

Waith Class Transcript

FEBRUARY 20, 1994

Meditation Seminar

Waith Leads The Group With A Focused And Guided Meditation

What Is A Good Way To Rid Of Blockages In Meditation?

How Can One Tell If They Are In Deep Meditation And Receiving Answers Or Just Imagining?

Ego In The Meditation Process

How Can I Tell If The Information I Receive Is From Ego, Conscious Self, Higher Self, Soul, Or Dark?

There Are So Many Different Types Of Meditation. Which One Is Right For Me?

Breathing Techniques And Polarity Changes

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~ 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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Meditation Seminar

We bring into you now the very Highest of the White Light and the blessings from the Highest of the Kingdom of Amelius. And we bring into you also an energy of rejuvenation, to give you what can best be referred to as pep, to bring about a sense of movement, for we will be showing you movement in our session with you and describing flow of energy that you may utilize in your meditations. We will begin first in bringing you into a different arrangement than what you find yourselves currently in. Thus, we would want you all now to gather in this spacing that is here and to stand, initially, and to form the circle around ~ and we will step outside of the circle.

And you would, my love, allow the animal to be as she would want to be. Allow her to flow with the flow, my love, and do not be concerned of any so-called disruption. So, we are out of the circle. You must now ~ there now ~ into the circle. Now, my love, you must not accommodate to the animal spirit. Therefore, simply allow the animal to be as part of the circle, for that is how she had positioned herself. Now, you see, you have taken her out of the circle. You must allow energy to be, you see. She knew. Now, she is fine. Allow her to be part, you see. There. And now. You would all now, with your hands slightly raised from your sides with the palms in and slightly away and then slightly raised up. This is fine. Now, and gently touching the hand of the entity at your side. And the animal, yes ~ is part of this energy.

Waith Leads The Group With A Focused And Guided Meditation

We begin now with an Energy Circle, and the Energy Circle will give you a flowing of energy that will carry through for the time in which we spend with you in this session. You would begin now by breathing in very deeply from the Solar Plexus area, in through the mouth. Breathe in through the mouth. Bring the breath fully into the encasement. Closing the mouth, let the breath out through the nose. And now breathe in through the mouth once again, filling the encasement and holding this breath. And now, breathe out through the nose with the mouth shut.

And now begin to visualize, as you breathe in the next time, the bright White Light coming in through the Solar Plexus area. Your breath brings it into the encasement. Feel the White Light. Feel the White Light filling the encasement. Out through the nose. One more time with the White Light strongly coming in through the breath as you breathe. And out through the nose. And now, slowly repeat after me. (The group repeats after Waith)

- *I am the White Light.*
- *I am the pure White Light.*
- *I send White Light to all in this circle.*

- *I receive White Light from all in the circle.*
- *I am the White Light.*
- *I am the bright White Light.*
- *I am filled with my own White Light.*
- *I am mingled with the White Light from the others.*
- *The White Light is love.*
- *Love is the White Light.*
- *I am filled with love.*
- *Love fills me.*
- *I send my love to all in the circle.*
- *I receive the love from all in the circle.*
- *I am filled with the love and the White Light.*
- *I take this love and White Light into my Heart Center.*
- *And I visualize my soul.*

And visualize now your soul and feel your soul. (There is a long silence)

Relax your hands now and your arms. Slowly and gently move your hands to have part of the energy flowing throughout the encasement. Move your fingers. Wiggle your fingers. As you see my fingers, wiggle your fingers now. And now, move your bodies. Let your bodies wiggle. Wiggle. Wiggle ~ this is the correct term. Yes? Wiggle. Wiggle. Yes. You will release the energies now. Yes. And your soul is in your heart as we now are with you.

And now you would find for your comfort a place in which to sit, but still within the grouping, but not the circle ~ but close to each other. Not back there. Come in closer to this main area, my love. Come into this area. You would perhaps, my love, move a bit. There. This would be fine. It is important when you do focusing with others in the grouping that you be close physically and not separated out into different spots. This is a most important component for you to remember when you, in the future, would meditate with others. And the desire to meditate with others grows stronger in many of you, for it is a way to bring you out of Self and into the energy of another so that you can better serve another.

And thus, you would want to foster then the sense of closeness. And remember this, for oftentimes, entities who may be meditating in a group for the first time would be a bit shy or nervous about being close, and there is a tendency of the physical encasements to be separate from. It comes from the fact that there is separateness from The One, and thus, there is the sense of separateness that pervades an entity's being, especially on the earth plane and among certain of the kingdoms, The Human Kingdom being one of them. You will notice that many in The Animal Kingdom do not have that issue. They

want to be very close. And thus, you will feel a sense of unity as you gather in this grouping.

Now, to understand the harmony and the flow of meditation, you first must come to your own realization of where your focal point is. We have spoken so often of focusing, that meditation is simply the ability to focus. Oh, what does focus mean? And focus means something different to each entity. And it is a very abstract term and there needs to be something concrete that each of you can develop within yourself that helps you in this abstract concept.

When we began this unity of energy, we indicated to you to focus and to visualize your soul being in the heart. It is most important in the focusing that the Soul be part of that focus, and that when some entities would tell you that they are able to meditate very easily and that they are able to hear their Higher Self, they have connected the Higher Self and the Soul, and the Soul is an automatic part of this connection. For those who have difficulty in meditating or receiving answers from Self, it is simply that the connection with the Soul is very, very distant or weak and needs to be strengthened. Thus, we gave you the beginnings of focusing by indicating the Soul should be part of this heart center.

Now. We would want each of you to visualize a circle. Simply think of a circle. Think of what that circle looks like. The circle is round. The circle is connected. And if you need help in visualizing the circle, take your fingers and form a circle to give you concreteness. And look at that circle. Look at the circle. The circle now becomes White Light. And the circle is made up of White Light. Visualize White Light as forming this circle ~ White Light.

Now. Mythology on the earth plane has given much description of what the Soul actually looks like, and each of you have some sense of what you think the Soul looks like. It could be this blob of something. Envision a blob that is iridescent, if this is good for you. And envision that the circle surrounds this blob, iridescent. Your soul is in the circle. And now it begins to fill the circle, leaving no spaces. And the Soul now becomes the circle, so that you now have a round soul. (A slight pause here) Feel your soul now moving around and around on itself as a circle. It moves around and around as a ball would move around and around. (A slight pause here)

And now, visualize and feel your soul sitting flatly on the top of your head where that which is the highest of the Energy Centers is located, so that you have the Soul flat and protective of that Energy Center. And this is where the Higher Self will connect with the Soul. Your soul now is ready to connect with your Higher Self. (A slight pause here)

Now envision that you are opening the Crown Energy Center, as if you were opening a door. And you are allowing the circle now to enter the door. The circle is now through the door. And now, close the door so that the Crown Energy Center is protected. Now

breathe deliberately and slowly to feel the energy movement from head to toe. Feel that movement. Breathe in and breathe out deliberately, audibly, in and out. In and out. And feel your energies moving in and out. And now, spend a few moments allowing your Higher Self and your soul to connect. (There is a long silence) As you feel the energies within Self becoming softer and more peaceful, you will have a sense of connection within your total being. And some of you now would be able to speak to the others in the group from the Higher Self plane.

We would be interested in speaking now with some from the Higher Self plane. It is safe in this environment for we have cloaked, and you are protected from the darkness, and it is your opportunity, Higher Selves, now to speak to Lower Self and to the others.

Greetings to you, Waith.

The blessings to you, my love. What would you like to share with the others, my love?

To love each other and to care for each other. To be gentle to each other.

To love each other and to care for each other. To be gentle to each other. What does it look like where you are, my love?

I was just so happy being here.

You are here and you see what you are seeing. You see from a different perspective. Is there another Higher Self who would like to say hello? (There is a long silence)

They may feel that it is not their Higher Self that is speaking and so they hesitate. It is difficult to discern that there is a certain energy that you are feeling, so just take a chance.

Yes, they do not feel that it is their Higher Self speaking.

(Another speaker) I think I would like to say hello. I feel that this place, and in this time right now, an incredible love within myself. And this love is so strong, and I wish I could send it out to everybody in the circle, but especially to my soul mate here. I will try to expand further and further.

The Higher Selves are what give you the sense of connectedness. Meeting the Higher Self is very easy to do, but Conscious Self is shy and sometimes fearful, for Higher Self sees the greater view of Self.

Now, for each of you, I would want you to slowly bring yourselves and your White Light into that which you know as the Third Eye, to bring that energy that you have been feeling just now into that center. And visualize the Eye wide open. And now,

visualize the circle that is your soul looking out through the Eye and seeing now that environment in which you have made your life on the earth plane. Look now at the concrete in which you live as a human. You see the illusion but you also feel the safety of the spot from which you look. This is as it must be. It is the balance. Look at all of the concreteness in your life but feel secure in knowing that you are safe and that you have a higher order that protects and guides you at the concrete level. And now, slowly open the eyes, still with the Third Eye wide open. The three eyes now look. And look around you. Look at the others gathered and look with the three eyes.

And now, my loves, all please stand. Slowly, bring yourself into standing position. And go to one another and hug. Do not forget the animal. (There is a long period while this is done) Remain standing, my loved ones. And now, beginning here with the laughter, begin to laugh and make a laughing energy. (There is laughing) That was very good. Very good now.

For this next exercise you still have three eyes open. You laugh now with three eyes. You would find a bit of space for yourself. I am going to show you some movements. So, it is now appropriate to find a spot in which you can stand with a bit of room. Now, this is a movement that you can use in conjunction with your three eyes being wide open. Do you know you can have your three eyes open all the time? Some entities do. All three eyes are open. This is the best way to get through the experience on the earth plane ~ to have all your eyes open. Even if you cannot see through your eyes, you have your eyes open.

Now, then. This is a movement that can be used regardless of the pain that one might feel in an encasement. And most on the plane have pain in the encasement in some sort. It is the rare encasement that does not have some type of tightening at points. And it is in conjunction with breathing. You know, there has been much given on the plane to relate breathing and movement with the flow of energy, and many study to great heights this exchange of movement and energy. We will give to you, however, a very basic movement that will enable you then to perhaps want to seek out the higher awarenesses, for proper movement and breathing contribute to your ability to connect with Higher Self.

Now. You would stand in a position that is most comfortable for you, whatever that position is that is most comfortable. Fine. And now, you will take your hands and place them on your hips ~ waist and hips. If some of you are not able to differentiate between those, ☺ this would be all right. Now.

Good shot, Waith.

We are not without our sense of humor.

Now, then. You place these hands so that you are feeling a sense of groundedness with yourself. You feel that you are holding yourself. You are in control of yourself. You feel this. And now, you take a breath in through the nose and let it out through the mouth. Again, in through the nose and out through the mouth. The next time, do this at the rate that feels comfortable for you. Do this a few more times at the rate that it feels comfortable for you. Very good. Now, take your hands and bring them in front of you and place them palm facing palm. And now, slowly bring them back into the position that you had them, back to the body, and back now slowly into the position in front. And back to the waist, hips. And back again into front of you. And back to the hips.

Now, the next time that we bring the hands to the front, breathe in through the nose, as you are bringing your hands to the front of you. And out through the mouth as you bring your hands back to your hips. Do this again at the speed at which it is appropriate for Self. Out through the mouth, back to the hips. In through the nose, out to the front. Back to the hips, out through the mouth. One last time. And with your hands still on your hips now, bring your right arm out in front of you with your palm facing that which is the Heart Center, and the left hand still on the hip. Bring now the left hand in the same way out in front with the fingertips now touching the other hand.

And now, slowly, bring both hands down in front of the encasement down through that which is the Solar Plexus, down until they touch your body, keeping them still in the position of fingers touching. And now, slowly, raise your hands, the right hand to the right and the left hand to the left, up, up over, coming to touch again over the Crown Energy Center and the fingertips touching over that Crown Energy Center. And now, bring the hands, still touching, down in front of you until they come to that which is the Heart Energy Center.

And now, slowly, breathing very deeply in through the nose, bring your arms apart, the right to the right and the left to the left, and allow now the palms to face up. Breathe out through the mouth and bring your hands down to your side with the palms facing out. And now, shake your fingers and feel the energy loosening. Yes. And whatever other parts of your encasement would receive benefit from movement, do that now. Yes. All parts of the encasement. There. How do you all feel?

Good.

Yes. (The dog barks) Yes! ☺ You see? I say nothing. Now, you would all then relax into a position of comfort for you as we have a bit of a discussion. For those of you who are here in this gathering, a copy of this session will be given to you as a gift from the Community of Terra Lux, and also will serve as a remembrance for you in that which we have given for information in terms of the techniques. Now then, my loved ones, this is a time in which we can talk of personal questions relating to your own meditations that you would want some guidance from us, and perhaps it would also serve beneficially to others here. So, we would be most pleased to answer questions now.

What Is A Good Way To Rid Of Blockages In Meditation?

It is the age-old problem, is it not, for so many on the plane ~ the blockages. Understand that most entities on the plane at some point have difficulties in connecting. There could be a short circuit at times based on whatever is occurring at the physical plane that may be distracting. There may be overloads in your vibration, in your circuits, that do not allow for the easy transmission of information. This is true in any kind of primitive communication system, as you currently have on the earth plane. And thus, it is not unusual to have those blockages. We would preface with that.

Now, there are many, many ways in which you can work on eliminating, or at least alleviating, those blockages, depending on the severity of it. If you are simply having what you might call a bad day and you cannot seem to get through, then you might simply think of your Energy Center ~ this tunnel that moves up and down ~ as needing a bit of a scrubbing perhaps. And think of yourself with a little sponge, and you are in there and you are cleaning the circuits. Just think of that. That is for minor irritations. You know, and this sponge is filled with fluffy White Light and it is just going along and it is cleaning everything. It is a concrete visualization.

For something that has a bit more muck on it, it is accumulated, and it is not quite as easy to get off, it is much more difficult to get off, think of the White Light coming into this tunnel and soaking, as you would soak a pan that might have accumulated debris on it. Allow it to soak. The White Light is what helps to eliminate those kinds of blockages.

If you are finding, however, that you actually cannot get to your Higher Self, that it is not just a matter of minor inconveniences, that you are really not able to get there, then the first thing you must do is stop trying. One of the difficulties is in the thoughtform that would then develop that says, "I am trying. I am trying. I am trying to get to my Higher Self and I cannot. I cannot get to my Higher Self." And therefore, you concentrate more on not being able to reach the Higher Self than the positive. And to simply then find a diversion, even if it is for several days, or weeks even, and to take this so-called guilt from Self, that you are not able to meditate.

And, you know, you always call upon your guides for assistance and your Angelic Protector. And as you do this then, when you take yourself out of concentrated meditation, ask your guides and your Angelic Protector to watch during that coming time to help you as you go about. And then relax about it. If is important when you feel then that you want to try once again, that you place yourself in a very comfortable, relaxed environment and one in which you feel safe and one in which there are no pressures for you to hurry up and get it done.

We are always feeling the time before the sleep state to be an appropriate time for entities who feel blockages, for the sleep state, as we continually tell you, is a form of meditation. And many, many have said to us that they fall asleep when they are trying to

meditate. Well, yes, of course you do. That is what you need to do. Many who go into deep meditation are unaware of what goes on around them. So too in the sleep state. You may be unaware of what goes on around you. You may think that you are sleeping, as you would define sleep, but it is in actuality a meditation, and that if you are experiencing severe blockages, then allow this transition from yourself relaxing and going into the sleep state to occur and to think of sleep as meditation and to utilize that in the best way that you can.

There are many, many techniques that you can use to get rid of the blockages. You have to, first and foremost, recognize that it is all right to have a blockage, that there is not something wrong with you because you have had a blockage, but that it occurs. All energy has blockages. And it is from the blockage that one learns how to flow. If you are constantly flowing then you become complacent. "Oh, it is always going just fine. It is always flowing." How boring. The minute you begin to take it for granted, you can bet that there will be a blockage. And that is appropriate, though. That is for growth to occur. That is for strengthening so that you then are able to flow even more strongly and connect with Self more strongly.

How Can One Tell If They Are In Deep Meditation And Receiving Answers Or Just Imagining?

I have trouble telling whether I am in a meditative state deep enough to give me answers or whether I just think I am meditating and I am imagining the answers.

There is no such thing as imagining. Everything that you think is coming from Self at some level. And imagination, as it is called on the earth plane, is thought to be something separate from Self. It is not. It is all part of that which the Self synthesizes for its own being, and that the only things in which you must watch is whether the thoughts you have, are coming under the influence of attacks from the dark. And the quick way to remedy that is to challenge it with the Light. This is always what you do when you question whether something you have is really of the Light or the dark. The dark cannot withstand the challenge from the Light. And you simply say, "Are you of the Light?" It is all. And as you say, "Are you of the Light," you are automatically and simultaneously asking for protection from the Light so that the Light protects you. You asked your Angelic Protector, "Protect me." It is all part of the same thoughtform.

And thus, to determine what level of meditation you are in is not even the issue, for in the waking state, as some of you are now, and some of you are not, some are lulling off into altered states as we speak. This is fine, you are able to connect with Self. There are many who are at a very conscious state, who you would meet, who communicate interdimensionally and do not need to be in what you call an "altered state," ~ quote, unquote ~ to connect with Higher Self. And thus, you must in the evolution of the Self confidence that you each undergo now. Trust in your own thoughts. And many, many entities receive very profound information while they might be driving their automobile. They receive a flash of insight.

Quieting Self and bringing Self into focus can be done in the midst of chaos. And depending on what your particular needs are at any point in your time would determine where you do your focusing, for even entities who are able to quiet themselves in the midst of chaos and great noise, and all of that, will also at times need quiet around them. And thus, there is no one particular way in which you must meditate, and there is no particular level, if you would call it that, that you receive higher insights than at other levels. The important point is that you are able to connect with the Higher Self.

Ego In The Meditation Process

I do not know if my ego is getting the answers it wants to hear or whether I am connecting with my Higher Self. That is where it all breaks down. The ego thing.

Indeed. But remember that everything that you hear is coming from Self at some point.

But is ego trying to satisfy Conscious Self?

But, you see, it does not matter, my son. It is your ego that is talking. It is your ~ understand that ego is greatly misunderstood. It has been given a bad rap, as they might say on the plane, that we must be careful to let our egos get in the way. Understand that ego is the representation of Respect of Self, and that in its development toward Service to Others and its spiritual context, ego undergoes much testing. And thus, if ego is being arrogant, then it is what must be done in order for ego to reach the spiritual level of Service to Others. Ego is who each of us is outside of The One. It is the definition of what you call the personality when it is in concrete. And everything outside of The One is considered concrete. There are just various dimensions of concrete.

We are in a concrete form in comparison to other levels. But to each of you, we are abstract, you see. Nonetheless, we are all concrete, and we all as energies have an ego. And it is important to develop that ego. And thus, part of the growth process and the dealing with Self at all the levels, the conscious, the middle levels, and the higher levels, and then the Soul, all require testing.

And the purpose for guides and Angelic Protectors is to call upon them when you might have a question about an appropriate response to a question, and that if you are thinking that what you are hearing is coming from ego misplaced, then perhaps it is misplaced. If you have any questions that it may not be an appropriate response, then it is not. When you feel that the answer you are receiving is the right one, then you act upon it. If you have any questions about whether it is the right one, then that is when you call upon your guides and your Angelic Protector for help. "Am I hearing this correctly?" This is nothing external to Self. This is all Self that you are talking about here. And it is only Self that can determine whether it is an appropriate response or not.

For us to teach anyone answers relating to meditation is not within our perspective of finding answers within Self. There will be many on the earth plane who would give you those specific steps to follow, to reach certain levels of awareness. If that is appropriate for your learning at the stage in which you find yourself that is fine. Do so. What we are here to encourage you to do is to trust in Self as the indicator of what is right for Self and not someone else telling you how you must do it, but rather, to not be afraid to listen to what you hear. And if you hear something within Self that troubles you, then look at it, for you are looking at those issues of Self that need to be looked at, which is what you are here for anyway. Right?

So, if I challenge and protect and ask for help, just listen after it.

Yes. Of course, as you know from experience it does not quite happen that quickly and that easily. And the best approach, you know, for any decision that you would make on your behavior is to feel that it is right, and if it does not seem like an appropriate response, to not act upon it until you feel that it is. If you have any questions, then that is the obvious sign that you must ask for more information, whether it is from those on the earth plane in concrete who might be able to guide you or whether it is through your guides, your Angelic Protector, your Higher Self, and all that internal to Self.

How Can I Tell If The Information I Receive Is From Ego, Conscious Self, Higher Self, Soul, Or Dark?

It seems like the ego oftentimes serves individual's weaknesses, whereas the Higher Self offers the opportunity to seek the truth, and through the Higher Self, learn the difference. The problem seems that meditating in a manner with the goal being greater Self-realization and expanded awareness in consciousness, that that struggle of the ego and human weaknesses versus the growth of the Soul and its guidance by the Higher Self ~ is there some focus in going into meditation, or you offer some meditations that would kind of provide more of a crystal-clear path?

You know, the way in which you recognize if something is coming from the Higher Self is a result of trial and error, as they might say. Trial and error. You think ~ let us give you an example. Let us say that you have received some information. You are hearing something in your head. You are not quite sure where it came from. Is this from ego? Is this from Higher Self? Is this from Soul? Is this from the darkness? Is it something that I should be listening to? You are not sure.

And so, first, you do a challenge, and you say, "Are you of the Light?" And if it is coming from a dark source, it will be challenged and you will eliminate that. You will say, "Ah, it is from the light for there is no indication that it was offended by the Light challenge." So now, you are left with "Well, is it from the ego? Is it from the Higher Self? Is it from the Soul?" So, you have three choices. And you know that one of those three choices is correct. It is the right answer. However, it is also coming from Self, that, yes, this information is coming from one of those three sources.

Now, you can then choose a number of different options. You can say, "Well, I think that I will meditate on this a bit more and see if I can narrow it down so that I get a greater sense of which particular component it is coming from." So, you could do that. Or, you could say, "I think that this is coming from ego," and not respond to it. Or, you could say, "This is definitely coming from Higher Self. I will respond to it." And thus, you act upon that which has come to you for information.

Now, the results of that action will give you the answer as to whether you chose the right door, you see. If the results prove to be beneficial, it confirms that it came from Higher Self. And thus, you are one more step toward recognizing Higher Self, for you are able to say, "This was Higher Self information. I recognized it." You will recognize it again when it comes.

If, however, the behaviors proved to be less than you wanted them to be, and you then look back and say, "I believe that this really did come from ego rather than Higher Self, even though I thought it was Higher Self," you have still now recognized that it was not Higher Self. So, you will know now a little bit more what is not Higher Self and what is ego. And you do this step by step. You cannot simply wait for the moment in which this great revelation will occur to you in which it will be easily definable, that "This is Higher Self, and this is ego, and this is Soul." This is only something that you recognize within yourself through your own behaviors and the testing out of the identification.

When it comes from soul, this is a very easily defined situation. It is the Higher Self and the ego and the Conscious Self that the muddiness comes in. The Soul speaks very strongly. However, the Soul generally will speak only through the Higher Self. It will not speak directly to Conscious Self, though there are exceptions, but generally speaking. So, you are basically dealing with Higher Self, ego, Conscious Self and little mischievous entities. You see? And thus, you must act on that which comes to you. If you wait around for the spark of revelation to occur, it will not, you see.

So, you must take the chance and not fear that if you choose the wrong one that something, some type of eternal damnation is going to occur. Nothing is going to occur at a spiritual level. There may, of course, be repercussions at the earth plane level, but that is all part of the learning experience. That is why you are on the earth plane. You must have repercussions on the earth plane. There must be in order for you to differentiate between that which is from Higher Self and that which is not. And the more that you recognize Higher Self, the fewer times you will have repercussions. You see, in the long run, it worked. If you fear in the short run making a mistake, then you will never reach the long run, for you will be paralyzed with the fear of taking a step for fear that it is the wrong one. Take it.

Nothing happens to you ultimately. Nothing happens to any of us ultimately. Sure, you may have to leave the earth plane at a physical level because of something you did, but so what? You get to come back. ☺ That is the threat. You are here, you have to do it, and do what you are supposed to do so that you can leave and come back again.

That is truly a higher view. I will have to admit that.

It is the only way in which one will survive on the earth plane, as we have shown you during the first part of our session with you. If you are able to look at the earth plane with all three eyes rather than simply the two eyes of concreteness, but the Third Eye of the Soul and the higher purpose, then you will, on one hand, be able to see that this is serious business that you have here on the earth plane, and on the other hand, you will be able to laugh at it and say, "Yes, it is, but it is all part of what we are supposed to do. And it is rather silly after all anyway, in the higher realm of things." For remember that you get to leave, ultimately, the earth plane and the life you have chosen, and then do it again. And regardless of whether you progress in this lifetime toward better identifying Higher Self, you still have to leave the plane.

Because we keep what we learn and will not have to struggle this much the next time.

Well, if you have not learned how to identify Higher Self in this lifetime, what makes you think that you are going to come into the next one with a higher level of understanding?

I have not gone yet!

You will come into the next life with the level of understanding that you left the last life with, you see.

That is why I am here, Waith. It is beyond all that.

Yes. And we are here to help you with that. The mission is very serious. yet we are very lighthearted about it. We try to help you see that this too will pass. and that all who have evolved into higher consciousness ~ higher than what you have, for everyone has a higher level than someone else, that is simply the way it works ~ had to work to get there. It is not just here, "Here is enlightenment. I have placed it on this platter for you. You do not have to work for it."

I will take it. 😊

You see, even the five who run the kingdom, Amelius being one of them, all had to get there through hard work. They did not just come out of The One and be presented with the job of running the kingdom. "Here! Here is your job. This is the easy one." This did not happen. They evolved, just as all evolve. Do you understand, or does this help you in your quest?

Yes. I understand. I still have difficulties in trying to conceptualize all these different aspects of the non-earth plane type of aspects.

Oh, it is. It is the most difficult, my son. Part of what we are here to help is in the balance of the spiritual and the earth plane, and it is so very easy to become so grounded on the earth plane ~ that which is the concrete ~ and it can be difficult to conceptualize, to see the abstract, and how the two work definitely together. There are many who are very, very abstract and they do not have any idea of what is going on in the concrete world around them. And you have met many of these entities, and that is fine for their path, the appropriateness of their path.

There are others who are so grounded in the concrete that they would deny that there is anything other than this life that is here, and what you are able to see, here, feel, touch, in concrete is all that there is. "There is no higher source. What do you talk of, this higher source? That is a coincidence that something happened ~ That you are crazy if you think that there are angels." Here we are!

It is very easy to be one or the other. Oh, it is a much easier life. It is an easy life indeed to take on the earth plane where you are very, very grounded and everything is very defined, and you see it exactly as it is. Or to be very, very abstract and to live in your own mind and not see around you. Those are the easy things to do. The most difficult is the path an entity takes on to achieve the balance. And on the earth plane there are mixtures of all of those types. There are some very, very abstract. Some very, very concrete. And others who are attempting to meld the two.

You are attempting to meld the two. And, of course, you are having difficulty in it. You are not alone in this. This is part of what we are here to help you and to encourage you, to trust in the insights that you do have and to grab onto those insights. As difficult as it might seem at times, or as doubting as you might be, to grab onto something that comes to you, it may seem insignificant. And do not, by any means, compare it with what others say they have as insights ~ that is a devastating thing to do ~ and grab onto that and trust in it. And then more and more will begin to come to you. You will recognize them. They come to you. You simply do not recognize them.

Is there a more effective way to enter into the meditation process? Do you go directly to Jesus, Buddha, or a Hindu God? Do you go to the Higher Self, the Holy Spirit? Or you just be still and go to nothing? I have these conflicts as to what is the best direct way to go ~ to ask for help ~ give out affirmations ~ give out healing to people. It seems like there are multiple ways in trying to come up with a whole package.

You know, you have just proved my point. Did any of you pick up how he answered his own question? Well, you answered your own question in your talking through, and this is so critical that what you just did, you see, is so critical to the process. You answered your own question as you rambled through all of your options. And, you know, we use ramble in a very positive way. It is most appropriate, and critical for the creative process, as it is called, for the understanding of one's own answers. You answered your own

question. You had in all of your options of where you were supposed to go when you meditate. Think back on the one that is the answer.

- ⊗ I should ~ read that back to me. 😊
- ⊗ Just letting it be and just doing whatever ~
- ⊗ What was the little word he used?
- ⊗ I think that was it, just letting it ~
- ⊗ Nothingness?

Nothingness. Going to nothingness, being still, you see. All, everything else, even Higher Self is external to Self, you see. We will not go into this particular concept yet. We will introduce it now. It sort of slipped out. Oops. That is for much higher discussions. Understand that simply being quiet ~ do not go to Buddha ~ do not go to Amelius ~ do not go to Jesus ~ do not go to any of them. Go to nothing. Nothing. Simply sit, if you will, or stand, or walk, or whatever, movement or nonmovement, and simply be quiet. You see, one of the problems is the babbling that occurs from Conscious Self to Higher Self. "Well, give me the answer. Give me the answer. Give me the answer!" If someone were badgering you to give you the answer, what would you do?

Hang up.

So.

So, I will be quiet. 😊

But you understand what just occurred with this behavior. Unless you take the chance and you begin to speak of your frustrations, then you cannot come to resolution. Understand that it is not ~ again, we will say this ~ it is not some flash of revelation that occurs where suddenly you see the top of the mountain and you have found the way, you have found the truth. It comes in small steps and it comes through going moment by moment, behavior by behavior, and to trust in an environment that is safe, just as you were able in this environment to speak out and to express your frustrations. And in that process, you found an answer.

There Are So Many Different Types Of Meditation. Which One Is Right For Me?

I am a seeker. I go to different places and get information that I have to process ~ people who do Shaman, and things, they are ~ you are meditating in a group like that with different concepts and ideas and stuff.

Indeed.

They are talking about their power animals and their eagles and all this other stuff, and I am not. I have no identity with that and say maybe I would better get an eagle or a lion or something. I am not protected here, and all this. And I always come back to just ~ I cannot deal with it all. I just be still and I just let it go.

And that is appropriate for Self. Understand that there are many, many avenues on the earth plane for entities to travel to reach the same point, and that the practices that you have just described are one of the many different avenues. And they are appropriate for some, and for others they are not appropriate. And it is most important that you find what is appropriate for Self. Seek out, as you have, all of the different avenues that come before you, and take from each one what is appropriate. And what is not appropriate, do not take. Leave behind. And then come to that which is yours, you see.

Remember that in our discussion of organized religion, this is how organized religions become. It starts with an entity who has a belief that has been synthesized from many others, and then that belief begins to be taken on by others, not quite in the same way, but taken on by others, until suddenly there is a religion. This is the way it is. And thus, what you find yourself in your seeking is a need to synthesize. There are some who go into a religion and never leave it for the lifetime. They are not in the need of seeking. If you are seeking, then seek, and do not apologize for seeking.

Do not feel that there is something wrong with you, "I do not fit in this particular grouping." Well, of course you do not fit. You are seeking. You will find your spot, and you will find a spot in which you either will develop yourself, or you will find a spot, a group, in which your expansion will be unlimited, that they are expanding in such a way that your expansion would never outgrow them, you see. This is what happens. You will find your spot and you will trust in it. So, you go through this seeking now. Keep it up.

Breathing Techniques And Polarity Changes

In reading books and listening to you talk about breathing, it seems to be a reversal in the way that the breathing is done, and I wonder if that has to do with shifts in polarity.

Would that have anything to do with shifts and polarities, he asks. We do like to answer obvious ~

I risk this silly question, but I am going to ask it. It is important to me.

And you know, we encourage all questions, and we do like to play with certain questions that come along, for it is what might appear to be an obvious response. And, yes, it is related to The Shifts and the polarity changes, but not in as significant a way as you might think that it is. It is almost what we have given in our session, what you might call a preparation. Wherever your polarities are at this point would not be disrupted by this. As the time nears for The Shifting, there will be a greater emphasis on different forms of breathing, and that will come as the time is appropriate.

And many of you in your meditations will hear those words that tell you to be breathing differently. You will know it. When you have particular polarities aligned in a certain way, breathing in the old way will not work. You will not be able to breathe. It is as simple as that, if you breathe in the old way. However, it is a question that we will most assuredly elaborate upon as time progresses. Simply, trust in the way in which we have given this particular breathing and movement exercise as preparation for, and guidance to, the information that you would need within your own vibration, and that it would fit wherever your vibrational polarities happen to be at this point, and at any future point, right up until The Shifting.

A Therapist Asks How To Help Someone Who Is Unable To Visualize

I have worked with some people in meditation and visualization. They say they have a lot of trouble just visualizing things. Are there any techniques that I could work with them to help them visualize, if people actually have trouble making pictures?

Oh, indeed. That is most difficult. Visualization, of course, is that abstractness that many entities have the difficulty with. To answer your question, we could give you one particular little trick, if you will, that helps. When you say visualize, an entity is having to use their thoughts, and concreteness comes from using the touch and the taste, the smell, the senses, that one has at concrete. You would have them, in practicing visualization, start with something very simple that is very concrete for them.

And thus, you could take something as simple as a rubber ball, this earth ball that is here. And you would have them do this. Now, in fact, take this small earth ball. And you would have them hold it and roll it around in their hand and look at. Have them place it on their cheek so that they feel it there, and place it onto the mouth so that they are there. They would put their tongue onto it. You may do this. ☺ Mushiba will disinfect after you have left. Place the tongue onto it. Yes. Now, smell. Smell. Now, you are becoming acquainted now with this ball. Describe. Say what you have in your hand.

A representation rubber ball.

Not a representation! You speak like a therapist. No. Speak like your patient. What do you have in your hand, patient?

The earth.

You have a rubber ball that is the earth. Yes, this is how most normal people would respond. ☺ Now, what they have done is say what they have. They have felt it. They have smelled it. They have tasted it. They are seeing it. All of those senses. Place it up against the ear so that it has a sense of hearing and touching this. Yes. Now.

And now, let them for a few moments simply continue playing with this and becoming acquainted with this. And then once they have done this, while they are still holding this, tell them to close their eyes and to begin with their hands to feel it and to get a sense of what they are holding. They remember now what they saw, and also that is reinforced by the sense of the tongue and the nose and the ears. And then gradually, after they have felt this, ask them now to place it on the table, still touching it, but it is placed on the table, and they are not fully encompassing it with their hands. They are simply touching it, continuing to remember what it looked like. And then you slowly will take this away from them.

And then ask them to draw a circle. And this then is round, and it is the beginning of their ability to visualize it, because now they have used all their senses, and now they have drawn it also. And then it is appropriate to have them try to visualize it without it in their sight. And if it does not work the first time, do not despair. Do it again. And do not progress into more abstract visualizations until they feel that they can actually see or sense that particular item. Try that.

What if they are not a normal person?

Well, one would have to give definition to the word normal. Anyone who would come in saying that they have difficulties in visualizing would benefit, you see.

Well, now, it would appear that our timing has come to its closure, and we have left with you much information. You know, there is much. It will be available in written form for you to give reference to. We will have many other occasions in which we will gather in small groupings such as this, for the information that we have given out is of course for the larger audience. We are most pleased though to have been with you for an extended period of time, and there will be other times when our sessions with you will be even longer. That is coming.

Thus, we will depart now with an energy to each of you of fluffiness and reinforcement of the pep and the rejuvenation that we gave when we entered in so that you may enjoy the earth plane environment as it currently presents itself. We depart now and we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
