

Waith Class Transcript

NOVEMBER 19, 1996

The Search For Self Through Meditation ~ Farena Comes In, Giving The Group Exaggerated Lightheartedness And Fluffiness

Farena Guides The Group With A Technique For Lightheartedness ~ A Meditation That Can Be Used Individually Or In A Group

~ 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

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

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

The Search For Self Through Meditation ~ Farena Comes In, Giving The Group Exaggerated Lightheartedness And Fluffiness

This gathering is a time of Lightheartedness and our fluffball emissary is in the wings, so to speak, ready to show you a meditation on the SEARCH FOR SELF through Lightheartedness. And if you were not in the first session where she gave the Concept of Lightheartedness, that is all right, for you do not need to have been in that session to be able to participate and enjoy this meditation that will be presented to you.

When Farena has finished, we will return to close out the vibration. This is her session with you and a most enjoyable meditation that she has planned for you ~ and she did dress Mushiba. You know, understand that you can accommodate any type of attire if you feel strength within Self. And thus, my particular energy is not accustomed to this type of attire. However, we are disembodied anyway, so it does not matter. So Farena is about to entertain you and educate you.

Farena: Hi! How is everybody? Are you good? Do you like what I selected? This is especially what I like. (A sparkly crown) Do you think that perhaps some of us wore these in another time, with other kinds of looks ~ even the male energies?

It was Roman times ~ when the Romans were around.

Farena: Many other times also. Far too numerous, far too numerous. Now, we have our halo. We gave this halo to one person to wear last time when we were talking about our concept, and in this session, I am going to give it to another person to wear so that they can feel like they are a part of the fluffy, fluffy, fluffy. So, eenie, meenie, minee, moe ~ catch an Angel by a wing. Feel the fluffy energy. Who needs the fluffy energy the most? Fluffy, fluffy. (Farena gives the halo to a group member) You have to wear this for the whole meditation. Promise? Promise?! Say, yes!

Yes!

Farena: The pink feather boa is coming, my love! Here is the white one. Who do you think would benefit the most to wear this in this gathering today? Who do you think we should have wear this?

One of the male energies.

Farena: A male! Oh, but a male encasement or a male energy? How very interesting! Or a male energy in a male encasement. Might we have one of those? Oh, we may not. So, rather than reveal a path, we will simply say a male encasement. Now, we will not give

it to (Name) because he is coveting this as it is. ☺ He wants it. He wants this entire outfit that I am wearing. He really wants my little netting. So, do not be surprised if you see him wearing it when he is teaching Karate! As he says, when you are a 220 pound black belt, it does not matter what you wear. ☺ You can wear anything you want! And, that is the attitude to have ~ it matters not. It is all in your attitude ~ in your attitude of Lightheartedness ~ Lightheartedness.

So, we think, hmmm, fluffiness! You are too far away. Hold that. O-o-h, much nicer. Now you will have to move over there. Oh, so very nice! There, hold that ~ hold it. Do not grab it! Gently ~ no! (Farena places the feather boa over two males in the group, who she repositions next to each other) ☺

This is my Harmony Basket ~ which you will hear more about in the coming years on the earth plane. The Harmony Basket is filled with harmony! The Dance of the Veils ~ I used to do this very well, but it was in another body. Disembodiment has its disadvantages! You can only do what the current body lets you.

Now, place this on ~ Puppy! Both Puppies! (Referring to two in the group) Very nice. Now, could you move this chair? Put the energy back ~ back, there. (Farena is rearranging things) Sasha ~ back. Sasha is all right. Now Farena Junior.

Tweety too?

Farena: No, Tweety, you will observe. Farena Junior. Waith humors me. This is Farena Junior ~ she is the symbol of Lightheartedness. She is a big baby.

She is a duck!

Farena: She is not a duck! ☺ Now, this is your image of fluffiness.

Farena Guides The Group With A Technique For Lightheartedness ~ A Meditation That Can Be Used Individually Or In A Group

We give a group meditation to help you focus on one item of very extreme, fluffy Lightheartedness. To do this meditation as an individual, you simply will focus on your own symbol of fluffy Lightheartedness. If you were here in the last gathering where we discussed the Concept of Lighthearted, and you found your item of Lightheartedness and fluffiness, that was to show you the concept of how to hold and hug your item ~ your symbol of fluffiness and Lightheartedness. In this group gathering, we bring the concept into group application, which can very easily be applied to you individually, or to you with one other energy form ~ be it human, mineral, animal, fiber, whatever. And so, let the games begin! ☺

Halo Wearer ~ come to me, my love. Sit facing the others ~ very good ~ fluff up her halo. When doing meditations to bring out Lightheartedness and fluffiness, you must go to the extreme. The extreme means extreme for you. For remember, what is extreme for one may be normal ~ whatever that is ~ to another. You find what is comfortable for you in being Lighthearted and fluffy, and stretch yourself by deliberately finding something or visualizing something very, very fluffy and Lighthearted.

For those of you who will take this meditation technique with you from this gathering, you have the image, first, of this lovely energy form wearing this very fluffy halo, sitting next to a fluffy duck, looking across at two male encasements wearing a white feather boa that links them, for purposes of this meditation, together as an energy unit. Visualize this setting. And there is purple netting on the floor ~ surely, an exaggeration of Lightheartedness and fluffiness ~ for who would place netting on the floor, sit on it, with a netting-based halo, next to a purple, fluffy duck, looking across at two male encasements bonded with a white feather boa. Now, that is an image. And, as you would say on the plane today, it is a look! Visualize it.

Understand the ability that you each have to create your own exaggeration of fluffiness and Lightheartedness. It is essential to the progression of the Soul to have Lightheartedness and fluffiness. The only way that you can move forward in the growth of your own Lightheartedness is to fling yourself into an exaggerated arena ~ if only for a brief time of visualization, of meditation.

It is safe, for you visualize it. Eventually, what you visualize you may find the courage to manifest. And our two male encasements may, at some point in the future, feel comfortable in going outside of this safety zone of Terra Lux, bonded with their white feather boa, or something similar. And our Angel, sitting on the netting next to Farena Junior, may indeed, at some point, feel comfortable outside wearing this halo.

Mushiba has worn this outside. She has worn it to where she works ~ outside of Terra Lux. No one really noticed! They come to expect that type of thing. And thus, this is not an exaggeration for Mushiba. For others, it would be. Thus, you find your own level of exaggeration and send the Light of Self to that exaggeration of lightness and fluffiness that is appropriate for Self. And so, my loved ones, we begin our meditation.

Now then, relax. Relax. Move your shoulders a bit ~ hold onto your feather boa and move your shoulders a bit. Move your shoulders. Then, go Ah-ha-a-a! Again, Ah-ha-a-a! Eventually, you do not have to do the physical breathing. You simply visualize the releasing of the energy. And now, just close your eyes a bit ~ not tightly, but gently ~ and move your head a bit. Then go, Ah-ha-a-a!

And now, say after me ~ (All are repeated)

- *I call upon the very Highest of the fluffy White Light.*

- *Descend upon me and cover me with your fluffiness.*
- *I feel your fluffiness.*
- *I call upon my very Highest Angelic Protector.*
- *Come into my fluffiness and surround me with your wings.*
- *I call upon all of my guides.*
- *Please enter into my fluffiness and encircle my fluffiness.*

Your inner being is now protected with the Highest of the fluffy White Light and the Highest of your Angelic Protector. Your guides are outside of this circle, helping to bring in additional fluffiness. And now, we go on a journey ~ a journey of Lightheartedness. As you begin your journey, visualize the image that we have presented to you in this gathering, the image of fluffiness and Lightheartedness. If you are doing this by yourself, visualize as fluffy and Lighthearted an image as you can bring yourself to do. Exaggerate it ~ fluffiness and Lightheartedness ~ fluffy, fluffy.

Envision yourself surrounded by fluffy, fluffy White Light. You are protected by the fluffy wings of your Angelic Protector. You are hugged and protected by your Angelic Protector. Your guides surround you to learn of your desire for fluffy, Lighthearted exaggeration. You take a journey now, a journey into one part of your soul reserved for exaggerated Lightheartedness. Every soul has one very small compartment only for exaggerated Lightheartedness. We will show you the way to that spot. It is the gift that has been given by The Universal Consciousness to all energies who take on the earth plane as a training ground.

Visualize the exaggerated image being surrounded now with a ball of fluffy White Light. Encircle the image of exaggerated Lightheartedness with fluffy White Light ~ encircling, encircling, and protecting. Bring that exaggerated image, surrounded by the fluffy White Light, into that which you call the Third Eye Energy Center in the middle of the forehead. Feel the image moving into that Energy Center. You are seeing exaggerated Lightheartedness as you bring the image into the Third Eye. The Third Eye Energy Center sees the higher purpose, sees the totality of your mission. It moves in, then, through the Third Eye and rests. Let it rest in the Third Eye.

Now, it is time to take the image, surrounded by fluffy White Light, and lift it out of your energy field. Allow it to drift out of the physical encasement ~ moving out of all structure. Envision it floating free, carefree, and happy. It is dancing. It is bouncing. It is out of the physical encasement. It dances around you. It looks down at your physical encasement and it laughs. It is free. It bounces.

The image is connected to your energy field with the very thin cord and now moves out of the dimension of the earth plane ~ rapidly. Feel it flowing rapidly out of all the dimensions of the earth plane, still attached to your conscious energy. It flies rapidly now into the dimensions of the Higher Self, and it moves quickly through Higher Self, for the

Soul calls to it. Feel yourself looking at its movement through all of the dimensions of Higher Self.

It moves, now, to the Dimension of Soul. Hear the call coming from Soul ~ the Lighthearted, exaggerated part of Soul calls out to the image. Enter the image into the Soul now. It is connected to the spot of Lighthearted exaggeration. There are no worries. You are carefree. You are happy. You are joy-filled. You have only peace and contentment. You feel light and free as you look at this image of exaggerated Lightheartedness and fluffiness. And now, in the quiet of your soul, listen to what Soul tells you about Lightheartedness for Self. We will bring you back soon ~ quiet now.

It is time to return. Now say thank you to the Soul. Thank your soul for opening up the spot of exaggerated Lightheartedness and giving you a message. You will take this message with you now as you bring back the image of exaggerated Lightheartedness. Slowly, move out of the Dimension of the Soul. You are drifting slowly, feeling very comfortable, very free ~ filled with joy and Lightheartedness, for you embrace the message from Soul. Move, now, back slowly, into the dimension of Higher Self. Feel yourself moving through the dimensions ~ the many dimensions ~ of your Higher Self. Feel Higher Self stroking you and hugging you and loving you. You move through the dimensions of Higher Self.

Slowly, now, you begin to see the dimensions of the earth plane. You are moving back, back to the earth plane ~ slowly. Feel yourself coming closer and closer to your physical encasement. Feel yourself moving into the physical encasement. It is the image of Lightheartedness and fluffiness, exaggerated, that you hold onto. Place the exaggerated image into the Third Eye again, remembering the image, implanting the image. Add to that image now any information you have received from the Soul in this journey.

Slowly now, slowly, allow the image to dissolve within the Energy Center of the Third Eye. Feel it seeping through your energy field. All of your Energy Centers now have the energy of exaggerated Lightheartedness and fluffiness and the special message from your soul. You are filled with your own image of Lightheartedness and fluffiness.

Thank your guides for being with you and release them into their own dimensions. Thank your Angelic Protector, and release your Angelic Protector back into the dimension from which it comes. Feel yourself still surrounded by fluffy White Light, and as you return into the conscious, current, concrete dimension, bring with you the soft, fluffy White Light that surrounds you. And slowly now, return ~ slowly now, return. Come back. Come back.

We, of course, gave you an abbreviated technique, for this technique can take as long as you want it to. The length of your own movement out of the dimensions into Soul can take as long as you want it to. You spend as much time as you want to in your soul's spot. You take as much time returning as you want to. You take as much time allowing

the image to sit in the Third Eye. You take as much time as you want to allow the seeping of that energy throughout your Energy Centers.

We have given to you the technique. It is an individual technique and it is also a group technique. You can have as much fun with a group gathering, as we have done with you in this session, as you would want.

Gather as many ~ play with this, enjoy it, create your own exaggerated fluffiness. Bring energies together like we have done in this gathering ~ our Angel with her pretty halo sitting next to a fluffy purple duck with two male encasements bonded with a white feather boa. Only your imagination would limit the exaggerations that you could bring before a group meditation. And play with each other in the group through the use of some exaggerated fluffiness and Lightheartedness. And you can do this by yourselves. The same technique applies in either case. Now release yourselves. (Farena takes several quick breaths, then dances around)

Now then, are there any questions about what we have given to you?

It was very different.

Farena: In what way?

Just the presentation ~ how to do it ~ different than just closing our eyes and doing things.

Farena: And did you like it?

Mm-hmm.

Farena: You better say that! And remember that I still hear things even when I am not in this dimension.

I had a feeling that my bird, that is in my vibration, was dancing all around, too, kind of wondering about that fluffy stuff.

Farena: Little bird prints all around your energy field. You could put little sparkly gold balls on the tips of the little bird feet and watch it dance around. And then you could hold one of its wings and walk with it. It could be an exaggeration. It is very important to exaggerate. That is the only way to grow ~ whether you exaggerate in Lightheartedness or you exaggerate in seriousness. The only way to grow is to exaggerate, for then it brings you back into the balance, brings you into the middle.

It is time to go. I have to go. Waith has to come back, and say bye-bye. But I will be with you again. Fluffy, fluffy, fluffy. Bye!

Waith: Well, now, I am quite a shock to have returning. We are most pleased with what Farena has given to you. It has been a most Lighthearted and joy-filled meditation and a most appropriate way to end the series that we have presented in this earth plane year of the SEARCH FOR SELF through meditation.

Each of you enjoy your SEARCH FOR SELF. You have six different approaches to the finding of Self that we have given to you, with each of The Company members presenting their assistance to you. Enjoy your search. We will be with you as you continue in your journey. Be brave ~ Be Lighthearted ~ Be Serious ~ Be Balanced.

We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.
