

Waith Class Transcripts

APRIL 12, 1997

Special Topic Session ~ The Flow Of Your Own Energy

Waith Discusses What Types Of Stimuli Work With, And Against, Your Energy Field

Technique For Finding Your Own Positive Stimuli

Class Discussion About Their Experiences Of Finding Their Positive Stimuli, And Questions Regarding The Technique In General

Technique For Finding Your Own Negative Stimuli

Class Discussion About Their Experiences Of Finding Their Negative Stimuli, And Questions Regarding The Technique In General

Guided Meditation To Help You To Understand The Balance Between The Positive And The Negative Stimuli To Your Own Energy Field

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~ 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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Special Topic Session ~ The Flow Of Your Own Energy

To help you understand more greatly your own flow of energy as it fits into the greater plan of your immediate environment, and then how you may take that and extend it into an even greater environment

From the very Highest of the Kingdom of Amelius, welcome to our gathering, as we discuss with you the FLOW OF YOUR OWN ENERGY ~ always an interesting topic, to work with your own energy ~ to play with yourself in so many different alternative ways that you have on the earth plane. ☺ Playing with your own energy is one of those ways that you can receive great pleasure. You can determine the type of pleasure that you would like to receive from that. ☺

We are planning to give you some guidance in how to work with your own energy and how to, then, take that into a focusing component for yourselves, to take it into a formal meditative positioning, if you will, or simply that which allows you to clear out the stimuli that comes from earth plane experiences.

Farena is going to enter in, in a moment, to give you a smoothing energy and to relax you in her own way. And you can be certain that she will rearrange you, so do not get too comfortable. So, in any event, what we have planned then, is to help you to understand more greatly your own flow of energy as it fits into the greater plan of your immediate environment, and then how you may take that and extend it into an even greater environment. You each have a particular mission in this lifetime. Those of you who are in this particular gathering have very specific missions that you are aware of. Others on the plane have missions that are beginning to be revealed to them through their meditations and through their observations.

The time frame on the plane now is one of intensity and exaggeration and what we will give to you in this gathering, then, are some tools, some guidance, to help you to implement your mission more smoothly as it fits within your own environs ~ to help you to understand your place in your environs and perhaps to help you become even more exaggerated in your environs ~ which, for some of you, is a very critical part of your mission ~ to serve, perhaps, as an irritant to those around you. It is one of our favorite positionings, to be that of the shaking up of the status quo, and to feel comfortable in doing that ~ not to feel that you must apologize for the shaking up of the status quo ~ but rather, to be joy-filled in that position. And in order to feel that, you must have a sense of flow within your own energy field.

So, we will have further discussion in this after Farena gives you a bit of fluffing and, perhaps, a discussion of the pink feather boa that (Name) now has as a flowing for her own energy. So, we will return in a bit. Enjoy Farena now.

Farena: Now then, the first thing to do is to play with my feather boa and my white one and ~ my love, put on your feather boa. ☺ Come on. Do it like this. (Farena demonstrates how to put on the feather boa) First, this is called, "Orientation to the Proper Use of a Feather Boa," by Mushiba's best friend Farena. And, you see, I knew this from many lives when I used feather boas for many things. So, we start like this, and then, go like this, one over the shoulder and over the other shoulder. (Farena continues to demonstrate) ☺

Remember when we talked about exaggeration of fluffiness? Part of the flowing of your own energy is exaggeration of your own fluffiness. And so, it is like this ~ tut-a-tut-tut. ☺ You will do that when I say you can take it off. It will be soon ~ there. (Someone tries to take off the feather boa) Now then, da-da-da-da ~ no, that does not go like this. ☺ (Farena is getting a bit risqué) ~ It goes with those other lives. ☺ Now, bring it down and down around your shoulders. Now go like this ~

One way and then the other?

Farena: It could be, if you have developed that technique. ☺ So, that is orientation to your feather boa. (Farena has been demonstrating the feather boa technique to a participant)

Thank you.

Farena: Yes. Here loved one, you can play with it. (Farena gives feather boa to a male in the gathering) See how natural I flowed in doing that ~ throwing my feather boa to the male in the audience. ☺ Sometimes it was to the female in the audience ~ depending on the lifetime.

Now then, a-h-h. You are all such bright and beautiful energies, and I am going to rearrange you for a moment. And then, if you want to go back to where you are now, when Waith returns, you may do so. So, I want you all to spread out in this beautiful environment and find a spot so you are not scrunched up with each other. Very nice. Much more open. Much better, also, for the flow of energy. A-h-h-h. Now then, relax ~ relax. Put your hands apart from each other. Relax and relax ~ wiggle your toes a bit ~ and allow your body to relax and relax. We bring you fluffiness and we bring you Lightheartedness and we bring you the flow of energy. A-h-h-h. Very nice.

A-h-h-h. My love, you need much fluffing. Take your arms away and feel the energy. Feel the energy. Relax, your arms down. Relax and relax. Relax. The burden is shared ~ you are not in it alone ~ that is why I brought you here today. A-h-h-h. Fluffy, poofy. A-h-h-h. (Farena is working on fluffing the energy field) The fluffiness ~ fluffy ~ the fluffiness, the Lightheartedness ~ the fluffiness and the Lightheartedness ~ soothing and soothing ~ Lighthearted by yourself ~ smoothing it, smoothing it. Relax, my love. That is better. Fluffy, smoothing it, fluffing it. Around this way. (Farena is moving around) A-h-h-h. And the smoothing and the Lightheartedness ~ smoothing and the Lightheartedness ~ gentle ~ gentle. Smoothing for the work that you are about to do for us. You are smooth and

gently, gently, your energy moves, flowing, flowing, flowing ~ gently smoothing, smoothing. (Farena concludes the work on this energy's field)

And now, each of you, bring yourselves into a quiet spot. Envision fluffy White Light. Envision yourselves surrounded by fluffy, fluffy White Light ~ it is the White Light from the Angelic Realm that comes to you now and surrounds you. It is Lighthearted, Angelic White Light ~ it is Angelic White Light. You are Lighthearted ~ you are relaxed. Your energy begins to feel soft and safe within this environment ~ soft and safe.

Each of your Angelic Protectors has come to this gathering and all of your guides are here at this gathering. There is much energy of unitedness, all gathered, smoothing your energy. You are simply relaxing, not requiring yourself to do anything ~ just relaxing and feeling the fluffy White Light ~ the Angelic protection. You are relaxing ~ calming your energy field ~ forgetting the earth plane tensions and requirements. You are just relaxing, surrounded by Angelic protection.

You will feel the Angelic protection for the whole gathering, and the Angelic protection will follow with you when you leave this gathering today. It will stay with you until the next earth plane day. You will have a sense of calmness about you ~ a sense of Lightness ~ relax. (Several moments go by as participants are relaxing)

And now, it is time to bring yourself back into the conscious state of the dimension that you are in now. Return and open your eyes, still remaining relaxed ~ but returning and opening your eyes to receive information that will guide you in the Flowing of your own Energy. Return now ~ gently and slowly. A-h-h-h. Feeling much more relaxed and much more calm ~ ready now to receive new information to help you in the Flowing of your own Energy. Wake up, wake up, wherever you are. Wake up, wake up, wherever you are. Very nice, very nice.

I have a poem. After all, I am a published poet now. See my book, where is my book ~ there is my book. There is my certificate, (Farena gestures to the book her poem is published in and to her certificate) *Published poet ~ there is my poem. Remember poems do not have to rhyme. And this one is especially designed for Flowing with your own Energy. It is called, FLOWING WITH YOUR OWN ENERGY. ☺ "I am a little teapot" ~ no, that is another one. ☺*

FARENA'S POEM ~

*I flow with the sense of Self
I flow with the sense of Light
I flow with the sense of Love
I am a being of Self
I am a being of Light
I am a being of Love*

I am an energy that flows with Light and Love

I am Self.

That is my poem. It will sound very nice to music, Barjan. Oh, I could be published again. (Someone says she will have two certificates, and awards) Oh, I have a whole wall ~ Farena's poet corner. And awards. Ah-h.

Well, it is time for me to return back into my realm for the time being and Waith will come back. And he is going to talk to you ~ he is going to have so many wonderful things to say. And, if he gets a little too serious, just sort of go like this to him. (Farena gestures a fluffy movement with her hands) ☺ It works. We do it to him all the time. Sometimes he gets very serious. I know you find that hard to believe ~ Waith gets too serious. We help him stay light, but he helps us stay light, because he is actually lighter than all of us combined. (Farena makes a loud sucking sound) ☺ We have learned that from our time with all of you. We have learned how. We can use this word in the context of what it means ~ the sucking up. ☺ We have learned this from Mushiba and all of you, how to do that with your leader. So, we just did that with Waith.

A-h-h. It has been so wonderful being here with you. And Barjan, we gave you lots of fluffy, fluffy, fluffy, fluffy to take you through the next time frame, until we can do our music together. Soon. You play something when you go home. It will come to you ~ suddenly the blockages are gone. They are gone. I took them away. A-h-h. Without music, you cannot do it ~ it is integral to what you are.

Bye-bye ~ wave bye-bye ~ it does stuff to your energy ~ both hands. Bye-bye. Bye-Bye. Bye-bye. Bye-bye. (Farena waves goodbye with both hands vigorously) ☺ A-h. See? See, we got the energy going. Wait until you see what Waith has in mind. Get the energy going! O-h-h. All right, I have to go now. I will be back. Bye. I love you all. We hug you all.

Waith: Yes, they have learned how to do that behavior toward me. And of course, that translates itself into my behavior toward Amelius sometimes ~ sometimes not. However, we are pleased to return into an energy force field that is much more relaxed, much calmer, much more feeling in harmony with Self. When you come into a gathering like this, you enter with much of the earth plane muckiness attached. And when you feel that kind of restriction, it makes you lethargic within your energy field. And that translates itself into your ability to then create within Self, to be able to respond to the world around you rather than to react to the world around you.

You do not want to be in the position of reacting, for that indicates a very tight energy field. Rather, you want to be the one in control. And response indicates that you are in control of your environment, first and foremost, the close environment of your own energy. And then, more importantly, as you move out of your own comfort zone, you interact, for example, with those in this gathering. And then, when you leave this

gathering, you will interact with an even larger gathering ~ and a larger and larger gathering.

Waith Discusses What Types Of Stimuli Work With, And Against, Your Energy Field ~ There Are Common Stimuli For The Masses, And Individual Stimuli Unique To Self

Now then, we want you to have an understanding of what types of stimuli work WITH your energy field and what types of stimuli work AGAINST your energy field. There are some stimuli that are common working FOR and working AGAINST energy fields, and there will be certain stimuli that you will determine within your meditations ~ which we will work with you in this session to determine ~ that are unique and specific to you as an energy. So, you will find, then, that there are common stimuli for the masses, and then there are the individual stimuli unique to Self.

The more aware you are of the stimuli for and against energy fields for the masses, the better you are then able to understand those around you and to work your own mission within those around you. The greatest control, however, comes in ~ after understanding the stimuli for the masses, you have a complete understanding of the stimuli unique to Self. And this is where THE SEARCH FOR SELF enters in, THE SEARCH FOR SELF in terms of identifying that stimuli that works best for you and works not so best for you as an individual.

So, let us begin then, with looking at the stimuli that is applicable to the masses. And this is not saying categorically that it applies to EVERY energy form, but it applies to the large percentage of energy forms and goes much in alignment with OUR GUIDELINES FOR GROWTH. The stimuli that works in the most positive way for energy fields is RESPECT OF SELF. If you give respect to another entity, that is a positive stimuli. When you receive respect from another entity, that is a positive stimuli for you, and it feeds upon itself. RESPECT OF SELF ~ RESPECT OF OTHERS ~ it is the most fundamental of all stimuli.

Disrespect is as negative a stimuli as respect is as a positive stimuli. When you show disrespect toward any other energy, it is a negative stimuli toward that entity ~ and therefore, toward you, for we are all One. When you show respect toward another entity, it is the ultimate positive stimuli that then has the bouncing effect upon you, for while you may not feel that another returns the respect that you attempt to give to them, it does in some way ripple back to you. You may not feel it directly, for often that is not the way in which the Universal Flow occurs. You will maybe not see its effect, but that is the way that the Universal Flow occurs. What we say then is that the utmost stimuli is respect ~ negative, positive, it creates that respect.

The second stimuli that can come as a result of respect is love. And the same occurs with love as occurs with respect. If you show love, it is a very positive stimuli in which you receive back and you give the love. If you do not show love, if you show that which is

not love, and if it has conditions attached to it, that is a negative stimuli ~ negative for Self and negative toward those who would be the recipient of the conditional love.

In our discussions of Unconditional Love, we have indicated that ABSOLUTE UNCONDITIONAL is achieved only upon return to The One. But each of you take on percentages of learning of Unconditional Love in each incarnation, and it is that percentage toward which you strive for perfection. So yes, you can achieve a LEVEL OF PERFECTION of Unconditional Love ~ of respect.

Those are the two major stimuli. Those stimuli govern ALL other behavior, in one way or another. It is why THE GUIDELINES FOR GROWTH that we have given, start off with RESPECT OF SELF, LOVE OF SELF ~ then you are able to transfer that to others. They are the two major stimuli upon which ALL behavior is based for energy, regardless of the encasement in which energy finds itself.

The carpeting upon which you sit is respected and loved by those in Terra Lux ~ it is why it gives the energy that it gives. Everything around you in this environment is respected and loved by those who are part of it. As you enter in and become a part of this environment for this gathering, it is expected that you respect and love the environment ~ and you do, and therefore you feel the result of that ~ many times intangible, undefined ~ but it is a mutual giving. If you do this in your life with those around you, you will receive back much more than you would ever imagine.

We give you this as the Utopian behavior. We understand that the road to that perfection has blockages ~ has difficulties in it ~ we all stumble along the way. We are not quite as respectful toward another as we might want to be. We forgive Self when that occurs.

FORGIVING SELF FOR BEING NEGATIVE IS AN ABSOLUTE NECESSITY, for if you do not forgive Self for sending negative stimuli, then you will continue to send negative stimuli. You must break that negativity, even if you find yourself behaving in sending negative stimuli fairly regularly. You must continue to forgive Self so that, eventually, you will actually get tired of having to forgive Self and say, "Why don't I just stop sending this negative stimuli?" That makes it much easier.

Remember that you would not be on the earth plane if you were perfect. You would not even be out of The One if you were perfect ~ if any of us were perfect. None of us is perfect ~ remember that. Even The Angelics are not perfect. We know you find that hard to believe ☺ ~ truthful little things that we are. We do have our own truth ~ we continue to say that. Sometimes it bears no resemblance to what you perceive as truth. ☺ But that is all right.

It is important, then, that you strive on a day-to-day basis to RESPECT SELF, first and foremost, to send that stimuli to Self, and then, to RESPECT OTHERS ~ TO LOVE SELF ~ TO LOVE OTHERS.

All of the other stimuli that would be addressed to us as energy forms then becomes individual and specific. What may affect in a negative way, one energy may affect in a positive way another. It is only respect and love that have the same affect ~ negative ~ positive. Disrespect is negative ~ conditional love is negative. All other stimuli have varying effects upon each of our energy fields, dependent upon where we are in our own development in our own path ~ in our own learning of lessons.

The flow of our energy is determined by where we are in our path. Our energy flows sometimes more freely and more openly when we are progressing along our path in a clear understanding of that progress. When we are feeling blocked in our path, our energy is not flowing, it is standing still ~ as much as energy can stand still. Energy is incapable of standing still ABSOLUTELY ~ there is always some type of movement. Energy, by definition, is movement.

So let us look, then, at a little experiment, if you will ~ a little exercise ~ to break you into finding a particular stimuli to your own energy field that is positive. And then we will work on finding one that may be negative to your energy field. It is critical that you know what stimuli are negative, as well as what stimuli are positive. By knowing which ones negatively affect you, you are able to block it, to diffuse it when you see it coming your way. And when you know what is positive, you are able to enhance it, to use it, to grow within ~ and more importantly then to share it with those around you ~ in Being of Service to those around you.

Some of you have very, very difficult missions that you have taken on that require you to be almost a sponge in your environment, where you are susceptible to all the stimuli ~ and if you are not able to block the negative, you can become heavy with it. And at the same time, you must be able to work with those around you who become heavy with the negative stimuli ~ to help ease it ~ to lighten it ~ to diffuse it ~ for it CAN be diffused. The most negatively infused energy can have the Light filled in that force field with a little bit of attention.

Technique For Finding Your Own Positive Stimuli

So, let us look at an exercise that we will give to you. This is something that you can use quite effectively in isolation as well as in the middle of a crowd. The first thing that you want to do is to stand. We say this to you only because we want you to move. You do not have to be standing in order to do this ~ you can be seated ~ you can be laying down ~ you can be driving in your automobile ~ you can be walking. But, we simply wanted you to shift your energy field just a bit to get you out of the lethargic mode we saw you with.

Now then, simply move about a bit just to loosen up your energy. That is very good, loosen up your energy. Feel free to get food and tea, my son ~ it is a most effective thing. You must be careful that your energy field does not feel deprived. This is a negative stimuli for many, not for all ~ but for many.

Now then, relax a bit. Simply relax, whatever way feels best for you. Draw in a very deep breath, deep from within ~ and breathe it out. This is a way of easily catching your breathe ~ simply breath in ~ move your shoulders a bit if that helps you to release some energy.

If you are in a situation where you are not with a great number of people, this is what we would have you do. It is the longer version of the exercise.

THE TECHNIQUE ~

- *Focus on your Heart Energy Center ~ feel love as a positive stimuli.*
- *Consider the positive stimuli of love as the focal point upon which, now, you will attract positive love filled stimuli.*
- *Call upon your guides ~ they are with you now ~ call upon them.*
- *Focus and think about that which you love ~ when it comes to you, you love the feel of it ~ it is always a good feeling when it comes to you ~ isolate one particular stimuli ~ draw it into the Heart Energy Center. (Several moments elapse)*
- *Feel it surrounding your Heart Energy Center now ~ surrounded with Unconditional Love.*
- *It fills your being now ~ positive stimuli ~ and you envision it filling your being ~ it is a part of you.*
- *Embrace it now ~ either visualize the embracing, or, if you are so inclined, to physically embrace Self.*
- *You embrace the positive love-filled stimuli ~ unconditional feeling of positive vibration.*
- *You are relaxed now and a feeling of positive strong stimuli.*
- *You may return to your seated positions.*

END OF TECHNIQUE ~

For those of you who may want to share this experience, we would ask you to. We would not ask unless you feel comfortable in sharing what you have experienced ~ perhaps to say what you felt ~ to include, perhaps, the stimuli that came to you as positive.

Class Discussion About Their Experiences Of Finding Their Positive Stimuli, And Questions Regarding The Technique In General

Sometimes it is hard to surround oneself with White Light without feeling clouds or darkness.

Yes, it is.

It is a discipline, I find.

You are correct. It has been the focus of much of our discussions that, to simply SAY to surround oneself with White Light is the easy part ~ to DO that is the difficult part. Our focus of THE SEARCH FOR SELF indicates that it is a practice that one must work at, to develop over time ~ this meditation process. And for many, it is a lifelong journey ~ there is difficulty in dispersing the clouds and bringing in the Light. But it is the journey that one must take to accomplish. However, it is a difficulty.

I was feeling a connection with Jacques earlier when I was downstairs, that he was around, and I felt a lot of love energy from him. So, I just envisioned that again when I was here. It was nice to be able to reproduce that. And it just came natural to hug.

Indeed. A positive stimuli.

I am not sure if I did the assignment right, but the positive stimuli that I felt was hugging or touching in general. And I felt affirmed in my new approach to child rearing because of that. Just because the other energies that share the dwelling that I live in do not always see it that way, as far as turning everything around into love. And they still like the old discipline type of child rearing, which does not work in this case. So, I feel affirmed.

Remember that the hugging and touching that is a positive stimuli for YOU may not be a positive stimuli for another. Part of this process is in understanding that which is positive to Self may not be positive to another.

It is a most important component, as we go through this discussion in understanding what is positive to one may not be positive to another, and the issues of imposition to another come into the discussion. However, when something feels right for you, then you must go with that which is your heart feeling, to try and bring that positive feeling into the life of another without imposing it. This is the fine line that is so often drawn ~ where do you impose versus where do you share and attempt to bring Light into another.

So, you know that it is a positive stimuli for Self, my love. Be careful in the way in which you now have found the truth for Self and would want to bring that truth to another. Be careful of the way in which you do it. We do not say, "Do not do it." But, we say be

careful of the way in which you now project this. If it is positive for you, it CAN be very positive for another, you see.

My positive stimuli was nature. It was the ocean, and after embracing it, it left me in a serious place.

It can be positive and serious. Positive does not necessarily also mean Lighthearted ~ it can be serious. There are things that are serious, just as there are things that are Lighthearted, and both have positive and negative components to them. So, the ocean, perhaps you need to return at a future time to the imagery. Perhaps do the exercise again when there is no time restriction and you can fully embrace that stimuli and determine its effect upon you. And, if it is a feeling of seriousness ~ what is creating that ~ what causes you to feel serious with it?

Yes, I am concerned about pollution in the ocean.

Does this give you a positive feeling or a negative feeling?

It is negative, but I love the ocean so much.

And do you receive back from the ocean a sense of love?

I think so, yes.

You would perhaps want to explore that more, my love, so that you have a greater understanding of the effect ~ the stimuli effect ~ that the ocean has upon you. That can be very powerful knowledge for you, for then you could utilize the ocean in ways to help your energy flow, or not flow, as the case may be.

My experience involved thinking about my friend who composes beautiful music, and how much that has uplifted me and aligned me. And, in fact, one of the songs I use whenever I am in a loving situation to open more to the experience, and that was what came to me. I felt very blessed.

Indeed. And this stimuli is something, then, that you can carry with you in your heart.

One of the purposes for this exercise is to give you a tool upon which you can build, shall we say, a portfolio of stimuli as visions within Self, so that when you are not able to actually experience them, you are able to envision them within the Heart Energy Center. This gives you a sense of comfort in times when there may not be that comfort. It is an imagery and it is something that needs to be worked upon.

Many entities are not able to bring imagery into Self. And therefore, they would attempt to bring into concrete that stimuli more often perhaps than they do. So, for example, my

love, if the ocean proves to be a positive stimuli for you, and you are not able to bring it as an image into Self easily, it would mean that going physically to that environ more frequently would give you more positive stimuli. Being with the particular entity more often would provide more positive stimuli.

The attempt is to bring as much positive stimuli into your energy flow as you can ~ to consciously do this ~ for the negativity is just as powerful and can overcome one just as easily. In fact, often times, the negative energies can overcome you to the point where you do not see the need for positive. You are not able to even bring yourself out of it without some assistance, without another saying to you, "You need to lighten yourself. You need to bring more positive into your energy field."

Energy is cyclical, and thus, if you bring in positive energy, it becomes a cycle and it feeds upon itself. Positive energy feeds upon positive energy. So too does negative energy feed upon negative energy. And if you allow negative energy to come into your environment, then it will feed upon itself and you will become negative. It is as simple as that.

Does the stimuli have to be a physical thing, or a person?

Something intangible. Yes, it can be something intangible. It does not need to be a physical component. If it is an intangible, then it means that you have created the ability to bring imagery into yourself. Intangibles, of course, would not be able to be brought into concrete ~ except, of course, if you drew a picture of it, or that sort of thing. But the ability to bring imagery to something intangible means that you have developed that ability, and yes, it becomes even more valuable that you are able to bring in an intangible into your vibration.

Technique For Finding Your Own Negative Stimuli

Now then, we are going to use this same exercise in a bit of a different way to bring in the imagery of a negative stimuli. Now this particular exercise requires, of course, a little bit different approach because you are going to be consciously bringing in a negative stimuli. So, we would want you to be in a position physically that you feel comfortable with. If you want to move ~ if you want to stand up ~ if you want to lay down ~ if you want to sit ~ do whatever. Now is your opportunity to move a bit. Or stay exactly where you are. Now then, night-night time over here. (Waith refers to a participant who is lying down on the sofa)

I am comfortable.

*That is most important, my love. Most important ~ and a vision between the plants. ☺
The energy of the plants is much like an aura around you.*

As you begin to do this exercise, the first thing is to call in your Angelic Protector. Simply say, "Yoo-hoo, yoo-hoo, Angelic Protector, come, come wherever you are." You do not have to be serious with an Angelic Protector. So call in your Angelic Protector. If you know the Angelic's name, use that name. Otherwise, simply call, "Angelic Protector." Remember that your Angelic Protector always will come specifically when called, even though it is always there ~ whether you realize it or not.

Call in the Angelic Protector and envision the Angelic Protector surrounding you with its energy force field, known as wings, as a visualization. You do not need to use wings as a visualization, but simply to envision Self surrounded by the Protective Light of The Angelic. And say to the Angelic, "I am going to envision a negative stimuli. Help me." That is all you need to say, "I am going to envision a negative stimuli. Help me."

THE TECHNIQUE ~

- *Go to the Heart Energy Center once again ~ the Heart Energy Center is the Light Center.*
- *Open up the Heart Energy Center filled with Light ~ say to your Angelic Protector, "Help me bring in the negative stimuli ~ gently bring in the negative stimuli ~ help me to NOT experience the negative stimuli ~ but just to know it."*
- *The negative stimuli is surrounded by the Heart Energy Center ~ face it ~ know it. (Several moments go by)*
- *As you know this stimuli now, surround it with the Heart Energy ~ give it love, but also acknowledge it for its effect upon you.*
- *And now release it from the Heart Energy Center.*
- *Ask your Angelic now, "Please close my Heart Energy Center and remove any remainder of the negative energy."*
- *And now focus a bit within Self on this negative energy and its effect upon you. (Several moments go by)*
- *Now thank your Angelic Protector for helping you with this exercise.*
- *Visualize the protective energy being moved away from your energy field ~ and you return into this dimension once again.*

END OF TECHNIQUE ~

What you have done is now have the beginnings of a portfolio of negative and positive stimuli for Self. To understand the negative is critical ~ to look at it in its face. You say, "You are a negative stimuli upon me."

Now, something that is positive, such as hugging and touching, may be a negative stimuli for another entity ~ this is an important issue. You know not what is negative and what is positive. What is important in the beginnings of this is to understand what is negative

and what is positive for Self ~ and that it is for Self, first and foremost. And if hugging and touching is viewed as a negative stimuli, and you begin to talk with others who view it as a positive stimuli, then you know that there is an imbalance that needs to be addressed.

It does not mean that you must convert ~ most important to understand. It means that you must understand the perspective of another. And if hugging and touching is a negative stimuli for Self and you do not want to change that, then you make certain that you do not encounter hugging and touching. It does not mean that you are a bad person because you do not like to be hugged and touched. It simply means that it is a negative stimuli for you at this point in your path ~ critical part of this discussion ~ AT THIS POINT IN YOUR PATH.

Class Discussion About Their Experiences Of Finding Their Negative Stimuli, And Questions Regarding The Technique In General

Would anyone like to share what you experienced in this exercise?

I experienced the same thing in this exercise as I did in the first one. I did not really share the first one. Generally, I think of people that are good for me and healthy influences on my being, and energy that complements mine ~ as opposed to people whose energy is totally contrary to where I am and are very harmful to me. And so, of course, I do not feel very Huggy or touchy towards the latter as I do the former. As a matter of fact, I feel tremendous anxiety and distrust, although I know that I am okay and I am in a safe place. Generally speaking, I do not like to go there.

Indeed. This is valuable information for you to consciously recognize and to acknowledge.

It is good to know who the dark folk are.

Exactly ~ to know what the negative energies are, whether it is a particular individual or group of individuals, or particular stimuli ~ certain words ~ certain behaviors that come from what you might call a light-filled entity, but particular behaviors from anyone might be a negative stimuli or a positive stimuli on you. It is important to know what those are ~ to recognize them ~ to acknowledge them ~ and to know what to do about them. What you decide to do is part of what your path is about. No one else tells you, "Well, you should not feel negative about hugging and touching ~ that is a wonderful thing to experience." Do not let another impose that upon you. For you, it may be negative ~ and that is your feeling, and that is legitimate ~ that is most legitimate.

Indiscriminate hugging and touching can be very dark, as opposed to being very healing ~ if it is indiscriminate. Because sometimes the people out to hug you and touch you are really not people that are going to give you any Light at all ~ but are really trying to convey their power over you, rather than to be with you.

They may indeed be those who drain the energy from you.

When I mentioned hugging and touching as being positive stimuli for me in relation to my approach to child rearing, I forgot to mention that that is in contrast to screaming and yelling. Now, my negative stimuli was Jerry Springer and all the people on his show. Just talking about it, I am already getting stressed. But yet, my husband loves the show. And I do not understand how I can get that it just seems to permeate the core of my body, and I am trying to work or sew or do anything positive ~ and there is that noise in the other room with him and his guests and their screaming and fighting ~ it just blows me away. That is the negative.

Yes indeed. And that is legitimate for you, my love. The point, understand, is that, for others, it may be a positive stimuli because of where they are in the point of their path in The Spectrum of Light and dark ~ what is Light to one is dark to another. And therefore, that which is positive to one is negative to another ~ and what is negative to one is positive to another. This is the caution that one must take.

But also, you must protect yourself from that which you feel is negative to Self and that which you feel drains you. There are many dark forces that are specifically out hunting for the Light ~ looking for an opportunity to attack the Light and to drain them ~ to suck out the energy. Energy Suckers we call them ~ and they abound. It is most critical that you know who they are and also to know what tools they use as they relate to Self. Most important. And then how you can combat that? The easiest way to combat it is simply to surround your own being with Light in many cases ~ and in other cases to avoid them. You do not have to let someone into your energy field. Just because you are in a crowd of individuals. or groupings of energies, does mean that they must be part of your vibration.

So, I should try to tune it out more, so to speak? Without my husband loving every minute of it, I can turn it off and hear my own song?

Yes. If you are not able to physically remove yourself from the environment, then simply tune it out, as you would say, hear your own song ~ surround yourself with Light ~ it takes practice to do this. And sometimes, even the most practiced of entities gets caught by a dark force when you least expect it ~ suddenly, they have done it to you ~ they have taken every ounce of energy, and you are now ready to collapse ~ or you feel that you have been imposed upon. You can quickly rejuvenate yourself, however.

Other comments or sharing of experiences?

My negative stimuli was a behavior. And this exercise is very enlightening for me because when there are negative influences on me, I tend to stuff it and not acknowledge it ~ not make myself aware of it ~ and so, I am not able to deal with it in the best way. And, as you were saying, that some behaviors may be negative for some people and positive for another, this particular experience that I was thinking of, I think that the person who is expressing this behavior is doing it because they are getting something positive out of it.

Yes, that is an example then of what we have just been saying ~ what is positive for one may be negative for another. So, you have brought that into great highlight.

It was an awakening.

Yes indeed.

It is time for a music break ~ Barjan has agreed to bring lightness into the vibration. And of course, with Barjan's music comes Farena. She will join you now.

Farena: Hi. Barjan is going to play music while I dance and bring more fluffiness to this gathering. Flow with the music ~ (Barjan begins playing the piano while Farena dances around fluffing each person in the gathering) ☺ Very nice. Flow with the music. (Barjan finishes playing and there is clapping) Can you play Farena's Dance longer? (Barjan plays a piece that he wrote for Farena) Thank you, Barjan. A-h-h-h. Well, it is time for me to go. I did what I came to do, so Waith has some closing remarks for you and a nice meditation to find the Flow within Self.

Farena: Who wants to take care of this? (Farena is referring to her feather boa)

Me.

Farena: Okay, we have to do this the right way. ☺ You are the caretaker until the end of the session. You have to give it back ~ it is mine. There, it is fluffy. There, very nice. Bye. Bye, bye. Thank you, Barjan. Bye.

Waith: Again, much fluffier and Lighthearted when we return. Most pleasurable. The music has greatly enhanced the vibrational field of this gathering tremendously.

As the final part of our gathering with you, we are going to do a guided meditation to help you to understand the balance between the positive and the negative stimuli to your energy field and to understand, then, how to use that to best help you in the flow of your own energy ~ to best give you Self guidance ~ how to utilize that which is good for you and how to utilize that which is negative for you ~ how to take that and grab onto it and bring it into the flow of your energy.

Remember, that it is the negative that brings us into the positive ~ this is an important component. You cannot always be positive and bright eyed and bushy tailed, you know. We all have times of negativity ~ it is a time of assessment ~ it is a time of understanding of Self ~ to bring us out of that ~ to bring us into the Light. This is an important thing ~ do not deny the negativity. However, do not give into it either. It is the fine line. And if you give into it, so you give into it.

Eventually, we get you back. It may take millennia, but we get you back. ☺ It may take eternity ~ you may appear to be lost ~ and there are many who appear to be lost for eternity, but eventually they come back. For, you see, it is The Angelic Protector's job and they cannot get another charge unless they bring back the one that they lost. And they are never really lost ~ just that the string, the cord, is wayyy out there. Trying to get it back can take a little bit of effort. ☺

Remember what we always say, that we cannot prevent you from falling, but we are always there to catch you. Very important. Think of that also in terms of your relationships with others. You may not be able to help them, to prevent them from falling of their own behaviors, but you certainly can be there to catch them.

Guided Meditation To Help You To Understand The Balance Between The Positive And The Negative Stimuli To Your Own Energy Field

Now then, let us look at a meditation. This is a technique that you can utilize on your own or simply to be able to enjoy in this particular gathering. Since we are able to bring in Forces of The Angelics that you might not be able to do, this particular meditation that you will have now will perhaps be felt in a stronger manner. We have called in some of the others who do not ordinarily do this type of gathering, just so as to give an added sense of tranquility and perhaps a bit more guidance.

If you are having a bit of difficulty in meditating or finding a focus, you may be able to do that in this particular meditation. We want you now then to relax, to be in a spot where you feel comfortable and in a position where you feel comfortable. You can lie down ~ you can stand ~ you can sit ~ you can do anything that makes you feel comfortable.

THE MEDITATION ~

- *Call upon the very Highest of the White Light ~ and as you call upon the Highest of the White Light, we bring in some from the Highest of the White Light into the vibrational gathering.*
- *Relax and feel your own encasement softening ~ feel the warmth spreading from your toes upward ~ you feel warm and safe.*
- *Feel the warm fluid that moves up your encasement and fills you ~ moves up through your arms ~ you feel relaxed.*
- *You are filled now with the warmth and you are safe.*
- *Your Angelic Protector surrounds you.*
- *Begin to feel that your energy is moving out of your body ~ visualize this energy ~ it is moving out of your body.*

- *You are going to move into the dimension of your Soul ~ we will help you in this journey.*
- *Your energy is moving out of your body ~ visualize what your body looks like now in the position that it is placed.*
- *You are looking at your body, but you are not in your body ~ your energy has moved out.*
- *You begin to float ~ you are floating upward, upward.*
- *You look down and you see your encasement ~ it is safe ~ it will be there when you return.*
- *Slowly, you are moving up ~ you are floating --you feel free ~ there are no restrictions ~ you feel happy and light.*
- *You are moving out of the dimension of the concrete Self.*
- *Now you are moving toward the dimension of the Higher Self.*
- *You see that dimension now ~ you move into it ~ you merge with the Higher Self ~ concrete self and Higher Self have merged.*
- *You are in a dimension of the Higher Self ~ look down at the dimension where the concrete physical body rests ~ you see it safe ~ you are a part and yet you are still connected ~ you are merged with your own Higher Self.*
- *Embrace Higher Self, and Higher Self embraces concrete.*
- *You begin to move out of the dimension of the Higher Self ~ united concrete and Higher Self.*
- *Your journey now to the dimension where the Soul rests and awaits you ~ it awaits the combination of the concrete and Higher Self.*
- *You are moving slowly, floating, feeling the oneness of Self.*
- *You are moving now slowly into the dimension where the Soul is housed ~ feel yourself merging into the dimension of Soul.*
- *And now concrete and Higher Self become one with the Soul ~ you are one energy ~ not three separate ~ and yet, you have the understanding of each ~ Concrete, Higher and Soul.*
- *It is time now to understand the balance that exists in Soul between your own positive and negative forces ~ it is this understanding that you attempt to receive in this visit.*
- *We will come back for you ~ to help you return back ~ for now, enjoy.*

MEDITATION TIME ~

- *It is time now to begin the journey back.*
- *Feel yourself separate from the Soul ~ Higher Self and concrete are separating from the Soul ~ moving out of the dimension of the Soul.*
- *Concrete and Higher Self are still one.*

- *Moving out now, freely floating out of the dimension of the Soul ~ feel yourself floating ~ you are moving back into the dimension where the Higher Self resides.*
- *You are moving into that dimension slowly ~ you feel yourself in the dimension of the Higher Self.*
- *It is time to separate, and Higher Self will stay in its dimension and concrete will now move out of the dimension of the Higher Self.*
- *Slowly moving out of the Higher Self dimension ~ you are floating ~ floating back into the Concrete dimension.*
- *You see your encasement ~ it awaits your return.*
- *Slowly and gently, move back into the encasement ~ you move back into the dimension of the concrete soul ~ you return with the knowledge from the merging of Higher Self and Soul.*
- *Slowly, acclimate back into the Concrete dimension ~ feel your body moving as you settle back into the Concrete dimension.*
- *Return into the consciousness of the Concrete dimension.*
- *Return into the Concrete dimension ~ slowly, gently, returning into the Concrete dimension ~ slowly, gently, come back ~ come back wherever you are.*

Come back, come back, wherever you are.

END OF MEDITATION ~

Very good. We have given you a technique for meditation that explores what is referred to as DIMENSIONS OF SELF rather than LEVELS OF SELF. It is an advanced understanding that there is no level, but rather, interdimensional components of Self ~ that there is a merging of Self and not distinct levels where one is better than the other. But rather, and simply, that there is different understandings of Self housed in different dimensions of Self ~ and the greater your ability to go to those other dimensions of Self, the greater, then, is your ability to understand Self. And the greater your ability to understand Self, the greater, then, your ability to understand others ~ and to Be of Service To Others ~ and to help others.

First and foremost, understand the FLOW OF YOUR ENERGY ~ unique ~ each of us as energies is unique in the way in which our energy flows.

We have given to you, in this gathering, some tools by which you can find the negative and positive forces that affect the flow of your own energy. Now you can take those tools and elaborate on them ~ you can use the exercises that we have given to you to build a portfolio. You can simply write down, for example, as many of the positive influences on you as you can receive in these exercises. And you can write down all of the negative influences upon you ~ if this is what works for you ~ to concretely write it down. At a minimum, you could simply know what those images give to you and not have to write them down, but simply to have them in your understandings.

A Portfolio of Self, whether it is written concretely, or whether it is simply in your awarenesses, is a very important tool for you in understanding the flow of your own energy, and one, of course, that you can continually utilize, for as you grow, as you progress along your path, the tools will change, your awarenesses change. And therefore, that which is negative and that which is positive toward you will change.

But remember one very important part, and that is what we introduced at the very beginning, respect and love are the two Universal stimuli that, when projected as respect, it is positive ~ as disrespect, it is negative. As love, it is positive. As conditional love, it is negative. And it is applicable to the majority of energy forms, be they human, animal, carpet, mineral, plant ~ anything that houses energy is part of the total vibration. Everything has consciousness, and therefore, everything responds to respect and love as positive forms and disrespect and conditional love as negatives. So, your basic foundation then is to RESPECT SELF and to LOVE SELF as positive stimuli, and then to find all the other stimuli that affect you one way or the other.

Would there be questions on what we have presented ~ comments or concerns?

A Question About Positive And Negative Stimuli As It Relates To Twin Flames

I have a question as it relates to positive or negative stimuli for twin flames. Even though the energies are separate, they are similar. And if both the twins view a negative stimuli as such, would it affect both the energy lines? Maybe not to the same degree, but would it have an impact on both halves?

If you are both viewing the same stimuli as negative and not separate perceptions?

Yes.

Then it would further feed on itself. If both energy forms are feeling the same stimuli as being negative, it would become increasingly negative. The same holds true for positive. So, if you are able to bring it into a positive, then it further enhances your Flow of Energy. However, there must be caution if you both view negative, for that could then create difficulties if one of you wants to change it and one of you does not. If there is harmony and you both agree that this is negative and this is the way that it is going to be for the time being, then that is fine.

This premise, of course, is based on the fact that, A, you know who your twin happens to be, and B, there is agreement, and C, that there is even communication between you. So, there are many contingencies here. For the most part, most twin energy forms do not have that type of communication. So that presents an entirely different issue which we would bring up in another gathering based on similar energy forms ~ twin flames, perhaps. But does that address the question at hand?

Yes, it does.

Other questions or observations?

Is It An Imposition To Send Light To An Environment Which Seems In Need?

When I am in an environment where it feels as though some of the entities there ~ meaning the land, buildings, fixtures, trees ~ are really in need of a lot of love and conscious support ~ when it feels like the general consciousness going through there takes them for granted ~ it has a lot of negativity ~ is it okay to offer love and Light? I guess I am trying to figure if I am imposing.

When there are environments that are subjected to the masses, which most energies are in that situation, it is the path that they have chosen, that they, for example, a tree or a plant, would be in an environment that takes it for granted. And there are many entities that come and go ~ perhaps it is a tree on the side of the road, for an example. It has chosen its path, first and foremost, as we all do. Secondly, however, you simply project love and respect, again the fine line of imposing, for you cannot say, "Here, I love you, take it." This is an imposition. But simply, you project a sense of respect and love and if it wants to be accepted, it will be.

If a particular tree, for example, chooses not to take love, for whatever its reasons would be, the love that you have left in that environment simply becomes absorbed into the greater Universal Consciousness. It is not lost ~ it is not wasted ~ it is simply recycled, if you will. There would be reasons why a tree, for example, would not want to accept what you give to it, just as you may not want to accept particular love or behavior from another because of a particular point in your path. You may say, "I will take this and hold onto it, but I do not want to accept it right now." And so, The Universal Consciousness holds onto it for you.

There are many situations that occur. The Earth itself, going through the cleaning that it is going through now, has many, many spots where there is disrespect and lack of love. This is part of the cleaning. So, it is exaggerated in this time frame where you would go into an environment and feel that those around do not respect it and love it ~ take it for granted.

You do the best that you can to be love-filled and respectful and that is all that you can do. It will be either accepted or not ~ never wasted, however. Do not change your behavior because you think that it may not be useful or may not make any difference, for it will. Ultimately, it always makes a difference. You may not see it. It may be infinitesimal, but it makes a difference. Just as negative energy makes a difference ~ infinitesimal, nonetheless, makes a difference.

If You Feel A Focusing Of Negative Energies Coming Toward You, How Is It Best Handled?

Sometimes I feel as though there are moments of definite focusing of negative energy coming from other entities toward me, and I have been trying to do clearing exercises that will help me detach and to help transmute the energy so that it goes into a form where it returns to the entity for its highest good.

So you are attempting to send the negative back to the entity that is sending it to you?

Not the negative in that form, but asking for it to be somehow converted to a useful form.

Ah. An interesting behavior, my love ~ one that can create some difficulties, for when an entity is giving you negative energy or sending negative energy, you want simply to be able to block it. You do not want to put yourself in a position of deciding what should happen to that energy. That is not for you to decide. That goes, then, into the imposition arena. You simply need to block it, not to then try to transform it into something, or not to decide that it should go back in some other form, or that it should even be returned to any specific place that you would make the decision upon. It needs to be done at The Universal Consciousness level.

So, what you need to do is change that type of behavior. Simply block it ~ that is all that any energy form needs to be concerned about. If another is negative toward you, block that energy ~ simply block it ~ do not allow it to come into your vibration. If it comes into your vibration and it permeates your energy field, then you have another position. You then have become invaded by another energy form, and then you can begin to attempt to diffuse it. Attempt to send it into some form, because it has invaded you, you have become part of its path. But, simply for it to come to you and you are able to block it, does not give you the right to even diffuse it.

Diffusion activity occurs if it has invaded you. Sometimes we let the dark invade us so that we can diffuse it ~ that is an entirely different discussion. But indeed, that is part of how the Light is able to overcome the dark, by placing yourself in the position of letting it invade you because then you have the right to do with it what you so choose because it has invaded you.

The dark, by the way, has not figured this one out yet. Remember the Light always wins. And so, it may be uncomfortable for a while to be invaded by the dark, but if you are of a higher Light than the dark that invades you, or at least of an equal vibration, the Light will win and you will be able to diffuse it.

Why hasn't the dark figured it out yet?

It has not figured it out because that is simply the way that The Universal Consciousness has programmed. It is so filled with its own Self that it sees nothing other than itself. The Light, of course, sees beyond Self. When it is dark out you cannot see as well as when it is

light out unless you have certain equipment ~ a flashlight. You are able to see in the dark because you have the Light ~ it always comes back to that. So, the dark is actually in a rather weak positioning, and yet it can be powerful if you do not see that it is a weak position. The dark is weak, but it empowers itself because the Light, so often, does not understand its own strength. The Light always wins.

Of the few truths that we tell you are Universal ~ this is one of them ~ THE LIGHT ALWAYS WINS. Angelics always tell the truth. ☺ According to our belief system it is true. But then again, we have to question the belief of a particular grouping of energies. Remember that we are always there to catch ~ that is an important component. No matter how much you may be overcome by the dark ~ no matter how much we like to fool around with you and talk about the differences between Angelic truths and human truths, the given is that we are protectors. Whether we like it or not, we have to protect our charges. You give us a run for our money sometimes, as the saying goes here on the plane. ☺ Yes, we earn our wings on many days.

In The New Illusion, by the way, there will be a different imaging of Angelics. It will be well into The New Illusion, however, so when you come back into another lifetime in this next illusion coming, you will have a different perception of what we Angelics look like. ☺

Well then, we will depart and meet with you again in some other forum, we are certain. We have been most pleased to have spent the gathering with you and hope that you are able to utilize the tools that we have given to you, or at least to have a greater insight into the concepts upon which the tools are given as concrete. We depart now ~ and as we depart, we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you.
