

# *Waith Class Transcript*

**OCTOBER 15, 1996**

The Search For Self Through Meditation ~ Harmony Within Self And Gender Harmony, Continued

Boopsie Guides The Group With A Meditation Technique For Gender Harmony

**~ A NOTE FOR THE READER ~**

*Waith's words appear in this font style.*

*If one from his Spirit Group speaks, they will be identified.*

Questions and responses from those in the class appear in this font style.

☀ This symbol indicates multiple responses from class members.

*(References to names have been edited for privacy)*

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

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## The Search For Self Through Meditation ~ Harmony Within Self And Gender Harmony, Continued

*We bring to you all the very Highest of the White Light. We continue in our presentation of the Gender Harmony with the focus in this gathering being on a meditation for the going within Self to resolve any of the issues that you would have relating to your own gender, as well as the gender of others.*

*If it were so simple as to say male is male and female is female there would be then nothing to really talk about. But as has been indicated, it is far more complex than simply, "Once a female, always a female. Once a male, always a male, and what you see is exactly what it is in terms of gender and encasement." This, of course, would take all of the fun out of the earth plane experience. And thus, there is the mixing up of what appears to be and what is actually, the reality of the plane.*

*Thus, you are each a dominant gender, but required to play in the field of the opposite gender to gain a much better understanding of the totality of the roles that have been assigned to each of the genders. In doing this, attempting to understand the roles of the genders, you must go within Self to first become able to understand your own gender and accepting of your dominant gender. And then, take that acceptance and apply it to all of the other issues that you are required to deal with based on your selection upon coming out of The One.*

*The only way to find your answers, of course, is through meditation. And Boopsie will give to you a very particular meditation that she has designed. There are many meditations, understand this, for any number of activities. You make up your own meditation. It is fun, however, to have someone perhaps make up a new kind of meditation, a new way of seeking answers. It does get boring just doing the same old things ~ go focus ~ go to Higher Self ~ concentrate ~ sit there ~ think about it ~ come back ~ work on it ~ it gets boring after a while. So, there is the attempt, then, to give a new toy to play with in terms of meditation, for it is indeed the meditation process that is necessary for the learning within Self.*

*Now, Boopsie has had much experience in the issues of gender on the earth plane. She did not even touch the surface when asked in the last session what she had been most recently on the earth plane. She has developed a technique that she uses in guide school, for she is in a very advanced level in guide school where she is not only learning gender issues ~ more in an advanced manner ~ but she teaches many new into guide school, regarding gender issues. And thus, this is a meditation that she came up with to help teach to the guides to then enable the guides to teach to any of you who would call upon them. It is a rather fun technique from what we have observed, and a very easy technique.*

*Meditation, as you have learned from Farena, does not have to be serious and very, very still. You can indeed have movement as well as fun, and as well as the ability to focus ~ to bring Self into Self. So, Boopsie will present the meditation to you now, and when she has finished, we will return to close out the energy. Enjoy your time with boopsie.*

### **Boopsie Guides The Group With A Meditation Technique For Gender Harmony**

*Boopsie: Hello. This meditation is the first time being presented at an earth plane level. It is exclusively my design, so I must then take full responsibility for its effectiveness. It has proved to be very effective at the guide school level, and many of the guides have begun to communicate through meditations of many on the plane to help bring about this concept that is being presented in this meditation.*

*GENDER HARMONY. It is essential, not only on the earth plane, but in all of The Universe. On the earth plane it takes a very different dimension, for there are only the two genders on the earth plane ~ not much to work with. Other training grounds have many other genders.*

*So, then, we will be rearranging you ever so slightly ~ not quite to the degree that Farena rearranges for her meditations. We would want there to be a spreading out. You would place yourself in the appropriate positioning.*

*Take now a deep breath, as deep as you are able that feels comfortable for you. Slowly now, breathe in and out. Breathe in and hold it a bit, and breathe out. Breathing in, breathing out, using your nose and your mouth in whatever way feels comfortable for you. Breathing in and breathing out and relaxing ~ relaxing ~ relaxing. And now, you call upon the very Highest of the White Light to surround you with protection. Envision the White Light surrounding you ~ you are fully protected with the White Light.*

*Now, you call upon those who guide you in spirit. If you know their names, call them by name. If you know them only as spirit guides, call them by spirit guide, "Come into the vibration, spirit guide." Feel the presence of the guides. Ask the guides to encircle your vibration now, so you are in the middle of your spirit guides ~ you are surrounded by your spirit guides. And now, you call upon your Angelic Protector ~ and the Angelic Protector surrounds the circle of spirit guides with an energy of safety and protection. You are insulated now ~ your spirit guides surround you in a circle and your Angelic Protector has infused a protective energy around the spirit guides. You are in the middle ~ you are the center of attention.*

*Now, visualize the encasement that you have taken on in this lifetime. Visualize whether it is female or male ~ look at your encasement. Sense all of the parts of your encasement ~ visualize your head and your face ~ visualize your hair ~ recognize the gender type of your face and your hair. Move downward in your visualizations and visualize the top*

*part of your body. Is it male? Is it female? Does it bear resemblance to components of both male and female? Is it strictly male or female in its composition?*

*Embrace your upper body with the Light of Self ~ you are hugging the upper body and accepting its composition for this lifetime. Slowly, move your visualization downward, downward to that which are the hips of the body ~ and between the hips ~ and the knees. Visualize the composition of your body. Is it female? Is it male? Does it contain components of both male and female?*

*Visualize yourself embracing the area between the hips and the knees ~ sending the love and the Light of Self ~ accepting the composition of the body as it appears in this lifetime. Visualize now your body from the knees to the feet. Is the body female? Is the body male? Does it have components of both male and female?*

*Visualize that you are embracing the encasement between the knees and the feet ~ sending it the love and the Light of Self ~ accepting the composition the encasement has taken on for the lifetime. You have now embraced your entire encasement and accepted each part of the encasement for whatever the gender composition it has taken on. Some of you are completely female through each of the components. Some of you are completely male through each of the components. Some of you will have mixtures through each of the components. It is in this examination that you bring yourself into understanding your dominant gender ~ you now have connected with your physical encasement a sense of concreteness.*

*With the help of the encircling guides and Angelic Protector, you will now visualize moving into a higher realm of Self. Visualize that your energy is floating. It is moving out of the physical encasement. It is protected by the spirit guides and the Angelic Protector. As you float out of the encasement, you look at the physical encasement and you see so very clearly the components of male and female that make up your encasement.*

*Envision a very fine thread of Light and energy connecting your floating energy to your physical encasement. You now will take your physical encasement on a journey as you travel into the realm of your Higher Self. You move out of the vibration of the earth plane. Envision yourself floating, and this thin thread connects you to your physical encasement and travels with you without being part of you. Travel slowly now. Take your time as you move away from the earth plane dimension. You are spirit and you are concrete encasement traveling together. Take the journey now.*

*You are now slowly approaching the Higher Self vibration. You move into the Higher Self vibration now, carrying with you the thread of connection to the physical encasement. You enter the Higher Self vibrational field. Feel the vibrational field hugging you ~ accepting ~ loving. You pull on the string now and bring the physical encasement into the Higher Self ~ gently pull on the string, bringing the physical encasement into the Higher Self.*

*The Higher Self, now, looks at the physical encasement. Envision the Higher Self hugging the physical encasement ~ loving and accepting of the physical encasement. You are female ~ you are male ~ you are both ~ you come into harmony with the physical encasement within the realm of the Higher Self. The Higher Self accepts the physical encasement.*

*It is time now to ask the Higher Self to help in understanding the dominant energy that you are, for Conscious Self has no control. It is the Higher Self that understands the dominant gender. Ask the Higher Self for Gender Harmony within Self. It is time to listen to the Higher Self give you information about Self's gender.*

*Whether you are dominant female in a male encasement or dominant male in a female encasement or dominant in the same encasement is not the concern. The issue is to understand the differences and to bring harmony within the Self for your own gender and to accept the gender you have taken on for the encasement's life. Dwell now with the Higher Self and hear the answers as they are ready to be given to you. (The group is now in communication mode)*

*It is time to journey back. Thank Self for providing answers for this visit. Feel the vibration of the Higher Self opening and allowing the concrete to move out of the higher vibration. As you move out, you have the string, the very thin cord attached to the encasement. Gently pull this cord and bring the encasement out with you. Close now the vibration to the Higher Self with your love and your Light.*

*Feel yourself floating, floating away from the Higher Self, carrying with you the thin thread, and the encasement coming behind you. You slowly begin to move back into the earth plane vibration. You begin to feel the concreteness of the vibration. It begins to surround you slowly and gently.*

*You are still holding the thread that connects you to your physical encasement, but you are still in spirit form. You move slowly, slowly back into the concrete illusion. You are surrounded by your spirit guides and you are surrounded by your Angelic Protector. Look at your physical encasement now as it positions itself next to you, ready to merge back. Love your physical encasement. Accept your physical encasement.*

*Your Angelic Protector now opens a pathway for the merging. Feel yourself moving back into the physical encasement. You are merged back to the physical. Rest for a moment. Your Angelic Protector now protects and soothes the vibration. Thank your Angelic Protector and release the Angelic back to its position. Thank your spirit guides and release them back into their position. You are surrounded by the protection of White Light.*

*Visualize wholeness and GENDER HARMONY within Self. Accept the realization that you are female and you are male, separate but one, and you now have more knowledge to help you in gender harmony. It is time to return back into the concrete illusion of the earth plane. As you return, say the words GENDER HARMONY, and as you come into the concrete, verbalize the words GENDER HARMONY. Hear yourself say the words GENDER HARMONY as you return into the concrete ~ GENDER HARMONY ~ GENDER HARMONY. Say the words GENDER HARMONY ~ GENDER HARMONY ~ GENDER HARMONY.*

*If you do this meditation within a group, it is appropriate then for all of you now to stand and hug each one in the group and be joyful and laugh. Go to each. (The group members hug one another) When you have finished, bring yourselves back into a close gathering and be seated.*

*This can be used, as you know, just within Self, without any prompting, and you may stay in the Higher Self for discussion for as long as you need. We have given you the technique. You will learn many wonderful things in this type of meditation about Self and gender harmony. Remember to call upon us when you have issues of gender harmony. View it as gender harmony and not as gender differences, for it is truly not a difference ~ it is a harmony.*

*We send you all the very Highest of the White Light from our realm. Waith will return to close out the energy. We thank you for allowing us to Be of Service to you. We will spend much time with you in the future on the earth plane, for our work is just beginning. Farewell.*

*Waith: So, are you all harmonious now? Just what some of you wanted ~ your physical encasement trailing behind you in a meditation. You thought that was one way to get rid of that physical encasement when you went to meditate. You did not have to take that encasement with you in the meditation. But as you do this meditation, you will find the benefits that it is providing in the area of gender harmony.*

*We close out our discussion of gender harmony by emphasizing to you once again, as Boopsie did. to focus on harmony and not differences, for the differences are meant to be harmonious and that is the journey. Farewell, my loved ones, and we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius.*

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