

Waith Class Transcript

APRIL 27, 1996

Meditation Weekend Workshop ~ Finding Your Own Essence ~ Finding Your Own Color ~ Finding Your Own Sound

Waith Leads The Group Into A Time Of Relaxation

Specific Plans For Everyone To Meet Up With Their Angelic Protector

Farena And Waith Give Instructions For The First Activity ~ Making Your Own Wings

An Illustration Of Dimensional Grids ~ That Flows From One Point To Another

Finding The Point That You Exist As A Connector In The Dimensional Grid

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Waith Gives The Final Activity For The Participants ~ What To Do Now ~ Accountability For What You Have Learned

~ 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.

Information Given Interdimensionally, By Waith, Through Mushiba

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Meditation Weekend Workshop ~ Finding Your Own Essence ~ Finding Your Own Color ~ Finding Your Own Sound

We have planned for you a time of joy and a time of relaxation as a way to help you to focus and to find your answers from within, for finding your own answers, dear loved ones, requires Lightheartedness. It is misunderstood so often on the plane that in meditation one must be so serious. The SEARCH FOR SELF is so serious! This is an incorrect interpretation. The SEARCH FOR SELF must be happy. You must free your vibration from the heaviness that the earth plane surrounds you with and replace it with Lightheartedness and playfulness. At the same time, allow yourself quiet in your life, for in the quiet in your life you will then be able to hear your sound. We will help you to come closer to hearing your own unique sound during this Meditation Weekend.

We have given to you, through Mushiba, a work folder, if you will, loved ones, and this is all part of our plan to bring out your creativity, wherever that might be hiding for some of you. We will be giving you the freedom to play without judgement. This is very important. Many on the plane feel that if they play, they will be judged as not being serious, not getting on with it. Like everything else, of course, too much play can bring imbalance. Not enough play also brings imbalance. This is our plan for you, for today. We will go day-by-day.

We are going to have you open up your energies. We will do a bit of energy work with you before we depart, and have you go into our first assignment. The work folder that we have provided for you ~ we should say Mushiba ~ she did the earth plane component of it ~ on the front, you see the words MEDITATION WEEKEND WITH WAITH AND COMPANY. It has been printed on the purple paper, and you are being given something that has been already predesigned for you in shape, for Mushiba cut around and already imposed upon you the shape that this would take. However, it was not designed in any way. There was no coloring added to it. The letters were not filled in. What you will be doing, first and foremost, is designing your own cover. (Chitchat about what they will be doing, a tour of the folder)

What we will do now is quiet you a bit, internally, to prepare you for this activity, and we give earth plane time frames of thirty minutes for this activity that we give to you. We will return in thirty minutes. We are taking care of Mushiba's sense of who she is and where she is.

Waith Leads The Group Into A Time Of Relaxation

Now then, you would all now just feel the relaxation. Bring yourself into slow breathing, slowly breathing in the way that is comfortable for you. Slowly, in and out, you breathe. It is quiet. You are hearing no sound except that which is from within. You surround

yourself with the brilliant White Light. It is your protective White Light. You are in a cloud of White Light now, soft, comforting and sparkling. It is the creative White Light. It fills your encasement now. You feel sparkly inside. Your vibration now inside of the encasement connects with the sparkly White Light. You open yourselves now to receive your own creativity. Your guides and your Angelic Protector are with you. Call upon them. You are all fluffy. You are all beautiful. You are all joyful.

We have smoothed out your vibration with our own energy. You are smooth and soft and sparkly and creative. And now, you have found your spot within. It is the well of creativity. Visualize the well of creativity. It is filled with sparkling White Light. You will go to this well whenever you need assistance to play. The well will always be filled with white sparkling Light. And now, it is time to return back into the dimension. Slowly, bring yourselves back into the dimension ~ time to play, time to play. Wake up. Wake up. Wake up.

Now then, my dear ones, as we are returning into our realm, to have a bit of refreshment during the break, we direct you then into the operations center. Perhaps my loves, you could direct everyone into the creative corner and begin the activities, and Mushiba will return and join you. So, be off with you and we will see you again very soon! (Waith leaves and returns later)

Specific Plans For Everyone To Meet Up With Their Angelic Protector

The blessings to all of you! We have very specific plans for you to meet up with your Angelic Protector. However, it is time that you each now recognize your own Angelicness. Good word, eh, Limera?

Spellcheck will pick it up.

Indeed. We enjoy coining, as you call it, new words ~ Angelicness. You are all angels in the making in some degree. All energies, actually, have that type of potential. Some simply choose to go in other directions. Being an angel, as Farena has said, is simply being gentle and loving. So, you are going to bring out your Angelhood ~ Angelhood and Angelicness ~ yes, we have new words for you.

This is to remind you to be happy and playful ~ this Tweety Bird hand puppet, as it is called.

Now then, Farena is going to give you the direction for the next activity. Then we will return and fluffy you up a bit more and we will carry on.

Farena And Waith Give Instructions For The First Activity ~ Making Your Own Wings

Farena: Hi! Hi! Do you like my hat?

We love it!

Now then, I fluff you all up. Fluffy, fluffy. You are all angels. You have to show what kind of an angel you are. Now, angels are very abstract, but we come into concrete in any way we want to ~ but we always have wings! We hide them sometimes underneath. You cannot see them sometimes, but they are here. But when it is time for the wings to come out, the wings reflect who we are. They reflect our personality, and they reflect our vibration and our energy level and everything else.

Now then, it is time for all of you to show your wings. That means you are going to MAKE wings! And the wings are going to be used all during our time with you this weekend. They will be reflective of everything we do ~ all the meditations we do, and when you are in quiet time you are going to have your wings. You can wear your wings, or you can hold your wings, or you can let your wings walk behind you. You can do whatever you want with your wings. They can look however you want them to look, because wings do not have to look a certain way. Just because we have put it out here in the illusion that they look a certain way, they do not necessarily look that way. (Farena talks about how to make the wings and work together)

This is free-flowing time. This is a way you are going to get to connect with your Angelic Protector, because by making your wings, you are sending out to the Universe the call for your Angelic Protector to come and play with you. You have to call "Hello! Yoo-Hoo, Angelic Protector! Come and play! Come and play!"

So, what we want you to do while you are making your wings, spontaneously say, "Yoo-hoo! Angelic Protector, come in and play!" And the more you say that, the more energy will come and the more fluffiness and the more you will be guided from your Angelic Protector. Your wings will be YOU! (Fluffing up by Farena) We will return later. Waith is coming back now. Bye! Have fun!

Waith: Well now, you have your instructions from The Fluff Ball. It is very important that you be fluff balls, you see. While you might think that this is a bit frivolous for a Meditation Weekend, you will see how it unfolds as we go through this with you. You will have your wings as a symbol and projection of Self, and perhaps what you would want Self to be, you see ~ not just what you think Self is now ~ but rather, what you can project yourself to become.

So, we will discuss further the wings, for they will be evolutionary, and you will add to them in tomorrow's session. So, begin your wing fun and we will be back in the one-hour time frame that has been allocated to you. Have fun! The blessings to all of you ~

and Yoo-Hoo to the Angelic Protector. You are all fluffy. Farewell, loved ones, and get on with it once again.

An Illustration Of Dimensional Grids ~ That Flows From One Point To Another

(Waith returns and draws on the easel) *This illustrates a dimension that flows from one point to another point. It is one dimension. This is another dimension. This is another dimension. It overlaps this dimension. It started over here as opposed to starting over here. It ends over here as opposed to ending over here. It begins and ends, however. This is a new component being added to the discussion of dimensions. Dimensions begin and end. Just as illusions begin and end, so too, do dimensions. They are not set in stone for eternity. Dimensions are defined by the illusions in which they exist ~ makes sense.*

Let us look further at dimensions. Dimensions are going in this direction, as you see. Dimensions also, of course, go in this direction, and they would go in this direction. As you can see ~ even though this marker is less than we would desire, it is all right ~ they begin and end in different spots. Yet, what do they form now?

A grid.

Yes, they are forming a grid. Think of yourself in the midst of a grid. How does one find one's essence in the midst of a grid? This is the question. It is an easy answer. Since dimensions have beginnings and endings, you simply bring yourself into a point of beginning. It can be where you are rooted in this dimension, or in the dream state, or in the meditative state, in some other way other than dreaming. You say, "I want to find a beginning point." Let us say that we go to this point, this dot. Someone else may find a point some other place. It is not at issue where you find your point. There would be some elitists who would say that their point is better than another point ~ it is a higher dimension ~ or much more aware ~ or whatever. And you know how we respond to elitists.

Finding The Point That You Exist As A Connector In The Dimensional Grid

So, you find a point. This point, then, serves as the connector into the dimension, the dimensional grid that you exist in. You see, it is here. Then you very easily can track the flow of that particular energy line, and you can track it to any point where you think you are now fully enmeshed in the grid. So, in this case, we would track it around until we perhaps reached this point. We feel it is maybe in the middle of the grid. This takes imaging on your part.

You reach that point, and you then define yourself as being in the middle of the dimensional grid. This is where you plant yourself. This is where you root yourself. Some of you are already rooted in this dimension. Others are around trying to find their root. Some have not. They float, free-floating, and many times they do it for a particular

lifetime, or they do it for several lifetimes. It is all right to free-float. At some point you will need to root. This allows you then to have a focus of Self, for you have now defined your position in the dimensional grid. It is at this stage that you would then present your essence. You would say, "This is my essence. This is where I am."

Ability To Spread Your Essence Throughout Your Dimensional Grid ~ Interdimensional Travel

From this essence, you would then begin to spread yourself out. This is what we refer to as interdimensional travel. It means that you have the ability to now spread your essence throughout your dimensional grid. You start with your own dimensional grid, and then your dimensional grid is then superimposed upon a larger dimensional grid. But first, you start with your own. You have all of these tentacles. They can, in fact, simply fill this grid. You can work with one at a time or you can work with many. The better able you are to move interdimensionally within your own dimensional grid, the better off you are at growing ~ the stronger you become. If you stay rooted, you will not grow. You will stay right there, which is fine for some lifetimes ~ for many lifetimes. You must, eventually, to get off of the earth plane, move interdimensionally.

Now, we can say that in this gathering, you are, each of you, able to move interdimensionally. It is an easy thing to do. You may not even realize that you do it. As you are sitting here, we are aware of interdimensional movement.

Connecting With Your Own Essence ~ Visualizing Your Favorite Color ~ Finding Your Own Sound

Now then, here is your essence. (Waith draws on the easel) Visualize your favorite color. What is your favorite color? Go like this with your hand ~ out ~ and put that color in the palm of your hand. It is a ball of that color. Now close your hand, visualizing that color. Bring it into that which is referred to as the Solar Plexus. Open your hand ~ palm inward ~ and push the color in. There it is. It is at the center of your being.

Now, all you need to do is visualize that color that is at the center of your being whenever you want to make the connection into your essence. It is really a very simple procedure. After you do it a number of times, it becomes automatic. You simply always feel that essence ~ that color. And from that color, comes your sound. We have spoken of color and sound. (Waith writes on the easel) They are each other. Out of color comes sound, and out of sound comes color. You can hear color and you can see sound, after you work on this exercise for a while. And then you will hear your sound through the color you have chosen for Self.

Even if you were all to select the same color, you would hear different sounds. The reason for that is you would have chosen a different spot in the vibrational grid, for no one energy can occupy the same exact spot in the vibrational grid. By that definition alone, you must differ, you see.

How do you focus on your spot? Think of it as your spot. Try not to think too much in terms of this movement interdimensionally at this point, but rather, concentrate on your spot. Because in order to move more and more interdimensionally, you must know more and more of your sound. Some of you move very effectively interdimensionally, but could move even more effectively if you fully connected with your sound.

What would happen, then, is that here is the dimensional grid ~ we make it as if it is connected, but there is a beginning and an end. (Waith draws on the easel) You would jolt the energy a bit. (Someone is dozing off) Thank you. We rest our case. ☺ And she wants to become more grounded! Some have really no trouble moving interdimensionally.

So then, here is your dimensional grid. That dimensional grid then becomes part of a larger dimensional grid, which is what we are now enlarging upon. When we said that you can only be in one spot ~ that no other energy can occupy the same spot ~ it means, in an expanded version, that your dimensional grid can only occupy one spot within the greater dimensional grid.

*We have talked so often of the difficulty of giving information about past lives because of this grid effect. Jenjura spoke of it in *The Webbing Effect*, which we will not discuss during this weekend of time, but has an application. We will connect the grid and the web at another time.*

Understand that this is being given to you to help you to find your essence, to connect with your essence, to hear your sound. So over here, there could be another dimensional grid ~ and over here, another one ~ and over here, another one ~ everywhere ~ dimensional grids everywhere.

Your Own Dimensional Grid ~ Superimposed Upon A Larger Dimensional Grid, Which Is Superimposed On A Larger Grid, And On And On

So, as you are gathered here, you each are in your own dimensional grid, and that is superimposed upon a larger dimensional grid, which is superimposed upon a larger dimensional grid ~ and a larger one ~ and a larger one ~ until finally, where do you think it all ends?

It doesn't.

It does not end. Ah, so you would say then that there is no beginning and there is no end.

I said the dimensions ~ there is no limit in this case ~ but each dimension might have a beginning and an ending.

Ah, you see it is very important to clarify. The dimensions begin and end. Space, as you would define it on the earth plane, is limited on the earth plane in the illusion. Only so many dimensional grids can fit into the illusion of the earth plane. Once the space is filled, that is it. No more shore leaves given. You have to wait until there is an opening. And that does not mean that when one entity passes away, as you call it, on the earth plane ~ "Oops, they have left ~ someone else can come in." It means that the dimensional grid has to have left.

This is an elaboration upon when we have said, in terms of population of energy kingdoms on the earth plane, and that it is indeed shrinking, for the illusion is coming to an end. And as an illusion comes to an end, so too does the shrinkage occur ~ the vibrational space. The dimensional grids now are reconfiguring, for the vibration of the earth will necessitate a different kind of space allowable. Then it will expand in the new illusion, and expand and expand, until it reaches the halfway point in the illusion, and then it will decrease. Basic illusion stuff.

So, here you are now, at the end of an illusion, working on finding your sound. You are working within a shrinking space. What implications do you think that has upon the vibration as a whole of the planet? Any ideas?

It's easier to find your sound.

Very good. If the space is shrinking and the vibrational grids are leaving, with none being allowed to fill that space, then it becomes easier to find your sound. It becomes easier to find essence. For vibrational grid means the entire journey ~ the sojourn ~ not just the life. And thus, at the end of every illusion, there are many, many who are finishing not only their life, but their sojourn on the plane. It is simply the way it is designed.

Therefore, space is made available, and with that, it shrinks. It immediately moves in and eliminates that space, so that by the time of the illusion change, there is very little space left, which is the reason why we indicate that so many will be leaving at the time of the illusion change, and only so many will start up The New Illusion. There is simply no space, vibrationally. So yes, you are now able to find your sound much more rapidly. There is less gridding to be concerned about.

An Exercise For Helping One In Finding Their Own Essence

Now today, we are going to give you a little assistance in finding your own sound. We are going to give you an exercise to do while we speak with individuals in private. When we have finished, we will return and see how you did in that exercise. First, we would want to speak in this order, perhaps, with (Names given), and with the G of A ~ Goddess of Accessories. This is the nickname.

She's here to show us how to dress.

Well, we are on the record as indicating that the way in which one dresses is a direct result in the way in which you feel about yourself ~ and also the colors that you represent. In finding the color that is appropriate for you and hearing your sound, you then are able to project yourself vibrationally. And yes, most definitely the way in which you dress the encasement is a very important and spiritual activity, for it projects to the world what you think of yourself. And what you think of yourself obviously must come from within, and as our Guidelines for Growth indicate, Respect for Self is the most important achievement. We will help you to gain Respect for Self by helping you to find your sound.

You have the time frame that would go with three individual sessions to work on this. First, you would stay in a spot that is comfortable for you, and you would visualize the color that you really want to focus on. Is this really your favorite color? You must come up with one that is your favorite ~ not a blend. That would come at another time. It may not be the color that you currently embrace, but feel that you would like to, for you have admired the color, you would like to have it be part of you. You will practice this exercise that we have given you of putting your hand out into the open, grabbing the ball of that color, bringing it into the Solar Plexus area, and releasing it and pushing it in. You would do this a number of times ~ not rapidly, one after the other like this ~ come on, come on ~ in, in. The energy disruption ~

And the stomach ache! 😊

We must be mindful of the encasement's problems. You would do this slowly over a period of several minutes ~ bring it in and focus on it, and you take deep breaths and concentrate on this. Then we want you ~ you do not have to go as a group, but when you are ready to do this, to go into the operations center and try to put in concrete what you feel this essence looks like. It does not have to be a round type of thing. It does not need to be a circle. It does not need to be any shape that is definable by earth plane standards, but begin to put into concrete what you feel that essence looks like, using the color that you have selected, or what you think comes closest to that color. You may have to use several colors to bring in the particular color that you are looking at ~ if it is not already mixed for you.

Once you have done that, we want you to go out into the earth. There is much open space around Terra Lux. Go outside, carrying with you this drawing that you have, and slowly, simply, walk. Walk and feel the earth. Be quiet with yourself and your thoughts. You could walk with another, but you are not allowed to talk to each other. This is quiet time again, where you are with your own thoughts. Being with Self can be very difficult, can it not? The tendency to want to interact with someone else is always there ~ so this is quiet time.

When this activity is completed, then we will resume our positions here and finish up the activity that we began with you at the very beginning as a way of closure to this first day. We have given you all that we have planned to in this day for note-taking information ~ hardcore. Tomorrow's session with you will have a bit more discussion of other types of meditation techniques, and we will give you some techniques to further enhance your ability to find the sound within Self. This is the beginning, to get you into the concept of finding sound and identifying it as Self.

Remember, just as you designed your own wings and designed your own cover, you design your own essence.

Insights Gained From The Activity Of Designing One's Own Essence

We have brought you now back into this general grouping to have a sense of community with your sound. We would like any who would feel comfortable to share what they have gained as insight, we understand, of looking for your sound, but the beginning of the search. So, tell us what you may have discovered in this introductory time.

I discovered I haven't been able to find it in an afternoon.

(A discussion follows about the colors that were discovered by those attending)

I was thinking that the sound that an individual has is not necessarily a word sound. It is like a frequency, a vibration sound, like a hum. When you start looking for a word, it takes you a while to figure out that's not the direction.

Oh, indeed. Sound is not, actually, at a vibrational level, words, for communication exists without words. Rather, it is the vibration of it, the tone. If you were to say a certain word and translate it into a vibration, then you would get at its essence. So, what you have begun to do is first to try to put some kind of sound ~ word ~ to it, but not to stay at that stage for very long. Rather, to then transfer that into a higher level of vibration.

Some of you, as you go through this process, may find yourself immediately going into the vibration rather than the actual word. You may go through stages where you hear something very concrete. You live with that for a while, and then it begins to translate itself into something that becomes then an essence. For if you were to concentrate only on a word as your sound, it would drive you nuts after a while. It would be like ~ what is this when you hear a song on a particular day and you sing it all day. It drives you and everyone else around you nuts! It would be the same analogy, you see, the hearing this word over and over and over again to distraction.

We have started you on this process. When we pick up with you again tomorrow, we will do a little more in helping you reach those points in finding your sound. What we

will have you conclude with today is what you started with. You designed the cover to your work folder. Now we want you to flip that over and what will now become the cover ~ which is now the back ~ becomes the front. You take the two pieces of paper we pointed out. One is white and one is purple. You can do whatever you want. You design a new cover based upon how you have moved through this day, and then you will be able to compare.

You will take this with you when you leave here and you will reflect upon this during the night. When you come back tomorrow, we will look for insights that you might have gained as a result of differences. How did you feel as you were doing this new cover as opposed to the very first activity that we gave to you? What differences in your own sense of Self do you feel? What changes might have occurred ~ and maybe not ~ anything.

We would ask you to write down those insights that you have, even as you are doing this now, as we close the day. If you think of something that is different from when you did this this morning, use the paper that is in this folder to write down your thoughts. And as you perhaps go into the sleep state this evening, be thinking about the day. Write down your thoughts, and we will discuss them with you tomorrow.

We have enjoyed our first day with you and look forward to the day with you tomorrow. We send you lots and lots and lots of fluffy White Light. Blessings to all of you ~ smoothing out. We send you love and the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

(Waith and the group return for day two of the meditation weekend workshop)

Welcome back to the second day of our two-day Meditation Weekend. We are pleased to see a difference in the vibration of each of you. We get past the fuzzy factor, as Mushiba was speaking with you. Fuzzy can be a good thing. It is a way of projecting transition ~ being fuzzy. We have quite a day planned for you. We will be speaking individually, this first part of the session. We would begin with (Names given) when we go into that particular mode.

First, we would like to hear from any who would want to share their response to the beginning of yesterday and the end of yesterday. You may want to frame your remarks in relation to the covers that you made, or you may want to frame your remarks in the search for your color and sound, or you may not want to frame your remarks at all in any particular way, but simply to give a response to yesterday's activities.

(Participants discuss their colors. Someone discusses their cover, mentioning that she put Waith and Company in the center)

It is very admirable that you placed us in the center of your being.

- ⚙ Oh, gee, I should have placed myself in the center!
- ⚙ You didn't have a logo for yourself! 😊
- ⚙ Does that sound egotistical, Waith?

No, quite the opposite, my love. That is the very essence of what we are here in our mission to accomplish, and that is that you do put yourself at the very center of your being, and not another. Thus, we would have you, perhaps, want to rethink the center of what you have projected and superimpose Self onto that center piece.

While we are there to Be of Service to you in your SEARCH FOR SELF, we are not your center. You are your center. And you must always remember that, my loved ones. You are the center of yourself. From that center everything else springs. And while many might say, as we just did to you in jest, "It is very admirable that you put us at the center of yourself," that is not what we would want. We would want you there, and then perhaps us as one of those many sources that bring you to your own reality by the guidance that we would provide, my love.

So, you have been able, by doing this, to serve us and yourself because you have, in a lighthearted way, enabled us to reinforce a point that we make all the time. It is not until you actually do something that the learning takes place. So, you are the very essence of Self, my love. And the fact that you recognize us as significant to that development is pleasing to us. But we would also say, be careful of giving credit to outside sources for your own Self. Outside of Self, those sources only serve to synthesize that which is truly Self. They do not define who Self is. They may help to give character to Self.

The point is you must go to outside sources to help define the characteristics of Self, but they do not define Self. So, you have a very good beginning there, and today in the activities that we have planned for you, you will start to build on the finding of Self. And so, my love, you have allowed yourself to Be of Service, just as we had told you, to the world around and to this gathering ~ to reinforce what we speak of almost every time we speak. The SEARCH FOR SELF. How do you find Self? It is a journey. Indeed, it is a journey.

Does anyone really know?

One would not expect to completely know Self, for just as you get to know a level of Self, the Higher Self infuses another level. "Oops! Ah, I have got to start all over again." And that is what it is all about. Each energy has infinite numbers of levels that can infuse into the concrete, so that the SEARCH FOR SELF is ongoing. And if anyone says, "I know myself. I do not have to search," then they may have reached a point in their particular lifetime of not searching anymore.

That may be the end of their growth for that lifetime, for some entities choose only to grow a certain amount in a lifetime, and when that has been achieved, and there is still

time left to do things on the plane, they simply do other things, and there is no growth. It is allowed. It is acceptable. It is why you also cannot be judgemental. When someone says to you, "I know myself. I do not need to grow anymore. I do not WANT to grow anymore." Let them be, for you may be different. And you respect them and allow them their space, and will then be able to expect them to respect you, you see. There are some who think they have no more growth to achieve, and yet they have MUCH growth to achieve. But you do not know necessarily who that person would be.

And you, in meeting someone, would not know whether they legitimately have grown to their point of completion in a particular life, or whether they have more growth to do and simply are blocking it. It would take all the fun out of it if you knew, for then your issues of judgement would not be able to be tested, for you would know, "Oh, I know! You finished all your growth that was allocated for this lifetime, so it is all right that you make yourself the way you are." That would be easy for you, and for those around you.

(More discussion of colors and individual responses)

Now, we, for this first part of this session, have an interesting project for you. It is going to be a way of further enabling you to find your essence. It is also going to be an activity that will, as many might say on the plane, push the envelope in terms of being quiet when you are with others, and when you are in, now, a group activity that others would be involved in, and being quiet and speaking only under certain conditions ~ which we will give to you.

This particular activity is useful for the development of harmony within a group and, more importantly, for your sense of Self within the group. Oftentimes, in group activities, there is this sense that people must talk. They must interact while they are doing something. And yes, there are situations when that is appropriate. But talking for simply the sake of talking is not always a beneficial thing.

Waith And Farena Present An Activity To Help Participants Sense An Understanding About Imposing Upon Another

Waith: We will give to you an activity. Actually, it is Farena who is going to give you the activity. She wants to come in and play with you a bit. The activity then will be explained by Farena. We will explain the parameters of it, however, once she has given the activity. It will involve Tweety, this puppet! So, we will have Farena come in and explain the activity to you and I will return and give you the parameters and we will go from there.

Farena: Hi! Hi! Hi! Fluffy, fluffy, fluffy. Pink!!

There are little things inside each of these packages. Your job, each of you, will be, one, to come up and pick one of these, and then you will not unwrap it until it's time to go

down to the operation center. When you unwrap it, you will find something in there. You are then going to design a story about what you have. and you are going to use all the creative resources downstairs. You are going to build on what you have here. It will be some kind of life that you are creating for what you find. It is an energy ~ each item ~ and it has a path, and you are going to pretend that you are writing the story of the path of that energy using anything. It is not necessarily writing things, but using things to represent the path that you think is the story.

Now, Waith will give you the one restriction. I get to do the fun part ~ he gets to do the non-fun part. Hee-hee-hee! So, while I am here, you get to each pick whatever it is you want. Everybody come up and get a sense of what you want, and play, and pick one. (The participants each choose a package) You all did such a good job! I told Waith that you would do a good job, because I believe in you. There. All right. I will be back later. Have fun!

(Later on in the session, waith returns)

Waith: Now then, you all have your item. This is the situation. While we are in this session time of individual discussion, you will all be free to do this activity. However, there can be no talking. No one is to talk to anyone else. The only way that that can happen is if someone is holding Tweety Bird. However, it cannot be that you talk to the group. You can only talk to one other person. And if that other person does not want to talk, then that person will not take Tweety Bird. The only way that anyone can talk is if they are holding Tweety Bird.

So, if, for example, our love here puts Tweety Bird into her fingers here and would go over to someone and say, "I want to talk to you." Now, she cannot say anything unless she is holding Tweety Bird. So, our love here may try to impose Tweety Bird upon her. She can simply shake her head. You cannot even say, "No, I do not want to talk," unless you take Tweety Bird. So, you could take Tweety Bird and say, "No, I do not want to talk!" ☺ Do you understand?

So Tweety Bird will be going around the room waiting to be picked up.

Oh, Tweety Bird will simply sit. So then, you see what the idea of this activity is about. It is to bring a sense of understanding about imposing upon another, and it also is bringing an understanding that another who is being perhaps imposed upon has the right to say, "No, I need to be with my thoughts," ~ by simply, very politely, when Tweety is handed to you, to shake your head in a No fashion, or to extend your hand and take Tweety. This is a very important lesson to learn in your journey on the earth plane, for there is a fine line that is often crossed with entities when working in groups. When we return after you have had your luncheon break, Teetee will come in. Teetee is charged with group balancing, and she will give you some insights into this activity that you have engaged in. Do you understand?

What you also will be able to do during this time is to change your wings, if you so desire. You may add onto, or delete, because you will be finding yourself thinking differently, and perhaps, then, your wings will change a bit. They may not, but the creative corner has been replenished and you have new items to play with. Thus, you may find yourself coming up with new and improved versions of Self.

(Waith gives instructions to take Tweety downstairs. He also asks the participants to fill in the banner downstairs and sets the time for the return from the activities)

So now that we are back from individual sessions, what exactly did you experience? Did any of you take on Tweety? (Participants discuss their experiences)

Tweety was laying on the table with his face down.

Face down?

I just felt like he wanted to sit up and see what was going on.

Indeed.

So, I picked him up and put him on a cup so that he could hold his head up and check out what was happening.

That was very good, my love. That was a very good response to what you might consider an inanimate object, not having any feelings. But, in actuality, you sensed that the energy that makes up this encasement wanted to be part of what was being done. It is a showing of respect to everything ~ not that the Tweety Bird would, when not being used, simply be thrown some place, but rather, that it be included as part of what is occurring.

There is a greater connection, then, that occurs with all energy when there is respect shown. For the path of everything ~ the plant, the pillow, the rug, the clothes that you wear, are all part of that connection of energy ~ the harmony, the different consciousness that exists in everything. This Tweety Bird has a different consciousness than the human encasement. Nonetheless, it is a consciousness that can communicate if you are listening. By going within Self, you are able to communicate first with Self, but then to be better able to communicate with other energy forms ~ not hearing words, necessarily, but simply sensing, knowing. Tweety thanks you.

Now then, let us hear a few of the stories. Then we will break and when we come back from our break, we will pick up where we left off. First, begin by saying what the focal point was. What did you find when you unwrapped your gift? And then, carry on to what you produced as a result of it.

(Participants tell their stories. In the process, one says that he enjoys telling stories because it provides a chance to show off. Another says they didn't feel that way. It was a chance to share with everybody, as opposed to showing off)

It can be both. Showing off is a form of sharing, and just to highlight this, the concept of showing off on the earth plane gets negative press, for there are many who abuse it. They indeed want to dominate and control or get attention in a way that annoys another. However, showing off as a concept is a form of Being of Service ~ if it is used in a spiritual context. That means what you just did, my love, was sharing, but you were also showing off what you were able to do to bring a story line. You brought humor and a sense of playfulness and compassion into the Energy Circle that makes up this meditation group. And so, it was a very GOOD activity. Be not turned away from the words SHOWING OFF, but rather, look at the source who uses those words or who may, in fact, exhibit that behavior to then make your evaluation of how you will receive that information.

(Waith departs at this point for the group to have a lunch break)

The blessings to all of you. Well now, we will continue with our stories. (The stories continue) We are most pleased with all of your creativity, but more importantly, the search within Self for something to relate in some way to something completely unexpected, and to give it life, to give it consciousness, and at the same time to play with it, to give it a sense of being ~ for each item that you did receive had its own being. It has a purpose. For some, it may be called junk. For others, it is a gift.

And it certainly can be transformed into something different than what it appears to be, and that is what each of you are here for on the earth plane. It is to transform yourselves, to become something other than what you started off as. That is what the path, multicolored as it might be, is all about. You each in your own way have talked about your own path. You have talked about your recognition of your path and the way that you project yourselves to those around you. It is an ongoing process.

We spoke yesterday of the dimensional grid. You are all part of your own grid, but you each are multifaceted. You do not know who you are. You cannot possibly know who you are. You can only know a small part of who you are. You cannot know the totality of it. First of all, if you did, it would mean that you, at Conscious Self, had all the memories of soul available to you in an instant. That, as you know, would be an overwhelming type of situation.

It is enough for some to receive a one-minute informational piece from the soul in any particular time frame. It is enough to deal with. "Oh, what am I learning now? Oh, my goodness, where did this all come from? What do I do with it now? How do I integrate it within my concrete life?" If the floodgates opened and all of the information came

pouring in, you would drown. You would not know what to do. The Soul being the wisdom of Self, controls the information that comes into the concrete level.

Meaning Of The Phrase “ETERNITY IS YOUNG” ~ Concept Of Heaven And Hell ~ The Dimensional Grid ~ Taking Responsibilities For The Stories Of Self

We would perhaps now, loved ones, move around a bit so that you can see my great artistry. First of all, Mushiba resurrected something that we wrote down quite a while ago which has been hanging here. “ETERNITY IS YOUNG”. What does that mean? What is eternity?

Forever. There is no end.

There is no end. But yet we talk about beginnings and endings, so what is eternity if there are actually beginnings?

The beginning and the end.

The beginning and the end. But eternity would imply ~ what?

Never ending.

Never ending.

A circle.

It would indeed represent a circle. Yes. But if there is no beginning and there is no end, how can we say that eternity is young? For that would imply then that young would end with old.

Not necessarily. I don't see it that way.

Why? How do you see it, my love?

Eternity is now, always. It's always now in eternity, so to speak.

Very good.

Because whenever there is an end, there is a beginning, and when there is a beginning, there is an end.

Ah! If something is young, what eventually happens?

It gets old.

It gets old. And when something is old, what eventually happens?

It dies and goes to heaven.

More Discussion On The Concept Of Eternity, And Where Is Heaven And Where Is Hell?

Goes to heaven! Where is that? Where is heaven?

Right here on Earth.

How far above the Soul is heaven? How long do your arms have to be for that? 😊

- ⊗ **Have to stand on a chair to reach it.**
- ⊗ **They could go somewhere else.**

Where else would there be to go?

- ⊗ **I won't mention it. I don't want to go there.**
- ⊗ **H-E-double hockey sticks? 😊**

Go to where?

Hell.

Oh, you mean there is a place to go? Is this a particular room? Is there a special gate that you go through?

The door of my ex-wife's house!

Yes, well, many would say that where you are at any point in your path determines whether you are in the darkness or the Light ~ or as the earth plane calls it, heaven or hell. There is no spot out there in the ether that has a sign that says Heaven up there in the sky. And conversely, there is no spot that is an open fire pit below that says Hell. Those are concepts that have been brought into the illusion to help entities understand the idea of dark and Light.

Of course, it has become dogma, as reality, for concepts have a way of doing that. They become so ingrained in vocabulary that they become The Truth. In actuality, all that we

are talking about here is The Circle. Our journey outside of The One is a circle. However, our journey ends, but yet it does not end. For being in The One is a continuation of the journey, you see. No matter what we do, we are always new ~ for young implies NEW. We go through a cycle. We are young. We become old. Our path becomes old.

Our path finishes its journey. You do what is called death. You leave an encasement is all that is happening. You are not dying. None of us die, as you would define the word ~ finished. There is no such thing as FINISH. If that were the case, then you all would have cause for concern. We all would. There is no finishing ~ ever.

Eternity means no finishing. It just means going on and on, and on and on and on ~ ad nauseam, sometimes. But there is always the hope that because of this cycle of young to old ~ to departure ~ back to young ~ this is a circle. You see? It is an impossibility to escape the circle, no matter how much you would try. There is no end, and therefore, you exist in the moment. And yet, you exist at all time, as it would be defined, TIME. You are here now, and yet you are not. But you are here now and you must deal with that. You must deal with the concrete illusion in which you have found yourself, in which you have rooted yourself, for that is all part of the game.

We set up our own scenarios, each of us. Some of you have very interesting stories that you have established. The purpose of our saying to you, "Set up a story for this item" was to concretely illustrate to you that you each set up stories for yourself. You have a creative corner out there in the Universe. It is a special room, creative room ~ go in ~ Mushiba has just come back from some store where she has picked up all kinds of little doodads. You go in, however, and you look at everything, and you bring a friend with you sometimes. You say, "Look! Let's do this! Let's play together. Let's design our next life together."

It is much more complicated than that, but this is its concept ~ the simplicity of it. You each design your own life ~ every life. Now the problem at concrete often is in not wanting to trust the Higher Self. "I am not the one who would have made up this kind of life," you would say at concrete. "It' is not my fault. I did not choose to be born. I did not choose my parents. I did not choose to come in with a disability ~ mental, physical, emotional. I did not choose to be female, I did not choose to be male. I did not choose any of this."

Yes, you did. Taking responsibility for what you have chosen is the first step in finding Self, for you acknowledge that you worked at concrete in conjunction with every level of Self, that nothing outside of Self created this scenario. You may have received guidance. We help many determine what kinds of stories they want. That is what the guides are for. That is what the Angelic Protectors are for. But you do not have to listen to us.

Many of you do NOT listen to us. We may say, "I do not think so. You better step from that scenario and look at its implications. It may be more than you want to take on." But we cannot impose that. There are rare occasions where we are allowed to impose. That comes from Amelius. However, most of the time, you are on your own. "Okay, you chose that ~ do it!" And hopefully, you will be wiser as a result.

"Oh, I should have listened to my Angelic Protector. After all, isn't that what protection means?" You learn from lifetime to lifetime who to listen to for advice and who not to listen to. Because when you first start out, you may not be sure who to listen to, and that is a wise decision. "Who DO I listen to?" You must find that out yourself. Sometimes it means tripping on your path, but it is the tripping that brings you back to yourself. In the SEARCH FOR SELF, there is always, then, the need to bring others into your environment.

You must then remember ~ ETERNITY IS YOUNG. Remember that Eternity is Young. Remember that within your circle ~ just as you have a dimensional grid, here is you, your little circle. You have an Energy Circle that you are part of. We have talked of that very often. You are within a larger circle which is within a larger circle which is within a larger circle which, of course, is the never-ending circle.

However, let us remember that within all of the circles there are other entities. So, within your circle which is in a larger circle, which is in a larger circle, there are all the others who are a circle within a larger circle, within a larger circle, within a larger circle ~ the dimensional grid brought now into circle format. Circles, circles, circles overlapping with circles.

It is an impossibility to be on the plane and not be balancing with something. It could be the carpet that you are balancing with. It could be that little spook mobile over there on the plant that you are balancing with. It could be another human being. It could be a light bulb. "Oh! That light bulb went off just when I needed it!" Oh, my, that you did not anticipate that it was going to expire when it did is something that you need to look at. "Why did I not know that it was ready to go, and it expired right at the moment I needed it!" Well, imagine that. Do you think that there might have been some energy connection between you and the light bulb? That may sound foolish to many, but to those who understand its implications and the concept between energy connection, they find themselves leading a rather harmonious, flowing life. For while there will be obstacles placed in their path, they have an understanding of the connection of EVERY THING to them.

Everything that you find yourself a part of, you have a reason for that. It may not necessarily be balancing, but simply it is all part of the story line that you have developed for yourself. You come into Terra Lux. It is a most harmonious environment. It gives you a sense of comfort and safety, and a sense of the energy. You are connected in some way now with all of the energy that is here. So, group balancing ~ it is important then that you not only recognize group balancing, but that you help in the balancing.

A Group Balancing Illustration ~ Energy Infusion ~ With Personal Agreement From Limeria

Now, we will illustrate a concept from group balancing that ~ Limeria has agreed, at some level ~ not necessarily the conscious level ~ to be the willing participant in a particular energy infusion. Now, you have all been with Limeria ~ not just in this time frame of The Meditation Weekend, but in various forms through the years, and you recognize her as being very gentle, very loving, always nice, always responding when you contact her. So, here is Limeria, being this gentle soul. She also chose to come into this life in what you call an astrological air sign.

Is that why she's an airhead?

That is why she is an airhead. Being what you call an airhead is not a bad thing. Many lifetimes are spent like that. It is most necessary in terms of balancing. The opposite of that, of course, is being very, very grounded where there is no sense at all of Lightheartedness. "Everything is as it is supposed to be. Here it is. There is no exception. This is the earth plane. You only go around once, so you'd better do it in this life because it is the only chance you have. Why is there so much misery in the world? They didn't ask to be born into it. They didn't ask to be starving children. They didn't ask to be incinerated in a war." Of course, they asked for that. It was all part of group balancing. And if it was not a concept of returning time and time again, then yes, there would be a sense of futility. "Well, this is it. This is all. This is what I've been dealt. I have no choices. I have to be this. It's my only scenario."

Well, we also have the freedom, not only to move from scenario to scenario, lifetime to lifetime, but to change the scenario within the lifetime, which is what Limeria wants to do. We do not want to lose the Lightheartedness, but there needs to be more grounding because her mission has evolved in the lifetime and she recognizes that.

You know that Mushiba is able very easily to help bring in Higher Self levels, but you do not always have Mushiba around. You do not always have someone to facilitate, and instead ~ oh my, you would have to rely on yourself ~ or perhaps others around you who might help you to bring in a level of Higher Self that would be sufficient enough to change the perspective of the earth plane life.

In this case, Limeria wants to become more grounded. It means that levels of Higher Self need to be brought in until there is a concrete level. It is only a few levels away ~ a few little tissue papers away, this level that has had grounding experience. So, you would say, "Well, she is not able to quite do it herself. She is willing but she needs help." And the great spiritual diva is nowhere to be found! She has to do it herself. It means that she calls upon a group of trusted entities to help her. Think of it much as you would those who would help the birthing process. "Come on!" Some are there simply as cheerleaders. Others are there actually helping to bring the energy form into the earth plane. They all serve a purpose, and it is then a group effort.

You are all in this group, this Meditation Weekend, because you have been called to it. We do not just allow any Tom, Dick, or Harry to come into our meditation groupings. That is the way we have always been. Everyone who comes is meant to come. They have been called. That means that you each have connections with each other, not just at earth plane, but at higher levels, and you have worked together as a group in other times ~ varied scenarios, many varied scenarios, but nonetheless, you have connections as energies.

You are all here in paths to Be of Service at a rather accelerated level ~ in different scenarios, but nonetheless, paths of service. So, we are ~ with Teetee's help, because she is for group balancing, and she also has to earn her wings, so to speak ~ she is going to give you the guidance to help Limera bring in those levels of Self that will help to ground her, and you all are going to be part of that birthing process. It is like having a baby.

It is part of The Energy Exchange Program. When a substantial amount of Higher Self infuses in, it is in essence a new energy that comes in. Even though it is the same energy, it is a higher level of it and can prove to be very interesting in acclimating to the earth plane, just as the traditional walk-in phenomena has difficulties in adjusting to earth plane. It can take years for that to happen. Usually, however, with Higher Self infusions, it does not take years. It takes several weeks, several months on the earth plane.

What we will do is be physically prepared so that Teetee will not have to worry about certain earth plane components that we have become more adapted to than she might have, meaning the cords and all of that. We will allow her, however, to direct how she wants you to be and at that point then she will do the technique.

You will be able to take this technique, by the way, and use it. You will have an ability, now, to help another in their own SEARCH FOR SELF, to help them ease in some of their higher levels of consciousness. It is the gift we give to you for the very diligent and hard work that you have done in this Meditation Weekend ~ and it is, my son. You have grown tremendously just in a short time.

It's great.

Yes, it is great. All right, then. Teetee will come in and direct you all.

Teetee's Technique In Group Balancing ~ Helping Limera Become More Grounded And To Become More In Touch With Her Higher Self

Teetee: The blessings to all of you. This is most pleasurable. I have been preparing for this. Now then, Limera ~ the pillows, those two large pillows ~ you would bring them

over to this spot. Yes, pile up the pillows. One more. Very nice. Now Limer, you would sit facing in this direction. My son, would you move this chair back, out of the way?

Now, each of you please stand and encircle Limer. You will be holding hands. It is a natural inclination to hold hands within a circle. There, all connect. What you do in this formation is provide a sense of protection, for the Higher Self energy might feel a bit of fear coming into an unprotected energy field. What you do then is provide that sense of protection and, at the same time, encouragement. Now Limer, my love, you would relax a bit more. Put your arms by your side ~ yes, your feet outstretched. Ah, she is most anxious to be grounded. This, I understand, was not the case when you first began the mission. You rebelled against being grounded.

Yes, but many painful years later.

Teete: Many painful years later ~ this however, will not eliminate the uniqueness of who you are, my love. It will only add dimension to it.

Now, please repeat after me as I go through this process with you. (Repeated) (Editor's note: Limer was born on Valentine's Day, and has often used a heart for her personal symbols)

- ♥ *We call upon the very Highest of the Light.*
- ♥ *We call upon the Kingdom of Amelius.*
- ♥ *Bring in the White Light, Angelic Protectors.*
- ♥ *We call upon all of the guides that surround us.*

- ♥ *We now have a Circle of White Light filled with Angelic Protectors and guides.*
- ♥ *Limer, Limer, Limer.*
- ♥ *We protect you.*
- ♥ *We cherish you.*
- ♥ *We love you.*
- ♥ *You are safe.*
- ♥ *We are here to help you ground yourself.*

- ♥ *Relax, Limer.*
- ♥ *Breathe in deeply, Limer.*
- ♥ *Slowly breathe in deeply, Limer.*
- ♥ *Envision a ball of White Light over your head, Limer.*
- ♥ *It is your Higher Self that has come to visit.*
- ♥ *It is your Higher Self, ready to give you part of itself.*
- ♥ *Feel it gently covering your Crown Energy Center.*
- ♥ *Feel it moving within your vibration.*
- ♥ *Feel it filling your entire encasement.*
- ♥ *Envision yourself filled with your Higher Self.*
- ♥ *We all are here as protectors.*

- ♥ *Now, Limer, ask your Higher Self to leave the part of it that you need for your next journey.*
- ♥ *And now, Limer's Higher Self, you are ready to depart, leaving only a part of you.*
- ♥ *Higher Self, now, begins to move out of the vibrational field.*
- ♥ *It feels protected from our Circle of Light.*
- ♥ *And now, Limer, open your eyes.*
- ♥ *You are protected.*
- ♥ *And you are grounded.*
- ♥ *We love you.*
- ♥ *We honor you.*
- ♥ *We welcome you.*

Yay! (The group is clapping)

Limer: Thank you, everybody!

Teete: You would all now take your places where you were. Sit, my love, for you must acclimate now. There will be a bit of confusion, but it will pass. Simply sit, for you are among those who love you. You are safe. Mushiba will work with you.

It is our pleasure to Be of Service. You each now can take the words that were given and use this with others, simply inserting what the issue is. Where we said GROUNDED, you would insert the issue ~ more PATIENCE is needed, more FORBEARANCE is needed, more UNCONDITIONAL LOVE is needed, and that is what you call upon the Higher Self levels to bring in the level that can add depth and dimension to that particular issue.

So, you are all now leaving this Meditation Weekend with a most wonderful gift of service. You have earned it. It is not given to you because of privilege. There is no such thing in The Universe. We all earn what we are given, and each of you have worked hard through many lives, and through this one, to have reached the position of earning the gift that you now will be expected to share with others. So, with the gift comes responsibility, and that is the way it is. Others now will serve you as you serve them. It has been our pleasure to have been of service.

(Farena comes in at this point)

Farena: It has also been our pleasure to Be of Service too! And you have all been most wonderful.

⚙ **Thank you!**
 ⚙ **So have you!**

We know that. We all know that we are here to Be of Service. My service is to bring exaggerated fluffiness. You all know that it is exaggerated. Oftentimes, you need to exaggerate fluffiness in order to bring yourself into balance. It is why we said to you during this weekend ~ play ~ be creative. It is for many of you an exaggeration. Ah! It brings you back into focus. You would certainly not spend, usually, two days in a very serious meditation weekend coloring and pasting and using the cement ~ a quick way to get to an altered way, we understand ~ whatever works!

Frank has a lot to say about using substances that bring you into a very rapid altered state. Yes, indeed. He may share that with you sometime ~ hee-hee! We have lightened him up a lot.

It is time for Waith to return and give you a new final assignment. 'Bye my little fluffy balls ~ little fluffy balls say "Hi."

Hi!

Say bye!

Bye!

Fluff me, I need fluff! I need fluff! Fluff, fluff, fluff, fluff, fluff me, fluff me! See how easy it is to do that. Just fluff people. Just go up to somebody and go, "Hi!" (Farena fluffs with her hands as she says it) You do not have to be quite as exaggerated, but you could go, "Hello." It would be interesting to see how people would respond to you. I'm a manly man ~ except for (Name), of course. We are not quite sure what he is! He's an aberration. ☺

Does that mean I came from Australia? ☺

But you see, eventually, the goal is to become an aberration within a mission. It is to become that sense of who you are. You are many, many things. You are this, you are that. That is who we are. I am in fact not female dominant. I am male dominant.

You role play really well.

Yes, don't I? Waith is not male dominant. I will not tell you what he is though. He is not what he appears to be. Food for thought. So, time to go. Time to go. Bye. See you all later. You did a wonderful job. Thank you! Huggy bye!

Waith: Well now, we have returned after having you experience a most beneficial activity, and we welcome into the mission Limera ~ Higher Self versions. You have three

days to decide whether you want to go back, or not, after you see what is expected of you now! No, actually, there is no restriction on it. We were joking.

So then, now that you have this wonderful gift that you can begin to share with others, you can be assured that the Universe will present opportunities to you to use it. You may be thinking, "Oh, well, this is great. I have this gift but now how will I use it? Who will I use it on? I do not know anybody now that I would even dare to use this with, who I would even venture to approach and say, "Let me help you bring in your Higher Self." But trust us ~ trust the Universe ~ once you have something, you will be given plenty of opportunity to utilize it. That is the way of the Universe.

Our next activity for you will bring closure to all of what you have learned during this time frame.

Now then, you have all had the opportunity to begin finding your sound and your color. You began yesterday to exhibit in concrete that sound, that color. For some of you, it was a new behavior, not to mention an unexpected color that came about. Some of you began to hear something, though you could not really pinpoint what it was ~ and indeed said, "It was imagination, this sound that I hear. It is the result of some hypnotic trance that Waith imposed upon me. I am not really hearing anything."

There are certain symbols currently on the plane that relate to sound. We draw a few. We have absolutely no idea what they mean on the earth plane, nor does it matter. We know what the symbols are. You will notice that some of them are filled in ~ as here. This one is filled in and has this little loop. This one is filled in but has no loop. This one is not filled in and has no loop. This one is simply a little round symbol. There are many symbols for sound on the plane. How do you think they came about?

Somebody wrote them.

Somebody wrote them, of course. Of course, someone wrote them. They were new at the time someone wrote them, but they have become THE WORD now. "This is the way you express that sound. You do not use that symbol ~ it is not that sound." Well, now, what do you think of that?

The Next Activity ~ Designing Your Own Sound, A Beginning

You each have a sound that you are attempting to bring into some sense of the concrete for yourself. Your next activity, and your final activity, will be to design your sound. It will be a beginning. In this design, you are not to talk. But, of course. You are simply to go into the operational area ~ you can go outside ~ and you will design in your mind symbols, and place them onto paper. They can also be represented by any kind of concrete symbol. You can use feathers. You can use paint. You can use sparkles of some

sort. Anything ~ leaves, twigs, grass. It is the beginning of bringing you into really, seriously, hearing your sound.

It will change. It MUST change as you go through your path. But at this point now, what is the symbol of your sound? You may begin by using what you know as current symbols of sound. But understand that all of these concrete symbols of sound originally came from an abstract ~ originally came from someone who heard something, and said, "Oh, this is what it sounds like." ~ whatever that means, it is what it sounds like to me. Maybe it sounds like this ~ to me. (Waith is drawing) Maybe it sounds like THIS ~ to me.

This is an exercise to bring you outside the limitations that the earth plane has given for what is correct. This came from someone's imagination, as it would be called. At the time, it was probably viewed with trepidation by the world ~ until it became proved, accepted, by large numbers. Before you knew it, it always existed.

Well, it is time now to create your own reality for sound. It is your reality. It does not matter if another accepts it, for it is your sound. You can choose to share it with another, or not. We will give you one earth plane hour. We will leave now, at which point you will work on this. We will return to listen to your interpretations of your own sound. You can add color to this, you know. These are not always black. They may be drawn in black, but they are not. These are green, actually. They can be any color, any way of doing this. We will then return for the very final closure of the weekend, and this is your activity. Also remember to add a bit to the banner ~ no excuses accepted at this point.

(The group dispenses for a one-hour time frame so participants can work on their activity)

Welcome back. In our final playtime activity, you have begun to give credence to your own sound by creating. Let us share with the others what you have started with ~ not to think that it is the end, by any means, or all inclusive, but simply the beginnings of it. Let us simply go around in the circle.

My sound is sort of a buzz. It's always there whenever I'm alone, and that's what it must be ~ a buzz. In my mind, I saw yellowish and gold and pink magenta, and sort of like the sky. It was probably the sound waves that I was seeing.

Very nice, my love.

Okay. I've never been able really to hear a sound. However, I never tried. This time, I did. And I heard a very familiar sound that apparently, I've been hearing and not paying attention to. And it's just so light, so what I drew was actually very light.

(The participants relate their individual experiences with illustrating their sounds)

It has been such an enlightening time with you all. We have learned a great deal from the way you have responded to these activities. You know, it is one thing to have an idea of what to teach, and how to present that material. It is another to actually see it implemented, and to see such a positive response. You each have proved that these particular techniques are beneficial for future types of activities.

More importantly, you have each come away from this with some very special information and some changes in your perspective. That has been our intention, to help you in finding your sound. Two days ago when we first discussed finding your sound, we know that there was this blockage. "What is he talking about, finding my sound? I can't do that. I do not know how to do that. That is too much trouble. That is for someone more enlightened than me." You see, it does not mean any of those things. It means simply allowing yourself the freedom to open Self, and being in an environment where it is encouraged to be open and free.

You have learned also another valuable tool, and that is how easy it is to create an environment of openness and freedom and safety. With just a little bit of encouragement and effort, you also could create similar environments, even if it were just a few other entities. You could say, "Let us take four hours out of a day and play." Find a place like Mushiba found ~ Frank's. You know it is interesting that it is called Frank's.

Why is it interesting that it would be called Frank's?

For we have worked very diligently to lighten up Frank, in The Company. Farena has a number of little play activities that she involved him in over the time, and he has fluffed up quite a bit.

So, now then, my loves, what you would do is find little things that you think would be useful to play with that could be used in ways other than the manufacturer's intended use, for that is truly what you did during these two days. The things that you were given and what you did with them were not as they ORDINARILY would be used. That is what your path is about. It is what you are here to Be of Service to Others, for to help them to move along their path in a way that may be different from another, but nonetheless, valid, and nonetheless, to be respected.

Just as you RESPECT SELF, our very first GUIDELINE FOR GROWTH, so too, would you Love Self and in that love of Self, expect then to be respected. You do what you need to do to receive the respect that you know you deserve. You do that through Respect of Others and their path. It is a very fine line, very fine balancing act, but you now have more tools than when you first arrived here, to help you lighten your vibration.

**Waith Gives The Final Activity For The Participants ~ What To Do Now ~
Accountability For What You Have Learned**

Now, there is one final item before we bring complete closure. In your packet that was given to you at the very beginning, there were five index cards. Yes? You would retrieve your five index cards now. We have two final activities. This is the first before the final closure. Both of these activities relate to evaluation. The five index cards relate to evaluation for Self. The first behavior we would want you to do is to put the date of today on the first index card, whatever that is. Someone may want to give that to the audience ~ April 28, 1996. Go to the next index card and write in May 28, 1996. Go to the next index card and write in June 28, 1996. Are you seeing a pattern here? Guess what the next date is ~ so that you have four months after this, of evaluation.

Now, this is what you are to do. On the first index card, on which you have today's date, you will write down what you feel is the most significant thing that you learned this weekend. Do that now. Now, on that same index card write the words GOAL FOR MAY 28. Now determine, and then write in the space what you would like to achieve by May 28 from something you have learned from this weekend ~ that you need to achieve. You have learned much during this weekend, but you have learned also what it is you need to learn. What do you want to learn by May 28?

On the back side of the first card, write the words HOW I WILL LEARN THIS? And then, write in briefly how you think you can learn what it is you have placed as a goal for May 28. Now, go to the card May 28, and at the top, under the date, put THE RESULTS OF THE PAST MONTH. Go to the card June 28 and place the same. On each of the cards, place the words. On the back of each of the cards from May, June, July, and August, place the same categories as you have on the front of this first card. So, you will say, for example, in May what it was you actually learned this past month from the April to May time frame. It may not be what you wanted to learn. What did you actually learn? What you want to learn by June 28 and how you will go about learning it ~ those categories.

When it comes to the end of August, and you have completed this process, we ask you to send them to Mushiba. So there is an accountability here. We do not have you simply leaving this weekend with no type of follow-up. You would send them to her along with the critique of what has happened to you since this Meditation Weekend. What have you, in the long term, even though it is only a four-month period of time, learned? She will then respond to any questions that you would have, or any concerns. She will contact you and speak with you directly about the results.

Do you understand what we are having you do in the next four months? You can determine if each month there is something new that you are going to set out to learn, or whether it will be the same issue for four months. That is why we have had you leave blank your goals for the coming months. You have a goal now that is being set ~ what you want to learn in the next month. When May 28 comes around, you may find that you did not learn it as you wanted to, and you reestablish it as a goal, or you find that you did learn it, and now you have something else you want to do. That will be entirely your path. What we will want to see is evidence that you are working on this so that you take responsibility for that which you have invested so much of your time and energy in this weekend.

We will give the parting closure energy in a moment, and once we have departed, we would like you to take a few moments, and on one of the sheets of paper that is on the packet, the blank paper, to please write out for Mushiba your response for this weekend. Critique the weekend for her so that, from an earth plane perspective, she may also evaluate what has occurred. Understand that this is the first Meditation Weekend that has been presented and that any feedback that you can provide will be of benefit to all, including us in The Company.

We have already received some feedback from our own levels to your own higher levels, but it is important that the concrete reality have feedback. You could include in this critique, things that you especially liked, things that perhaps you did not care for, and suggestions for future activities, other types of workshops that you would find interesting, other types of weekends, or day long, or other time frames that you would recommend. You understand what we ask?

We also encourage you to take everything that you have created with you. Keep at least part of it with you in the next four months as a reminder, in the concrete form, of what you are now going to establish as a process for your life on the plane. That is consistent ~ evaluation of Self ~ and concretely setting goals for the learning of certain ways to achieve what it is you feel you need to learn.

As we depart, we give to you a smoothing energy, an energy of fluffiness. Before you begin to write your comments, as we are departing, please, each of you, hug each other. We send to you all now the very Highest of the White Light from the very highest of the Kingdom of Amelius. We thank you. Farewell.
