

Waith Class Transcript

SEPTEMBER 17, 1996

Search For Self, Continued ~ Techniques On Interdimensional Communication And Travel Through Meditation

Waith Guides The Group With One Of The Techniques For Interdimensional Travel And Communication Through Meditation ~ Critical Emphasis Is Given On Protection With This Technique

What Happens To Your Body If One Of The Forces Of Dark Grabs You?

What Does Sometimes The Darkness Look Like?

~ 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*

A Publication of Terra Lux Media ~ 1996

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Search For Self, Continued ~ Techniques On Interdimensional Communication And Travel Through Meditation

We are pleased to be with you and we are planning to use this particular gathering to give you some techniques on Interdimensional Travel and Interdimensional Communication. This is the year of the earth plane in which we discuss the SEARCH FOR SELF, and the other two Company members will be presenting their material in the two earth plane months to come. But for this gathering we are going to give you a little bonus ~ use you as the example so that, for the record, one of the techniques for Interdimensional Travel and Communication through Meditation can be placed on the record. Thus it is that we have gathered a very small grouping of you.

The issue of Interdimensional Communication and Travel is uppermost in the minds of many, many, many on the earth plane now, thinking that it is a very mystical type of experience, when in actuality, it is not. Indeed, many find that once they have achieved the ability to communicate interdimensionally, they ask, "Why did I want to do that?" For it then opens up a whole arena of communication possibilities.

And it means, of course, that other kingdoms are able to connect with you so that you are then able to communicate with the plants, and the minerals, and the wind, and the fire, and the carpet upon which you sit. Oftentimes, they are all communicating within their own kingdom, and you open yourselves up to hearing this, and you begin to hear the clatter that comes from hearing so many different sources of communication.

That is one part of it. The other part of it, of course, is that you are then able to learn how to focus in your interdimensional communication abilities so that you can concentrate then on communicating with the area in which you want to communicate. But while you are smoothing out this technique, it can be a rather interesting experience to suddenly be hearing ~ and that is the best way to describe it. Even though you are not actually hearing something, by your frame of reference, you would be hearing the plants talking to you, the minerals talking to you.

Interdimensional travel is easily achieved, but there must be a great deal of caution given to traveling interdimensionally. One of the most common tools for traveling interdimensionally is through the use of meditation. It is in that format in this gathering now with you that we will present the techniques for meditation through interdimensional arenas.

This is actually a prelude to the gathering that we will be having soon for Meditation Time With Waith And Company ~ that afternoon gathering that we are planning. We plan, then, in this gathering with you to show you the technique for meditation and to actually assist you in moving interdimensionally, and, at the same time, connecting with

some other energy form in another dimension. We will be there along the way with you so that there is adequate protection, and you will then have the technique. You will not have us with you for the protection when you go to use this on your own, and thus, we will give you the protection technique so that you do not undertake the technique that we are about to show you without adequate protection.

We emphasize this in this gathering only so that it is placed on the record for the written dissemination of our information. We know that those of you gathered here are aware of that issue of protection, but we stress protection as part of the technique itself. It is very dangerous to undertake interdimensional activity of any type without adequate protection. As you become more tuned in, to your own abilities, and you have fine-tuned your own abilities at interdimensional activity, the protection becomes automatic. But until you are in that mode of automatic protection, it is critical that you utilize the protection technique.

Waith Guides The Group With One Of The Techniques For Interdimensional Travel And Communication Through Meditation ~ Critical Emphasis Is Given On Complete Protection With This Technique

So, we would say to you, then, in this gathering ~ we will stand up and move about with you ~ that this is a time of focusing yourselves, and we will not be the focus. Rather, you will be the focus within yourselves in this gathering, and our time with you will be spent in your actually moving into an interdimensional arena. So, first and foremost, relax. (The group gets comfortable) It is not night-night time. ☺ All that apparently is missing from this grouping are the "blankies". When one relaxes for meditation of an interdimensional aspect, it is more critical than ever that you be in a way that you feel relaxed. Be in relaxed type of clothing.

The first and most important step is to calm yourself by relaxing. Now, the first movement ~ envision the very Highest of the White Light. Envision a White Ball that hovers over your head. It is soft and fluffy. In this White Ball, now, envision your Angelic Protector. Call upon your Angelic Protector to enter the White Ball of Light. It is your Angelic Protector who is assigned to help you travel and communicate interdimensionally.

Your Angelic Protector fills the White Ball of Light that hovers over your head. Envision now, that slowly the White Ball of Light moves onto the top of your head. Feel that White Ball of Light touch the top of your head. It is warm ~ it is comforting ~ it is safe.

Envision, now, that White Ball of Light dispersing throughout your encasement. It moves downward and covers your entire body ~ covering your shoulders ~ moving down to your arms ~ moving down to your fingers ~ to your legs ~ to the very bottom of your feet.

You are now inside this Ball of White Light. You are safe in the Ball of White Light. Your Angelic Protector is beside you now, within the Ball of White Light. Call upon the very Highest of the White Light for protection. Invoke the very Highest of the White Light within your thoughts now by saying, "White Light of Protection, come into my White Ball of Light ~ protect me and protect my Angelic Protector ~ fill the Ball of White Light with the very Highest of the White Light." You are safe and you are protected.

Now it is time to determine who you want to communicate with. Envision who you want to communicate with. It may simply be your Angelic Protector. It may be a guide. It may be an energy form that has left the earth plane, or an energy form that is in another part of the earth plane. Concentrate your thoughts. Envision that you walk up to an energy form. It does not have to look like the energy you want to communicate with. It simply is the form of energy ~ however you would envision it.

Now we are going to journey into the arena known as the Soul. This will be your first stage of interdimensional travel, and when you reach the Soul, you will then have the ability to communicate with the energy form.

Envision yourself held by your Angelic Protector now. Keep the thoughtform you want to communicate with in your Conscious Self ~ for you will carry that thoughtform with you and your Angelic Protector as you journey to your soul. You are held by your Angelic Protector ~ feel the warmth of the Angelic Protector.

Feel now, the White Light Bubble that you are in beginning to move upward. You are moving slowly upward. You are encased in the White Bubble of Protective Light. Your Angelic Protector holds you. Feel yourself moving upward ~ upward ~ upward ~ moving upward. Feel yourself moving out of the earth plane dimension. You are moving up ~ up ~ up ~ out of the concrete earth plane. Look down now and see the earth plane. It is a flat dimension that you can look at from above. You are hovering over the earth plane ~ you are free of the earth plane.

You are protected with the White Bubble. Move upward ~ upward ~ upward. You slowly move further and further away from the earth plane dimension. You are holding the energy form you want to communicate with ~ upward. Now look above you and see a brilliant Yellow Light ~ it is an opening into another dimension. You are moving upward into the Yellow Light ~ it is safe. It is the dimension of the Soul ~ it is your soul ~ it is the Soul of The Universal Consciousness. You are with all that exists ~ it is peaceful ~ it is gentle. You move fully into the Yellow Light and you feel the Yellow Light close around your White Protective Ball of Light ~ further protecting you.

You are completely covered with the Light of your soul. You are now in your soul. You have traveled out of the dimension of the earth plane into the dimension of your soul. You are ready to communicate with any dimension you need to. You are ready to travel to any dimension you need to. You are protected by your soul.

It is time now for you to be with your own thoughts. Simply hold the thoughtform you wish to communicate with and feel yourself walking out into the Yellow Light. And now, travel ~ your Angelic Protector is holding your hand ~ travel now. I will return to bring you back. (The group is now in Communication Mode)

Return back to the Yellow Light. Gradually now, bring yourself back from wherever you are, into the Yellow Light. Move toward the Yellow Light ~ move toward the Yellow Light. As you move toward the Yellow Light, you are in your White Protective Ball now. Your Angelic Protector holds you once again. You hold the energy form you wanted to communicate with. You are ready to begin your journey back to the earth plane dimension. Thank your soul for allowing you to be with it in totality.

And now the Yellow Light begins to spread itself so that the opening is present, and the journey begins downward ~ downward ~ out of the Yellow Light into openness. You are protected by the White Ball of Light. You slowly move downward ~ downward a bit. Look up and see the Yellow Light. It is your soul bidding you farewell ~ for now. Slowly now, you begin to move downward ~ downward. You are moving closer and closer to the earth plane dimension. You begin to see the earth plane dimension now ~ you are still hovering above it. You see fully the earth plane dimension.

And now, stop your movement downward and hover over the earth plane and imprint into your memories the look of the earth plane as flat, as concrete, and that you are hovering above it. You are not on it or part of it while you hover ~ you are free in another dimension. Take that memory with you as you now begin your journey back down into the earth plane. Begin to feel yourself moving through the concreteness, coming closer and closer. Feel yourself moving on to the plane now.

Visualize your physical encasement that you have been out of. You are moving slowly now back into the physical encasement ~ you are returning. You are still in your White Ball of Protective Light. You are still being held by your Angelic Protector. You are still holding the energy form you wanted to communicate with. Feel yourself settling into your encasement. As you settle, release the energy form you have been holding. Your Angelic Protector now stands by your side.

Now visualize the White Ball of Light slowly moving away from your encasement and upward ~ up through the legs ~ and up and up and up. It is at your shoulders now ~ it moves upward and goes to rest on the top of your head. It is a White Ball that contains your Angelic Protector. Thank your Angelic Protector now for the journey and for the protection. And slowly now, envision the White Ball moving off the top of your head ~ upward.

Release your Angelic Protector from the White Ball. Envision now the White Ball simply dissolving and spreading the White Light of Protection from the very Highest of the

White Light all over your encasement. Feel the sparkling, soft, fluffy White Light of Protection.

And slowly now, bring yourself back into the conscious state ~ slowly returning. Remain as you are, comfortable, slowly returning back to the conscious state ~ slowly returning back to the conscious state ~ slowly returning back to the conscious state. It is at this stage of returning back that you would have the immediate memory of the journey and the communication. It is at this stage that you would begin to record your memories ~ have a written journal.

We did not give you that as part of this technique, for it would simply have created too much chaos. But you are remembering ~ many of you now ~ what you experienced. It is at this point that you would write down whatever you remember. It will give you the beginnings of The Journal of Recollection. It is your journal of interdimensional activity.

You have the technique. You can stay in your COMMUNICATION MODE for as long as you need to. We allowed you to stay, for purposes of demonstration, for only a short period of time. You are able to stay for as long as you want before returning back to the Soul. You have the technique to move into the Yellow Light ~ to visualize that as the Soul dimension ~ and how to be fully protected in that journey.

Do not eliminate any of those protective steps. Interdimensional travel, especially, is not a parlor game. It is not something that you would play with. It can be quite serious. You can be caught when you travel interdimensionally if you do not protect yourselves ~ and sometimes abducted by those of the dark. You certainly do not want to be abducted by those of the dark. The Angelic Protector is a critical component of that journey interdimensionally.

As you begin to develop this technique, you will not need to focus on each of the steps. You will have implanted it into the process where it would become an automatic situation. There are many who travel interdimensionally who simply do it, for that process is built into their energy. This technique enables you to have that tool available to you. Some do not need this type of tool, for they are already at the point of automatic movement interdimensionally.

Most, however, need assistance, and this is one of many, many tools. Use it to your advantage. Take the journey. You can visualize communication with a specific energy form, as we have given to you, or with a nonspecific energy form. The nonspecific energy form can simply be visualized as a White Ball of Light that you hold, and you have said, "I wish to communicate with who my soul believes I should be communicating with." When you enter the Soul, holding this ball of White Light as an energy form, the Soul, then, will direct you on the journey. So, it can be both specific and nonspecific. It is flexible.

When you return from the journey, it is equally important to keep yourself protected, to follow the steps of moving back into the Yellow, which is the Soul ~ for you have been out of the dimension of the Soul in your travels. Come back into the Soul, into the White Ball. The Angelic Protector holds you. You hold the energy form, and you slowly move downward ~ protected ~ back into the earth plane dimension, releasing your Angelic at the appropriate time, and then allowing all of The White Protective Light to fall around you.

For, at any stage of this traveling, up or down, or even while you are traveling, you can be taken or disrupted in your journey by those forces of the dark. We do not focus on the forces of the dark as a general rule, but in interdimensional activity, we do. It is paramount. This is not a game that you play. This is a tool for enlightenment, as you call it on the plane.

We gave you a great deal of protection during this technique, for we were the ones giving the technique, and therefore, interdimensionally you were not at risk, for you were associated with us. This will not be the case when you do this on your own. You will have only the forces of dark that are at your level, and not the forces of dark that are at the level at which we operate. So you are safe.

Thus, you are all feeling warm and fuzzy now? Would there be any questions or any comments about the experience?

What Happens To Your Body If One Of The Forces Of Dark Grabs You?

It could disintegrate. That is the worst case scenario. It simply may appear that you have, indeed, departed from the encasement ~ which you have, in a sense. It brings about discussions that we will be presenting for the record in the coming year when we talk more of meditation and what can happen.

So, we will simply place now in response to your question the point that, if you are snatched, it is, as you would call it on the plane, departure from the encasement. It is one of the explanations for what appears to be sudden death, not just in infants, of course, but in many entities. It may indeed not be recognized at the earth plane level that it was something very sudden or unexpected, or could be thought of as simply one of those things ~ here now, gone tomorrow, you see. So, it may indeed not cause any trauma at earth plane level, depending upon what actually happened in the situation.

And if you are found out in the Netherlands of Interdimensional Travel and taken, it was meant for that to happen for lessons to be learned. Remember that your Angelic Protector is always there and is charged with watching over you no matter what happens to you. If an Angelic Protector loses its charge ~ oops! Technically, that does not happen. We have safeguards against that type of situation even though it appears that the Angelic has lost its charge, "Where are you? Where are you? Yoo-hoo!" Now it is time

for the Angelic Protector to go, "Yoo-hoo. Where are you?" instead of you going yoo-hoo to your Angelic Protector, "Yoo-hoo!" ~ searching The Universal Consciousness arena. The Universal Consciousness knows where every energy form is at any point, so there is the general recordkeeping, but for purposes of lessons to be learned for all involved, it can appear that there has been a lost little lamb. But, ultimately, that is never the case.

Do not fear interdimensional activity. We simply emphasize the importance of protection, for we know on the plane currently there is a great deal of game playing that occurs with interdimensional activity. There is a great deal of thought that, "Oh, isn't this fun? Let us try to move into another dimension," without the proper procedures. And the mischievous entities, at a minimum, are always watching for those opportunities to do what they do best, either disrupt or dismantle or disintegrate. The forces of dark are not to be taken lightly ~ a little Angelic joke! They are a force to be reckoned with, but they are not to be feared.

We end our meeting with you by reminding you that *The Light Always Wins* ~ remember that, *THE LIGHT ALWAYS WINS*. It may take millennia, but *The Light Always Wins*. It does not take millennia.

The Angelic Protector is always there. And if a protector loses you, it is lessons for The Angelic Protector, for many of them are still in training ~ an Angel in Training. The Protectors are at a high level of training. They would not be novices sent out to you, but they are certainly with lessons to be learned, just as any energy outside of The Universal Consciousness has lessons to learn. All energy outside has lessons to learn.

What Does Sometimes The Darkness Look Like?

A good example of darkness would be an entity, a person, who would speak negatively to you and tell you that you are not able to do anything because you do not have the ability, and that you should not try to do something that others do because you simply do not have the physical ability. Any who would speak to you in that manner are dark ~ in comparison to you. We have discussed much about the dark and the Light, my love, which you may want to access in the transcripts that would give you insight into the entire issue of dark entities and their relationship to the journey

We understand that it is time for us to depart. Our timekeeper is getting what you would call *antsy* over there. Yes? We have been most pleased to have been with you. We depart now, and we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you all and happy travels.