

Waith Class Transcript

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Topic Session ~ Meditation, Your Way

A Visualization Technique To Find The Appropriate Way For Meditation For Self

Meditation Is A Powerful Tool To Gain Information, Painlessly

Is There A Way To Access What One Has Done In Meditation?

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Music Helps Meditation, Doesn't It?

Can People Meditate Together On A Particular Subject, And Can They Take A Journey Together?

~ 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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Topic Session ~ Meditation, Your Way

We are gathered in this session now to speak of meditation with you all. You know, it becomes rather complexing on the earth plane, this issue of meditation, for there are so many different techniques that are being provided. And as we have said in other times, our emphasis is not in giving you a specific way in which to meditate, but rather to help you find the way that is appropriate for Self, and that each of you has a way that is appropriate for Self, even though some of the more common techniques and ways in which one meditates have found themselves to be applicable to the masses.

It is important that you feel a sense of release from that which has been almost created as a dogma now on the earth plane, that one must meditate in a certain way, and that if one is not sitting cross-legged and chanting a mantra, as it is called, and surrounded in a dimly lit environment with perhaps one candle in front of you, then you are not truly meditating. This, of course, is not the way in which we present meditation. And we are here in this session to help you to find your own way and to give support to you in that you would find your own way to meditate.

We have, over all of this time, given numerous meditation techniques, always, of course, bringing in the White Light and leaving with the White Light. And as we have stated, as you will begin to be able to access the category of meditation, we have emphasized that what may be appropriate for one entity in meditation is not necessarily appropriate for another, and that we have given out so many different techniques of meditation simply for you to try out to see if it is appropriate for you. And if it is not, then it is not.

We would caution each of you in the issue of meditation, that it is not a game, and while those of you gathered here are fully aware that it is not a game, there will be many who will read about this, about this session, in the future who may be just beginning to delve into meditation and need to know that meditation is not a game.

Now. We would present to you a particular focusing technique that will help you in visualizing the way in which you would want to meditate physically ~ your physical movement, or nonmovement, of meditation ~ for meditation does not require sitting still. Meditation can actually be achieved during the process of work that you would do, during the process of a hobby, shall we say, that you might have. What occurs with meditation is the ability to focus and to connect with the Higher Self.

Now, the sitting motion ~ or nonmotion actually ~ sitting is a ~ well, sitting is a motion. It is an activity. It can be anything you want it to be. Nonmotion or motion. Take your pick. Sitting, then, becomes the easiest way for most on the earth plane to focus, for it is an advanced ability to be able to focus in the middle of chaos, in the middle of tremendous amounts of stimuli occurring. And you will find many entities who

meditate and they do not even know they are meditating. They would claim "I do not do this spiritual hokey pokey. I do not meditate!" And yet, if you were to watch them in their endeavors, perhaps as they go about in their garden, or as they simply walk to exercise, or in the pleasure of the work that they have chosen, they tune out that which is around them, and while they appear to be focusing on the activity, they are in actuality moving interdimensionally and focusing at all levels, concrete and nonconcrete.

Many of you are able to do this. You do not give yourself the credit for being able to do this, for oftentimes, when you are in the midst of activity, you have a thought that comes from what you think nowhere, and you dismiss this as simply daydreaming, or something that has come from some external source that means nothing. Rather, any thoughts that come to each of you come from a source that is connected to Self, you must recognize that very important fact. It comes from a source that is connected to Self.

Now. We are going to help you. This is a preliminary exercise that we will elaborate upon shortly in what we will present as a meditation workshop, and Terra Lux will announce when that will be. It will be a special time that we will devote strictly to helping each of you in your meditation techniques. This exercise we give to you, then, provides a way to visualize that which feels appropriate for Self.

A Visualization Technique To Find The Appropriate Way For Meditation For Self

Now. I would want you all, as I stretch my hands out now, to bring yourselves slowly into that which is the Energy Center known as the Solar Plexus. Bring yourself into that Energy Center. Visualize yourself in this Energy Center. Slowly now, gently, visualize that you have closed the entry way of the Solar Plexus. It is filled with bright, White Light. The entryway now is closed with bright, White Light.

You are a ball of energy that is at the entryway of the Solar Plexus Energy Center. You slowly now, knowing that you are protected by the bright, White Light, move slowly up the tunnel of Energy Centers, moving up slowly into the area of the Heart, and as you settle into the Heart Energy Center, spread part of your own ball of energy into the Energy Center of the Heart. And slowly now ~ slowly, slowly, now ~ slowly, now, and now move slowly up, upward, upward into that which is the Crown Energy Center, filling the Crown Energy Center now with the bright, White Light of Self and that which you have brought as protective White Light.

Slowly now, slowly now, you gently open that which is the Crown Energy Center, and you visualize now that which is the Higher Self. You see the tunnel moving now from the Higher Self, moving now from the Higher Self into that which is the Soul, and you see the secrets and the knowledge of the Soul. And you move now into the Soul. You are in your soul, filled with bright, White Light, feeling the connection to the Higher Self which connects to that which is the Crown Energy Center and that which is the concrete earth plane Self. And now journey into your soul, for the Soul now will provide to you the

information that you ask of it ~ and ask the Soul to give you your own answers. Ask the Soul, "What is my best way of reaching you through my Higher Self?" Ask the question of your soul now.

We bring you out of this journey now, slowly. Slowly you move out of your soul through the tunnel into the Higher Self, slowly bringing with you your own Light and your own knowledge. And as you move into the Higher Self, seal off the entry to the tunnel to the Soul and the Higher Self connection. And now slowly, and very slowly, move out of the Higher Self back down through the tunnel, back into the Crown Energy Center. And as you settle into the Crown Energy Center, seal the entry way to the tunnel that connects the Higher Self and the Crown Energy Center.

Slowly, gently, begin now moving back down through the Energy Centers, bringing with you the accumulated knowledge that the Soul has given to you, and move now into that which is the Heart Center. And as you move within the Heart Center, fill that Heart Center with the energy that has been given to you by your soul. And slowly now, take your energies and the protective Light and place them back into a ball of White Light. Slowly, move back down into that which is the solar Plexus Energy Center. Settle in this Energy Center, keeping the entry to the Solar Plexus sealed with the protective White Light.

And using now a visualization of dispersion, take the ball of White Light that is Self, that carries now the accumulated knowledge from the Higher Self and the Soul, and allow the ball of White Light to simply flow and fill the entire Solar Plexus Energy Center. Slowly, you disperse your ball of energy.

And it is now from that Energy Center that you are able to draw from the knowledge the Soul has provided that is appropriate for you in accessing your own information ~ how to reach your own Higher Self, and how to reach your own soul. And you will now have, my loved ones, a greater ability to determine what is appropriate for you in meditation. And as techniques are presented to you, you will draw upon the energy and knowledge that is in the Solar Plexus.

Slowly, my loved ones, now bring yourself back into that which is the illusion of the earth plane, bringing in whatever is appropriate in terms of breathing. Slowly return. Slowly return. We sense a few stragglers not wanting to come back. All return now to the current illusion.

Now. Meditation is something very private and personal, and meditation is something that each entity takes as much time within Self as they need to, to do this activity, and to do it in the way that is appropriate. We have given you a technique that requires that you find the appropriate way for meditation for Self. We have not in the past, nor will be in the future, give you a shortcut to this activity, nor will we tell you what is appropriate.

The techniques are those activities that you would apply to your own method. And what becomes critical in your own meditative style is that you are quickly able to focus and to gain the answers. That is the goal of connection with Higher Self, that you indeed can simply at the snap of a finger access your information. That is one purpose to meditation, the accessing of the information from the Soul. And what we have just given to you is a technique to help you to find your own way of meditation.

There is, however, another component to meditation that is different from accessing the information. Meditation is meant to help you relax. And again, that which is appropriate for Self is what you would use. And thus, if it is to sit in a quiet environment, for as much time as you would be able to give, then you do indeed go into that which is a relaxed state and allow your spirit to do what it would like to do, whether you simply relax within the earth plane environment, or you are able to move out of the physical encasement into other dimensions that would allow you to gain information, if you so choose, from The Universal Consciousness, or to simply play, you see.

Remember our emphasis on play, so that meditation need not be serious ~ need not be ~ "I must sit here now and focus. And I must learn the best way that I am going to meditate. And I must do this, and I must learn this now!" Meditation comes over time. It is an evolutionary process, and simply that which is a connection with all the dimensions of Self, and then all of the dimensions that The Universal Consciousness provides. Once you are able to connect interdimensionally with yourself, you then are able to connect interdimensionally with The Universal Consciousness, you see.

Meditation Is A Powerful Tool To Gain Information, Painlessly

Meditation needs to be thought of as a very, very playful activity, for what better way to learn information in a way that does not require pain, as other types of lesson learning on the earth plane requires. Oftentimes, a sense of pain must be part of the lesson learning, and therefore the accessing of information into the consciousness. Meditation is simply that which allows you to painlessly go about the gathering of information. This is a very powerful tool for you, for you can, in effect, connect with the lives that you have lived in other times, and when you get really good at it, you can project what you are going to do in the future. This is an area that we have touched upon very briefly, seeing future lives.

Now, my loved ones, let us perhaps have some questions that we could place onto the record relating to your concerns about meditation. And this will then enable us to formulate for the meditation workshop that we will have. This is the right word ~ workshop, yes. And we would then be able to address more specifically those issues in that longer time frame.

Is There A Way To Access What One Has Done In Meditation?

When I meditate, it is almost automatic that ~ I do not go to sleep ~ I think I go to another dimension and do something spiritually. Very seldom am I able to know what that was when I did it. Is there a way to access what one has done in meditation?

That is a very good question, for it does seem to be one of the difficulties that entities face in meditation, is the actual remembering of what has occurred. And again, this takes practice to learn how to remember, for it can be concretely formulated, a method of remembering. We will more specifically, and in more elaboration, address this during our meditation seminar that we will have. However, we would indicate to you at this point, that as you are going into your meditation, just as you, many of you, have learned of going into the sleep state, that you would consciously indicate that you will remember what has occurred, and you plant this as part of your own focusing. This is a thoughtform that must be utilized.

As you are trying to formulate that thoughtform in a way that will become part of your focusing, you might simply take paper and pencil and several times, as you are beginning to focus yourself, as you are beginning to become centered, write on this piece of paper as many times as you need to, "I will remember my meditation." And write this. And as you are writing this, as each word is written, say this word, "I will remember my meditation." And if one must write this ten times or twenty times ~ you would know what is appropriate for Self ~ it would be a way of helping you to focus in on that particular component of your meditation. This is a preliminary technique that we would give to you. We will assuredly elaborate on that.

What Is The Difference Between Focusing And Obsessing?

Well, you know, there is a fine line between focusing and obsessing. Focusing requires the use of the higher sources of protection. The White Light is used as part of focusing. Focusing enables you to bring yourself into a calm state. Obsessing is perhaps the flipside, if you will, of focusing. For while one does focus in obsessing, one is generally not concerned of the higher sources and is generally not surrounding Self with White Light, but rather, obsessing with Self, and needs of Self rather, than at the concrete level ~ obsessing at the concrete level the needs for Self rather than bringing in the White Light and the higher sources to explain the total picture.

One can be obsessing and also focusing, but if one is truly, truly focusing, they are not obsessing, you see, for obsessing does not bring in the White Light, and if one focuses in the context of obsessing, there is no protective White Light, and to focus solely means that there is protective White Light and higher source connections being made.

Music Helps Meditation, Doesn't It?

We would say that music, and we have much to say about music in the future, music is a part of sound, and sound is important in meditation, be it recognizable sound that you have become familiar with or that which is the sound of the Soul. And for many, many individuals, certain combinations of sound that are found in music, particular types of music especially, further enable that entity to go into a meditative state.

It is, however, much to the chagrin of Barjan, I am sure, not essential that music be part of meditation. However, music can be that which is the soothing component, and that you may not be actually meditating but simply having soothing music in your environment, and that the intonation combinations will bring into your environment an energy mixed with your own that will create a sense of harmony, and in some cases even a sense of security from the earth plane world around you.

Sound, you know, is a very, very important part of each of our energy. Each of us has our own sound, and if you are able to find at an earth plane level, sound combinations that are harmonious with your own sound, you would want to bring those into your vibration.

You must also be careful that you do not judge the sounds that another would surround themselves with, for what is appropriate for one is not appropriate for another. And we have had questioning in the past of the many different music sounds that are on the earth plane ~ questioning usually with a judgemental tone to them ~ and we have indicated that there are entities who can indeed focus with music, as you might call it, that sounds harsh and sounds loud to you, but for them it is a connection with their own sound in a way that you would not want to judge.

As you begin to develop your own abilities to focus, you will then be able to develop your own abilities to block out sound around you, so that if you find yourself in a sound situation that is inharmonious with your energy and your own sound, you would be able to block it and it would not interfere with your own sound.

We understand for many on the plane, this is a very difficult area. The stimuli of sound is so pervasive now on the earth plane ~ as it is meant to be during these final moments of cleansing ~ that many find themselves irritated on a regular basis by being subjected to sounds that they feel are not appropriate. But they are appropriate to certain audiences. Remember that. And rather than concentrating on the sound that you do not like, concentrate on the sound that you do like. And as you concentrate on the sound that you do like, it will strengthen you and give you a far greater ability to focus on that sound and block out the inharmonious sound.

Can People Meditate Together On A Particular Subject, And Can They Take A Journey Together?

Oh, indeed, my love.

Does it have to be individual?

To answer the first part of your question, yes. In fact, it is recommended that there be group meditations. Now, the group meditation does not have to be physically in a group. It can be simply that you agree upon a particular moment in time in which you would focus yourself. And it is indeed individual. What occurs is twofold. In your own way, you are meditating. That is the first component. The second component is that if you have agreed at an approximate time to focus, then no matter how you go about doing your own focusing, it is brought into a pool that then becomes One. All is One. And thus, it is simply a microcosm of The Universal Consciousness, that each individual must respond to their own way, but that it goes into the pool which is then The One, and therefore, very, very strong in its ability to perhaps give protection or simply to give support and guidance to that which is the focus of the meditation.

Well, we would depart, and perhaps we will use these final moments as we depart to bring you into a focus for yourselves to help you unwind, as you might say, from the activities of the earth plane during this day.

Simply now, my loves, we will focus within Self and slowly then move out of Self with the love of the energy of Self and to fill the gathering with the love of Self and thus create the whole and the One, and you will feel then a sense of return to The Oneness in a very small way.

So, you slowly fill your encasement with yourself. You are still there from the last focusing that we did. It is easy now to move out of Self. Move out of Self for the greater good. Focus Self now moving into the greater gathering and filling the gathering with the beauty of Self. And slowly now begin to feel the intermingling and feel the natural drawing in to The One. Feel The Oneness and feel the individual that is Self becoming One. You are surrounded by the very Highest of the White Light, and we send to you now from Amelius the very Highest of the White Light from his kingdom. Farewell.
