

Waith Class Transcript

SEPTEMBER 21, 1993

The Toy Box ~ A Symbol Of Lessons You Have Chosen To Bring Onto The Earth Plane

Some Examples Of Toys One Has Chosen To Work On

Francis Comes In And Speaks Of Lightheartedness And Judgement

Farena Enters In With Messages Of Lightheartedness

Farena Presents A Technique That Enables You To Gradually Become Very Lighthearted

And To See Beyond That Which You Are Focused On

Where Is The Point Of Balance Between Seriousness And 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

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The Toy Box ~ A Symbol Of Lessons You Have Chosen To Bring Onto The Earth Plane

You know, my loves, now, we plan to discuss in this brief time with you in this session, The Toy Box, a bit of an elaboration and a bit of fun to have with The Toy Box, for we have indicated to you that The Toy Box is simply that symbol that is used for the containment of all of the lessons that you have chosen to bring onto the earth plane sojourn in which to work, and that within your Toy Box, you have your toys, and you have favorite toys from one lifetime to another, and that your toys are merely your issues, your lessons that you need to learn.

And to keep things lighthearted, as we do try, we want you to look at your lessons and your testings as a positive rather than a negative. Thus, we indicated that we would want you to bring your favorite toy with you to this gathering. Now, there are a few of you who responded to us quite literally. You did, indeed, bring your favorite toy. Some of you brought each other as your favorite toy. And indeed, you know, balancing that occurs between entities in lifetimes is no less a toy than the issues of patience that one would take on, or the issues of tolerance. Some of you have, in bringing yourself, have indeed brought your favorite toy ~ for ultimately, my loves, you are your own favorite toy. And, at the risk of buying into the vernacular currently on the earth plane, you therefore have the capability of playing with yourself!

Now, we have a very favorite entity here who is a toy to those who he came in through, and the toy being a most joyful lesson to be learned as a result of his entry in. And we have conned another one onto the earth plane. ☺ Yes. You see how happy he appears to be now. He does not know. But, you know, we were all, in one way or another, convinced by the higher sources to do what we do. We were convinced, you know.

When I came out of The One and started off in The Angelics, I was a Cherub ☺ and it is on the record that I was a very errant Cherub. And, you know, we tell you this in emphasis of the fact that to take oneself seriously is an impediment to the entire experience. The lessons need to be taken seriously. That which you do needs to be taken seriously, but you must be lighthearted about yourself and laugh at yourself. You certainly have much to laugh about. We could tell you stories about our experiences that we laugh about, but, of course, as we were experiencing them, the seriousness of it can, indeed, creep in. And as we had been preparing for our mission with all of you, and through Mushiba, we wanted to find certain symbols that could best express our attitudes, if you will, and our perceptions of this entire issue of lesson learning.

There are many now on the plane who take their spiritual path in a most serious manner. They are very, very serious about this, to the degree that they do not laugh. They do not have fun. They do not feel lighthearted. And this, my loved ones, is appropriate for those individuals, and they are not to be judged for this, nor criticized in

any way. Those who would come to hear our words and who would read our messages, as time progresses on the plane, are those who are looking for the lifting of seriousness without jeopardizing the mission of learning the lesson.

And thus, to utilize your lesson as a toy makes it much easier to look at concretely, first of all, and secondly, to look at with the right perspective that you have chosen this ~ you have chosen to take on this particular lesson. And that if you have this concrete symbol, this toy, that you can visualize ~ and remember we have given you visualization techniques relating to toys, your favorite toy ~ it gives you some concrete area that is by definition very abstract. And as you meditate, you are then able to take the concreteness of your toy and bring it into the abstractness of your meditation to give it form. You see, it is very easy to talk about abstractness, and for some they are able to conceptualize, but for most, abstract ideas, abstract issues, are difficult. And, thus, form must be given.

Some Examples Of Toys One Has Chosen To Work On

(Someone hands Waith a Pooh Bear) Now. We have to hold this. You know, as we feel the energies about us now, we sense the hugging of the bear. Is this a bear? Pooh Bear. Pooh Bear. Yes, we go to Mushiba's memory banks and access that. Pooh Bear. Yes. Now, why, my love, is this your favorite toy?

I have to learn to become lighthearted.

And why does this represent to you, then, that issue?

It makes me laugh when I look at it.

It makes you laugh. And, it enables you to hold onto this, you see. It is a most appropriate symbol, for you are able, then, to what you call cuddle, and the issues of Lightheartedness and to laugh are what you work on now. And thus, a most appropriate symbol.

What other favorite toys? We sense one other concrete toy in the vibration. We perhaps access something that you do not realize you have with you.

I think this cup ~ I often find that a cup of coffee, this is tea, but the cup with the liquid in it is helpful.

In what way, my love?

Ah, just in a calming fashion. It just makes me feel better to have a cup and be drinking from it.

And what do you think it represents, then, to you for issues?

I am getting the sense that I should be saying that maybe some of my issues are sort of dissolving as I drink the water.

Ah, very insightful, my love!

You gave me that idea to say.

Not I. Not I. Your own thoughts come from Self. We may give a bit of prodding at higher levels.

Well, that might be what you were sensing, with my cup here.

Indeed. Now. You know, the others in The Company are gathered about for this session, and two in particular have planned a bit of information for you that relates to The Toy and Lightheartedness. And interestingly enough, while, of course, you know one is Farena, the other ~ surprise, surprise ~ the other is Francis.

Now, it is well documented from the time when Francis first began speaking through, of his seriousness, even though he has an energy line throughout many incarnations of Lightheartedness. Those were issues that he worked upon. And since joining our forces in Waith and Company, he has lightened considerably and would like to share with you a bit of that evolution that has occurred, from being Francis to very joyfully now being referred to as Frank, and a few other nicknames that we perhaps will not place on the record at this point in time. So Frank is going to speak with you first and then Farena will speak with you and share information, and then we shall return.

Francis Comes In And Speaks Of Lightheartedness And Judgement

Francis: We greet you. It is a pleasure to be with you, and we are very pleased to have the opportunity to share with you part of our story of growth of Lightheartedness and to be able to be with you now in this way, to be able to speak in a concrete way. As many of you know, we were very serious, did not particularly feel comfortable with the likes of Farena, for example. And Farena took me under her little purple wings and very unconditionally showed me the joys that come from letting go of the serious and feeling free.

It relates to issues of judgement. And remember that while we are all out of The Universal Consciousness, we must deal with issues of judgement at whatever level of awareness we find ourselves, and that because I am in a different dimension now than you, does not mean that I am free of issues and lessons to learn regarding judgement. And I judged Farena. I judged her to be very flippant, which she is. ☺

I judged her in her Lightheartedness, that she had no substance, that she was only laughing and had no sense of seriousness of purpose, and that I had come into Waith and Company to bring levity to what appeared to be altogether too much gaiety, Lightheartedness, frivolity, much too much of this. I felt it to be my mission with Waith and Company to settle them down, for even Waith ~ and I would never have thought that I could say this ~ I thought even Waith was far too flippant. And who is this Archangel anyway, that he would be as he is? I learned very quickly a most interesting lesson, that I was not judged for my judgements of them. A most impressive understanding and awareness. I judged, but I was not judged because I judged.

And as a result of all of this, Farena used to come behind me, and I was not able to sense her energies, and she would cloak herself, her energies ~ she would come from behind me and she would creep up, her energies slowly creeping up as I was going about my serious issues, and just as I felt I was reaching a very profound moment in my own awarenesses, her energies would come behind and sort of pick me up and fluff me up into the air, quite by surprise, and present my energies, then, into this sense of foolishness to the others around.

It occurred many times in Guide School where I have been given the responsibilities to teach in certain settings, and I would be teaching in a most serious way, and she would come up and, you know, the teacher in front of the students suddenly is fluffed about. And she would laugh, and the students would laugh, and then I found myself laughing. And I found then that it was fine to balance the lighthearted with the serious, that it was most fine, and that it indeed did bring about a sense of closeness with those who I had been directed to teach, for I learned as well as I taught.

And while I still have great strides to be taken in lightening up, certainly in comparison to Farena, I have moved a bit along the path of my own awarenesses regarding judgement and regarding Lightheartedness, and move closer and closer, for I see now what you might call the error of my ways, you see. And this is what I am grateful to, for being part of Waith and Company and for Waith allowing me the freedom to be as I am without judgement.

Would that be called accelerated growth?

Francis: My love, you do not know the definition of accelerated growth until you have been a member of Waith and Company.

I am a member of Waith and Company!

Francis: At this dimension.

At the other dimension.

Francis: Yes. Most definitely, most definitely. It was a crash course and it still continues. And it enables us, however, in our mission with Waith and Company to help in the issues relating to The Animal Kingdom. This is our focus. And to bring Lightheartedness into your own incarnations means being with The Animal Kingdom, for they have an inherent Lightheartedness that The Human Kingdom does not possess.

You know, many of you here have been in The Animal Kingdom already. You have done your time there. Others of you, and there are a few in this gathering who are ready to finish your time in The Human Kingdom and go into The Animal Kingdom, remembering, of course, this was a great shocker to many, that there is no hierarchy here of movement into the various kingdoms, that there is no one kingdom that is any better than the other kingdom. And thus, the animals, you would want to surround yourself with the animals and learn from the animals. We all learn from each other, but Lightheartedness comes from the animals to a great degree.

Thus, now, my teacher of Lightheartedness will enter and give you some words. Rest assured that they will be most enjoyable. And I wanted to come in first, rather than try to follow Farena. Waith is about the only one who can adequately follow Farena.

So, we are most honored and feel very happy that we could, indeed, share this story with you, that of our own growth, and that it would encourage each of you to share your own stories of growth with others, for in sharing you then give of Self. You are of Service to Others. And others who would perhaps be more closed in their own sharing, or feeling that they are alone in the struggles that they have, would hear you and respond to that, whether immediately to you, with immediate response, or somewhere within their vibration they would feel the response, and it would affect their own path and their own growth. So, share with others your stories. It is beautiful to hear. And on one hand, it may appear to be a very humbling experience, but on the other hand, giving of Self is simply Being of Service, and humility has nothing to do with it. It simply feels good, and do you not want to feel good? Yes.

You said that you were a teacher, and you are teaching people, and you are learning while teaching. What are you learning?

Francis: Oh, what does a teacher learn when they teach? Oftentimes, quite the unexpected, my son. It can often reinforce what is being taught within Self so that you learn it even better as you teach ~ or you go into a situation of teaching and learn from students quite unexpectedly, for all entities teach and learn. We all learn from others. We all have something to learn. As long as we are out of The Universal Consciousness, we have something to learn, and we do not know all that there is to know. And the learning can come from a most unexpected source. And this happens, oftentimes, so that issues of judgement can be reinforced and learned more strongly, for a teacher who feels that they have nothing to learn from their student, will most assuredly be humbled by the student ~ most assuredly. And it is a process of teaching and learning. And Waith has

given much information relating to teaching and learning that will soon be available for you to access.

I still do not understand what you are learning specifically.

Francis: What I am learning specifically is my own issues of judgement and my own issues of becoming lighthearted, being able to balance between that which is serious and that which is Light. Sometimes one must be very serious, and then to bring the balance, one must become very, very lighthearted to the extremes, until the balance is achieved where there is harmony within the energy form. And harmony that would exist for my energy form in this particular issue is different from the harmony in any other entity, as it is for each of you. Our harmonious points are different on the same issues within each entity.

I have many, many issues to learn, and I am placed very specifically in teaching roles now because of past development in my areas of understanding that now have placed me in a cycle of learning where I am teaching those who must teach. And Waith has explained The Cycle of learning (See transcript 04.17.1990), and this is the fourth stage of The Cycle. And there is much for me to learn now from those who I would teach, many, many issues which ~ you know, there are so many things I need to learn, there is not enough time in this earth plane session to let you know this.

Now, you will meet an entity, many of you know already, but the contrast in our vibrations is quite obvious, and we have much to be grateful to for her teachings and her support and love. And do not be fooled, any of you, by the flippant manner in which Farena presents herself. We send you the blessings and the White Light from the very Highest.

Farena Enters In With Messages Of Lightheartedness

Farena: Good old Frank! He is so wonderful. Isn't Frank wonderful? Hello-o-o. Is everybody light? Say yes. Say yes.

Yes.

Farena: Yes-s-s. Yes-s-s. Yes, (Name given) hugs her Pooh Bear!

Would you like to hug him?

Farena: Yes. She took the hint. ☺ Pooh Bear. Nice Pooh Bear. Pooh Bear! Once up, Pooh. Watch this for coordination of an entity coming through another body. Up we go? Up we go! Up we go! (Farena flips Pooh in the air) See how good I am. Now, can you catch this, my love?

Yes, I can.

Farena: If I throw it to you? ☺ One, two, three, four ~ is there a special number I am supposed to count to?

Usually after three.

Farena: Throwing. Ah-h.

☸ Thank you.

☸ He is sitting right down, too.

Farena: Yes.

Is he behaving?

Farena: Oh, no, he should not behave. ☺ This is the key. You do not behave. We do not have to tell you, my love. ☺ Do not behave. You must be free of heart. You must be serious in your mission, but it is your mission. No one else tells you what your mission is, and therefore, you are lighthearted about Self. And so, very often, it is critical to do something very, very naughty, very, very naughty, like put Pooh Bear on his head and stand him upside down. Is not that a silly pose!? ☺ Let's keep Pooh Bear like that for a while. Something different!

I hope he does not mind.

Farena: Do something different. He gave his permission. He likes to do things different. To find your own balance between the serious and the lighthearted, you must strike the difference. You must show the exaggeration, not what another does to show the exaggeration. It must come from each of you. What I show for exaggeration is appropriate to where I am in my learning. Most of you do not see the serious side of Farena. There is a very serious side to Farena. (Someone snickers) You do not believe me, my love?

It just seems impossible.

Farena Presents A Technique That Enables You To Gradually Become Very Lighthearted And To See Beyond That Which You Are Focused On

Farena: I attempt to achieve the balance, just as each of you do. Now, I have this little game that you can play with yourself. Notice the way I phrased that than from the way Waith phrased "playing with yourself." Just a little note, to keep that in mind. Now, this

is a game to play with yourself to help you to find the courage to do something different. This is what we did with Frank, for he was so serious about being serious. Now, his mission has not changed. In fact, his mission has become stronger, and his mission has become more defined because of the ability to laugh and the ability to be carefree.

Now, this is what you do. You are in your meditation. You have begun to meditate, in whatever way it is that you meditate. at to do. You are in your meditations, and you begin now to breathe slowly to fill all of the Energy Centers, starting with the Lower Energy Centers and moving all the way up to the very tippy top Energy Center. And as you are slowly breathing up, you have your energy peeking out of this tunnel. You know, this tunnel where the Energy Centers are? And usually, when you are meditating and you are focusing on your Energy Centers, you are very, very serious and you are going right up through, and you are going right up through your Energy Centers, very, very focused, very serious about getting to your Higher Self, not thinking to peek out along the way. Peek out and see what is there at each Energy Center. You will find all kinds of opportunities that are hiding away within Self that have been placed there by you. And they all relate to your favorite toy.

When you are too focused, you do not see beyond that which is right straight ahead of you. And the Higher Self is the goal, but along the way, there are little playgrounds all along the Energy Centers, little diversions, little places to go, new little friends to meet, but it takes courage to veer off the straight and narrow path and to trust that all of this comes from within Self, nothing external.

And as you are meditating and focusing and breathing, and say, "I am at the Heart Energy Center. I think this is where I am going to peek out and see what opportunities there might be to play at the Heart Center." And you will receive the message because the Heart Center is connected to the Higher Self. And you take that little message, and it is going to mean doing something you were not planning on doing or giving you the energy to do something different. And then you take that new little bit of information and you continue in your meditations to the Higher Self and you bring that information into concrete form now.

As you connect with your Higher Self, you envision your favorite toy. And how does this little peekaboo activity that you now have connect with your favorite toy, and what nasty little thing, and we say that in a frivolous way, what nasty little thing are you able to do now? Not destructive, but frivolous. Oh, something totally out of character for you!

What is the use of it?

Farena: The use of this is to enable you to gradually become very lighthearted and to see beyond that which you are focused on, to see the other possibilities, for in seeing beyond the focal point, seeing all around, enables you to strengthen and to know that there are

other options open to you along your path, that you have not just this straight, narrow path.

Isn't this way disrespecting the meditation itself?

Farena: No, my love. You must understand that meditation, as we have presented it through all of our time, is meant to be a connection with Self to Higher Self, and if you speak with Higher Self, then you are not degrading Self, for you are speaking with Self, and any way that you are able to learn greater awarenesses is not at all degrading. It is only degrading if you think it is, but that is true of anything that you would do. If you view this to be wrong, then it is. If you view this as part of your expansion and your growth as it is, then that is the perspective that you would have, you see.

Well, how can we reach that point of meditation where we speak to the Higher Self unless we are focused and eliminate all the thoughts in our mind?

Farena: Ah, indeed, but you are not eliminating that with this game, for it is the progress through the first stages of meditation, you see, that you are peeking out and pulling in other information as you travel up to the focal point of the Higher Self. And when you reach the Higher Self, you then are in your deep meditation.

How do you reach the Higher Self?

Farena: Ah, the eternal question of how to reach the Higher Self. There are no magic answers, and we are not in this session to give a discussion on how to reach the Higher Self. That has been given by Waith before and will be discussed at another time, I believe, when Waith is going to speak on MEDITATION YOUR WAY. And you would perhaps, my son, be interested in that discussion when it does come.

This technique we have given to you, for many of you, you can begin to use. It is a plaything ~ it is a toy, to help you. It is not the answer, by any means, to all of your questions. And for some, this may not work. You may find that you already know how to exaggerate. For some, there would be no perceivable difference to the outside world that there was exaggeration occurring. We would say that of Mushiba, the ability to exaggerate. No one pays attention to certain entities as they go about doing their exaggerations, for the fact that some go about in flamboyant, exaggerated ways is normal for them, and therefore, no one notices. But they are not the ones who this is designed to help. This is designed to help those who feel very close within themselves, who want to begin to feel the ability to do something exaggerated, to do something different. That is the way toward Lightheartedness.

We have been instructed to leave now so that Waith may conclude the time with all of you, and we will be back many times to help you with this technique. We would want you to try it and then perhaps during the time when Waith talks of MEDITATION YOUR

WAY, I will come back and can address specific questions that you have regarding the technique. Yes. Farewell to all of you.

Waith: And now, my dear ones, we have much that we would want to relay to you in the issues of playing, and each spiritual issue that you have has the flipside of playing. It is essential. One time you are on one side of the coin, and another time, you are on the other side of the coin and you are very flippant about the spiritual issue, and another time, you are very serious about the spiritual issue, until finally, the coin stands in balance and all is in harmony. This is what you seek to achieve, you see. Would there be any questions before we depart?

Where Is The Point Of Balance Between Seriousness And Lightheartedness?

You talk of balance between frivolity and seriousness and Lightheartedness. I always think of a seesaw where there is a focal point as the point of balance. Is that the same, or different, for everyone? Is there one Universal point of balance between Lightheartedness and seriousness?

It is unique to each entity. You each have your own point of balance, and as we have used the teeter totter as our prime example of the balance, that is appropriate. There is no Universal point of balance for each person that is a general rule. It is the balance of each, since you take on, each of you, different percentages of lessons to be learned on the earth plane, and indeed, outside of The One. And that is why we emphasize that there must be the reaching of the Higher Self to learn your own answers in terms of where your own balances are, and not to look at others as the standard for your own balance, for you know not what their issues are.
