. We know this. And thus, it is up to each of us, all entities, to keep themselves as light as possible in understanding that indeed the path that each of us chooses is our own decision.

Thus, when we are starting to feel a bit down ~ and this is an earth plane applicable toy only. This is not needed on other training grounds. So, on the earth plane, when you put this into your soul memories and you go onto another training ground, you cannot take this one out of your soul memory and use it. You can only use it on the earth plane. So, put this into the Soul memory ~ this toy can only be used on the earth plane. And then whenever you come back on the plane, you can pull it out and use it.

Now, here it goes. The first one relates to color. Now, we are not going to talk about the usual color and sound discussion that we have had in the past. This is going to be a bit different, for the color and sound information we have given in the past and how to find primary colors and sub primary dominant and minor and all that will be discussed at another time. This is a vibrational attunement, so view it in that respect.

A Technique, Visualizing Color ~ To Lighten The Spirit (Next Section Will Be One For Sound)

Now. First, color. What you do is visualize your very, very favorite color. This toy can be used with any color at all, and, you can also use it with not just your favorite color. You may use any color that you happen to be attracted to at the time that you are using this technique. So, you have your color now. You would find some item that is this color. It does not matter what it is. Something. And in your mind now you are holding this item. So, here is your item. Item. (Waith writes the word ITEM on the paper) Here is your item.

First, you visualize your item. You have not gone to your item yet. Visualize it. You are putting it into a nonconcrete form. This is an important first step, a nonconcrete form. Once you have the nonconcrete form, and as you are visualizing it, you envision that there is fluffy White Light all around it. Now, once you have this visualized, you go to the concrete item, and you will find yourself in a position with your encasement that is the most comfortable, whether you would want to sit or stand or walk, any form of movement or nonmovement with the encasement is appropriate.

Now, you have this item, then, that has this color. We will indicate that it is color. That is the key here, not the item but the color that this item is. Now, you have visualized the

item. You now are holding the item. And now, you begin ~ you may be walking, whatever, so what I am about to tell you, remember that some of you have a higher comfort level with others observing you than others might have. So, what you do then is, you are walking, perhaps, and you have your item, and you have your item right at what you refer to as the Solar Plexus. This is the entry Energy Center for vibration. And so, you would be appropriately walking, or if you are sitting, it would be like this. And you begin, then, to pet your item. You are petting your item. Now. There is something very significant with the petting, for what you do now is that you connect vibrationally with this color, for color, and especially if you are working with a favorite color, is going to soothe the energy field. Remember, if you will, some of you, that we have spoken of color as the soother of the energy field, and if you surround yourself with the appropriate color, you will lighten your vibration.

What this does, this little technique, is to take your mind, this earth plane mind, off of the difficulties. It is to lighten up, and it is better, even, if you do this with others. Many of you have found yourself now with energies who have become very accustomed to you doing strange things. This will not make any difference to many of them. They will just say, "Oh, there she, or he, goes again!" And if not, this will be a way to get them to not really think too much of what you do, but rather, to be intrigued by this activity, that you soothe. You are ~ in petting, you are soothing, you see. You will not just take this item and go hard like I do with this writing utensil. You would be soothing its vibrational field, and at the same time, you are bringing the color into your vibration.

Now. Color that is your favorite will be useful, then, at three levels of awareness. You will have your level of nonconcrete where you have visualized the item, and as you are visualizing this item, the color is also in there and it is seeping through into the level that becomes concrete, where you have the item. And once you have the item, and the color then begins to, in a concrete manner, filter into your greater vibrational field, you then have the third level. This is what we would refer to as Interdimensional ~ so that all three levels are now taking the vibration from the color. And the color, then, on its own, has a way of connecting with your vibration where it is needed.

Now. The length of time that you would be petting and soothing would be dependent upon the amount of time that you need to do it. I would not say to you, five earth plane minutes, thirty earth plane minutes, but rather, as much as you need, or as little as you need. Once you have felt the connection, and once you have felt that all the levels of which we speak have been touched, you would then take the item, and you would place it under a white light, much like the lights that are available, but it would not be one of these ~

Fluorescent lights.

Fluorescent. Yes, we were searching the memory banks. Mushiba has an aversion to this kind of lighting. So, you would find a very soft white light and you would place the

item, then, under this, the glow of this light. And you would then take the image of what you see, this light shining upon your item, the light ~ (Waith writes LIGHT on the paper)

It is drying out. (The marker)

We will talk! You will envision now the light shining upon the item. You will take that image in your mind and you will then envision it as you did the item originally at the beginning, the first step. So, you have now the concrete and you see the white light. Need I tell you it is symbolic of protection, the white light shining upon your item? And you then bring it back into that level of mental and nonconcrete, and that gives the closure to this technique.

And once you have done this, you may put your toy away into the Soul memory until it is time to bring it back to play with. And it is a toy in the sense of playing and not a toy in the sense of a lesson to be learned. We refer back to the reference of Toy Box that is on the record. So, we then now give you this use of color. What will be appropriate, as we give further information relating to color and how you will be able to use it to smooth out and soothe your vibration, this will also fall very nicely into this.

Now, as you begin to utilize this technique and the color, you would want to begin adding sparkle to the color. Now, you may use this with black, even though on the plane there is this sense that black is not to be thought of in this way. You would not be able to use this with white, for you would not be able to visualize white in the sense of its application into your vibration, and also visualizing white light onto white creates a difficulty, at the earth plane level only, however.

Now, what you would want to do then is, let us say, that you chose orange as your favorite color, and the first time that you did this little play toy, whatever it was that you were envisioning, would have any degree of sparkle to it. It could in fact be very, very, very, very dull, at the very far end of The Spectrum of subdued, and of course at the other end of The Spectrum is complete sparkle, non-subdued, and everywhere in between ~ so that wherever you find yourself relating to the color and its sparkle aspect, you then would progress each time you used this technique to envision more sparkle ~ so, to sparkle. (Waith draws sparkles around ITEM) We often refer to it as Farena's word, the fluff or fluffy. It may mean that for you the item will change, then, or it may mean that you are able to add sparkle to the item, or it may mean that you simply envision more sparkle until you reach the point where the concrete matches the nonconcrete. So, this is for color.

Now. We will give you one for sound and then we will take questions about both of the toys. Now, sound. Sound. You have your job to do. (Addressed to the person who is turning the paper) We sensed that you did a very fine job.

A Technique, Visualizing Sound ~ To Lighten The Spirit

Now, sound. This one is a bit different. Sound is not just music. Music is a result of combinations of sound. So, when we say sound, we mean anything. And for those who, at concrete, at earth plane, do not hear sound, they can still utilize this technique, for it is a visualization as well as a concrete, and we will explain this. Sound ~ you would choose any sound. It matters not. It would be a favorite sound. It would be a favorite sound. It could be the click click of a pen. It could be the tick tock of a clock. It could be the sound of this (The marker) trying to make impressions after it has dried out a bit. (Waith tries to write with the marker) Sound. We sense this not to be right. Sound. This one is very simple and quick and can be done without anyone noticing, unlike color, even though color can be done alone. Sound can be very easily done, for it is the recognition of an impression.

Now, those who on the earth plane are not able to hear as each of you in this session are hearing, still have a sense of sound, for vibration is sound. And even if one is not able to see and hear, perhaps they have taken on that path of not seeing and not hearing, there is still the ability to sense sound. And there is still the ability to visualize. Even if one does not see, one is able to visualize within, for that is the spirit dimension. That is the Soul's ability to connect with the Higher Self.

Now. What you would do, then, with the sound ~ and again, view sound as an item. Simple. So, you take the sound ~ and let us say that it is the sound of meow, from a kitty cat, meow. That is the sound that you hear, and you do not have to actually hear the sound. You know, many of you who live with the cat encasement are well aware of what the sound is like and probably would hear it as you would be visualizing. So, you have the meow, and you visualize the meow, the sound, the item, as if it were in a cloud. This is different from visualizing the fluffy White Light. This is a white cloud. (Waith draws a cloud around MEOW) This has density a bit. You know, cloud has substance. We use substance with this, for you will not be bringing it into the concrete as you do with the color. You will be keeping it in the nonconcrete, and therefore, you will be visualizing it, and at the same time that it is nonconcrete, it will be concrete. You see? This takes a bit of practice. It will not happen the first time that you do this.

However, what you will then begin to feel is a lightness about you as you are visualizing nonconcrete and concrete simultaneously, and what this, in effect, can do is bring you off the earth plane ~ for many of you this is an added benefit to this particular technique ~ for momentarily ~ and you could be doing this visualization, once you have practiced it, for what you call seconds on the earth plane.

So, for example, let us say that you need ~ you are making a telephone call, and you have been put on hold, and this makes you a bit upset. We know that most of you this never happens to! But for those who might feel a bit upset at times when you have been put on hold, while you are on hold, and rather than listening to the sound that often comes through when this occurs, you could automatically go into your favorite sound

visualization, and by doing that, momentarily, it blocks, and therefore you are able to lighten yourself considerably. Now. Are there any questions?

Discussion Of The Dimensional Coexistence Of Concrete And Nonconcrete

In the beginning you had mentioned concrete and nonconcrete interdimensionally. Is that where concrete and nonconcrete meet? I do not quite understand.

They do not meet, my son. They coexist, and there is a difference. And yet, coexistence means that they are meeting, but in the sense of linear meeting, as you would understand it on the earth plane, no, but they coexist. And thus, when you bring in dimensions into any type of discussion, it inherently means that those dimensions, whether they be two, three or one hundred, or infinite dimensions, would coexist in that particular exercise. We would not go any further in this, for it would bring us into a discussion of Interdimensions, which we have already briefly given and which we will be discussing further. But that is an appropriate response to your particular question.

So, what you are doing, then, with the color technique, is viewing things Interdimensionally and with three dimensions, as you might say. The sound is essentially one dimension. It requires no closure as the Color Play Toy requires, for closure is necessary when more than one dimension is used. This particular visualization can be done at any moment, when you want to tune out, for example, something that is going on, and for many of you, you do not need this particular technique to do that. We understand. You have developed your own abilities to tune out. However, this could give you a fluffiness about you, for you feel the comfort of the white cloud. So, it is an added component of protection and comfort that comes with sound.

Now. If an individual does not hear as you hear, the sound, the hearing, the sense of hearing is either nonexistent, as you know it on the plane, or limited, this technique can be described in whatever way is used to communicate to the individual, and the individual then goes into the Higher Self and has the vibration. Whatever energy comes from the entity can be used within their own visualization, you see.

Thank you, Waith.

Oh indeed, yes. It is commonplace to us at this vibration to understand, unlike many on the earth plane, that the concrete senses that are evident are not limitations if one does not appear to have them, as defined on the earth plane, for all comes from within. All sense of concreteness comes from an understanding of the nonconcrete.

And thus it is that when you find yourself on the earth plane, you are concrete and nonconcrete, and the playtime comes in the balance. As you begin to achieve a balance between nonconcrete and concrete, in whatever small issue you may have taken on, it

then becomes an opportunity to visualize a letting go and using color and sound to help you through the muck that occurs when there is a letting go process.

When you are letting go of an issue is when you feel the most mired down. It could be for some the entire lifetime. For most it is not. For most, as you go through a series of balancings, you feel light and airy and wonderful, and that means you have balanced. And then, you will have times when you feel less light and airy and that means that you are working through. And it is during this working through time that you utilize the toy for play, to help you bring back the balance. This is not a quick fix, by the way. This takes some practice and, for some, you may find this not a necessary tool for your balancing. For others, you may grab onto it and find this is truly what will help you through, at least during this point in your path.

So, this is a way to play. You know, when we introduced the topic of Playtime on the Earth Plane, there were many who snickered who thought that this was frivolous ~ "We are here to learn spiritual beliefs and spiritual concepts! We are very serious about this," ~ I sensed from many, and indeed, was challenged by several individuals who thought that this was not an appropriate topic for Waith. But you see, all that occurs on the earth plane is the concrete, is the physical manifestation of the nonconcrete, and play and fun are concrete and nonconcrete.

And just as it is very important that you have concrete fun and playtime, it is not always possible to fit that in because of the path you have chosen. And thus, this is a way to, in your own individual time frame, play a bit. It is not really a meditation, but it is a visualization. For many of you, meditation is very hard work, and therefore, we would say to you, this is not a meditation. For those of you who view meditation as play, this is meditation. View it in what you would feel most comfortable. Questions and issues?

Waith Answers Various Question Regarding The Techniques Given For Color And Sound

Can you change the color or sound depending on what you are trying to ~ like depending on the mood maybe?

Oh, indeed. This is not something that once you have chosen a color or a sound, it becomes permanent for you for eternity. It can change each time that you would do this. We indicated that you would choose your favorite color or your favorite sound only as a frame of reference to yourself. It could be any color any time. It could be any sound any time. And indeed, at a particular point you may feel that red is your favorite color and you visualize the red, and then another time you think that a combination of colors, polka dots ~ you could visualize polka dots. It is color. They have to be colored polka dots, but again, you can do this, and the same with sound, depending upon what you call your mood. Yes.

Do you have to have the item in hand or can you visualize it?

For this particular technique, my love, you need to have the item in hand. It is a part of the interdimensional aspect of this. If you find that there is a particular color that you would like to work with and you are not able to find an item, then it means you must go search for that item, and then the search itself could be fun and playful. Generally, you know, you would not make this difficult. Generally, the color that you visualize, something that you would want to visualize, you have something in that color, unless, like many of you, you try to, shall we say, make this mountain out of a mole hill, make it more difficult. However, if you do, as your question indicates, find yourself in this position, then go for the search, for the Soul has in some way seeped its way through to bring this about.

When you were talking about it, I just wanted to piece it together if I could. I pictured my sneaker because I like the color. And so when you were saying visualize something, visualize the item and the color that you want and put a lot of light around it and you hold the item and you pet it, and then ~ what do you do after that? 😊 How did you do it?

You must have taken the item and placed it into the Solar Plexus area. You must remember that, so that if it is on the foot, 😊 to bring that foot up to that area, it would be a bit difficult. But the next step is to place that item under the white light. Now, if you are, again, if you are able to bring the light to the foot, then you could indeed do this without taking the item off the foot. You could use a portable light, you know, what you call this flashlight. And it is at this step that closure occurs, for then ~ you look, you physically look at the sneaker, as you would call it, under the white light and you would bring it into the visualization, the first step that you, in the nonconcrete, envisioned the item, but now you are envisioning it after it has gone through the dimensional aspects, now brings it back into nonconcrete.

What do you think of these two toys we have provided?

It is great.

Some of you would attempt the techniques to lighten the spirit, and also remember that it is not a frivolous activity, for it serves a purpose, and that is, that it helps to soothe the vibration. Some of you have found ways that are appropriate for yourself to soothe your vibration, and others need, perhaps, a new infusion of ideas to help soothe the vibration.

It is most important that whatever it is you use to soothe your vibrations, when it is needed, that you have something to soothe your vibration, for it is part of the earth plane journey to go through the ups and the downs, and when you are up and feeling Light, there is no need to soothe the vibration, but when you are in one of the lows, all must come from within Self, and only Self can soothe the vibration permanently. External assistance may be given to help soothe the vibration, but that is at the concrete level. It is only in the combination of the concrete and the nonconcrete that real

soothing occurs that is appropriate for your individual vibration, for there are many standard external soothers that only work part way.

You know, think of how certain conditions on the earth plane that are used for soothing work for some people and for others have no effect. And what applies to one person may not apply to another because of the nonconcrete, the internal response to the external, the concrete and the nonconcrete. You begin now to look at it in those terms rather than simply to say spiritual and physical, for spiritual, as you know it, is a component of nonconcrete, and physical is a component of concrete. And we will have more to say on that at another time, for it takes us out of the discussion of Playtime on the Earth Plane, but leaves you with anticipation of expansion in understanding that there is much more to this than what we call spiritual and physical.

When we are in a room that is a certain color and we feel that we really enjoy the colors, is that also coming into our Inner Self? Is that helping inside of us?

Yes, it would be. And also, if there is a color that is inharmonious, unless you are able to block the effects of the inharmonious color, it too would have an effect. But we will have more to discuss on that when we go into the color formula. We will revisit the color formula soon.

The Hearing Impaired Have The Ability To Tune Into The Frequency That Is Its Energy

I need some additional explanation about how you define the nonmatter sound. I understand the matter sound. That is what we are hearing with our hearing device. That could mean a certain frequency, but what is the nonmatter sound? Is that what connects us, for example, to the Higher Self or Flow of Energy? Is this what you call the no-matter sound?

What you describe is the phenomena of nonsound as it relates to the earth plane, and when one is attempting to visualize sound, for example, without the ability to hear, as you would call it on the plane, there is a compensation that occurs in an entity who has taken on the path of not hearing earth plane wise, and the compensation allows a tuning into a different frequency, and that each entity on the plane has the ability to tune into the frequency that is its energy.

It is just that many either have chosen not to do this, or have not developed their abilities to do this, for it takes an awareness and a discipline to tune into one's own sound, and ultimately, this is what you would do in your meditations, is to tune into your own sound. When we have indicated that you find the answers within Self, this is a minor component to the tuning into your own sound.

And yes, there is a connection vibrationally between the Conscious Self, as you find now, the Higher Self and the Soul, and as we have spoken of the three being ultimately in harmony with each other, there is, as best as can be described, a very fine thin thread that goes through from Conscious Self, to the Higher Self, to the Soul, and it is this same

fine thread that then goes into The Universal Consciousness that connects all, and it is a finetuned sound. Many who are not able to hear on the earth plane level have a higher ability to hear into The Universal Consciousness. It is one of the tradeoffs that occurs when entities take on the path of hearing inability at earth plane level.

So, all can play, regardless of the senses as they are exhibited on the earth plane, and all can hear. It is just the level of hearing that one would have. Not being able to hear at an earth plane level is not a negative, usually, by that entity who has taken on the path, for far greater abilities are being developed when the senses are different with one than they are with the NORMAL earth plane senses.

We are about to depart now and have been most pleased to have shared with you toys to play and to have fun with, and you will find that there are variations on this theme. As you yourself utilize and play with the toy, you may find new uses for these two toys that we have given to you, just as any toy that you have in your environment may have uses that were not part of the way it was put together. Feel free to share those new uses with others and not to be afraid to try new uses. Once you have come up with the way to use it, then play with the play toy in new ways.

As we depart now, each of you center into that which is the Heart Center and visualize a very soft pink light, the light of love around the Heart Center. And visualize that you are perfectly loved by Self. There is no external source taking away from the sense of love of Self. Feel the pink light filling all of your Energy Centers, filling completely all of your Energy Centers slowly, softly. And now, send this pink light of Self love to another entity, a favorite entity, or an entity who needs to feel your love, and send it to the outer vibrational field of that entity, and visualize leaving a little message that says, "Here is my love if you need it."

As you love Self, so too are you able to love others. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
