

# *Waith Class Transcript*

**APRIL 02, 1996**

Search For Self, Continued ~ Meditation Concepts And Techniques

Waith Gives The Concept Of Group Balancing

The Many Different Aspects Of Group Balancing In The Human Kingdom

Group Harmony Situations When There Is A Full Moon, And Polarity Changes

The Continual Redefining Of The Group For Balancing

## *~ 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 will continue with the discussion of the SEARCH FOR SELF through meditation, for it is important that the information be placed on the record. We will, in this month of earth plane time, be speaking of GROUP BALANCING. We move on to that component that is in need of the meditation process.*

### Waith Gives The Concept Of Group Balancing

*In our last time with you, we were speaking of Community Development. That is, then, the bringing together of the group. Once the group has been brought together, as you all know, balancing immediately begins to take hold. Once the group balancing has been addressed as an issue, it is then time to bring it back into Self, and The Healing of Self. So, we will discuss Group Balancing in this time frame, and in the next month, right before the summer retreat time, we will discuss The Healing of Self.*

*As you know, The Company member charged with Group Balancing is Teetee. She has newly joined The Company, replacing Susan, and she will come in during the next gathering to give a group balancing meditation. In our next gathering when discussion of Self-Healing comes about, Jacques will speak in both sessions. Teetee is still orienting her vibration to working in The Company, and thus, I will give, then, the Concept of Group Balancing in this session. And Teetee will then come in for the next session and give you the marvelous technique that she has developed. It is of her own design that comes out of her training in guide school. So, let us begin then with a discussion of Group Balancing.*

*Group Balancing comes directly from the understanding of the Energy Circle that each of us, as energies, has. When you are on the earth plane, it is a very specific type of Energy Circle in which you find yourself. You have the resources of many other energies in various kingdoms who are working in harmony with you to help in the overall sojourn on the earth plane. But now, let us look at this wonderful situation that occurs on the earth plane, called Groups.*

### The Many Different Aspects Of Group Balancing In The Human Kingdom

*It is almost impossible to avoid being in any kind of group if you are living on the earth plane as a human. Even if you are living on the plane in other kinds of kingdoms, it is difficult to avoid a group. Generally, when we are referring to Group Balancing, we are referring to the same kingdom. For purposes of our discussion, we will keep it in that simplistic form. Group Balancing, however, will be discussed in a later time as it relates to animals, minerals, air, whatever, in the group context. But to understand the basic*

*concept, as it will then be applied to the technique for meditation, we give you the discussion as it relates to the same kingdom ~ in this case, The Human Kingdom.*

*It seems that the most difficulties that humans perceive to have in their path is not that they are trying to balance with an animal companion or a mineral companion, but they are trying to balance with a family member or a work associate or some other human who enters into the vibration. This appears to be of the utmost concern on the plane now, as it needs to be, since it is an accelerated time, and since it is also the time of an illusion change. There is a concentration of effort in same kingdom balancing.*

*What we give you for concept in Human Kingdom balancing ~ same kingdom balancing ~ would relate to animals and minerals. So, animals are now also gathering in groups where they balance with each other, and the plants and the trees and all of that, so this is the concept then of same kingdom balancing.*

*How joyful it is when you are in a group and all is harmonious. You all get along, you laugh together. You understand each other. There may be some differences, but they are so minor that it is not even noticed. It is a grouping then of tremendous similarities. You have spent many lives together, working through many issues, bringing you to this point of such harmony.*

*A group can be two or more entities. That is how we define a group. Earth plane defines a group perhaps as, "Oh, it must be three or four or five or more." However, two or more is a group. So, you are with one other person, or two others, and you are in a mutually agreed upon activity, whether it is a social activity, or work activity, or family activity, and you are in harmony. This is something you have worked toward in many lifetimes to achieve.*

*Many, many on the plane, currently, have those kinds of groupings. We focus, first, on the harmonious groupings to remind you that it is possible, and indeed, quite prevalent. But, in your own lives, you tend to forget the harmonious groupings in which you find yourself and focus more on the inharmonious, the conflicts, those groups where no one seems to get along, where there is disagreement, where it is difficult to find the similarities, and much easier to find the differences and to focus on the differences.*

*First, and foremost, you must look at your life and find the harmony in it, find those groupings where there is relaxation and laughter ~ Lightheartedness, joyfulness, mutual sense of purpose. Find those, first and foremost, for that is a sign of your success from other lifetimes. You must remember that you have been successful. You are here. You live in groups. You have not killed each other off. It means you are doing something right. You tend to forget that. You tend to focus only on that which is not working.*

*Focus first on that which is working, and on a daily basis, remember your success at group balancing. Make a list. We know many on the plane enjoy doing this activity ~*

*"Making a list and checking it twice to see if you have been naughty or nice." Oh, that is the wrong holiday! There is the religious event occurring on the plane now, but we have not identified the correct one, have we?*

### **The bunny rabbit one.**

*Yes! Amelius is pleased at the references now made to his Ambassador, Jesus, as a bunny rabbit. ☺*

*In any event, what you do is make a list, if you need to, of the groups you find yourself in harmony with. One other person, remember, makes a group for you. Make that list and keep it with you. Use it as a concrete example to help you to remember that you have indeed been successful. You have brought into this lifetime a harmonious relationship, first and foremost. When you do this, you are able then to take the step into the arena of conflict and disharmony as you find yourself in a group situation where no one agrees, where you want to take your hands around the neck of someone in the group and shake them and say, "Listen, listen." It is a natural response when one becomes frustrated in a group interaction, "See it my way, see it my way." This is a natural response that any energy takes along the path of enlightenment, awareness.*

*The more aware you become of your own role in group balancing, the easier it becomes to let go of those moments when you want to shake someone. But it never goes away completely, you know. There is always a time, no matter how advanced your awarenesses are, that you want to shake some sense into someone, as you might refer to it. We do it in the Angelics.*

*You know, the Cherubs are out there. I was an errant Cherub at one time ~ remember, I have told you this ~ and my master would shake me on occasion, and say, "Straighten up! Straighten up! Stop this flying around." This is a very natural response, but it is not to be a response that overcomes you, that consumes you. It is why the need to meditate and find out the reasons for the imbalance in the group exist so as to give you better insight as to why you are out of balance.*

*Remember, that no matter how out of balance you are, through hard work and perseverance and continual seeking of insight, you are able to smooth out the imbalance and bring about harmony. Remember, that the search for harmony is a very step-by-step process. It does not happen in one momentous experience. It comes about slowly, and then at some point, it has accumulated so much that you see all of the tiny steps as one large step, and you feel as if you have made a breakthrough. But the breakthrough in achieving harmony within a group has come through many, many small incremental behaviors.*

*You must look within Self to determine what your role is in the Group Balance. Is it you who is the primary person to balance with others in the group, or are there others in the*

*group who have that position, that they must be the ones to primarily balance with you, or with others in the group. Generally, in group balancing it is not all equally distributed. You all have the same amount of balancing to do with each other. It is quite, generally, disproportionate, which makes it, of course, much more fun and creates the imbalance, for if you were all equal in your imbalance, then you would be balanced. So, you must be disproportionate in terms of who has to balance with whom.*

*The first step, of course, that you have to reach in this understanding of what proportion you are fitting into in this Group Balance is, after recognizing your play in this particular Group Balance, to not then say, "Nah-nah-nah-nah, I do not have as much to balance as you do." Because, if you do that, you all know what will happen. You immediately put yourself in a larger proportion of imbalance than the person to whom you did the nah-nahing.*

*So, group balancing in The Human Kingdom ~ you have come into a group situation, you have recognized what your positioning is in the group balancing. What do you do next? You have many choices. The choices, most of them, will be presented to you in your meditation. The technique that Teetee will give to you in our next gathering is one that will help you to determine what your alternatives are and which alternative you will choose. So, you must look at your alternatives, and then you must choose one of those alternatives. Some of the alternatives open to you would be to leave the group, and say, "No, no. Not this time." You are able to do that. You simply leave the group. Another, of course, is to dig in, entrench yourself, and say, "I will not leave under any circumstances." So, you have the two extremes ~ run away to face it in another time, or entrench ~ two extremes.*

*In between are the issues where most group balancing occurs. You will work on it for a while, and then perhaps you will move away from it, having gathered a bit of experience. You may be the catalyst in the group, and if you are, that in itself brings about a whole set of alternative behaviors. You are the irritant in the group. That is your role. You go about and you get everyone riled up. You are the carrier of the imbalance. That is a role that is played in group balancing.*

*You may be not the carrier, but the receiver. Someone else in the group is the carrier, goes around and comes to you, and just by looking at you makes you irritated, pushes the little button in you that says, "Leave me alone." When that little button is pushed, that is a signal. When you become emotionally involved in an irritating way to the way someone has acted toward you, that is the signal from The Universe. Remember that feeling and take it with you into your meditations. "What caused this? Why does that person push my buttons the right way?"*

*You can be guaranteed that if you allow yourself to work through another lifetime in your meditations with this particular person, or members of this group, you will find the reason. It could be something as dramatic as this person cut off your head in another lifetime. That is very common. Or simply in another lifetime you were brothers and*

*sisters and you were the brother and the other person was the sister, or vice versa, and you fought all the time in that lifetime, and this person who pushes your button now used to get away with this bad behavior in another lifetime, and you were always blamed for it. So, now you are back together in other roles and you are remembering at a Soul Level that you were always blamed for the behavior of this other person. And how do you respond now? You have not worked through it. You have not balanced with this individual. The button is still pushed.*

*Think of yourselves, each of you, as one big button, with a series of little knobs on that button that represent points of imbalance with other humans. Remember, we deal only with same kingdom group balancing in this discussion. Visualize yourself ~ nice smooth button, that is what you are ~ and then all over that smooth button are little knobs. Those little knobs stick out, and until all the knobs have been smoothed within this particular group balance, will you then, and only then, feel a sense of harmony with the group. However, remember that you are still a big button, and even if you have come into harmony with a group, The Universe will occasionally push that button, smooth as it is, to make certain that the harmony that you have achieved in a group continues to be harmonious. Remember, we are all tested regularly for lessons that we think we have learned and issues we think we have completed.*

*For remember that even as harmonious as you are with another or with a group, occasionally, ever so slightly, something comes in and things get fluffed up. It does not threaten the harmony of the group, generally, because there is awareness of the harmony and awareness that there is just something coming in to try and create conflict and disharmony. So, you must not take for granted the harmony that you have achieved. You must work at it, and at the same time you work on the disharmonies, to bring them into harmony. So, there is always this activity going on in your lives. This is what the earth plane, especially, is all about ~ working out the disharmonies.*

*If you did not have a group, what would you do? How would you work out your issues? Think about this. As much as you might like to say, "Oh, I wish I did not have to worry about working out groups. I do not have any group balancing. I have done all my group balancing. I am very evolved. I have nothing more to do." Well then, why are you here? There is no reason to be on the plane, other than to work out group balancing. So, if someone were to say to you, as many do on the plane ~ the elitist will say, "I have worked through all of my issues with group balancing. I am in complete harmony. I am One with The Universe." Do not believe them. They may believe it, but ~ believe it ~ it is not true.*

*In this gathering, this is a group. You have come together as a group for the first time, for there is a new member in this group, in this particular gathering. Others of you have been to our sessions, but for this particular gathering, it is the first time that you have all been together in this scenario. Do you think that it is the first time that you have ever been together as energies?*

## We know better.

*Ah, you know better, but many do not understand that concept and would say, "Well, there has to have been a first time ~ for the first time." How can you say that, even though it is the first time in this dimension that you, specifically as entities, have formed a group, that it is not the first time? The answer is quite simple. It is the first time as humans that you have been together. It is not the first time as energies that you have been together, for you are connected at the highest of levels of energy.*

*No grouping of entities is ever gathered for the first time in a training ground. You bring into this gathering a shared experience. It is not coincidence or randomness that brings each of you together in this gathering. "Why this group?" "Why not?" we would answer. Look to the reasons for bringing the group together, rather than thinking that it is some type of random event. "Oh, well, we will never see that person again." Or, "We will never be in this kind of gathering again." This is not the correct way to view it. Instead, go to each other, as a group, and just simply out of curiosity find something that you all have in common. Determine if this is group harmonious or does it appear to have some kinds of ripples in it?*

*It is a game. Whenever you find yourself in a new grouping, look about you. View it as a chess game. "Oh, we are going to move this particular person over to this spot and see where everything blends together and works together, or not. Who is in control? Who has the power in this particular group? Are there more than one? Am I, in this particular group, the point of power, or is someone else the point of power?" And if you see another as the point of power, and you think that you should be the point of power, then you know that this is going to be an inharmonious group, FOR YOU, maybe not for someone else. And that is another red flag at an earth plane level.*

*How at peace do you feel in a grouping? Do you feel comfortable, or do you feel out of place, or do you feel that you should be in another spot? "What am I doing in this group?" While you are in a group for a reason, accept that and play with it. Use it to your advantage. The more groups that you can make harmonious for yourself, the stronger you become.*

*You may be in this lifetime to work with many, many different groups, some of which will smooth out, and you will have the harmony that you wanted for that particular experience, or you will simply say, "Enough is enough. I have done what I can do. It feels as if it is time to leave this grouping." And you go. Oftentimes, entities will prolong their own agony. "I must stay in this group. It is written in stone that once I commit, I cannot leave." This is incorrect. You can leave at any point. It is simple. If you have not completed the harmony percentage that you had hoped to achieve in this lifetime, so what? It just means that the percentage goes back into the Toy Box and you must, at another time, bring it out and play with it again until you complete the percentage.*

## Group Harmony Situations When There Is A Full Moon, And Polarity Changes

*Group harmony on a full moon. We understand that the moon on the plane in this geographic area is about to reach its fullness once again. Remember, that we have indicated that the moon as an energy form has reversed its polarities, so that it is already vibrationally attuned for when the earth's vibrational changes occur. As a result, when the moon reaches its fullness, it is in direct conflict, vibrationally, with the earth. Its polarities are at the exact opposite and it is creating much stress in vibrational fields.*

*If your polarities have already switched, at a full moon, you are going to feel dramatically that conflict in opposite polarities of the moon and the earth. If your polarities have not changed, you will not have that kind of conflict occurring. The stresses on your emotions and your body will be much less. If you are somewhere in between, flipflopping back and forth, it simply means that at the time of a full moon, if your polarities happen to have moved into ~ in its flipflopping ~ the new polarities, then you will instantaneously start to feel that effect. If they are flipflopping during the phase of this full moon, then you will feel yourself flipflopping. One moment you will feel lighthearted and the next moment you will feel very, very tense as if the cord is stretching to its ultimate.*

*The full moon, historically, on the plane in this illusion ~ and we stress that, in this illusion ~ has had dramatic effects upon the human encasement at the mental, at the emotional, and at the physical levels, as well as the overall vibration. Think about the implications of what has just been said upon group balancing. You are in a group, the members of whom are in varying stages of polarity changes. Some have switched completely. Some have not. Others are flipflopping. Imagine the implications of mood, physical discomfort, or physical comfort. You are all gathered together, and you are all having very, very different responses to the pulling of the polarities of the earth and the moon. That can be used as an opportunity for insight.*

*Use the full moon as a time of group meditation. This is not just a witch's tale, you know, taken out of the folklore of yesteryear on the plane. There are reasons why groups gather at particular points of earth and moon alliance. The ritual that comes from that is based on real reasoning, to bring harmony into the vibration of the group. It is critical to maintain harmony, even in the most harmonious of groups. So, rather than going outside and howling at the full moon, you would best be served by quieting yourself, and gathering perhaps with others in a group that you would like to gain some insight about, or simply to help each other in the smoothing out of your own vibrational difficulties.*

*So, this is the basic concept that we would give you for same kingdom group balancing. The animals and the minerals and the plants are all going through similar kinds of group balancings. They have similar ways in which they must bring about their own harmony.*

*A future discussion of group balancing will bring together the group balancing of other kingdoms into the group balancing of other kingdoms. How do you superimpose other*



*kingdoms into each other where they are all having the same kinds of issues of group balance? You are humans balancing, but you also have other kingdoms balancing within your singular life which then superimpose and overlap into the group. You might have a bird that lives with you and that bird likes one of your friends and does not like another ~ or a cat, or a dog, or a piranha ~ the animal kind ~ actually, technically, not an animal, but of that kingdom, generally.*

**Fish?**

*On the earth plane it is referred to as The Fish Kingdom, but for another time, we will discuss. But, yes, in that water.*

**They are mean.**

*They are not! They say that about you, my love.*

**Oh, they do?**

*You must remember to keep a sense of perspective. All energies have a purpose and a place in the scheme of the scenario in which they have been placed. It is not nice to call them mean, for they are doing what they are supposed to do. Also, remember, that since there is no hierarchy of superiority for kingdom, you may at one time have been a piranha, or about to be. If you cast dispersions upon a member of another kingdom, you may find yourself, then, going into that kingdom and experiencing those dispersions that you, yourself, levied upon them ~ at some future sojourn, once you have finished The Human Kingdom. Be careful of what you say.*

**Cute little fish!**

*Much better. Would there be questions?*

## **The Continual Redefining Of The Group For Balancing**

**Did I understand you to say that even after group balancing has occurred, that simply the growth of the individuals in the group will make it continue to be rebalanced?**

*Yes, that is the conclusion that you would reach. It is the group itself that continues to redefine its own balance, for no one outside of the group can define what it is that has created the imbalance within the group. It is only the group itself ~ and there is a continuation of that definition. You may be in a group, for example, of four individuals, and you begin to smooth out the relationships. Two of you are working well with each other, and two of you are not, and the two who are working well, decide to try and bring harmony with the other two, and you may achieve a bit of balance. Then you*

*redefine yourselves because now there is a different harmony in the grouping, you see. It is a continual type of situation. You, of course, bring back this redefinition of the group into your own Energy Circle where the ultimate group balance occurs. And this is for another discussion, but this lays the groundwork for it, my love.*

*We have given you the information that we wanted to in this gathering. Thus, we will now then return to our realm and take off our wings and kick our little sparkly toes up, get our refreshments, get our Universal clicker in hand and start flipping through the channels of the earth plane to see what is going on ~ tune into lifetimes. It is truly a soap opera, as you refer to it on the plane ~ quite an interesting training ground. We will, then, return to our realm and bring Teetee with us in our next gathering. Wear something of aqua, for that is her color ~ group balancing. Relax then and enjoy the remainder of the earth plane day, and we give you a soothing energy. We send to you, now, the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

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