

# *Waith Class Transcript*

**NOVEMBER 05, 1996**

The Search For Self Through Meditation ~ Farena Presents The Concept Of Lightheartedness

Lightheartedness Is An Earth Plane Requirement, Necessary To Finish Your Sojourn Feeling Blue ~ Feeling Out Of Sorts ~ Feeling Out Of Balance ~ Is A Positive ~ For You Can Use It As A Reflection To Look Within Self

Farena Guides The Group With A Focusing Technique ~ Finding A Prop In Another Environment Which Gives You Lightheartedness

## *~ 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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## The Search For Self Through Meditation ~ Farena Presents The Concept Of Lightheartedness

*We bring to you the White Light from the Highest of the Kingdom of Amelius. We are pleased that we have come to the final component of our topic for this earth plane year in The SEARCH FOR SELF through meditation.*

*We have started this earth plane year with Jenjura talking of The Webbing Effect ~ and Frank has talked of Community ~ Jacques has talked of The Healing of Self ~ Teetee has talked of Group Balancing ~ Boopsie has talked of Gender Harmony ~ and, of course, Miss Fluffball herself, Farena, is now scheduled to speak on Lightheartedness. What we have given to you, then, is The Spectrum of issues that all on the earth plane face ~ the various arenas of discussion.*

*Lightheartedness has been left until the end for discussion, not that it has the least importance, for each of the topic areas have an equal level of importance. One is not more important than another, but Lightheartedness is the closing of the loop. Without Lightheartedness there can be no search for the web that each of you has and that is part of The Universal Consciousness.*

### Lightheartedness Is An Earth Plane Requirement, Necessary To Finish Your Sojourn

*Thus, Lightheartedness is that final component that feeds then back into The Circle, and indeed, infiltrates The Circle ~ for Lightheartedness is an absolute necessity to have achieved in order to get off the plane. It is absolutely impossible to leave the earth plane sojourn ~ your many, many lives ~ without having achieved the sense of Lightheartedness.*

*Many feel that it is inappropriate to be Lighthearted when one is so serious of their spiritual path. They puff up themselves and they walk around as if there is such serious business and one cannot laugh and one cannot be irreverent. This is quite the opposite from our perspective. And if The Angelics feel that Lightheartedness is critical, then who is to dispute that? After all, Angelics know everything. Right? ☺ If you believe that one, as they say on the plane, "We have a bridge that we would have for you."*

*What you then will be exposed to in this final component through Farena is the discussion from Farena on the purpose of Lightheartedness. And in our next gathering with you, Farena will give you one of her meditations regarding Lightheartedness. Many of you have been in sessions where you have experienced meditations with Farena and her ability to bring Lightheartedness and fluffiness into an environment.*

*She has instructed Mushiba, prior to her entry in for this session, for certain props, as you might call them. And thus, you see the props over there ~ as only Farena would have props. She is, indeed, the one in The Company who helps to keep the perspective, for even in The Angelic Dimension, and dimensions off of the earth plane, the sense of perspective can be lost, and the seriousness of something can overcome you. The exaggeration that Farena presents to the earth plane is purposely meant to bring about the awareness of the importance of Lightheartedness.*

*There is a word oftentimes associated with Lightheartedness and fluffiness that we have plugged into on the earth plane and that is DITZY. And people seem to think that ditzy is a bad thing. Farena would be the epitome, then, of ditzyness, if you were to use that term. This is a good thing. It is very, very critical that you maintain a Lightheartedness, for without that Lightheartedness, you will not be able to bear up under the sometimes-burdensome responsibilities you have taken on for your path.*

*Learning should be joyful and Lighthearted, not unhappy and disastrous in its orientation. Learning is joyful, even if it appears to be difficult and painful. It is ultimately joyful, for you achieve one more step back to The One. So then, we will have Farena enter in and when she has finished with her discussions with you, we will return to close the energy field. Enjoy.*

*Farena: Hello-o-o! Hi! Hi! Hi! Fluffy, fluffy, fluffy. My love, is this bothering you? (Farena taps the mic) Can you hear that? Can you hear that? Good! Now, these are my props. This is my crown ~ this is my halo ~ this is a manifestation of wings. I had quite a difficult time persuading Mushiba to bring this. She kept saying NO, and she put it away and she tried to do other things, and I kept saying, "I want it ~ bring it ~ bring it." And she kept saying NO, and then she would take it out and she would put it back in until ~ I won!*

*Persistence is very important. If someone does not want you to be Lighthearted ~ they try to make you not be Lighthearted ~ you have to persist! And sometimes, you have to exaggerate in order to make your point, and in order ~ more importantly ~ to overcome all of the negativity that some other entity would try to impose upon you.*

*On the earth plane today everybody is faced with issues of being imposed upon by the darkness. It is a given on the earth plane now. And so, one must find something to remind themselves to be Lighthearted, and that is what our topic will be about for our component of The SEARCH FOR SELF through meditation. It is finding the prop to help you be Lighthearted, and every one of you has a different energy that enables you to find your own prop. It is very important to find your own prop!*

*Hello-o-o! How are you? It is very nice to see you. How are you? (Farena is addressing some of the people gathered) Fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy, fluffy. We have one of these in pink! (Feather boa) ☺ Just for you! With a little added bonus ~ yet to be determined! Fluffy, fluffy. This is my Harmony*

*Basket. Some of you remember my Harmony Basket. Some of you even remember my poem ~ HARMONY ~ which is being published ~ in a big book!*

*Now then, let us talk about props for Lightheartedness. I will fix my props first. Now then, how many of you know what to do, concretely, when you are feeling blue? Raise your hands if you know what to do concretely when you are feeling blue. (Some hands are raised) Some of you do, and some of you do not.*

### **Feeling Blue ~ Feeling Out Of Sorts ~ Feeling Out Of Balance ~ Is A Positive ~ For You Can Use It As A Reflection To Look Within Self**

*Feeling blue can be a good thing if you use it for reflection to look within Self. Feeling blue can also be a tool from the darkness to get into your vulnerable spots, for feeling blue is simply this feeling of being a bit out of sorts ~ out of balance ~ and that is all right. However, if you allow it to fester, the dark comes in and uses it to come in and attack you and you begin to become depressed. Something that starts out as a wonderful feeling, a way to reflect and go within, can become, then, so dark that you become incapacitated and you begin to believe the press that comes from the dark. So, it is important to surround yourself with fluffy things ~ as you define fluffy, not as I would define fluffy, and certainly not as anyone else would define fluffy.*

*Lightheartedness ~ ah, my little crown ~ who would like to wear my crown ~ my halo? O-o-h! See, we crown you ~ what do we crown you? What would you like to be crowned as?*

#### **Myself.**

*Farena: Very good answer! We crown you ~ yourself! Look how pretty. So pretty. This little boa could be used by someone to keep them fluffy and Lighthearted. We have just the one in mind ~ for we were hearing before entering in ~ our love here, who usually hides way over here, away from everybody. She said she wanted to borrow this.*

**It looks good that way. Very pretty.**

*Farena: With Mushiba's hair ~ how about this?*

**Oh, an Eskimo.** ☺ (Farena is playing with the feather boa by placing it in different styles)

*Farena: Big Bird. Is he yellow? He is gold. We crown you Queen of The Fluff! (Farena places her crown on one of the group members) Now you have to come out here and show everybody how pretty you look. (Referring to the one who has been handed the feather boa) Come on. Stand up ~ stand up. Come along ~ come along. Here she comes. We make it very easy now. There she is! Yay! (Group clapping) Very pretty. We knew she would like to*

*be the center of attention because she was indicating that before we entered in. She was harping ~ is that the right word, harping? Harping along that she wanted to be with a pink boa, so we let her use the white one till she gets her pink one.*

*We do not need props any longer. But all entities need something to bring them into a sense of their own Lightheartedness. That sense of Lightheartedness can so easily be lost in the everyday living on the earth plane, even to the degree that it would inhibit your meditations ~ the sense of being pulled down. And if you do not stop that sense of being pulled down, you will be dragged into the darkness and it will be very difficult to bring yourself out. It is the balance, however, that you must achieve as individuals ~ the balance of being blue and using that in a positive way to when it reaches the point of dragging you down and creating the inability to see the Light.*

*When we give you our meditation technique in the next gathering, the technique will help you to focus on a prop. In this gathering we talk to you about the finding of something to lighten. It does not have to be something that is only found in your own environment ~ for you may find yourself in a very strange new environment without your prop, and you will say, "I do not have that which makes me feel good. What will I do?"*

*You must be able, therefore, to recognize in any environment that you find yourself, something that you can gravitate to that will make you feel happy, to bring you into a sense of balance, and to keep the sense of blueness at that level and not to bring you into depression. Depression is an entirely different topic. It is appropriate to be in depression, but that is another discussion. We talk of keeping the Lightheartedness.*

### **Farena Guides The Group With A Focusing Technique ~ Finding A Prop In Another Environment Which Gives You Lightheartedness**

*So, we are going to have you do a practice. You are in an environment that has many, many props in it. This environment of Terra Lux is specifically designed to be a haven, to give you a sense of safety and Lightheartedness. What we want you to do, now, is first to stand. For any who would be reading this transcript, we would say to you, find an environment other than your own, in which you are comfortable, and then follow the steps that we are about to give.*

*Each of you now put your hands by your sides. Entities over there, bring yourselves in closer so that you are a part ~ very nice. With your hands by your sides now, simply move your body, slowly, feeling comfortable. In an attempt to loosen, move your shoulders, move your fingers, move your body ~ just to loosen your energy field. And, now, as you are doing this movement, look around the environment ~ look around first ~ look at things. Now we want you to move around the environment ~ walk around, feeling light and free, and touch ~ touch the plants, touch the lamps, touch the tables, touch the piano, touch the windows, touch the doors, touch the doorknobs, touch the*

*railings, touch anything you can find ~ energy forms ~ touch anything you can find. Move about, feeling a sense of the environment.*

*What you are doing is attempting to connect with an energy that will call out to you, for wherever you find yourself, in whatever environment, there will be a Lightheartedness. There will be an energy that will call out to you. You simply need to call out to it and to open yourself ~ touch, touch. Touch is so important in the concrete illusion of the earth plane ~ touch. And as you are touching, when something calls out to you, pick it up and bring it with you. Claim it for the time being. Find a Lighthearted energy ~ find anything that calls out to your name. When you have found your Lighthearted Connection, return back into the gathering.*

*Ah! You all have found something. Now, it is time to take this Lighthearted entity ~ and it is an entity, for it has energy ~ that you have selected and hug it, hug it and, say to this entity ~ (These are all repeated)*

- *You are Lighthearted"*
- *Help me to be Lighthearted.*
- *Hug again. Say ~ You are wonderful!*
- *Oh, that is the spirit! ~ You are wonderful!*
- *You are wonderful!*

*And now, move around the environment, and since there are others here, introduce your Lighthearted friend to some of the others in this environment. Go to others and say, "This is pillow!" That is the idea. (Group chatter as "friends" are introduced)*

*Everybody gather around. Gather around now. Everyone gather around and find your seat. Gather and find your seat. It is time to sit now. Oh, wonderful! Wonderful! So much Lightheartedness!*

*If you are in an environment where you feel yourself beginning to be blue, this is what you do. You find something and you identify with it. You may be able to pick it up, and you may, in fact, be in with other people who are able to help you to lighten up. But, if you find yourself in a grumpy environment, you must consider that those entities could bring you down even further ~ and it is your obligation to Self to not allow that.*

*Thus, you can exaggerate your own fluffiness. You can find something in the environment, and where they are so serious and perhaps dragging you down, you exaggerate your fluffiness ~ where you say, "Look at my new friend. Come, say hello to my new friend," to these grumpies. And they would say to you, "You are foolish." And you would say, "Yes, I am," for you take control of your own Self, my loved ones, when you are in an environment where you feel blue almost to the point of dragged down where the darkness can come in.*

*Only you can control that, and if it takes something exaggerated, like this exercise, then so be it. For what is better, to exaggerate your Lightheartedness and have others think that perhaps you are a bit wacky ~ which is not a bad thing ~ or to be brought into the mire of the darkness, with much more difficulty to pull yourself out. It is your decision.*

*Some would view this exercise we have given as frivolous, and that is fine. Eventually, you all will need to be frivolous. Whether it is in this lifetime or in another lifetime to come, or a series of lifetimes, it is important if all you learn in this lifetime is the concept of frivolous ~ frivolousness? Frivolousness? For it then becomes a soul memory and is implanted into your soul. You can use this technique concretely where you go specifically to an object. You pick it up ~ you hug it ~ you proclaim its Lightheartedness. You have a symbol, a prop that will remind you to bring yourself back into your Lightheartedness.*

*Or, you can simply take the concept of what we have presented and be in an environment and connect, energy-wise, with something in that environment that makes you feel Lighthearted, and through imaging and visualization, you bring that into form within your own mind. And in your own mind, you are hugging this energy that has caught your attention. For you may find yourself to be uncomfortable being frivolous and Lighthearted. in certain situations, in a visible way.*

*The concept is what we present to you. It is critical that you have something always at your disposal to bring yourself back into Lightheartedness. Most of the time when you begin to feel yourself being dragged down, you will not be in the safety of your own environs. You will, indeed, be in the environs of something other than your home. That is generally when these types of emotions kick in. It is deliberately planned that way. You must then make whatever environment you are in comfortable for you, your safety zone within what might be a hostile environment. You are able to do this very easily, and it brings in the Lightheartedness.*

*In our next gathering with you, we will give you the meditation, in the SEARCH FOR SELF that will allow you to utilize this tool, this prop, to bring you into your Higher Self. There will be two forms to this meditation. There will be the long version, in which you will be able to really focus when you have the time. There will be the short version ~ when you find yourself in an environment where you need immediately to connect with your sense of Lightheartedness. We will give you the quick version, then we will give you the long version. It will be a focusing technique that will work in harmony with the finding of a Lighthearted energy form in your environment.*

*Wherever you go, there is always a Lighthearted energy form waiting to be your friend, if only for a brief moment. Remember that The Universal Consciousness never leaves us alone. We have everything that we need, wherever we are, to keep us balanced. We simply need to recognize it and to seek it out. And sometimes props are necessary ~ and fun!*

*Find something in your environment that you are happy with and use that to carry with you as a prop. It might be one thing or it might be several things ~ pick and choose, depending upon your mood. It could be something that you wear purposely when you know that you need a bit of a boost to be Lighthearted. It could be simply certain items that you select ~ such as the representation of a halo.*

*Do not be afraid of what others will say, for it is your Lightheartedness that is at stake. It is also your influence, for if you are able to make someone stop thinking, even momentarily, about the seriousness of their own job, and focus on how silly you are, you have brought Lightheartedness into the heart of another. Do not be afraid to show Lightheartedness.*

*Lightheartedness is not, IS NOT ~ and we repeat this very, very strongly ~ IS NOT a luxury ~ it is not a luxury ~ it is a necessity. Lightheartedness is a necessity ~ necessary for the balance, necessary for closing the loop, for closing The Circle, for infusing everything that you do on your path. Find your own ways of being Lighthearted. Being Lighthearted does not mean you are not serious about your mission, for you take your mission seriously, but you do not take yourself seriously. You take yourself Lighthearted and everything flows as a result of that.*

*That is what we have to present in this gathering, the Concept of Lightheartedness, the tool by which you can bring yourself under control to be Lighthearted. And in our next gathering ~ oh, the focusing techniques ~ short term and long term. What more can you ask for? Would you have any questions, my loved ones? (Silence) So serious.*

#### **Should a prop always be something external?**

*Farena: It does not need to be external. We present it as an external in this exercise so as to give you something concrete to hold onto, but it can very well be abstract ~ internal, something that you feel ~ a moment that you remember as being joyful ~ a day splashing in the waves of the ocean, remembering. So, it can be internal. When we give you the focusing technique, there will be the internal component. We give externals because many on the plane need something very concrete before they can move into the abstract. Other questions?*

#### **Is there a way we can we send fluffiness to entities who seem to be stuck in funky environments?**

*Farena: Fluffy, fluffy, fluffy, fluffy. You must remember that sending fluffy falls in the same realm as sending Light. You cannot impose Light ~ you can simply send it unconditionally, without imposing it onto the energy field. So, you send fluffiness in the same way. And you can visualize simply fluffy. You can use something very concrete like cotton, white fluffy cotton, fluffy clouds. Or, simply envision Lightheartedness in whatever way you envision Lightheartedness, and send it along to someone who you*



*think needs it, without imposing it, and sending it right to the edge of the energy field of that form ~ very easy.*

*We depart now so that Waith may return. We will see you in our next gathering. Fluffy, fluffy, fluffy, fluffy ~ bye!*

*Waith: Well, now!*

**Send Waith fluffies.**

*Send Waith fluffies. Send Waith fluffies. Yes, indeed.*

**If you want them.**

*Oh, unconditional fluffies, yes indeed.*

*We send you all the very Highest of the White Light as we are about to depart ~ for Farena, of course, as usually happens, gets into fluffiness, and it is time for us to bid farewell to you all. We will see you in our next gathering. You are all quite beautifully fluffed now. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you.*

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