

Waith Class Transcript

JANUARY 16, 1996

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Waith Facilitates A Technique For Meditation, Going Into Higher Levels ~ From Concrete To Abstract, And Back ~ And Saying That This Exercise Is Something That You Can Utilize Yourselves, And Will Help Relieve Stressful Times
Waith Talks About The Importance Of Balancing Between Concrete And Abstract
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Does It Matter How We Are Aligned When We Sleep?

~ 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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Waith Gives An Introduction To The Sessions That Will Follow ~ For Meditation

Our topic for this earth plane year is THE SEARCH FOR SELF. We will focus on Meditation ~ the Concepts and Techniques ~ that will serve as a guide for you in the SEARCH FOR SELF.

Each of us has our own very particular and unique journey that may bear resemblance to the journey of another, but is unique in itself. So, each of you would SEARCH FOR SELF, on one hand, in very similar ways that others would SEARCH FOR SELF, but on the other hand, in very dissimilar ways ~ in fact, in ways unique only to Self. It has been our premise from the beginning of our discussions through Mushiba, that meditation is unique to the individual and that you would find your own way of meditating rather than adhering to what another tells you is the proper way to meditate.

There are many tools available to assist you. Utilizing a particular sound that helps you to focus your thoughts is one of those tools. Positioning your encasement in a particular way can be, for some, a useful tool. Sitting with the legs crossed, as is commonly called the lotus position, is appropriate for some. For others, it is not. Sitting straight in a chair may be appropriate for some, and not for others. Laying on your back may be appropriate for some, and not for others. Driving in your automobile on automatic pilot, oftentimes, can be a way of meditating. A favorite hobby in which you find yourself absorbed in the joy of the activity is a way of focusing your thoughts and meditating.

Meditation, then, takes on many forms. Be careful of those who would tell you how to meditate as the one and only way to reach the Higher Self. This is false. There is no one and only one way to reach the Higher Self. There is one and only way for each of you as individuals to reach your Higher Self. It is certainly useful to talk with others to compare and contrast, to gain insight into how another focuses. It is important, however, to keep in mind that that is the way another does it, not necessarily the way that you would meditate, but you would find the information useful to synthesize within your own frames of reference.

What is important in The SEARCH FOR SELF ~ and this I want you all to pay very strict attention to ~ is everyone paying very strict attention now as we tell you what is the most important component of the search for Higher Self? Relax about it. And be lighthearted about it. Relax! All of you now relax. Relax. Move your encasements a bit. Wiggle your encasements a bit. Relax. Move your bodies a bit now. There is not enough movement of your encasements, and we do not mean this exercise ~ what is it, steel buns? 😊 This is not what we mean by movement. That, of course, is an appropriate type of activity for some, but not for everyone.

We would begin a bit with you in this relaxation. Please, all of you, stand. Yes. Now, we will use you as an experiment. Yes, you stand at attention, my son! You are quite rigid

there. Now then, we will simply stand here for a moment without saying anything or giving you any direction. We want you to observe what occurs with Self and with others. (There are a few moments of silence)

Some of you refuse to budge an inch ~ refuse to move a bit. There is a naturalness in simply allowing the body to move to your own sound, my loves. This is an important part of relaxation, to allow yourself to hear your own sound, not music coming externally, but sound coming from within, your own unique sound. It is what makes some energies move more than others, for they have connected with their own sound.

Many feel very tight within their own energy field and do not exhibit movement of the encasement, especially when others are around, for it might imply that there is something very strange about that person because they move, and there is no music to be moving to. Instead, you find the comfort from within. The SEARCH FOR SELF must start with comfort from within, and to simply allow yourself the freedom to hear your own sound. It is not going to be bells and whistles and organs loudly proclaiming notes. It will simply be the essence of Self.

Begin to experiment, my loves, with moving, and allow all parts of your body to move. When you speak with another and you are standing, move a bit. It will be quite distracting to those who are not attuned to the concept of movement, but it also will help in understanding softness and comfort from within, for the more comfortable you are within Self, the easier it becomes for you to respond to your sound and to be who you are.

Ah, much better, much better. (Refers to people beginning to move a bit) Experiment with moving your arms about. Move your arms about you. Feel your own energy field. Move your arm up over your head. Feel the Energy Center above, and move your arm down in front of you and around your hips and around your heart. Feel all of your Energy Centers. Fluffy your Energy Centers. Much better! Much better! Yes, you hug your energy field. Hug your energy field. Much better. Much better. Relax. Now you may relax back into a position for discussion ~ bring your encasement into that which comforts you.

So then, most importantly in The SEARCH FOR SELF is the seeking of comfort within Self and the relaxation. This is your journey. It is no one else's journey. There are no rules that you must abide by. We will not be giving you rules during this coming year. We will be giving you techniques. We will be giving you counsel, guidance, tools to play with, to determine if they are appropriate to work within your attempts to reach Self.

This gathering now is meant to be the introduction to the sessions that will follow for meditation. When we enter in for the next gathering, there will be one from The Company who will participate and who will give a sense of perspective from the mission that he is involved in with Waith and Company. And thus, we will begin to give you each month, as a time block on the plane, the perspective from one of The Company

members. Coming in first will be one who does not enter too often, and that is Jenjura. Jenjura is The Librarian, as we refer to him in Waith and Company, whose primary responsibility is to search out the records in the Universal Consciousness to help us all in responding appropriately to the questions that you would pose of us, for there is a webbing effect of all energy that creates confusion at times as to who is actually asking the question and how it would be best responded to. He is the energy who is available for any who would seek him through meditation, to help in searching for answers for Self and to have him help you reach your soul and the Universal Consciousness.

Remember that all energies are capable of directly going to the Universal Consciousness for the answers. It is simply an undeveloped skill that most energies have, and the journey is to partially develop those skills. That is why intermediaries, such as we, are available to help you to develop your skills of reaching directly the Universal Consciousness.

Thus, meditation will be our focus for this coming earth plane year. We have provided journals of plain paper that you would perhaps utilize, as you are seeking Self, for insight that you might record or a particular technique that you have heard another give to you that you would like to treasure a bit.

Now then, we are going to give you a bit of a sample of reaching the Higher Self. There are many energies on the earth plane ~ in human form, especially ~ who have the ability to work with energy in such a way as to assist another in reaching the Higher Self. Oftentimes, you will try to reach the Higher Self. You will sit there and you will say, "I am going to focus very, very strongly now, and I want to reach my Higher Self." You will be very diligent in this. You will have candles all around and the music will be playing and it will be a nice, quiet environment. You will sit there and you will start thinking about how you cannot reach your Higher Self. You are trying awfully hard, but it is not working, no matter how you place your environment to be conducive to focusing.

There are energies on the plane who can bring you, through meditation, into that higher level. It is an ability of the usage of the energy fields. It is done so as to show you, personally, that you too can reach your Higher Self. And it is all right to have another be the facilitator, for most on the plane need the facilitation component before they are able to go on their own.

Waith Facilitates A Technique For Meditation, Going Into Higher Levels ~ From Concrete To Abstract, And Back ~ And Saying That This Exercise Is Something That You Can Utilize Yourselves, And Will Help Relieve Stressful Times

Thus, we would want you to do very, very particular movement now, my loves. We would want you to position yourselves anywhere in the upper level here, in The Harmony Room, if you would want, or in the Meeting Area here. You can sit. You can stand. You can lay down. You can do whatever you want. When you have positioned

yourselves, we will then speak to wherever you are. We will be maintaining our energy field where we currently are, but will move about a little bit. We will give you an example of meditation your own way, but within parameters that we set in this particular gathering. So now, my loved ones, move about and find a spot where you would like to be and be in a position that you would like to be. Fill the space with your energies ~ into The Harmony Room, give your energies to The Harmony Room. Are we now in The Harmony Room, comfortable?

Each of you now take a nice deep breath in a way that feels good for you, but do this slowly ~ deep breath and hold the breath, and gently let out the breath now. Ah, another breath, deep within Self, and let out the breath. You are relaxing and you are feeling protection from your Angelic Protector and your spirit guides. Call upon them now and bring them into your energy field. Call them ~ Angelic Protectors, spirit guides.

It is time to journey into that which is the Soul. You begin your journey at the very bottom of your encasement where the energy fields are meant for grounding ~ and you release the groundedness of the energy field. You feel the release now moving through the energy field, upward, filling your encasement. As you move upward, release the groundedness ~ release ~ moving upward. When you reach the middle of your encasement, you will be at the point of separation of groundedness and abstractness.

You move further up now into more abstract, leaving behind the groundedness. Feel the clicking of release upward into that which is the Heart. Slowly, moving upward, you move more and more into abstract as you reach the Crown Energy Center. All of your groundedness is released. Feel your energy swirling about on the Crown Energy Center. Feel the energy moving around and around, around and around ~ rapidly moving now. You are preparing to move out of the dimension of concrete and into the dimension of abstract. This dimension will bring you to the dimension known as Higher Self.

You are swirling now, swirling ~ your energy gains momentum. Your energy rapidly moves, around and around. You are moving interdimensionally, around and around and around and around. Feel yourself moving into your dimension of Higher Self. It is a greater awareness. You are now in the dimension of Higher Self. Relax. Say hello to Self.

You stop swirling, and you rest. You are in the Higher Self Dimension. Higher Self now shows you the dimension of Soul. You see that dimension where your soul is. We open that dimension for you now. It is open. You need have no effort to move into it. We facilitate. Move now into the dimension of Soul. Your Angelic Protector guides you. You are safe. Relax in the dimension of your soul. Your soul has something to say to you. Listen. Do not ask questions of Soul ~ only listen.

Soul has given you information about your journey. You know now where the dimension of Soul is located. You move now back into the dimension of Higher Self, filled with understanding given to you by your soul. We close the dimension of Soul

now, and it is time to return back into concrete. You return in the way that you left. Begin your energy movement swirling around and around, feeling the energy. You are strong. You are strong. Feel the movement bringing you back to the Crown Energy Center. Slowly now, unwind your energy ~ resting on the Crown Energy Center. You are still abstract, but you are back in the concrete dimension. Experience the difference ~ the sensation of being abstract within the concrete.

Bring yourself now, slowly, back into groundedness. Move your energy downward as you did when you were upward, slowly moving down to the Heart, bringing your energy to fill the Heart, moving to the middle point of your encasement ~ stopping for a moment ~ for the transition now of groundedness and abstract occurs. Take with you the abstractness and merge it now with the groundedness, slowly moving downward, downward through the encasement until you reach the very bottom of your encasement, and bring the merging of the abstract with the groundedness into the feet and feel your entire encasement now filled with the merging of groundedness and abstract. It is the balance. You experience what the balance feels like.

Slowly, bring yourselves back, fully, into the concrete illusion, staying relaxed and comfortable within Self and the space that you occupy in this gathering. Allow your sound to come through and move a bit as you acclimate back into the concrete illusion in which you are rooted. We sprinkle you all with energy. Come back, come back, wherever you are!

Ah, a much better flow of energy now than when you all first began this. Much better. This exercise, my loved ones, is something that you can utilize yourselves. The process of moving from groundedness into abstract is most useful, especially in times during the day when you might feel very stressful. Simply take a few moments for yourself ~ find a spot. It could be the bathroom. For most of you, you would not be interrupted if you were in the bathroom. Use this as a way of bringing back a sense of balance into your energy field, for you will quickly now begin to have a diffusion of the merging of the energy. That is normal.

Waith Talks About The Importance Of Balancing Between Concrete And Abstract

You see, the entire purpose of coming onto the earth plane is to learn how to balance between concrete and abstract, and you will achieve that sense of balance as you learn your lessons. There is never a point where there is absolute balance on the earth plane. It is a contradiction in terms to say that you are balanced on the earth plane. The earth plane is a training ground of imbalance, but the training on the earth plane enables you then to be balanced within your energy field in other training grounds and in a much more rapid way than if you were to not come on the earth plane. The SEARCH FOR SELF then, on the earth plane, is unique to the earth plane, for it means attempting to always balance. Just as you balance, something else comes along to bring you out of balance. That is the nature of the training ground known as the earth plane. That is the very nature of it.

If anyone were to say to you, "I am completely balanced, I am in complete harmony, I am One with The Universe," ~ may be one with their own bubble in which they live. But in reality, there is no energy on the plane, no matter how aware they may be, no matter how advanced their understandings would be, that is ever completely balanced, for that would mean perfection, and perfection, as you all know, is achieved only upon return to the Universal Consciousness. So, the journey on the earth plane ~ the journey, indeed, outside of The One ~ is to seek the balance again, to bring us all to the point of ultimate balance that allows us to go back into the Universal Consciousness.

Waith Talks Of Being In Harmony Within One's Own Imbalance

Harmony is another thing. You can feel in harmony with your imbalance. Do you understand that concept? You can be in complete harmony. It is where you will see then entities who appear to flow and no matter what happens to them, they appear to be balanced ~ but they are not. They are simply in harmony with their own imbalance. That is what you seek to achieve. You want to have imbalance. It is the only way that we all learn, and I include the WE in that. All of us outside of the Universal Consciousness, regardless of our mission, regardless of the kingdom in which we reside, are seeking balance. We seek it in different ways, from kingdom to kingdom, from dimension to dimension, from training ground to training ground.

Thus, now my loves, you have the beginnings of a tool that you can utilize. We will reinforce this tool that we have given to you in our future discussions with you in this earth plane year. We understand we are running out of earth plane time. Would there be any quick questions that we could address, or are you all so mellow now?

Does It Matter How We Are Aligned When We Sleep?

Does it make any difference the way we are aligned when we sleep, like whether we are north/south or east/west?

Oh, yes, the old north/south, east/west question.

Does it make any difference the way the direction of the bed is located, whether the bed is in a corner or in the middle of the room?

It can ~ and maybe not. We are not being flippant in our response to this. There are some energies who are experiencing polarity changes currently who would perhaps find it more harmonic for them and their energy to be positioned east to west with the head facing the east ~ because of the vibrational changes.

However, for those who may not be experiencing vibrational changes ~ whose polarities are not changing ~ where they are positioned may not mean anything, may not have any bearing on the flow of their energy. It is an issue that we did not flippantly refer to, for we will be discussing it as part of the tools for meditation. For some, it is very important where they position themselves within the flow of energy. For others, it is not, and only each of you can determine that, and we will give you signs that will help you to make those determinations ~ little testings for that determination.

We feel that it is appropriate now for us to return to our own dimension and to allow you then to feel the remaining sense of balance within your energy fields. We are looking forward, as you say on the plane, to the coming gatherings in which we will work with you to give the techniques. We are ready now then to depart, and as we depart, we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
