

Waith Class Transcript

JANUARY 25, 1998



~ 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*

Waith Institute for Spiritual Leadership

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THE SEARCH FOR SELF ~ GROUP BALANCING, WORKSHOP

Waith: We bring to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius.

Thank you.

We are pleased at the gathering for the discussion of GROUP BALANCING. Teetee will be joining in the discussion and has a meditation technique to add to the technique already in the written material ~ so you will have two techniques.

As you are aware, the GROUP BALANCING issue is one that is presented before the discussion of THE HEALING OF SELF ~ for very specific reasons. Unless you understand your place within the arena known as a group, you, then, are not able to fully find THE HEALING OF SELF within that group. There have been some on the plane who think that THE HEALING OF SELF is the most important component ~ that all else is superfluous. But understand that the progression of the areas of discussion that we present to you are purposeful and planned so that you understand that there is not just one component that allows you to find your answers within Self. Rather, it is a combination of many components that truly gives you THE SEARCH FOR SELF. GROUP BALANCING is one of the favorite discussions, however, for all of you are involved in GROUP BALANCING.

As we had indicated in the written material, we will be discussing GROUP BALANCING within the context of same kingdom GROUP BALANCING. In the discussion of THE COMMUNITY OF SELF you have been exposed to the concept that all kingdoms are a part of the journey and that you must find, then, the individual COMMUNITY OF SELF as well as the general COMMUNITY OF SELF ~ bringing in many, many other kingdoms into your environment. When we go into the advanced discussions of THE SEARCH FOR SELF ~ those will be coming in the earth plane years about to present themselves ~ we will expand, then, this concept of GROUP BALANCING into other kingdom balancing as well. We begin at the Initiator Level with the basic concept of understanding the place in which you ~ as the kingdom of human ~ find yourself balancing with others in the kingdom known as human.

We scan the energy field simply for our own awarenesses of the bringing together of this particular grouping. We have stated that when gatherings come together in groupings, it is not always the first time. You all have shared experiences. We elaborate a bit on that from the written material in that you as a group have not been together necessarily before but that every one of you within this group has at least one shared experience with another in the group ~ thus bringing this as a familiarity component. Most of you in this grouping have had shared experiences with many others in this gathering ~ not to mention on the plane, but from other times.

We see there has been the vibration of blue for Teetee. She will be pleased. (Waith refers to a blue magic marker for illustrating)

Let us begin then ~ GROUP BALANCING. Let us begin with the grouping that is here. This dot that we present is an entity in the group. The next one is an entity, and the one behind is another part of the group, and the two behind are part of the group, and the two sitting are part of the group. Then we bring in the three in this bit of a grouping ~ hiding behind the plant. ☺ ☺ Another, much more bold, sitting in front of the plant is another. Sitting in this arena over here, the two others. Oh, we almost forgot! Actually we did not forget, for we had this very big space in our circle that as we were about to begin our discussions, realized that there must be something missing for there was too big of a space, my love ~ so, there, the final component.

Now, then, you are all scattered within this environment where you have seated yourselves. But that does not eliminate, and certainly does not break, the bond that is in this gathering that connects you. Remember that we are all part of The Universal Consciousness ~ The One ~ The Circle. You are, in this grouping, a circle of energy. This is important to remember ~ circle of energy. It is a consistent theme within our discussions ~ the circle of energy ~ energy groupings.

Nothing occurs in isolation. Regardless of how much any entity would want to say that they are alone, that is an impossibility on the training ground known as the earth plane. Within this very environment, as we would look at the community concept that was discussed in our last gathering, there are so many community members in this gathering that you would lose count. Look at the rug and all of the components of everything ~ the chairs and the pillows and the plants, the wood, the windows ~ for everything is an encasement for energy that creates its own circle of energy.

Now, you each are a part of many, many, many groups which form circles of energy. So you are, in effect, one little circle of energy overlapping another little circle of energy. We could take one of you and you have, perhaps, a little circle of group here and a little circle of group here. Perhaps some in each of those overlap ~ a little circle of energy here ~ and a little circle of energy here ~ and a little circle of energy here ~ and there is overlapping here ~ and there can be overlapping here ~ and there can be overlapping here ~ and overlapping here. Quite a web ~ refer that to The Webbing Effect within Self that has been presented to you.

Now, we bring The Webbing Effect of Self into The Webbing Effect of GROUP BALANCING ~ quite a web. If you think you live in isolation, it is now time to bring yourself out of that perception. Some of your groupings are very wonderful and happy and you love to be in that grouping, and other groupings are not quite as harmonious. You find it to be very difficult ~ the pulling, the stretching of your own learning of lessons. This is the journey ~ the journey is to bring all of your energies and your circles of energies into harmony. How do you do that? How DO you do that?

My love, we will approach you for perhaps a response. (Waith addresses a member of the gathering) When you have an energy grouping that you have a bit of difficulty with, how do you act with one or two in that grouping that you have difficulty with?

Carefully.

Carefully ~ that is a good answer. Why would you be careful?

I probably wouldn't want to upset the other entity.

Is that true of everyone, being careful?

No.

No! No, she says.

I don't want to sound like a TV sitcom, but, take chances, make mistakes, see how far we can go.

Push the button!

See how far we can go in this mode!!

No, you do not employ that type of behavior, my love ~ none of you have ever PUSHED to see how far you can actually go with another ~ no, no, we understand that quite well!

Understand that the whole journey on the earth plane is coming to a sense of Self. The only way you can do that is through the understanding of your own interactions with others. It would be a most boring journey if you got along with everyone, now, would it not? Think about that. Think about how you feel when you are just feeling quite fine, "Oh, everything is going just fine!" And how long generally does The Universe allow that particular feeling to exist? For some of you it is a nanosecond. For others, you may be given the luxury of several days, several weeks, even several years of earth plane time. Then it is time for the learning to begin again. Most on the plane now have taken on accelerated learning, which means that the nanosecond component is ever prevalent.

Of course, others in your lives also try to push your button. Do they not? Perhaps as you are pushing theirs, they are pushing yours. So you feel like the button is the goal, "Let us find the button and see what we can do." This is what GROUP BALANCING is all about. GROUP BALANCING is not to be considered something negative. It is quite joyful. It is what the journey on the earth plane is all about. You do not hear us speaking of going into the mountains to live alone, although some do take that on as a particular journey in a lifetime for very specific lessons to be learned ~ isolation from other same kingdom members. However, generally speaking, those are specific lifetimes meant for lessons that will enable the entity to better appreciate the joy of GROUP BALANCING.

So, then, here we have this wonderful gathering, as we speak, of energies who each have a very different path. You are gathered in this grouping. Many of you have come together before to hear us. Some of you have not been completely with this gathering. And yet, you all have one particular component that is similar ~ you need to be together in this gathering, in this point on the earth plane, in this time frame, for reasons that we certainly will not go into for it would be far too lengthy. But your higher levels of Self have brought you together. Those who are not here who, for example, may have

planned to be here, have been not allowed by The Universe to be here ~ we can do that.

So this gathering is meant to not only be giving you information about GROUP BALANCING, but also for you to have a wonderful time together. Understand that while you have differences ~ and each one of you have differences of philosophy, differences of opinion, differences in many, many arenas ~ The Universe has deemed that you have something in common, significant enough to bring you together as a group.

Teetee is going to enter in and bring you into the first of several meditations that we are going to give to you ~ techniques. The GROUP BALANCING issues need to have a great deal of attention given to meditation ~ for the finding of the answers of why you are with a particular group. It is never a coincidence that you find yourself involved in a grouping, whether it is one time only or continuous, repetitive. This workshop will be a onetime gathering for this particular grouping ~ this circle of energies. Other workshop gatherings will have different people in them. So for this purpose you are together for a reason.

Teetee is going to give you a technique that will be the tool to attempt to find out within Self what you have in common with each in this gathering ~ what it is that has brought you together. It is a technique that you, with practice, can utilize as you come into different groupings ~ whether it is for a short time or not. It gives you, then, insight into how you fit with the group. Are you the instigator ~ is that your role? Are you the submissive one? Are you the pacifier? Are you the negotiator? Are you simply the participant? We each take different roles within the different groupings, so that you see this little webbing that we have created here with the overlapping of groups within Self means that in one group you may be one role and in another group you are another role.

You may be an agitator in one group and a pacifier in another. Then imagine the joy if, in those two groups there is an overlapping, and when the overlapping group comes together, what are you? Are you the pacifier or the agitator? And in your overlapping group is there another agitator or is there another pacifier or do you have two agitators and no pacifiers or two pacifiers and no agitator? You have everyone wanting to be something and none of them wanting to participate. Everyone just wanting to participate with nothing there to stir it up. See what the endless possibilities are ~ and the opportunities for learning.

Imagine if you were able to find within Self what a particular grouping meant to you ~ the value that could have for Self in understanding what your role is within a particular grouping. And, as you develop the technique, you would begin to see the overlapping ~ to see your role within the overlapping. As we move into advanced discussions beyond the Initiator Level, imagine how we then take the same kingdom overlapping and begin to overlap other kingdoms that are overlapping within their own GROUP BALANCING. You have animals that share your life. They have overlapping circles of energy that, then, superimpose and overlap with yours. It is most enjoyable, and from our perspective it is a new button on the clicker that we use to look at the earth plane ~ it gives much more entertainment, for remember, we have told you so often that we get bored!!

Not at my place!

Oh, there are many of you who we have that recall button ~ it goes automatically. There is so much going on ~ it is so entertaining. What it also means, however, is that because we have that automatic button that we are also on call, automatically, for any assistance that would need to be given, as well as being able to perhaps shake the guide a bit ~ "Better hurry over there ~ there is a little bit of disturbance that needs some attention."

So, what we will do now is allow Teetee to enter in. She will more than likely rearrange you a bit from where you are seated now for this particular technique. We will return when Teetee has finished.

Teetee: Hello! I sense aqua ~ that is my color ~ so pretty, aqua, aqua.

Waith has given quite a discussion and has saved me from having to describe what this meditation technique is about. I have two that I will be giving to you -this is the first one. The second one will be toward the end of our time with you. And, yes, I would like you to rearrange yourselves so there is flow in the gathering. The energies that are here please move into this arena and move into this arena, my love. Please remove this ~ or use it. Fill in the space so that you are all facing ~ ah. Some of you may want to lay on your backs. Others may find yourselves quite comfortable the way that you are. Find the position of comfort now before we begin.

TECHNIQUE ~

- *Visualize that the white light of protection descends upon you as a group.*
- *Take from that white light of the group your own white light ~ grab a handful of the white light.*
- *You are now going to visualize the color aqua ~ which is the symbol of GROUP BALANCING.*
- *Feel the color aqua covering you, comforting you, soothing you.*
- *You are in a group and some in the group you know already from the earth plane and others you are meeting for the first time.*
- *You do not need to be physically in the group to use this technique.*
- *Visualize Self standing in the midst of this group of energies.*
- *You are in a circle and you all hold hands. You are in the middle of this circle. It enables you to look at each in the circle.*
- *Trust in your Higher Self to know the energies of the group that you want to focus on.*
- *Envision that they each have a part of the string that connects all of you to The Universal Consciousness.*
- *You are in the middle, feeling the strings from each ~ the fine threads of connectedness.*
- *Visualize that you are holding these threads in your hand and you are traveling to your Higher Self consciousness.*

- *You are moving into the dimension of the Higher Self, carrying the threads of connectedness from the group.*
- *The threads contain the information that binds each of you as a group.*
- *You travel to the dimension of the Higher Self.*
- *As you settle into the dimension of Higher Self, wrap the threads of connectedness around Self, encircling Self ~ it is the group and you are all connected now.*
- *The Higher Self now must be asked to gain entry to the Soul.*
- *Ask your Higher Self to bring you into the dimension of your soul.*
- *It is time to travel to the dimension of soul.*
- *Higher Self guides you to that dimension of soul. You all come together within Self.*
- *The Soul knows that you come with a request.*
- *Ask the Soul what is the purpose for you within this group ~ that is the only question to ask.*
- *Now it is time to listen for the answer.*

FOCUSING TIME ~

- *It is time to return to the dimension from which you have come.*
- *Thank your soul for the insight.*
- *Gather up the threads of connectedness and with the Higher Self return to the dimension of Higher Self ~ return slowly, thanking the Soul.*
- *Your soul closes the portal to its dimension now and you go back into the dimension of Higher Self.*
- *Visit with Higher Self to sort through the information your soul has given you.*
- *Gather the threads of connectedness ~ thank your Higher Self for joining you on the journey to your soul.*
- *Leave now the dimension of Higher Self and begin the journey back into the concrete dimension from which you are rooted.*
- *Your Higher Self closes the portal to its dimension.*
- *Bring yourself slowly back to the dimension of the current illusion ~ slowly return now ~ return, slowly.*
- *As you return, wiggle your hands and feet ~ move your energy ~ your hands and your feet ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle.*
- *Welcome back!*

This technique, as many of you know, can be as long or as short as you want it to be. As you go through each of those steps, you can stay as long as you want to. As you make the journey toward the Soul, you can stay in the dimension of Higher Self for as long as you want to. When you go into the dimension of soul, you can stay in that dimension for as long as you want to. When you return, you can stay in the dimension of Higher Self for as long as you want to. We gave you the technique and a taste of, perhaps, what you might be able to learn ~ the technique. Some of you may have connected during this first time and others of you may find you need to do this many, many times before you begin to feel you have made the connection with Self.

One of our favorite techniques as you might read from our first discussions is the wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle. So everyone please stand. Ready? Wiggle, wiggle

wiggle ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ shake the hand, shake the hand ~ shake the feet, shake the feet ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ do the hokey-pokey and you turn yourself around ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ ha, ha, ha ~ ha, ha, ha ~ ha, ha, ha ~ ha, ha, ha ~ bring your sound, bring your sound ~ wiggle, wiggle, wiggle ~ jump, jump, jump ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ ha, ha, ha ~ ha, ha, ha ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ move your little bodies all around ~ experiment, experiment, experiment ~ ha, ha, ha ~ bring your own sound in, bring your own sound in ~ wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ ha, ha, ha. OK. That could be your exercise time.

Ah, feel the energy. What you have done not only is your own energy, but you have connected with the energy of everyone in this room. All right, find your spot of comfort.

Now everyone has their spot of comfort ~ that is so wonderful. You are all so energized now. Does anyone wish to share anything that occurred at any part of the journey in this meditation?

When you told us to go from the Higher Self up to the next level and see the white light going from one level to the next ~ and the threads going around ~ I kept seeing white balloons and everyone holding onto the white balloons ~ going up to the next level.

Teetee: That is a wonderful visualization ~ a very good concreteness. We may use that in another technique sometime in the future, my love ~ white balloons ~ very nice. Is anyone else wanting to share anything that came from this technique?

I kept seeing hands with fingernail polish ~ all in a big circle. I kept being shown these hands in a large circle. Then when you did this work just now, I was thinking of the hands moving ~ so that would have some significance.

Teetee: Ah, it might be very beneficial to revisit when you do this meditation again to see if the hands ~ the fingernails ~ had any significance to the group and your part in the group. It may not, or it may. It is the challenge of what comes from meditation to say, "What does it mean?"

Does anyone else have anything to share?

I saw wings ~ lots of flapping wings ~ not separate wings, but like a wave. Of course, I kept thinking of my birds at home and I don't know how that ties in with the group, but I saw lots of wings ~ and the color red ~ not aqua.

Teetee: You do not need to use aqua ~ actually, you can use any color you feel is appropriate to your own vibration.

When it comes, it comes on a stream ~ first one color, then another, then another, but the wings were very red.

Teetee: The wings were red?

Yes, flapping, like lots of energy.

Teetee: Wings are supposed to be white!

I know! 😊😊

Response 2: Maybe they were evil wings!

They were not evil wings! 😊😊

Teetee: Wings are not evil.

They were high energy wings.

Teetee: Wings are always white and always good ~ and if you believe that, then, let us see, what else could we sell you?!

That is a beautiful sense that you have received, and we would also recommend that you revisit that to see what significance it has ~ if just for you personally, or perhaps some hint of what this group has in common.

Does anyone have a sense of what this group has in common that has brought you here? We give you that question to think about.

I say it is a sense of strength within the group, and my being within this group I was also connected with two other energies ~ single within this group.

Teetee: Yes, you are ~ more than two.

Yes, but with two I was particularly connected within the whole.

Teetee: Indeed. That sounds as if you are making progress to find perhaps the one thing that connects. The use of the technique can bring about the connectedness within the group. While the group all has connections within the group, there are further connections. This is the way of the earth plane. So, two within a group may have a connection that is unique to the two of them ~ and one of those two may have a connection with another in the group that is unique to them and not to the original two. There are all kinds of variations.

I experienced many different colors that were flashing ~ purples, magentas, reds. There was this one hand that I saw and then there was this flower, and I looked into the flower, and there was a hole in there. I was supposed to go into that flower to the other side.

Teetee: What side is that?

I don't know if there is another side, but I was supposed to go in ~ there was something there.

Teetee: What do you think it might be a tunnel toward ~ to represent passage into what?

It was like something very open that was there ~ very open and unencumbered ~ mysterious, perhaps. I should go back there and see.

Teetee: It is a symbol that is appropriate for Self ~ if not for others ~ of using a tunnel a passageway to another dimension.

Yes, it was like a lily ~ open like a funnel.

Teetee: And, you succeeded in going through this passage ~ then you must make certain that you bring with you much white light. Whenever you go into another dimension, you must bring light for protection ~ most critical. Very nice, my love.

Are there any questions about the technique we have given to you?

When you are guiding us out, we come out, but when we are there and we don't want to come out, then what does it ~ some external trigger ~ the kid cries, the dog barks, and that's it?

Teetee: Sometimes that would be the case. Other times, however, it is part of the journey within Self to know how to bring yourself back when the time is right. So when you are in a dimension other than the current dimension you find yourselves in, you internally have the trigger ~ the button, if you will ~ that allows you to return when it is appropriate.

There are some who, when doing meditations, use the crude mechanism of an alarm clock. We are not in favor of that type of mechanism, for it jolts you ~ interdimensionally ~ far too quickly. You want to be able to move, if you can, out of it ~ even if you hear a sound like a crying child. Allow yourself at least a few seconds of transition from one dimension to another. While most of the time it will not hurt you to be jolted out of one dimension into another, it can create a bit of disequilibrium that may take you a bit of earth plane time to regain.

Are there any other questions about the technique? Comments about it? Observations about it?

It is time for Waith to return to give you whatever Waith wants to give you. We will return in a while to give you another meditation. We will see you soon.

The blessings to you.

Thank you.

Waith: We would like to have some of you give questions regarding what we have given for information thus far. What types of confusions might you have, what types of clarifications might you want, or simply what type of concerns might you have about GROUP BALANCING.

Was that a hand going up or were you simply pushing the food into your mouth? ☺ ☺

What if we have a group we would like to balance with and yet we are the only one in the group who has this desire?

Oh, yes, that is a most common occurrence. That, in itself, is a part of the balancing that comes with the grouping. At higher levels, understand, all of you know you are together to balance for whatever the reason. It is at the concrete level that the playing out occurs and the fun occurs ~ especially if one at concrete has a higher level of awareness about group interaction than the others. We say this very specifically ~ at the concrete level. Indeed, levels of awareness vary from each one of you from one group to another. You may have a very high level of awareness of the balance within one group and a very low level of awareness of the balance within another group.

When you find yourself in this situation, as you have described, it means that you have a particular role within Self to determine, even more so, what it is that brings this group together ~ to determine within Self whether your role is to be one who begins to bring awareness of the others as a grouping or simply to play out the role that you have without any discussions with the grouping. Oftentimes, if you were trying to bring awareness to a group and, for example, would say, "We have all been brought here together for a reason. Let us sit and analyze the reasons why we are here and come to some understanding of Self," you may find that they all laugh at you or they dismiss you as being an airhead or they would call you very strange ~ "Who are you?"

There is no pat answer that can be given to that, except that you have an awareness for a reason that you must within Self determine. Is it meant for you to raise the level of understanding of the others as a group, or are you simply meant to go along and exist in the group and do what each of you do, knowing that at a higher level things are being worked out. There are many entities who come together in groupings of which none of them have any awareness of why they are together or even that they are together as a group ~ and that it has meaning. There is not a grouping on the earth plane that is not together for a purpose. It is only when you become aware, where you reach a level of understanding within Self ~ that every group comes together for a purpose.

Now, you might drive yourself crazy by saying, "Oh, I must find out the reason why I am with this group," when it is not meant for you to find the reason. Or, you may let it go and simply say, "If I am to learn the reason, it will be given to me." This is true of the meditation techniques that Teetee has given to you. If it is meant for you to have the information, you will receive it ~ perhaps not the first time you employ the technique and, perhaps, not after you have employed it ten or twenty or thirty times. One must never give up the search. Just because you are not meant to have certain information at this point in your path does not mean that further on in your path you will not be given that information. If you have the awareness that the information exists, it means that you are to receive it at some point ~ it simply may not be right now.

Understand the patience issue, "Give me this information about patience and give it to me right now!" ☺ ☺ We repeat ~ if you have the knowledge that you want information of a certain arena, it means that you are ready to receive it. But, you will receive it in the time frame of The Universal Consciousness in conjunction with your soul ~ as opposed

to you at the concrete, "I want it right now. I have taken all this trouble to journey to the Soul, now give me this information."

So, our counsel to you, my love, is that you know you, as an energy, have the awareness that there are groups that come together for a reason. You are in a group and you know, eventually, you will have the information that you need to resolve the issue that brings you in that group.

Be patient with it. Employ the techniques of searching Higher Self and soul to find counsel in how to behave within this group. As you do this, if you are not given that information and that counsel, do not obsess about it. Simply say, "Well, not time yet." You can try it again the next day. And relax. We cannot emphasize enough that you must relax in this journey for Self. You must relax about it.

You will be given the information you need when it is time for you to have that information. When it is time for you to hear or read a certain bit of knowledge, you will have it. Now whether or not you recognize it, is another component. But that is for discussion of another time. So, bringing yourself together within a group can be extremely challenging because of the levels of awareness of group interaction.

Any other questions?

(Silence)

What we will do now is take a break, and during this break we want each of you to connect with every other entity in this gathering and try to find out something you have in common with every person. It does not have to be the same thing in common ~ go to each human and find out what you have in common. It may be something as simple as your hair color ~ something very visible that you can immediately see. Or, it may be something less visible. You may also reinforce the food that is available for you. We will have our timekeepers indicate when twenty minutes have elapsed for that.

We will be seated here ~ available to any who would want to come and chat with us for a moment. Do not dominate in case anyone else would want to, but we are here for any counsel you might need. Thus, then, please go and find out about each other.

BREAK TIME ~



Share, if you would, please, some of you, what you learned during this break time.

- ⚙️ **I know what we all have in common ~ food!** 😊 😊
- ⚙️ **We all have skin!**

That would be one ~ skin would be another.

We are all on a spiritual journey here.

Ah, spiritual journey ~ is there a nonspiritual journey?!

- ⚙️ No! 😊 😊
- ⚙️ We all love Waith!

Is that to gain points with the facilitator here? All love me, yes, that is the convenient thing to say ~ and we accept that in the energy that it was given, my love.

What other observations might you want to share about the experience at break time?

- ⚙️ For the most part we all seemed to like whipped cream a lot.
- ⚙️ Lois and I have both had orange hair.

Indeed, there is something to hold in common! 😊 😊

Do you think that we gave this to you as a frivolous activity?

Absolutely not.

Oh, absolutely not! 😊 😊 Well, actually, on one wing we did ~ it was meant to be frivolous and lighthearted and joy filled. But, on the other wing it was meant to serve as a technique for you.

What many human entities fail so often to do, when they are in groupings, is to get to know each other ~ in silly ways. They know each other by the work that brings them to the group ~ and that, of course, is very important. But if you truly want to break down the barriers within the group, do something similar to what we just had you do. You can think up an excuse for doing this. Food, by the way, is a very common bond for many ~ not for all ~ but for many. They may not consume it, but it may bring them into a lighter mode. Be careful of judging, however, that food is always going to be the equalizer, for it may not ~ it may serve as a de-equalizer. But you may certainly use it, initially, to see if that is something that brings the group together and then bring about a flexible, lighthearted type of environment where you come together and ask each other, "What do we have in common ~ gee! Your hair is such and such."

There will be others in the group who may feel very shy about this and it will be up to you to initiate it ~ to bring it about and allow the other to talk, to share. Then, just as was occurring with all of you, there was great laughter! You were forming into little groups and sharing within those little groups. And then you would break apart and go into other little groups and you would share and you would laugh. You all have come away from this experience with a better understanding of yourself and those who are in this gathering.

There is no mystical thing here about GROUP BALANCING ~ "Oh, Waith, tell us the mystery of balancing in the group." There is no mystery. It is up to you as entities, wherever your level of awareness happens to be, to bring about your own balancing within the group.

So, now, what did you learn about one person in this group? (Waith addresses a person in the gathering)

That somebody really does follow their dream.

Very nice. We say that often, do we not ~ follow the dream. Live it. Yes, indeed.

What did you find out about any one person, my love?

What is easy for one person is hard for another, and I tend to forget that.

Very good. That is a good awareness to have, especially as you bring about balance in a group. Your levels of understanding, as we have said earlier, differ. You may have a better understanding of how to do something than another, for you have worked hard at reaching that level of understanding. And another has the journey to take, still. As you reach your levels of awareness, it is the responsibility of you then to share that understanding. It is where we learn patience, for in sharing what we know at one level of understanding requires patience for the other who is not at that level of understanding yet. Again, there is no great mystical happening here. GROUP BALANCING is about interacting every moment of every day and having the understandings of what brings about the GROUP BALANCING.

I learned that we all have things we'd like to do, but for whatever reasons, feel that we can't do them.

Why do you think that you cannot do something?

Do you mean like me, personally?

Yes.

I guess my conscious mind puts a barrier and says I won't be able to proceed. There is always the fear factor, overcoming that ~ trusting.

Why would another entity feel they cannot do something?

Perhaps they feel they lack knowledge, ability.

Perhaps for the same reasons that you feel you cannot do something.

Yeah!

Oh, enlightenment! 😊 😊

I wish it could just conk me on the head!

Understand, in being aware of your own Self, it enables you to be more understanding of those around you. So if you say, "Why can't that person just do what they are supposed to do?" "Take that within yourself and say, "Why is it I do not do something that I want to do?" For whenever the question is given to Self, it is a mirror. If you do

not have the question, then it does not mean anything ~ it means there is nothing to learn. Most entities on the plane still have much to learn. The mirror is brightly shining and it is a good thing to have this mirror when you ask the question, "Why can't that person understand?" It means look within Self. What is it about Self that still asks that question about why another cannot understand?

It is not a negative. Never view those questions as negative. View them as a reflection within Self to say, "Why am I not understanding why they do not understand?" It goes to levels of tolerance. It goes to levels of patience. And there is no perfection that exists on the earth plane. There are simply degrees of the levels of awareness that have been achieved, whatever levels those happen to be. In balancing within the group there must be the sense of Self, first and foremost, the understanding of who we are as entities and how that affects all those around us. When you travel on a bus, for example, from one stop to another, you are with a group. You have been brought together for that moment in time for a reason ~ perhaps never to be together again.

Some GROUP BALANCINGS are much more frivolous, as you might call it, and less profound than others. Sometimes when you go into a particular grouping that lasts for five minutes of earth plane time, it is meant for the connection to be made, for you have others that you know in that group ~ at higher levels ~ and others that you now make connections with. And because of the safety factor of going into this bus where at an energy level you know many, and now you connect with a whole group of others, you set up the stage for a future GROUP BALANCING in another lifetime. The understanding of your own behavior is what enables you to progress from one group to another and enables you to do what you need to in this overlapping.

When you first come onto the plane, in your first life or two in this sojourn, you do not have this overlapping. The orientation time, as we call it, is when you are setting up some of your basic groups that may see you through much of your journey. It is when you have finished that orientation time that the lessons then come in, that say, "This is what we will do with the groups and how we will overlap them."

Basic Groups. Every one of you have basic groups. This connects to the discussion that has been given to you of your Energy Circle ~ we would refer you back to that written information that comes from THE COMMUNITY OF SELF. You have an energy group. This energy group is part of what forms your basic groups. These are not to be confused with your basic food groups! ☺ ☺ Your basic groups are what see you through most of your journey on the earth plane from one lifetime to another. You will find that when you get into the overlapping, that within that overlapping, there will be at least one who comes from the basic group. Now, of what value is this information to you? Is it of value?

Well, at least we won't say to ourselves, "Why am I here?" in another grouping, for example. We will do a little more working on why are we here.

That is correct, my love. What it means is that in spite of what might appear to be inharmonious groupings, remember that within every grouping that you find yourself ~ these overlapping groupings ~ there is one from your basic group. The basic groups were established during the orientation time of your journey on the earth plane. These

basic groups can vary from three to five, depending upon what type of journey you are taking on.

Part of the technique that Teetee has given to you will enable you to get into a possible identification of the entities involved in these basic groups for Self. These basic groups, then, that were established at the orientation time ~ which can be up to ten lifetimes, the first ten lifetimes ~ form for you what many of you refer to as soul mates. Now, soul mates can be developed beyond the orientation time ~ and indeed they are. But you have your foundation that is developed at that particular time of orientation.

Teetee is going to enter in and give you another technique, where GROUP BALANCING is concerned, that is going to help you to zero in on these basic groups. The first technique that she gave to you laid the foundation. It enables you to move into these overlapping groups, but there is a much more sophisticated technique that you can use. It is not necessarily what you would call meditation, as you would know it. She will explain this to you and show this to you.

Understanding who your core of soul mates is ~ these are entities who you can feel safe with, even though they may appear to take on an antagonistic role within your group. They are your safety, as you are to them. The reason for trying to understand why the group comes together and what the connection is, is also to help you to identify who is in your basic group ~ who is there from your basic group. So that, even if the relationship appears to be antagonistic, you know that this is someone from your basic group, and therefore there is a strength there and there is a safety ~ even though it appears to be antagonistic.

If you push the button enough, you will find the safety. As much as you might push the button of someone who is antagonistic to you, if that entity is from one of your basic groups that button eventually will break and the true nature will appear. Think about this with entities who you have battled with ~ back and forth, back and forth, back and forth ~ and at some point it stops and there is an understanding. Think of this throughout your life where you suddenly say, "Ah, the battle is over."

Now, we will have Teetee enter in, and when she has finished, we will return to give closure to this gathering.

Teetee: Hi, again! I am going to use my blue marker. Basic Groups. Basic Energy. Basic Energy Groups. I place five here because Waith said you could have from three to five ~ we would not want to have four and we would not want to have six, because that would mean that Waith was not telling the truth ~ and we know that is not true! Right?

Now, this is what you do with this technique. This is not quite as fluffy as you might think. This represents a concrete visualization for each of you. You can use this or you can use something else appropriate to Self, but visualize and put a number in each one ~ one, two, three, four, five. Before we go into this technique, use this as a visualization or something else that has a number in it. We use this because it looks fluffy and cloudlike!

TECHNIQUE ~

- *So, one ~ two ~ three ~ four ~ five, relax.*
- *Breathe in and breathe out ~ relax.*
- *Call upon the very Highest of the White Light to surround you with protection and safety.*
- *Call in your Angelic Protector ~ “Yoo-hoo, Angelic Protector!”*
- *Call in your guides ~ “Hey, guides, come!” If you know their names, call their names.*
- *Bring in all of your counsel ~ your Angelic Protector, your guides.*
- *Surround yourself with more white light.*
- *Visualize these little groupings ~ numbered one through five.*
- *Envision one through five.*
- *You are about to go on a journey into the archives of Self.*
- *This goes beyond the Soul ~ this is the archives. It is what houses the original plan of the journey onto the earth plane. This is where you are going to learn about your basic energy groups.*
- *You must have the permission of your soul to go into the archives.*
- *Begin the journey now, moving your visualizations with these five groupings up through Self and out of the energy field into the dimension of the Higher Self.*
- *Bring yourself into the dimension of Higher Self.*
- *You have the five visualizations ~ one, two, three, four, five.*
- *Your Higher Self sees the visualizations and knows that the journey to the archives begins.*
- *Ask the Higher Self for permission to go into the Soul ~ for Higher Self holds the key to the Soul.*
- *Go into the Soul now.*
- *Say hello to your soul and show your soul the five visualizations.*
- *Ask your soul if you might journey into the archives to identify your basic energy groups.*
- *Receiving that permission, the entry way to the archives is opened.*
- *Journey in and show the visualization to the archives.*
- *Your first question, “How many basic energy groups do I have?”*
- *If you receive the answer, you will know if you have three, four, or five.*
- *If you have three, then eliminate two of your visualizations.*
- *If you have four, eliminate one of your visualizations.*
- *If you have five, then you keep all of your visualizations.*
- *The next question you ask of the archives is to identify the energies that comprise each basic energy group.*
- *You may receive no answer or you may receive the answer to one energy grouping.*
- *You may learn of one energy in one energy grouping ~ that is all right.*
- *You may be given all of the information you seek, but you will be given the information that you need.*
- *Spend time in the archives, for your third question is, “What else might you share with me from the archives?”*

FOCUSING TIME ~

- *It is time to return from the archives and move back into the dimension of soul.*
- *Close the entry way to the archives, thanking soul for allowing you to go into the archives.*
- *Ask soul if there is anything it wants to share with you for information.*

FOCUSING TIME ~

- *You are ready to depart from the Soul ~ coming back into the dimension of Higher Self.*
- *Close the entry way to the Soul ~ thanking the Higher Self for allowing you entry into the Soul.*
- *Ask the Higher Self if there is any information it wants to share with you.*

FOCUSING TIME ~

- *Return, now, into the dimension of concreteness that you are in ~ return slowly.*
- *Close the entry to Higher Self ~ slowly returning, bringing back with you new knowledge ~ or not.*
- *Slowly return. Wiggle your feet. Wiggle your hands ~ wiggle, wiggle, wiggle.*

This technique can be used for as long a time as you want, as you journey into each of those components of Self. Remember, you are not traveling outside of Self. You are traveling within Self ~ these are all components of Self. Some of you may receive information immediately and quickly go right into the archives. Others of you may find that it takes many times ~ many attempts ~ before any information is given to you. And, as you bring information from the archives into the Higher Self, it stays within the Higher Self and is infused into conscious self as you need it ~ about your basic energy groups.

Is there anything any of you would like to share about your journey ~ if at all?

When I went into the archives the only thing I saw really clearly was a big 3.

Teetee: And what significance do you think that had?

It was probably my number of energy groups.

Teetee: It could be. What else might it be?

Uh.

Teetee: What else might the number three signify? It could be that she has three basic energy groupings or it could signify what else? Stretch your little brains.

It could mean that there is an identification that here is energy group number three ~ not knowing if there is a four or five. But, we have identified energy group number three ~ much like door number three! It is a clue, however, for you, my love ~ the number

three. So, the next time you do this technique, you go into the archive and say, "I have the number three. What does that mean? What is behind door number three?"

You have something more concrete now than when you went in, for oftentimes the archives need something more concrete than simply, "Show me the answer." It may give you a partial answer. This technique takes many, many attempts for most entities. And, it is the fun, it is the journey, so you will understand, at a very minimum, how many basic energy groups you have within your vibration.

The journey and *THE SEARCH FOR SELF* means to find out all about *SELF*, and that does not happen in this little time frame known as one life on the earth plane. It is the series that we speak of, the series of lifetimes. In this lifetime you may learn only that there is an identification of three ~ that may be it for this lifetime. You may not know whether it means that you have three groups or that group number three has been identified. But what might you do with this information if you go no further than just the identification of the number three? Are there three groups or group number three, so it is indeed a ~

Group?

Teetee: That is very good ~ it is a group. Whether it is group number three or one of three groups, you know that there is a group that does not go beyond three, perhaps, or that it is number three, but it is a group that you could then focus on. Focus on number three ~ whether it is number three out of four, number three out of five, or number three out of three. It is group number three. And then what would you do with that information?

Use it next time we do the technique.

Teetee: You actually could ~ you would have something very concrete. And even if you never learned, beyond that, anything about any of the other groups, you could in this lifetime, focus on group number three. Put all of your energies into that.

Now, if you have from other lifetimes identified any of these basic groups, that is going to come right out of your archives. You may have gone through this exercise in some other way in another lifetime and already have accumulated this information. The reason you may be getting three is that you have already identified the others in another lifetime, or numbers of lifetimes. So you need to be more aggressive in your own search.

Do not lay back and say, "The archives didn't give me any information. Oh, poor me." Be more aggressive and say, "What else do you have to give me?" That is one of the three questions. Say, "What is it about number three? Have I learned of other groups from the past? What other information can you give me?"

Do not think that this lifetime is the first and only lifetime. For some who will read this information, that is correct, for they are at the point of establishing their basic energy groups. If that is the case, they will have an advantage for themselves in that they will have stored knowledge to be retrieved easily. They have implanted ~ during this orientation time ~ the recognition of their own archives. For some, reading this

information in the future, you will just become aware that you have archives that go beyond the Soul. Most think that the Soul is it ~ it is not. Levels of Self have many, many layers that store information, depending upon what it is to be used for and what its purpose is.

So, then, you have this valuable information that you can utilize at the concrete as well as at the abstract, for you can be continually thinking ~ basic energy group ~ basic energy group. And as you look at people around you, if you feel a certain harmony with an entity, say to yourself, "I wonder if they are a part of my basic energy group." Take that particular entity's visualization into the meditation and into the archive and say to the archive, "Is so and so part of my basic energy group?" And, if you are given the answer of yes, then push the button a little bit and say, "Which group?" If you do not receive an answer, that is all right. But if the answer is, "Yes, this is an energy who comes from one of your basic groups," you have something.

If you find yourself especially irritated with someone, do the same thing. Say, "I wonder if this person is a part of my basic energy group ~ they so irritate me ~ it is to the extreme of harmony." Bring that into the archive and ask the same question. It will give you an awareness of Self and an awareness of how to deal with those around you within your groups. As you develop your own levels of awareness ~ your own abilities to define ~ your basic energy groups will grow and will strengthen.

If you are not to have that knowledge right now, do not worry. Continue to seek the answers, for we emphasize again that if you were not supposed to have the information, you would not have been given the awareness that the information exists. It is only when your awareness of information exists, that you know that it is time for you to receive the information. When you receive it and how you receive it will be up to higher levels of Self and up to The Universe. It is as simple as that ~ easy for me to say!

Our mission in Waith and Company is GROUP BALANCING. It is meant that we are here to give you guidance in the issues that come from the balancing within groups. You can call upon us through your own meditations. You can visualize the color aqua ~ or not. You can simply say, "Hey, Teetee!" Or, you could start going, wiggle, wiggle, wiggle ~ jiggle, jiggle, jiggle ~ shake your little hands and shake your little feet!! FIND YOUR OWN SOUND ~ this is an emphasis that comes from Waith and all of us from Waith and Company. Find your own sound ~ hear your own sound and take that with you as you go through your journey into Higher Self and into soul.

There are many levels of archives. Pull the little string and find out which level of archive you go into. No one else can do it for you. Only you can go within Self. Anyone else who gets into your Self is imposing and must face the consequences from The Universal Consciousness. Protect Self, for there are those who have the power, the ability, and the desire to get into Self.

This is why you must defend yourself against the darkness. Do not allow Self to be compromised ~ protect Self at all times. Trust in Self and bring Self to its own understanding of where it fits with all the other humans that you come in contact with. Be gentle about it. Understand that it is the scheme of life on the earth plane. Unless you

are on a mountaintop, alone, this information applies to you. It does not apply to an entity who is alone on a mountaintop ~ for that is not the path in this lifetime for that entity.

So, you are all here, receiving this information, seeking out this information ~ it means that it is time for you to travel on this particular journey. Where that journey takes you is up to you. That is the joy ~ that is the exhilaration ~ for it is SELF determined and not determined by any other entity ~ nothing outside of Self, unless you give it away. And, if you do give it away, it is always there for you to reclaim. You simply have to take your hand and say, "Mine!" Take it back at any point.

*Remember, in our journey we have all, at some point, given away our Self to an external source, and we have taken it back ~ and we have given it away ~ and we have taken it back ~ over and over again. This is not a onetime activity, "Oh, no, I gave away myself ~ I only have one chance to take it back." No, you give it away, you take it back ~ on and on and on ~ until finally you say to Self, "No more" And you may believe that. ☺
☺*

It is all right to give away Self, for you never really lose Self. It just appears that you have. It is an illusion that you give away Self. The Universal Consciousness always keeps the string connected to the essence, to the basic energy, so you never lose Self. It may be floating out there for many eternities, but eventually it comes back to its essence. And, when it is out there, floating away, wherever it might be, it is doing GROUP BALANCING. So whether Self is contained within or Self has been externally given, there is still GROUP BALANCING going on. When the Self comes back into its essence and it has explored and journeyed outside, it brings back the experiences of being external to its essence. All of that GROUP BALANCING ~ whether you are external or internal to Self ~ has been of benefit.

The journey within Self ~ that is what we have for you.

We understand that Waith will return now to bring the closure to this gathering. Enjoy your meditations that we have given to you. Practice them, play with them, modify them, refine them. Find your own way, using the basic concept of what we have given to you

Farewell to you.

Farewell and thank you.

Waith: We return now to bring closure to this discussion and this gathering of such bright entities

Would there be any final questions or observations ~ comments ~ about what has been presented during this time?

On the basic energy groups, how many are in each group? Is it an undetermined number, or a set number, or a span of numbers, like one to five in each group, or something else?

No, there are three to five groups. Within each group there could be four or in another group there may be seven, in another group there may be two. There is no set number that exists within each group.

When we go into meditation and we go into the Higher Self and into the Soul, is thinking of it enough or is there a good visualization one can use? How do we visualize the Soul ~ just as a bright light?

That is a very good question. Generally, to visualize the bright light helps in moving into the Soul.

The white light combined with the thought, is that enough?

Yes, the white light combined with the thought. Oftentimes, you simply can visualize the word SOUL and find yourself going into that dimension. You can visualize a fluffy white cloud as the Soul ~ whatever would have meaning to you as a soul, as that very, very unseen component of Self. The thought form and a bright white light is a very good way to visualize.

You have been most beautiful as energies in this gathering. We are very pleased to have had you together, and you have gained a bit of information about another. Taking yourself out of yourself to learn of another is always a good thing to do. You must concentrate on Self for the journey within Self to find the answers. However, there is a very fine line between obsessing about Self and becoming Self centered and being of service to others by the knowledge of what one learns about Self ~ to use that knowledge about Self to be of service to others.

We will give you the final closing energy of fluffiness and softness and all of the joy that can come from lightheartedness. We thank you for joining us in this gathering and hearing the call and responding.

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