

Waith Class Transcript

APRIL 16, 1996

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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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For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

Search For Self, Continued ~ Meditation Concepts And Techniques

It is a pleasure to have such a warm gathering of energies, especially since the discussion for this session is the technique for the Concept of Group Balancing. We will give a meditation that will be presented to you by the newest member of Waith and Company, Teetee, who has taken over the role that Susan had in group balancing. She will enter in soon to show you this technique for meditation for Group Balancing.

In our last gathering we presented to you the Concept of Group Balancing with a discussion of the importance of bringing into your environment those energies coming from your own Energy Circle and that you, as an entity, are never alone. Yes, you have humans as company, but you also have every other thing, as you might use the word, around you that is charged with some type of energy ~ the carpet upon which you sit, the pillows, the clothes that you wear. Your encasement itself is made up of varying energy sources, so your vibration as a human is never alone. You are always in a group situation. Sometimes, there is more balancing that needs to occur than other times.

Let us now go through this technique of SEARCHING FOR SELF through the issues of group balancing. Teetee will enter and lead you in a meditation technique that you are then able to take with you and use as you attempt this group balance in your own lives, whether it is with other humans, whether it is with Animals, The Mineral Kingdom, The Plant Kingdom, The Tee Shirt Kingdom, The Blue Jean Kingdom, all of these kingdoms. When Teetee has finished, we will return and address questions to you. You will also have an opportunity to ask Teetee any questions that you may have about the technique she gives to you for group balancing. We will return shortly.

Teetee Comes In To Discuss Her Mission And Give A Technique For Group Balancing

Teetee: Hello! A marvelous group. You all are here, not by coincidence, for you each have been together in other experiences, not all, of course, at the same time, but each of you has known the other in other lifetimes. You come together in this gathering as an energy field that we very deliberately gathered. It is not coincidental that those of you who are here, are here. Just as in the last session when Waith described to you the group balance issue from the concept point of view, you were all, those in that session, brought together for a reason.

This meditation technique that I give to you is one of Lightheartedness. It is not one in which you would sit and be heavy. It is one in which you look to the group for lightness, for achieving harmony through laughter. The group must not take itself seriously. There must be a sense of happiness. And we will show you now how to do this. It is very simple. and it is one in which you can take away from this gathering and easily apply to other group balancings.

Teetee's Lighthearted Technique For Group Balancing

First, we will rearrange you. Rest assured that when we have completed this balancing technique, you may return to your little spots. You each have your little spots, and this is very appropriate. So, my loved ones, please stand first at where you are situated and come in. All come and form a circle and hold hands. I will be outside the circle.

Now then, we would begin this technique by an instruction. When you do group balancing using this technique, you will appoint one in the group to be the leader. This must be for this technique. You will have all of the words when you leave this gathering, and that one person will lead the group in the technique. So, I, then, will be the leader, and whatever it is that I say, and the direction that I give, is that which your leader would be responsible for.

The leader ~ then. I am the leader. I am the leader! I jiggle my hips ~ (Repeated several times), Now, all of you jiggle your hips., jiggle your hips, jiggle your hips. And I am the leader! Follow me, follow me! Jiggle ~ (Repeated several times). Move your little feet. Move your little feet. Jiggle ~ (Repeated several times). Move your little feet, move your little feet. Move your little hand, move your little hand. Hold onto your little hands. Hold onto your little hands. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle.

Move your little hands around and around and jiggle, jiggle, jiggle. Now we laugh. Laugh ~ (Repeated several times). Now, we laugh ~ laugh, laugh. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh. Ha-ha-ha! (Repeated several times). We are balancing, we are balancing, we are balancing! Say it now!

We are balancing, we are balancing, we are balancing! Ha-ha-ha! Hee-hee-hee! Jiggle, jiggle, jiggle. Wiggle, wiggle, wiggle. We are balancing, we are balancing!

Now, we slow down. Now, we slow down. Slow down ~ slow down ~ slow down. Quiet ~ quiet. Take a very deep breath. Ah! Another very deep breath. Ah! One more very deep breath! Ah! Squeeze the hand of the person on your right. Squeeze the hand of the person on your left. Squeeze both hands. Squeeze.

As you squeeze, you send beautiful White Light. It is a shot of energy that you send to each on the side of you. Hold on tightly to each other. You are bound by some Universal Force that has brought you together. Be joyful in the reunion, if only for a short time. Feel the White Light now, surrounding your encasement. It is the beautiful White Light of protection. It surrounds you and comforts you. Slowly, it begins to move to your right and mingle with the White Light of the one next to you. Now, on the left

you send your White Light to mingle with the White Light of the one next to you. Feel the circle filled with the mingling of protective White Light, for the group becomes one.

Repeat after me now. (Repeated)

- o I call upon my Angelic Protector ~*
- o to enter into my vibrational field ~*
- o to provide harmony and peacefulness ~*
- o to my energy field ~*
- o and to all of those in the group.*
- o I call upon my spirit guides ~*
- o to enter into my vibrational field ~*
- o to give me the guidance and the help ~*
- o necessary to learn why we are all together.*

For a moment now, relax and envision your spirit guides and your Angelic Protector surrounding you, comforting you, guiding you. (A time of silence)

And now, the leader will enter into the circle. Do not break the circle. Hold on. The leader will enter the circle. And the leader, with hand extended outward, will move around the circle, smoothing the energy that comes from the Angelic Protector and the spirit guides. It is the leader's responsibility to keep the energy smooth. You are all part of a group. You acknowledge the leader for this meditation as the one to keep you together for the meditation.

Breathe in deeply now, in through the mouth and out through the nose. One more time, in through the mouth and out through the nose. Visualize a very beautiful White Light filled with purple and gold. It is a ball. It is round, it is soft, it is fluffy. Visualize that at the Crown Energy Center, resting on the Crown. It now begins to pulsate. Feel its energy at your Crown Energy Center. It moves around the flat surface. Feel it moving around.

As the leader, I have my hand placed over my Crown Energy Center, encircling, as a way of directing the energy of each of you. Around and around, you feel the energy moving. You have spread the purple, the gold, and the white energy Light all around your Crown Energy Center. I bring my hand now down to my Heart Energy Center. Visualize the color pink at the Heart Energy Center.

This is a technique to give love to those with whom you balance. Feel the pink Light of love filling your encasement, and feel now the purple, the gold, and the white at the Crown Center, seeping in through your encasement and mingling with the pink Light of love. The higher powers of purple, gold, and white now combine with the love energy of pink from the Heart Energy Center. You are filled with the higher power of love now.

It is what you use to love each other, unconditionally. It is this combination of White Light that fills your being with nonjudgemental, Unconditional Love.

We will form an Energy Circle of the purple, gold, white, and pink Light. We will begin with this entity, known as (Name given). She will be the pivotal point in the circle, and it will begin with the right hand moving the infusion of Light through the hand and up through the hand on the left. It moves up. And I will follow it around for this demonstration. It moves down now, the left, down into the right and up to the left, going around and down, and up and down, all the while merging with each energy, (This is done to each in the circle), to the source. You are all connected, and the leader now goes around and smooths the energy thread, for now it runs through you. You are all connected with the higher powers of love. You are connected with the higher powers of love. Feel the connection. It is joyful. It is peaceful.

It is at this point that the leader determines how much time you stand ~ or you can be sitting ~ for the meditation. We will keep you in this state for a few moments. Relax, close your eyes, and feel the connection that you have with each other. Relax and enjoy the feeling of the higher powers of love. (A time of silence)

The leader will bring you out now, at whatever time is appropriate. The leader has been standing quietly in the middle of the circle. Now it is time to keep the bond together, while separating. You have an energy bonding now that will keep you bonded until it is time for that bond to no longer be. Breathe in slowly now through the mouth and out through the nose, through the mouth and out through the nose. This is the way to return back into the conscious state, keeping your hands together.

Now, it is time to sway in the circle, back and forth movement, back and forth, to feel the bond, to move it back and forth, back and forth. Wiggle ~ (Repeats several times). Wiggle your hips. Wiggle ~ (Repeats several times). Move your feet. Move your feet. Move your feet. Wiggle ~ (Repeats several times). Move your hands around. Move your hands. Wiggle, wiggle, wiggle. Ha-ha-ha! (Repeats several times) Hee-hee-hee! Ho-ho-ho! Ha-ha-ha! Wiggle ~ (Repeats several times). Move, move, move. Ha-ha-ha! Move your hands. Wiggle ~ (Repeats several times). Ha-ha-ha! Hee-hee-hee! Ha-ha-ha! And now, everybody hug everyone else. Hug! Do not miss anyone! Hug! (Chit-chat and laughter as everyone hugs) I am not fragile. (As someone hugs her carefully)

I did not miss you. I have just been waiting.

Teetee: Thank you!

Thank you for the meditation.

Teetee: You are welcome. Thank you. You may return to your favorite spots now. Yes, thank you. Ah! How beautiful! How do you all feel?

Great. Uplifted!

Teetee: Uplifted! You see, group balancing should be thought of as a happy occasion, not as one of duty and horrible feelings. "Oh, we are together now again. We must work out these issues." This is not the attitude to have. The attitude is to embrace each other, to love and to laugh. That is how we all get through group balancing, for we are all, in part, balancing. Waith and Company have group balancing. We group balance with every session that we meet with each of you.

Group balance is the way of The Universe. It is not unique to any one entity. It is what makes up the game outside of The One. It is the group balance. It is to be heralded with great happiness. It is the opportunity to share experiences. That is the joy, to share with each other, if only in one gathering. For now, you have reinforced in this gathering your group. And in other times, in other lifetimes, you will meet again and you will have a soul memory of this meditation, and it will be a joyful memory. It will be a happy, fun-filled memory. It is the joy-filled memories that we seek to bring into our vibration. Cherish it. Hold onto it. Love each other. Would there be any questions of me?

When We Are In A Group And Do Not Have This Kind Of Cooperation, Where Do We Begin?

Teetee: First you shake them very hard and say, "Pay attention, pay attention! I want your cooperation. I want your cooperation! Cooperate, or else!" (Teetee giggles while she speaks these words) We say this in a joking manner. But actually, the concept is quite real ~ to be lighthearted among those who might not want to cooperate. And, you can use this technique in a modified way. You do not have to use it in its totality if you find that others are a bit hesitant. You could take a part of the group, you and one other, or you and two others, and simply say, "Let us sit and smile at each other." Or, you start the process. Smile at someone in your group who might not be fully cooperating. It will drive them nuts! 😊

There is always one, at a minimum, who needs to be the leader in bringing the group together, when there is difficulty in bringing the group together. Some groups come together very easily and would say, "Yes, let us do this technique in its totality." The purpose is to bring a sense of Lightheartedness into the group. The concept of this technique is laughter and smiling and joyfulness.

For some groups, you may need to work on that a bit before you can even hold hands, and that is all right. You begin with a concept of reaching out when you know that it is a group balance issue. And, if you have the wisdom and the insight to know that, then it is you who reaches out to bring harmony into the group, if only by going initially to the person, and saying, "Hello, my name is (Name)!" and smiling, and ever so gently, touching ~ if not the encasement, smoothing the energy field ever so slightly. Group balancing in some cases is done by step, by step, by step, until finally the steps bring you together into

a circle, and you are able to do this technique. It is based upon your own styles as entities as to how you bring harmony into a group balancing.

What Is The Significance Of Breathing In Through The Mouth And Out Through The Nose?

As I break down this technique for future use in applying it to different situations, I would like to know the significance of breathing in through the mouth and out through the nose, as opposed to a different kind of breath.

Teetee: Ah, very good, very good question. In some of the techniques that Waith gives, he does not say to breathe in a particular way. It is left to the entity. In this particular technique, and in many of the techniques that we do give, breathing in through the mouth brings in the energy from outside the force field. You catch your breath from outside, you bring it in and you synthesize it within your energy field, and you breathe it out through the nose ~ the nose being an energy field of expulsion of unwanted energy.

So it is a way, actually, of filtering the energy that is around you as you try to center your own energies. You bring in that which is appropriate from the outside into the vibrational field. It immediately becomes synthesized, and that which is not needed, is automatically cleaned and put out, back into the outer energy field. Does that answer your question?

In part, it does.

Teetee: And what part does it not?

Why wouldn't you breathe in through the nose and synthesize it before it went in the body, take the parts that you wanted first?

Teetee: Indeed. By the use of the mouth, you are able to get more than through the nose. In some energy fields, the entity is able to breathe it in through the nose and out through the mouth. But, for the masses, it is recommended that you breathe in through the mouth, for most are accustomed to gulping for breath ~ thus, it gives that sense that they are actually gulping for breath. It is easier on the novice who is doing breathing techniques to utilize it in that way than to breathe in through the nose and out through the mouth. For advanced energies, certainly, breathe in through the nose and out through the mouth. With other energies they simply breathe in completely and let out completely, for they have perfected the breathing techniques.

Remember always, my loved ones, your audience ~ and always, until you know differently, think that those in your audience do not know how to use breathing techniques. If you find that they can do advanced breathing techniques, then bring that in, instead of the elementary technique that we have given to you. Does that answer your question?

Yes, thank you.

Teetee: You are all so beautiful. We look forward to being with some of you for our Meditation Weekend. We will have a very nice group balance meditation where we will keep you into that meditative state for some time, and not put you in and pull you out, as we did in this gathering. Waith will return now. We send to you all bright, fluffy, purple, gold, white and pink Light of Unconditional Love.

Waith Returns With More Discussion Of Group Balancing

Waith: You are all where I left you.

We did something in between.

Yes, you all returned to your spots, as directed. You are very good little lambs. So, what did you all think of Teetee and her group balancing meditation? What do you have as questions or concerns?

It was a very easy method. I suppose that if the energy is so heavy that you cannot include everybody, and you are concentrating on making a move, starting with a smile and is a great way to start.

Oh, indeed! You see how the energy field lights up when the smile comes onto the face. It then moves all the energy in your force field to a sense of lightness, and that has a contagious effect upon those around you.

There is so much frowning on the earth plane today. Energies are troubled by the world events. They feel that it would be disrespectful to smile, for there is so much negativity. Well, you see, if there is negativity, and you say, "Well, we will not be happy. We will be part of the negativity." Then the negativity begins to feed on itself. And very soon, you are indeed surrounded only by negativity. Be the one in your group who smiles, who breaks that heaviness.

If It Is Too Heavy To Smile In A Group, Is It Okay To Just Dismiss Yourself From The Group?

Oh, indeed, you most certainly can dismiss yourself. You do not always have to be the happy little doobie. There are certainly appropriate times when, in a particular group, you take yourself out of it, for it has become too heavy for you. There is a time to retreat, and there is a time to advance. It is in your own growth that you will know when to do which of those activities.

Certainly, you do not have to walk around always smiling, for then many would think you to be a fool ~ for that, then, is an exaggeration. Remember that exaggerations, while necessary, are only part of the equation to reach balance. You must find the balance between the smiling, and the not smiling, and that by not smiling, you are still happy. It is the physical act of smiling that helps you to concretely bring your energy field into a sense of Lightheartedness. And then, it is all right to be contemplative and happy at the same time. Does that answer your question?

Yes. In the past I have tried so hard to spread my positive Self that I have gotten to a point where I thought I was trying to save the world, and the world could not be saved. I could feel my energy being drained out, so I have developed a technique of backing off.

Ah, remember that you will not be called upon to spread your energy any more than you would be able to give it, and that each of you affects the world in which you live. Do not be concerned with the greater world ~ "I must save everyone. I must go here. I must go there." Rather, as the Flow of The Universe works, you allow the opportunities to be presented to you. You do not need to go searching out to spread your joy or your enthusiasm. It will be presented to you, in which you then respond. Just as you are presented as an opportunity to another who is seeking happiness or seeking a smile, you would then become the opportunity that The Universe presents to that entity, to respond, or not. So, you are both the opportunity and the opportunitior.

Ah, Limera, I see you going through the dictionary now saying, "He is done it again ~ He is coined another word."

You made that up.

I made that up. We can do that. We are Angels. We can do anything we want.

We will not even edit it out.

No! It is part of the joy of this session that it would stay in.

It seems to me that we are constantly balancing, whenever we meet a person. If we have known the person before, we know just how much we can blend with them. If we do not know the person, then we search for that ground that we can find that we will aid and abet one another.

Aid and abet ~ I like that.

I read that somewhere.

That is filled with much wisdom. There is much wisdom in what you say, and very accurate ~ very true.

We already have a start on balancing, just because we have been doing it for, well, in my case, many years.

Millennia. Yes. And do you not enjoy it?

Oh, yes, I very much enjoy it.

Indeed.

I think people have more fun than anybody.

Well, you see, you say that from the perspective of The Human Kingdom. You would be amazed at what the other kingdoms do in terms of the fun of balancing. Watch sometime ~ when you are in a contemplative mood ~ two blades of grass interacting. Then watch those two blades of grass, that are interacting, gather-in the blades of grass around them. Watch this when there is no wind that is bringing about movement ~ but when there is a calmness.

To give you some insight, watch nature. If they think you are not watching, then they will act more than if they know you are watching, just as you behave differently when you know someone is watching you, than when you do not think anyone is watching you. And so, yes, all energies have great fun if they allow themselves to interact in their group balancing. You can gain insight, my son, from The Mineral Kingdom.

By the way, that balances with The Human Kingdom.

Oh, indeed, and The Animal Kingdom, and The Plant Kingdom, and The Rug Kingdom ~ all that surrounds you. It is a marvelous Universe. We are all in this together. And on that note, I feel our timekeeper's energy force field saying, "Wrap it up, Waith. Wrap it up, Waith." Ah, we remember the days when she was so shy she would never say boo at a public session. Those days are gone.

We are ready now to return to our realm. We have been most pleased to have been with you. In our next session, Jacques will enter in and speak of Self-Healing ~ giving you concepts. And, in the following session, will speak of the technique for Self-Healing and the meditation technique. So, Jacques will be here to answer very specific questions on Self-Healing. It will be a session very much devoted to Jacques speaking, and little time to our words. So, you may plan on that. We thank you for joining us in this group balancing session. We send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to all of you.