

Waith Class Transcript

FEBRUARY 20, 1996

[Search For Self, Continued ~ Meditation Concepts And Techniques](#)
[Jenjura Gives A Technique ~ To Help You Get Through Your Own Webbing Of Self](#)

~ 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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Search For Self, Continued ~ Meditation Concepts And Techniques

We are continuing in this session with, now, an application to the concept that Jenjura was giving in the last session. Jenjura talked of his role in, not only the mission of Waith and Company, but also his basic mission currently in his path, and that is to work in the records in the Universal Consciousness to assist in smoothing out that webbing effect that all of us as energies have. Since he has given you the concept, he will now enter in and guide you in applications to help you in finding your own way through your own web.

Thus, we will allow, now, Jenjura to come in and guide you in certain meditation techniques that you can then take with you for quite some time now on the earth plane to come. It will help you in your SEARCH FOR SELF. It is, in actuality, the first step in the SEARCH FOR SELF ~ that being the ability to work through the webbing, or the maze that makes up your energy field. So, we shall return upon the completion of Jenjura's techniques and will answer any questions that you may have at that time. Enjoy the journey that Jenjura takes you through now.

Jenjura Gives A Technique ~ To Help You Get Through Your Own Webbing Of Self

Jenjura: Blessings to all of you. It is with great pleasure we return in this session after our last session, and it will be one of the last times that we gather in such a grouping, for our work keeps us in the stacks, so to speak, of the library. We are most pleased now, then, to continue in our discussions of the webbing energy that surrounds each of you ~ each of us.

In our last time with you, we presented to you the complexity of the webbing effect. It is not as complex as it appears to be, however. It is quite easy to work through your own web. We will now, in this gathering, give you a very particular meditation technique to help you get through that web. We do not guarantee overnight success. Do not be looking for what you call a quick fix. This technique, for many of you, will need to be worked through, and in some cases, many earth plane years before you are able to adequately smooth out your web. However, this technique is designed to help you to move into one of the Way Stations along the way in your journey to find Self.

It is important that you be seated for this technique. To stand for this technique is not appropriate. The seating position enables the webbing effect to truly take on its own identity. By seating your encasement, you allow all of the nooks and crannies, as you call it, in your physical encasement to expand and allow all of the nooks and crannies of your energy field to fill all the nooks and crannies, as you would call it. If you were to stand straight, it would actually be disruptive to the webbing. Thus, it is important, then, that as we begin this technique, you are, first of all, seated, and that secondly, you have your legs in a relaxed, open position so that the ankles, as you call them, are not crossed.

You may have your feet flat on the floor, or you may have your feet stretched out, as many of you have.

You would now place your hands in a very relaxed position beside you ~ yes, beside you. It is time now to slow down your vibration. You begin first by calling upon the very Highest of the White Light.

Repeat after me. (Repeated)

- I call upon the very Highest of the White Light.*
- And I call upon my Angelic Protector.*
- I call upon my spirit guides.*
- I ask you all to gather now.*
- And surround my energy field.*
- With your protective and guiding white light.*

And now, breathe in slowly. Breathing in through the mouth, take a very slow and deep breath and hold it, and breathe out through the nose. Allow the breath out through the nose ~ in through the mouth and out through the nose. Slowly, once again, in through the mouth and out through the nose. Slowly again, in through the mouth and out through the nose. You are relaxed. Your hands are by your side. Remember to keep your hands by your side. You are relaxed. You are clearing your mind. You are now beginning to visualize a long pathway free from any obstacles. The pathway is straight. It is your pathway. It is wide open. You are able to walk easily on this path. The path you see is your beginning journey. You begin to walk on the path, and as you walk, you are seeing your energy swirling around you.

Repeat after me ~ (Repeated)

- I see my energy swirling around me.*
- Again. I see my energy swirling around me.*

Enjoy the feel of your energy as it swirls around you. You are feeling covered by your own swirling energy. Allow yourself to feel the swirling. Enjoy the feel of your own energy surrounding you.

Repeat after me ~ (Repeated)

- I love my energy.*
- I send my energy all the love.*
- All my love from all my levels.*

For a moment now, feel the love of Self ~ feel the love of Self. It is time now to begin working out of the swirling energy. Visualize a net in front of you as you begin to walk

down your path. You walk into the net, and the net surrounds you. It is very light. It is white. It is filled with energy. It is filled with knowledge. It is your knowledge. It is your net. It protects you. It guides you. It contains all of the knowledge of your path. Feel it surrounding you. Envision yourself now, placing your hand onto the net and touching a very small part of the net.

Repeat after me ~ (Repeated)

- *I call upon my own knowledge to give me enlightenment of my own path.*

Feel the energy transferring from the net where your hand is placed and running through your energy field and through your encasement. The energy contains a very small piece of information about you. Allow the energy to flow into your Heart Energy Center and feel the energy focusing within the Heart Energy Center, surrounded by love of Self. Allow now that energy to flow slowly upward to the Crown Energy Center. It slowly moves up to the Crown and rests on the Crown Energy Center.

You are now able to access the information contained in this energy that comes from your net. It is information that only you will know and it will guide you in what to do next. Listen now to the knowledge. It takes only a moment for the information to be infused into that which is your Conscious Self. You have now been guided for the journey. You will slowly and very calmly relax to a much deeper level and receive greater information now. (There is a pause)

We bring you back to the Crown Energy Center ~ slowly returning to the Crown Energy Center ~ filled with new information. You slowly now, begin to envision the net that surrounds you, and you return your hand to the spot on the net from which you gained the energy and the information, and you close that spot with your own energy field. The net is smoother now, for you have taken the knowledge and placed it into your own vibration. Now it is time to return back into the Conscious Self, knowing that the knowledge you have gained is in your conscious awareness level, and you slowly return to conscious level ~ slowly return ~ knowing that you have gained knowledge of Self. Return ~ return.

Breathe deeply, this time breathing through the nose and out through the mouth. Again, slowly breathing through the nose and out through the mouth, releasing the energy. Thank your spirit guides.

Repeat after me ~ (Repeated)

- *Thank you, spirit guides.*
- *Thank you, Angelic Protector.*
- *Thank you, Universal Consciousness.*

Relax.

This is the technique. We will explain to you how you utilize this now. First of all, the technique of going to the net is one that can be repeated over and over and over again. Each time that you go to the net, you take out a piece of the webbing effect. That is the knowledge. And you bring it into Conscious Self. And when you return to the net to place your hand on the spot from which you have taken the energy, you are essentially, then, smoothing out the net. As you do this over and over again, eventually, you will have a straight line that used to be a net, for you will have taken the holes and the nooks and crannies out of the net. All of those envisions are knowledge of Self.

Some of you have a very, very wide net, meaning that not much smoothing out needs to occur. As you would look at a web, you would see wide distances between the threads. Some of you have very tight nets. The closer the threads are to each other in the forming of this net ~ or the web ~ the greater your challenge to smooth out the net. As we had said in our last time with you, some entities on the plane are just now beginning to work on smoothing out their own web, and others are close to the smoothing out.

It matters not where you are in this process. You do not go to another and indicate that you have envisioned a very wide net, and therefore, are highly evolved. The moment that you do some behavior like that, your net will close in around you and you will be back where you started from. Be most careful of boasting of your accomplishments. It is not important to talk with others of your net ~ your web. Talk only of what you, perhaps, learn from going to your own web.

We have one final comment. What we gave to you was a guided meditation. For you to utilize this technique, you could try a number of ways of implementing what we have given to you. You could have someone read the words for you onto a tape that you could use to guide yourself, and also to have the timing. We shortened the time frame. For example, when you go into the lowest levels of contemplation, we kept you there for a very short time. You could time this so that you stayed for many earth plane minutes.

You could do the tape yourself. You could record yourself, using your own voice to bring you into the meditative state. You could also simply know what the words are that we have given to you, and bring yourself into that visualization without the use of an external voice, but rather, to utilize your own voice. Or you may find another way to be easiest for you. This is a technique that could very easily be used in group meditations where you have a facilitator ~ such as when Mushiba conducts group meditations ~ in which you would then participate in a longer meditation.

We have given you the technique. This is the beginning. As each of the others in The Company come through to give you the SEARCH FOR SELF from their perspective, it will add to your meditation portfolio, as you would call it. For if you are to truly learn how to balance within a group, which is the responsibility of Teetee ~ and she will give you concept and technique ~ you must also have the ability to go to your net.

Going to the web is an integral part of the journey within Self. It is an advanced meditation technique, that when properly utilized, allows you to truly go into the depths of Self. That is the technique.

We have been most pleased to have served you. You now have a connection to Jenjura that has not been there before. It is quite easy to reach us in your meditations. You go to the web of Self and envision your hand holding onto the web, shaking the web and saying, "Jenjura, help me." And we will respond, if not personally and directly, we will send an emissary to help you as you go to your web. We are here to Be of Service. We send to you the Highest of the White Light. Waith will return now. Farewell.

Waith: Well, you are all quite fluffy now. We would indicate to you that in this particular technique, you would want to be as relaxed as you can be and also to not have pressing matters ahead of you, "We must be going out in one hour." Do not have those types of constraints upon yourself, especially when you first begin using this technique. This is a very simple technique and yet takes practice and can be most enjoyable.

We would recommend to you in the initial timing of the usage of this technique that you take the words that Jenjura gave to you and make a recording using your own voice so that you can pace yourself. Try this several times. In fact, you could have several timings, for the journey into the depths of your vibration, as you take the knowledge from your web, could be five earth plane minutes or twenty-five or thirty or fifty or sixty earth plane minutes. It is that particular component of the meditation that has the flexibility of relaxation.

So, you might then make several recordings that allow you to stay in the meditation for shorter or longer periods of time, depending upon where your own energy field is. You would use this also as a prelude to other types of focusing. Being able to go to your own web is the challenge here. Many will not be able, initially, to even visualize their own web. And if you find that to be a problem, it is quite simple to solve. Simply find yourself a web.

The World Wide Web?

Yes, indeed, we are most familiar with the terminology. Mushiba's vocabulary has begun adding, thanks very much to the bright energy beside you, my love.

Now then, when we say, "Find a web," you can go and find these bags that look like nets. Yes, we are aware on the plane of these types of devices. That may, indeed, help you to visualize as you try to focus and relax. Remember to relax, and if you are not able to sense your web, do not tense up and say, "I cannot visualize. Where's my web? Where's my web?"

You must be most calm in this arena. You may find that it takes many attempts to reach that point where you feel comfortable in going to the web that surrounds you. Once you have gone to the web ~ to actually place your own energy field on yourself ~ is an expanded concept of understanding the meditative process. It brings much more complexity and far greater dimension into the SEARCH FOR SELF, for you are capable now, through this technique, to truly search out all of the paths that you have traveled on and not just a simplistic journey into one dimension of Self. You have the technique. What you do with this technique is up to you.

We will build on this technique now in each of the sessions in which we devote time to meditation. So, in our next gathering it will be Francis who comes in to speak of the sense of community and the bringing in of other kingdoms. He has been charged with the caretaking of The Animal Kingdom. However, his focus is also more importantly placed on the gathering of as many other kingdoms into your community ~ your own life ~ to bring as much diversity into your environment as possible. The Mineral Kingdom, The Plant Kingdom, The Rug Kingdom ~ all that have energy, all that surround you ~ all is part of some kingdom, and thus, forms a community.

Your next part of the journey into Self is an understanding of where you are in the development of your own community within Self and what surrounds you and how to bring that about in a harmonious way. There will be a journey once again into the Self. So, it will be Francis who will give you the concept in the next gathering, and then in the gathering after that, as in this gathering, the technique. His time with you will be not as long as Jenjura. Each of The Company members will have shorter time frames with you than Jenjura, for Jenjura's job, and a fine one he did, was to lay the groundwork for the journey for this topic of meditation this earth plane year.

What questions would you have? We would seat the encasement now. Mushiba sometimes is startled when she returns in a standing position. Ah, you are all in a very mellow meditative state. This is good. This is very good. We will not disrupt the sense of meditation that you are mostly still feeling by continuing to talk. Enjoy the silence. It is important to have silence in your vibration. We will return to our realm now. Indeed, we sooth the energy. Relax and enjoy the companionship of each other and the sense of community. We will be with you again in our next gathering. We send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
