

Waith Class Transcript

APRIL 26, 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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APRIL 26, 1998

THE SEARCH FOR SELF ~ LIGHTHEARTEDNESS, WORKSHOP

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

Thank you.

The blessings to you all.

And you!

It goes both ways. It is a pleasure to be with you in this gathering as it is with all of the gatherings and the Lightheartedness that has thread itself through all of our discussions in THE SEARCH FOR SELF ~ and, my love, you have become quite attached to this tree. (Waith refers to the small Norfolk Pine that a member of the gathering is seated next to)

Yes, I love this tree!

Yes, we are aware that this is your spot in the gatherings.

I tried not to ~

But it pulled you to it.

Indeed it did.

This is not without notice from Farena, we might add ~ this could be trouble for you.

Okay.

This gathering will focus, of course, with Farena ~ the Fluffball, as we call her in The Company ~ she who is charged with the lightheartedness component.

Before she enters in we would want to bring attention to a basic concept that prevails in THE SEARCH FOR SELF ~ and this is, indeed, what is called Lightheartedness. We understand that this is actually not a word found in your prevailing dictionary ~ Lightheartedness. However, it is a combination of elements that bring about a sense of joy filled within the encasement and within the total energy. It is an absolute necessity to get off the plane to have brought yourself into this arena of Lightheartedness. As we have said so often, many of you will be very serious about being lighthearted. This is all right, you see, for that is part of the journey toward Lightheartedness.

There are many among you, not only in this gathering, but on the plane in total, who think that to be Lighthearted is not part of the spiritual path ~ that you must be very serious. Indeed, our basic premise over all of the time that we have been speaking has been not only Lightheartedness as part of the prevailing energy, but in actuality,

irreverence. Some of you have come to understand what that irreverence means. Certainly you have seen it in the guise of Mushiba and you have seen it in the guise of those who are The Metagers. Many of you have begun to understand the joy that comes of being irreverent ~ and that it is actually a good thing.

Farena is, as you would know already, the emissary for Lightheartedness and irreverence. She presents her vibration to you in a very exaggerated form, which is necessary to bring you into at least a balance within Self for your own comfort in being Lighthearted and irreverent. As we have said on several other occasions ~ but we will emphasize it as we are about to have Farena enter ~ do not be taken aback by Farena. We call her Fluffball ~ we call her The Emissary of Lightheartedness. But do not think this means a shallowness. Lightheartedness and irreverence are quite the opposite.

It takes a great deal of Self strength ~ indeed, respect of Self ~ to be lighthearted and, more importantly, to be irreverent. The world around you would view it as being airheaded ~ not filled with substance and say, "Oh, you do not take anything seriously. Therefore, you do not matter. You could not actually have any depth to you." Thus, Farena presents herself in the most exaggerated of forms to show you that the more you are lighthearted and irreverent, the more it represents your ability to respect Self.

As you become more and more irreverent and lighthearted, you are respecting Self more and more. And, therefore, you are loving Self and you are respecting others and you are loving others ~ the critical beginning part of THE GUIDELINE FOR GROWTH, as you see on the wall and as you have come to recognize. Some of you have seen the depth of Farena. It matters not whether you see it or understand it or even appreciate the depth and the substance of this particular entity, for it does not matter to her ~ nor would it matter to anyone who is Lighthearted and irreverent for it is part of the package.

The more you respect Self, the less you are concerned about how others think of you ~ this is the message that comes out of Lightheartedness. It is an attempt to bring you out of Self and in actuality bring you back into the very core of Self ~ the respect of Self. Let go of the issues of being, "So serious about my spiritual path ~ must be serious ~ cannot smile ~ cannot laugh ~ certainly cannot be irreverent ~ that would be disrespectful." Indeed, IT WOULD NOT. It is disrespectful only if you feel it is disrespectful to Self.

Certainly, we present ourselves in an irreverent manner. We allow Farena to have Mushiba dressed in this way for us. (Waith refers to the clothing on Mushiba) And, all of the other antics that have occurred over time when Farena purposely wants to have the encasement of Mushiba attired in a particular way, or even Mushiba wanting to have something on the encasement. We revel in that type of environment. So Farena will be bringing a great deal of entertainment, shall we say, but also listen to the message ~ listen very closely to the message. She will have a number of unusual meditation types of activities for you ~ not like the usual meditations that you are accustomed to. She will explain that to you.

At the time of the breaking for movement and replenishing of the food, we will return and be available for any who would want to speak with us briefly. And then Farena will return once again for the second part. She has quite an agenda planned. So then, before

*we have Farena enter, would there be any questions, comments, observations, concerns?
(There is a silence)*

Indeed. Farewell for now, and enjoy.

Farena: Hi! Hi! Hi! Hi! Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy ~ loosen, loosen up! Fluffy, fluffy, fluffy, fluffy ~ Tanyay! She has a new nickname. And Tanzy has her pink boa. Come here, Tanzy! Come here ~ come here. We will pull her away from that very serious duty ~ (She is responsible for the taping of all the Waith sessions) very serious that she has to tape all of our words. Fluffy, fluffy. Oh, it is fluffy falling down. Pretty soon we will have her in a pink flowing gown. ☺ ☺ She says not, but we work in mysterious ways ~ look how pretty! Now you have to keep this on! (The feather boa)

It's hot!

Farena: This is my Harmony Basket and this is MY boa. And this ~ you remember this don't you? You get to wear the little hat. (Farena refers to a white basket that hangs from the ceiling containing fluffy items, including a white feather boa, wand and tiara)

Queen for the day!

Farena: Queen would be a word! There! How does that look? Doe she not look fluffy? Take a photo! Hi, mom ~ for posterity! When The New Illusion comes, they will wonder, what was all this frivolity about? Now, you can go back to your little corner. (She refers to the taping area)

Hi! Hello! Soft and fluffy, soft and fluffy, soft and fluffy, soft and fluffy! Oh, you are in much better shape now.

You always have to fluffy us up.

Farena: Many times I have to fluffy you up because you forget to fluffy yourselves up. It is easy to forget to fluffy yourself up when everything on the earth plane is just so serious, "Oh, I must do this ~ and if I do not do this then the world will end," which is really not such a bad thing in this current world. ☺ ☺ Many say, "Our job here is so important ~ oh-h, if I do not do this particular thing then oh, my path will be disrupted." Or even worse, "What does this mean in relation to my path?" Who cares? Who cares what it means? Just do it.

That is a Nike commercial ~ we get that from Mushiba ~ just do it! We have become very sophisticated where the earth plane is concerned. We can say things like, "That's a Nike commercial." We could not say that a few years ago because we were trying to orient into the earth plane ~ and we have done it. And that means that all of you should be oriented into the earth plane.

You should be aware of everything that is going on around you. Do not be elitist and say, "I am on a spiritual path. That is such an earth plane concrete thing going on. It is below me. It is beneath me. I am much more evolved spiritually." That is rubbish! You are here to be a part of the earth plane. You must enjoy it. Revel in it!

Do not be concerned about, "Am I doing the right thing in terms of my path?" If you are doing it, it is part of your path. Think about it. If you were not supposed to be doing it, you would not be doing it. "Am I making the right choice?" Well, yes, you made it. Live it until it is no longer time to do it. Do not think about whether it is a bad choice or a good choice. It is a choice. That means that it is a good choice ~ ultimately, ultimately. Do not think in the short term here on this plane in this lifetime. Ultimately, it is the best thing to do. That is where Lightheartedness comes in. Be joyful. Be lighthearted. Who cares? Who cares?

(There is a knocking on the door as a latecomer wishes to enter) There is not to be disruption ~ there is not to be disruption. It is part of responsibility. There is not to be disruption. When you begin something and you have a set time that it is to begin, you begin it, and do not allow others to impose upon that energy field that has been created, you see. It is part of Lightheartedness, my loved ones.

We are going to loosen you up ever so slightly more. It means detaching yourself from your comfort area right now and standing up. The first thing that you are going to do is move your body ~ move your body. This is one of our favorites ~ all of us in The Company like you to move your body ~ move your body ~ move your body.

Now I want you to go ~ (The group repeats after Farena)

- *Ha, ha, ha!*
- *He, he, he!*
- *Ho, ho, ho!*
- *Ha, ha, he, he, ho, ho!*

Farena: Now do it on your own!

Ha, ha, he, he, ho, ho! 😊 😊

Farena: Now try it again.

Ha, ha, he, he, ho, ho!

Farena: Do it at the same time now. (Farena and group) Ha, ha, ha, he, he, he, ho, ho, ho!

Farena: On your own!

Ha, ha, he, he, ho, ho!

Farena: Wiggle your arms! Wiggle your arms! Now we are going to do a wave. We are going to start over here and you are going to go ha, ha, ha, ha! And then right after she finishes, you are going to go ha, ha, ha, ha! Then you are going to keep going, and keep going. (The group goes ha, ha, ha, ha in waves)

Farena: Are we supposed to tell you to stop? Stop when you want to. You just kept going on and on ~ the Energizer Bunny!

I brought my bunny! (A stuffed animal)

Farena: Hi! Look how cute! Fluffy. Look at the little ears. Now what were we trying to show to you with this little exercise? There were a number of things we were trying to show you. What were we trying to show you?

How to be free.

Farena: To be free.

How we can change the energy level.

Farena: How you each can change the energy level.

Be spontaneous.

Farena: Be spontaneous.

How to make a fool of ourselves!!

Farena: How to make a fool of yourself.

Know when to stop.

Farena: Know when to stop. How to make a fool of yourself, and know when to stop ~ ☺ ☺ how to change your energy level, and know when to stop ~ how to be fluffy, and know when to stop. What is the operative phrase here?

Know when to stop?

Farena: Know when to stop!

We would like you to go around to each other and hug each other right now ~ do not miss anyone!

Now you can sit. Have you all read our poem ~ our poem was published. I am a published poet and have a plaque. You can open it up and show them (She asks someone in the group to open the book) See, you can read it at the break time. And I have a plaque. It has my name on it ~ Poet Farena. These people who judge these contests have n-o-o-o idea where I live! ☺ ☺

And then they tried to find out ~ wanted a little biography!

Farena: I am very mysterious. Someone once asked that when a person leaves the earth plane and goes into some other dimension of spirit, what happens to the ego? It goes right with you! ☺ ☺ No ego with us! Do you like my outfit?

Very lovely.

Farena: This is the Harmony Basket. We also have a harmony poem. It relates to everything that should go on in your life ~ harmony. We like to say poem. They do not necessarily rhyme, which means that your life does not necessarily have to rhyme. It does not have to have deep meaning, for it has deep meaning at higher levels ~ that is where all the deep stuff takes place. Here at the concrete you do not have to be deep. In fact, you do not want to be deep. It is boring. Think about it. Think about how boring it is to be deep, "Oh, what a deep thinker." That means that you are missing out on all the stuff going on around you ~ missing out on the flowers, missing out on the trees that are blooming. You are missing out on people doing stupid things, including yourself.

We all do stupid things. That is what the fun of the earth plane is ~ everybody is stupid ~ it is great ~ that is the way it is supposed to be, because if we were not, we would be back in The One being bored out of our minds. That is why we are not there. That is why we are here. Even in other dimensions, when we get too deep, it gets boring. You do not understand what deep means.

Deep, from a spiritual perspective, means respect of Self. It always comes back to that in THE SEARCH FOR SELF ~ Respect Self. That is the deepness of Self ~ that you respect Self and because you respect Self you are able to bring about anything and still respect Self. You can be silly. You can be stupid and say, "Oh that was stupid." Mushiba does it daily, "Oh that was stupid!" There is nothing wrong with that. That is, indeed, the way that you bring about Lightheartedness, for you say to Self, "Oh, that perhaps was not the choice after all, but I made it, I did it, I lived it, I integrated within Self and now I act as a result of it." Acting is the operative word here!

Too many seriously minded people think about what they should be doing, and they think and they think and they think and they never act. They keep thinking about it, thinking about whether it is the right thing to do, thinking about getting all the information, which is valid, but they never act and therefore, they never grow. But that in itself, of course, is a path. Not acting is a path. However, not acting means that you are not working toward Lightheartedness, for it is only in the acting from which Lightheartedness can come. Only in acting can you say, "That was wonderful what happened ~ yea!" Or, "That wasn't so wonderful what happened ~ yea!" ~ And laugh about it and say, "Let's try again ~ let's try something else."

You are here on the plane to experience ~ to experience the experience ~ not to sit around and think about it, unless of course that is your path and then you can sit around and think about your path of sitting around and thinking about it. You can bring yourself into quite a little frenzy.

The entire focus of THE SEARCH FOR SELF is Respect Self. You have learned through all of these discussions with the other Company Members the different focuses that are needed. Some will take on many lifetimes ~ a series of lifetimes ~ focusing on The Webbing Effect and trying to find themselves through the Web of Self and The Energy Circle that surrounds you. Others will focus in a series of lifetimes on the search for The Community

Within Self, the search for The Healing Of Self, the search for Gender Harmony, the search for Group Balancing ~ some in that order, some out of order, sometimes trying to combine. All along there is the ultimate end of Lightheartedness, for you cannot truly find the Self within without having the thread of Lightheartedness.

So, you may not have Lightheartedness threading through for many, many thousands of lifetimes. You then come to a point where you have gone through much seriousness ~ no Lightheartedness. You say, "Aha, I am being exposed to Lightheartedness. This is a lifetime of Lightheartedness," or a series of lifetimes of Lightheartedness. And the thread finally says, "Ah, we now go through the entire energy field." And as you begin to take on other lifetimes, a little thread has already begun to weave itself and you have, you see, this circle ~ this neverending circle of THE SEARCH FOR SELF. (See Illustration A at the end of this transcript)

It is very serious, until that circle begins to overlap with the thread. Then, here is the little thread and it continues to overlap now, all within the circle of neverending Self, always there so that no matter how far you spread your neverending SEARCH FOR SELF, the thread of Lightheartedness is now there. Some of you START your journey with Lightheartedness and the thread is there. Some of you go through hundreds of lifetimes and the thread is not there until finally you come to the lifetime and the Lightheartedness begins its threading.

It is important for you to understand where your thread is within the journey for THE SEARCH FOR SELF. We are going to do some thread hunting today ~ just as you have been, with the others in The Company, looking for things within Self and you have had techniques to find Self in Gender Harmony and in the Healing and in The Community of Self and in The Webbing. Now it is time to find your Lightheartedness thread. Some of you have very long threads and some of you have itty bitty threads.

Kind of like life.

Farena: Yes, it is like life for it is what brings about the wonderful, wonderful gifts. Some of you have no thread at all ~ you are not necessarily in this gathering. So we would not spill the beans as to who has the longest thread, "I have the longest thread ~ therefore, I am the most enlightened." The longer your thread is has NO bearing on the degree of respect of Self. It simply means that you have a longer thread. It could be, indeed, in many cases, you have a long thread, and this is what it looks like just going from one life to another, because all you have done is take on Lightheartedness. (See Illustration B at the end of this transcript) You have not taken on any other things to do and therefore your little spiral has not been kicked into place yet.

So all you have is a thread, which is rather shallow if all you have is a thread of Lightheartedness without anything for it to intermingle with. Some of you only have your spiral. That means there is no thread of Lightheartedness. These are the two extremes and that is all right. Then there are others of you who have any number of combinations, like this part. We will label this A. This is for diagram purposes ~ very concrete ~ A, this is B and this is C. (See Illustration C at the end of this transcript) A and B are the two extremes and C is the balance ~ there is a surprise.

Within most gatherings of entities, A, B and C exist. There are some who have only the thread of Lightheartedness. They are the ones who you truly call airheads with no substance, as you might refer to it, or judge it. But only from the very highest level do we know if that is true. B are those who have no sense of humor, who see nothing light about anything, "That's the rule and that's the way it should be," is their response. "Follow the rules. Someone said this was the way it should be." And they appear then to be very serious. They are the ones who you cannot joke around with, and you, therefore, feel that you do not want to be with them for they are much too serious ~ they take themselves too seriously. You say, "I, on the other hand, do not, for I am either A or I am over here in C, where I have at least some thread that's occurring of Lightheartedness."

However, this all goes back to judgement, for at the earth plane level you know not who is in what category, nor is it any of your business. Only at the highest levels is it known in what arena an entity exists. So you will find yourself with mixed gatherings ~ some who are very, very lighthearted. You know not whether they have only a thread or whether they have achieved the ultimate balance of Lightheartedness and respect of Self. You do not know that. You cannot judge and say, "They have no substance."

I like to appear as if I have no substance, "Oh, there she goes again ~ fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, la-la-la-la-la-la, la-la-la-la-la-la." It is fun to give that as an appearance. Some do it deliberately. Some do it because that is the way they are, and that is fine. B says, "Oh, I must do something to lighten up that person." Well, perhaps they do not even have a thread yet and to lighten them up would not happen. You could not do it for they do not have the thread yet. You must not judge another by their seriousness. You certainly can make comment about it, "Oh, you are so serious." Do not use it as a judgement.

The arena of C is where ultimately everyone goes, but you do not know who is in that area. Many of you do not even know which letter in this graphic applies to you. We are going to do some little playtime with that, though, to see if you can find your thread. You may not be able to find your thread. It means, however, that either you do not have your thread or you are not supposed to find it. You can have a very long thread. You can be in here (Farena points to C) with all kinds of balance that is occurring and you try to find your thread and it goes and hides on you. That is what Lightheartedness does because if you are very serious about finding your lighthearted thread, what might happen ~ they would hide on you! They hide on you.

Let us play. Let us play. Thread, thread who has the thread ~ thread, thread who has the thread? What is so interesting is that while we cannot see, as you define see, we are very aware of energy and you are all sitting there looking at me with expectation of, "Well, go ahead. Show us." Arms are crossed, bodies are crunched up ~ loosen up, loosen up, loosen up, loosen up. Now, take anything that is in your hands and put them aside. Relax your body ~ put your arms by your side or in your lap ~ put away your food ~ relax ~ breathe deeply ~ relax ~ you are relaxing ~ breathe, breathe, relax, relax ~ wiggle your fingers ~ wiggle your toes ~ wiggle your fingers ~ wiggle your toes ~ wiggle them together ~ wiggle, wiggle, wiggle, wiggle.

TECHNIQUE ~

- *We want you to envision a long, gold, white and purple thread that is sparkling.*
- *It has a fluffy needle at the beginning of it ~ not sharp ~ but it is a way the thread will be guided through your energy field.*
- *It is not your Lightheartedness thread. It is a thread that you have made up and you are going to put it into your hand ~ the hand that you use on the earth plane, whether it is your right or your left. You can actually look at your hand and say, "I have a thread." Visualize it.*
- *You have your thread now.*
- *Now surround yourself with the very Highest of the White Light. Envision the protective white light. It is all around you, soft and fluffy, soft and fluffy. You are comforted by the white light ~ it protects you.*
- *Call on your Angelic Protector and you call upon your Angelic Guides ~ for you have both, Angelic Protector and Angelic Guides.*
- *This is an Angel exercise ~ spirit guides will come later ~ Angel exercise.*
- *Envision your purple, white and gold thread ~ soft and fluffy.*
- *Envision that you give this to your Angelic Guide ~ simply say, "Angelic Guide, whoever you are, here is my thread that I have just made" ~ and the Angelic Guide takes the thread.*
- *Envision that it is being wrapped around you ~ gently starts at your feet.*
- *Your Angelic Guide is moving around you and around you, around you and around you, surrounding you with this thread. The Guide is holding onto the needle ~ the end of the thread is nowhere to be seen ~ it is endless.*
- *It goes around and around and around, moving upward, moving upward, going up, up, covering your entire encasement, upward, upward, until it reaches the top of your head.*
- *The Angelic Guide gives back to you the needle and the thread and you now hold the needle.*
- *You are surrounded by a thread that has no end ~ it is time now to journey into Higher Self ~ surrounded by your thread.*
- *Journey into Higher Self ~ envision the dimension of the Higher Self ~ it is your Higher Self.*
- *You are welcomed into that dimension of Self now ~ Higher Self discussion.*
- *It is time to ask Higher Self to reveal the thread of Lightheartedness for Self.*
- *Ask if it exists, and if it exists, ask to show its length in relation to the thread that is wrapped around you.*
- *We will return in a moment.*

FOCUSING TIME ~

- *It is time now to thank Higher Self for whatever information was given to you for use in the concrete ~ it is valuable, whatever was given to you ~ it is for you to understand as you return to the concrete.*
- *Thank Higher Self.*

- *You will be returning with this thread wrapped around you ~ it is a cocoon and you will keep it wrapped around you when you return into the concrete. You will still be holding the needle as you return into the concrete.*
- *Thank your Angelic Protector and thank your Angelic Guide.*
- *Slowing return into the concrete, holding the needle in your hand ~ return, slowly into the concrete.*
- *Slowly returning, holding the needle of the thread ~ returning, returning, returning, returning ~ holding the needle in your hand, holding the needle in your hand ~ returning ~ return back ~ returning back ~ back ~ needle in hand, needle in hand.*

END OF TECHNIQUE ~

Hold up your needle ~ hold up your needle. There it is there is your needle. There it is! Here it is. Here is my needle!

Now, everyone stand up ~ up we go! Fluffiness! Fluff up a little bit. You have your needle ~ you have your needle. Hold your needle in your hand. Hold your needle in your hand. (Farena is singing the words!) Yea for my needle! Say that.

Yea, for my needle!

I'm lost without my needle.

Farena: Yes, you are. Now I want you to all to go around to each other and say, "Look at my needle!" Go ahead. (Members of the group show each other their needles) Oh, pretty! Pretty! Everybody's needles! Wonderful needles!

Everybody sit for a moment, sit for a moment ~ holding your needle. I want you each to take a few moments and think about what your needle actually looks like as it relates to yourself. So your needle is a description of you. Then each of you is going to tell us what your needle looks like ~ think for a few moments.

(A moment of silence)

Everybody has an idea of what their needle looks like? It is very easy to play with yourself, you know.

Yes, it is.

Farena: You can be your own entertainment. I was just doing that while I was waiting for all of you to come up with your visualizations. I was just sort of playing, having a wonderful time, imagining my own little friends all around me ~ I was performing.

Let us start over here. What does your needle look like?

It looks like a feather. That is what first came to mind ~ to carry the cord, the thread.

Farena: Why?

I guess because it is pretty and soft and fluffy and that's, I think, a part that is missing.

Farena: Ah, a part that is missing from Self ~ very good.

I envisioned an outstretched hand.

Farena: Why?

Because there are times I reach out with it and there are times when I pull back. It can be received or it can be rejected.

Farena: Ah, very good.

Lighthearted.

Farena: How is lighthearted described?

I was trying to picture that.

Farena: Something concrete that describes the abstract.

I see it like curved, too, not straight.

Farena: Curved. What is it made up of ~ what material? Something concrete?

Energy.

Farena: Energy? Energy curving? Why do you envision that?

I just envisioned it. I don't know why.

Farena: Do you feel that to be part of you or not?

Yes.

Farena: Part of you ~ good.

I got two images. One was like the bottom of an old fashioned gold sword and the other was starlight ~ light coming from a star.

Farena: Why do you have that vision?

Maybe seeing it as a tool following my life.

Farena: Ah!

I envisioned a butterfly with wings and that represents freedom for me ~ freedom out of my self-centeredness.

Farena: Ah!

Q: I saw a needle! 😊😊 But it was a lot of colors and had an eye in it. It was cute.

Farena: *Did it have significance?*

I think all the colors, it had a lot of fun in it ~ pretty ~ but it could do the job.

Farena: *Very nice.*

I'm just imagining that it is yellow. It kind of has yarn and it's binding all of us together ~ just reaching out and binding everybody, lightly.

Farena: *Why do you envision it this way?*

I don't know. Maybe because we're just all here, energy wise.

Farena: *Did it have substance?*

Fifty-fifty.

Farena: *Fifty-fifty what?*

It was sort of some substance. It was in between.

Farena: *What was the substance? What was the concreteness of it?*

The concreteness is the yarn.

Farena: *The yarn ~ is that the needle?*

No.

Farena: *What does the needle look like?*

The needle was yellow.

Farena: *What does it have as its concreteness?*

Just a metal needle.

Farena: *And it is yellow.*

Yes.

Farena: *Good.*

I saw a needle reach out. It was created of light ~ it was something like an etheric light, but it was larger like we would use for weaving, or net making, a larger needle. The thread on it was a bluish, whitish etheric thread. It just kept going around in circles.

Farena: *Ah, why do you think you envisioned that?*

Because I could see through it. It was like a beam. It didn't have any concreteness to it.

Farena: Oh, very nice.

My needle was sort of like a knitting needle, but instead of being hard it was just wrapped like a barber pole and there was like gold and purple, wrapped around very tightly.

Farena: Why do you think you envisioned it this way?

Because it is like it just goes on. There is no beginning or end. I can't look at where it started, where it would end.

Farena: Why did you envision that type?

I don't know. It's like ~ did you ever watch a barber pole ~ the stripes just keep going?

Farena: Yes, we have that in this dimension. ☺ ☺

Like that, except that it is very pretty.

Farena: Ours is pretty.

- ⊗ I'm sure it is.
- ⊗ Maybe you were seeing hers.
- ⊗ I don't think so.

Farena: You never know.

Mine was gold, kind of like metal but not cold like metal ~ very bright and shiny, but warm. It had warmth to it. The hole part of it was big so that we could get the thread through without unraveling it. It was long and pointy, but not sharp pointy.

Farena: And why did you envision this, do you think?

So it doesn't get lost. It is easy to see when threading things through.

Farena: So it would not get lost ~ very good.

Mine was very fine and it was white. It had to be soft and it had to be hard, so it was made out of bone marrow from a chicken. ☺ ☺

Farena: Wonderful! Bone marrow from a chicken! Why do you think you envisioned it that way?

Because I have a hard time being very lighthearted. There is a part of me that thinks it's very silly. I have a hard time being silly.

Farena: The wrong words to say in this gathering! Uh-oh! Uh-oh!

I just take everything very seriously. I'm just a very, striving person. I guess it's something that I've known for a long time that's got to come out in me.

Farena: And what better time than today! ☺ ☺

I'd like it to come out, but I think it's a part of me that I'm afraid of.

Farena: The strength that it takes to admit that, my love.

You know why I Know? I went out and I hadn't had a drink in seventeen years and I had a drink and I felt so silly and I didn't know how to deal with myself feeling like that. I felt it was wrong to be feeling like that. I mean it was hard feeling giddy.

Farena: But you want to feel giddy ~ yes?

Yes, there is a part of me that knows I need to have that as part of me.

Farena: We'll do our part to help you with that. ☺ ☺

Butterfly! She stole mine! ☺ ☺

Farena: What is your vision of it?

I think it is the flitting around thing.

Farena: Tanzy!

I saw mine as a double edged sword, but it's not hard like a sword. It's made of green and pink and it's made of all the elements of air and wind and sun and crystals.

Farena: And why did you envision that?

Because I can sometimes be like a double edged sword.

Farena: That is hard to believe! ☺ ☺

And that just is me.

Farena: Very nice.

Mine is purple and green and it was a combination of wood ~ and herbs and spices from the earth.

Farena: Why?

I wonder why ~ because of my connection to that and how I bring Lightheartedness through my food, through my cooking.

Farena: Ah, indeed.

Now, then, you have each done the first step in trying to find your own thread ~ or to see if you even have a thread. Why would I say that? Why does this help, do you think?

Maybe we'll have a little more fun once in a while, instead of stopping ourselves and saying, "Oh, I shouldn't do that ~ that's not appropriate."

Farena: "That is not appropriate ~ it is not appropriate to have fun ~ it is not appropriate to be silly ~ it is not appropriate." You have something concrete now to help you in your search for Lightheartedness. It is a representation of the thread, for we asked you to bring into a vision that which you think represents Self. You are our perfect example, for you have the desire to be lighthearted.

The question comes into play as to whether you are A, B or C. You could be in A but now this life is B. You could have come into the life, completely absorbed, knowing that you had this thread but did not know what to do with it. You could be in B without any A and know that A exists, because it is time for you to go into that part of the path. But, it is so foreign that you do not know what it means. You get a bit of a taste of it and then you pull back, for it has not integrated into Self yet. Or, you could be in C and just now beginning to expand more in your areas of Lightheartedness. It is not important to know, actually, where you are. It is important only to know that you can grab onto the thread that is Self, and if you do not have a thread, then it is time to grab one ~ and we said so!

We will return in a while and give you some additional work to do with your needle and thread. Waith is going to return and from the feeling of the energy in here it is time for you to move around and eat. Right?

Right.

Farena: So, Waith will be here. He will be sitting over there. We want you all to move around. We want you to show your thread again and say, "Look at my thread" ~ now that you know what it looks like for real. Become acquainted with the needle and your thread ~ become acquainted with it, for your thread, now, is going to be your needle and your needle is your thread. We will discuss that later. Anything before we go?

(There is a silence)

All right.

Waith: That was quite an interesting visualization for you that Farena will indeed give you a bit more of an elaboration when she comes back for the second component. It is time now for you to stretch yourselves and to relax and enjoy and laugh and show each other the needle and thread that has become the One now. We will be seated if you so care to chat with us a bit or not. We will have fun with our self. ☺ ☺ Enjoy.

BREAK TIME ~



Waith: Welcome back, my loved ones, to the second part of our discussions. There is a great deal of crunching going on as we speak. This is a good sign ~ it is of the Lightheartedness.

Crunching and slurping.

Crunching and slurping ~ particular earth plane activities that bring about camaraderie also, as you seem to be doing. ☺ ☺

Did you all sort of look at each other's needle and thread ~ make some comparisons? Or did you all forget to do that? ☺ ☺ Crunching and slurping took over. Well, it is the wrath of Farena that you will have, not mine, you see.

Oh, Boy!

Oh boy, indeed, and you know what a taskmaster Farena can be! We will turn over the next part of this discussion to Farena and then upon her completion, we will return to give you the closing. She will take that from you when she enters in, Tanzy. (Referring to the tiara)

Thanks, Waithy!

We like Waithy. We like Waithel also ~ along with other Angelic names. You could call us just about anything, you see.

We do sometimes.

Yes, we are quite aware of that. ☺ ☺ We do exist in the Angelic Realm, you know. While we cannot talk about all that we know, we do know ~ best not to talk about. Thus, Farena will enter in and we will return shortly.

Farena: Hi! Hi ~ over there!

Hello!

Farena: You got the good seat.

I know.

Farena: The good seats are right up here close to me! ☺ ☺

I understand that you didn't compare your needle and thread with anybody. You were too interested in eating ~ the food. This is a perfect example of what we are trying to help you overcome, many of you, this feeling of being self-conscious about silly things. You are so self-conscious, "Here's my needle and thread ~ look at it!" Some of you would be so self-conscious about that. If you cannot do it in this environment, will you be able to do it outside of this environment ~ to go up to someone in the workplace and say, "Look, I have a needle and thread of Lightheartedness ~ look at it!" ~ And then begin to describe it. How many of you could do that?

Tanzy! We want our crown back. Thank you, love. Hi! Come with me. Come with me.
(Farena invites a member of the group to get up ~ the same one who said she had difficulty being silly)
Very nice ~ face the audience.

Okay.

You are going to get hung up.

Farena: I am going to get hung up.

She is stepping on your cord. (The mic cord)

Farena: Oh, she cannot step on my cord! Oooh, whoo, whoo. You never know what could happen when you step on someone's cord.

You might trip.

Farena: You might trip and do other things, too. It depends on whose cord it is and what the cord looks like. Fluffy! See how serious she is, and look how nervous she is. She does not know quite what I am going to do! Relax. I will not embarrass you. These are all friends. You can trust them. They are not going to run out and tell everybody. Where's the camera? ☺ ☺ This is the one who wants to be silly but is afraid of what would happen if she is silly because, you know, you might lose some control.

That's right.

Farena: I know. You cannot lose control because you know what would happen if you lose control ~ what?

Well, I don't care about control anymore, really ~ controlling other people. It's keeping myself in control.

Farena: Oh, so being silly would do what?

Nothing. It's fun being silly.

Farena: It is. So why is it so hard?

Because it's embarrassing in front of other people.

Farena: Why? So what if you are embarrassed. And what is embarrassment anyway? What does that mean? What does it mean to be embarrassed?

You're afraid of what other people think of you.

Farena: Ah! You are afraid of what other people think of you?

That's right.

Farena: How many are afraid of what other people think of them? ☺ ☺ Why? Who cares? Do you think I care what people think of me?

Well, I guess not. ☺ ☺ I do like your outfit, though. I'd wear something like that.

Farena: This is going to be Mushiba's outfit that she wears at the college she works at, when they graduate. I told you that already. She is going to wear this in public.

So.

Farena: This is not public. So what is embarrassment? Who cares what other people think? Respect Self. Turn around and face people. (Farena places the frilly crown on the head of the person she has been addressing) Tanzy had this on a very interesting way. She had it on like this ~ you see, a halo that is sort of crooked.

That's appropriate for me. ☺ ☺

Q: I like it on top of my fluffy hair.

Farena: On top of your fluffy hair ~ firm and straight.

You know, I made my hair fluffy on purpose today. I just looked in the mirror and said I have to make it fluffy.

Farena: What influence did you think?

I didn't even roll it, I just pulled it out!

Farena: Ah! Did you see purple when you were doing it?

No.

Farena: I am not getting through as much as I could.

Do you want me to act silly? I can act silly ~ probably more than you!

Farena: I love a challenge. Now if Barjan were here ~ Barjan is my earth connection and he is the one who makes all the beautiful music that you hear at Terra Lux. He could not be here today because he works in a distant place. He and I have done some pretty silly things, have we not? Some of you have seen them. If he were here, you would eat that sentence that you just said. ☺ ☺

Now, then, we have a dance called Farena's Dance and Barjan made the music. Our love here is going to put the music on now and we are just going to hear a part of it ~ I will let you know when you can turn it off because it is a long song. I am just going to stand here like a little pole and you are going to act silly. It is starting soft, the music, and then it starts to pick up. See, I am the pole.

I don't know how to act silly, but when I hear music like this, it just doesn't makes me silly.

Farena: Wait. This is the prelude.

All right.

(The music begins in its fullness!)

Farena: She can act silly. I have no problem acting silly.

I can jump rope. Just moving your body is not acting silly.

Farena: For some people it is. You do not need to stand in one spot ~ you are not attached to me.

There! (Group laughter and clapping) **So fluid!**

Farena: So fluid ~ look!

Yes, I didn't know she was so good at it.

Farena: So fluid ~ oh! Wonderful! Hear the music inspire. Someone else join her. Come, come. Come and join ~ more. Come and join ~ the male encasements ~ come and join. Come and join. Very nice. Look ~ very nice! (Farena has many from the audience dancing and laughing)

You did a wonderful job. You did a wonderful job. All right. All right. Everyone now can go back to your places ~ very nice.

She started it.

Farena: I started what ~ silliness, Lightheartedness.

Now it is back to being serious. This is an appropriate way to be ending our discussion for THE SEARCH FOR SELF, to bring into highlight the need to be silly, to be light of heart. Being light of heart does not mean that you make a fool out of yourself ~ while that can certainly be part of it. But it is as you interpret making a fool out of yourself ~ being able to live within Self in feeling the lightness of the heart. This is the focus ~ it is heart. This is the focus. It is the energy center that comes from the heart ~ it is the love center, for without the heart there is the energy that cannot exist of love.

All have a heart ~ therefore, all love. But the love cannot shine through without the light. There is a connection here, you see. Light is given to the heart and the love comes from that. Here you have the thread of Lightheartedness. You each now have a little thread and needle that you could use to great advantage as a concrete manifestation of your own ability to find the light that goes to the heart.

So you think you could be sillier than I could be?

Yes.

Farena: That would be a challenge that would be worthy of presenting in a forum of some type. ☺☺ Certainly, this forum does not allow for that.

We are going to give you a technique for you to use as you are attempting to find the thread that you have, or do not have ~ but to find where you are. Are you in arena A? Are you in arena B? Or are you somewhere in the arena of C, where the balance is? Only you know this within the higher levels of Self ~ and at the concrete level you may, indeed, not be given that information. It may not be for you to know ~ but it may, indeed, be for you to know. Most who come to hear our words in one forum or another are ready to be given the information that is appropriate. And so we will give you a meditation technique that is used in conjunction with your thread and needle that we did in the first technique.

TECHNIQUE ~

- *Everyone relax. Bring yourself into a fluid and soft sense of Self.*
- *Breathe now slowly in a way that is comfortable for Self, gently and softly.*
- *It is time to call in your Angelic Protector and your spirit guides.*
- *You have your needle in your hand ~ that you created. It is your visualization for this meditation.*
- *You will be going into the Soul ~ that dimension of Self that houses the memories and is the master of all that occurs within Self.*
- *Slowly now you are relaxing and feeling yourself lightening. Feel your physical encasement becoming very light ~ you are letting go of your physical encasement.*
- *Feel yourself begin to float out of your encasement ~ out of the concreteness ~ moving slowly now away from the concrete encasement ~ moving slowly away from it.*
- *You now see it ~ you are separated from it. You have your needle and thread with you.*
- *You are moving slowly away from the concrete, yet you are attached to the concrete by the threading that went around the physical encasement in the first meditation.*
- *You are attached with the thread and the needle.*
- *Slowly move away ~ you are gently floating, floating, floating.*
- *You no longer see your physical encasement ~ you are surrounded by white fluffy clouds.*
- *You are moving into the dimension of Higher Self ~ you feel the whiteness of the light of Higher Self ~ you are surrounded by the Higher Self dimension.*
- *Then you feel yourself ~ at Higher Self ~ moving into the Soul dimension.*
- *It is the Soul ~ it is gold and white.*
- *You move into the Soul ~ your Higher Self thanking ~ you have your thread and needle.*
- *It is now time to ask the Soul the question, "Do I have a thread of lightheartedness?" The answer you receive from the Soul will determine what happens to the needle that you have with you.*
- *I will return shortly.*

FOCUSING TIME ~

- *It is time to thank the Soul for the information that has been given to you.*
- *Some of you will return back with the thread of Lightheartedness that is intertwined within Self. It will replace the thread that you entered the Soul with that was made by Self at the concrete.*
- *Some of you were not given the thread of Lightheartedness, but you will return with a thread that will be a substitute for the time.*
- *Thank your Angelic Protector for the information and for the guidance.*
- *Thank your soul for allowing you to be with you within Self.*
- *And, thank your Angelic Guides and your spirit guides and all those who went with you into the Soul. Thank them all.*
- *It is time to leave the dimension of the Soul. Higher Self and concrete self, merged, are moving out of soul ~ slowly.*
- *You are floating.*
- *Concrete and Higher Self are merged ~ you are understanding each other ~ you are understanding the connectedness that you have with each other.*
- *Slowly you move out of the dimension of Higher Self.*
- *You are floating now, holding onto your thread which connects you to the physical encasement.*
- *You are floating and now you begin to see your physical encasement.*
- *You are slowly moving toward your physical encasement ~ you are slowly moving toward the physical encasement ~ moving into your encasement ~ holding onto the thread ~ becoming one with your physical encasement.*
- *Wrap the thread around your wrist and envision that it is secured with the needle that represents Self. It is yours to access whenever you want to access this needle and thread.*
- *Return now into the concrete.*
- *Slowly return to the concrete ~ slowly return.*
- *Come back, come back ~ come back, come back ~ everyone back.*

END OF TECHNIQUE ~

Farena: What is the purpose of securing around your wrist this thread and needle?

So it will be with us, it will stay with us.

Farena: Why would you want it to stay with you?

As a reminder.

Farena: As a reminder.

Like if somebody put a rubber band there and snap it when they want.

Farena: Yes, my love, that is a purpose to help remind you of your search for lightheartedness ~ for it is a search. There is no one on the earth plane who has achieved the completeness of Lightheartedness ~ you would not be on the plane if you had. Everyone is in some level of understanding. Just as we have talked in the past of the

levels of awareness, so too, is the level of understanding of your own Lightheartedness part of THE SEARCH FOR SELF.

You each have moments when you feel Lighthearted and then you each have moments when you feel very heavy, very deep, and then you have moments when you feel the balance. Most of the time, however, is spent in being either very, very lighthearted or very, very serious. The balance is meant to be those times of reminder that it can be achieved and how important it is to have that balance. The balance ~ the balance in everything that is done.

Lightheartedness is the thread that weaves through all of the experiences on the earth plane, and eventually you have to have your thread. Do not be concerned about controlling it at the concrete. We have given you a symbol ~ it is an abstract symbol. There is a contradiction ~ an abstract symbol. Nonetheless, it is for you to use as a reminder that it is appropriate to seek the lighthearted and to go like this on your wrist and pull it ~ even if it is not there to the eyes of others ~ to pull it and say, "Ah, my lightheartedness."

We have given other information that is in the written form from our initial workshop with you that gives other techniques for being Lighthearted. It is up to you to bring it into Self to the degree that you feel it is appropriate for Self. Do not feel pressured that you must act like this, "Ha, ha, ha, ha, ha, ha," or that you must be as irreverent as someone who you know, "Oh, they are so irreverent. I wish I could be like them." Do not wish that you could be like anyone else. Rather wish that you fulfill that which is Self to the fullest and then you will be who you are. Is there a song, Be Who You Are?

Lighten up! Lighten up! You all have become so serious on me all of a sudden. Lighten up! Stand up, everyone. Stand up. Ah, stand up, stand up. We will have the wave of laughter that we will do in a different way now. This group will start ~ "ha, ha, ha ~ ha, ha, ha." This group will go, "He, he, he -he, he, he." This group will go, "Ho, ho, ho ~ ho, ho, ho." (Each group repeats after Farena) OK, start. (The groups go ha, ha, ha, ho, ho, ho, and he, he, he ~ in waves. There is much laughing)

You learned this time ~ to stop whenever ~ very good. There is a high learning curve. (Much group laughter) This is very good ~ to know when to stop ~ be silly, and then to know when not to be silly. There is a time for it all. Now, sit.

Before we depart are there any questions you would have of us?

While you come bopping through Mushiba, do you ever appear through other things, like animals?

Farena: We can do just about anything we want to do! We manifest in many ways ~ yes. Any other questions?

There seems to be a part of me that might be left over from when I was a little kid that is always worried about doing things right. I was just wondering, can we call on your purple fluffy light to help us.

Farena: Oh, we would love that!

We would say to you, "How do you define RIGHT," realizing of course that your definition of right must coexist with the world in which you live in some way. Perhaps that coexistence means to be in harmony with the world around you, or that coexistence means to be an agitation to the world around you, or some combination. Harmony is achieved through agitation and agitation only comes about through a sense of harmony ~ maybe not always simultaneously, but eventually always working together. It is you who must make those definitions.

We picked the color purple to be our color even though it is the color of Waith and Company and Terra Lux as a whole ~ it is my color, and I use it for fluffiness and lightheartedness. If you see it suddenly ~ out of the blue you see spots of purple ~ it is an emissary, an emissary sent to remind you to lighten, lighten. Be light in your seriousness ~ be serious in your lightness ~ be light.

Are there any other questions?

(There is a silence)

The information that we have given to you has great depth to it upon further study and yet it is all quite frivolous ~ and it is all right to be frivolous. You do not have to spend all of your SEARCH FOR SELF, saying, "I've spent three hours at a spiritual workshop and all they did was go fluffy, fluffy, fluffy and dance around. What did I learn? I learned nothing." Reflect upon the threading of Lightheartedness and the irreverence.

Time for us to bid adieu and for Waith to return. We send you the fluffiest of purple light. THINK PURPLE. Carry something around with you that is purple to remind you of Lightheartedness ~ that is why Mushiba wears purple all the time! Purple ~ purple ~ purple ~ fluffy ~ fluffy ~ fluffy.

Farewell to all of you.

⚙️ **Farewell, Farena.**

⚙️ **Let's get serious now!** 😊 😊

Waith: We are at times serious with the information that we present. However, even when WE get too serious, Farena's mission in our environment is to come in and change that by being so silly. It has worked on many occasions in the past where she has entered in to bring about a little spark of Lightheartedness and silliness ~ and no yawning is allowed! (Waith addresses a member of the gathering)

Why?

Because we said so!

That's a good reason.

We are the Angelic here, so what we say is right ~ right?

Right!

Do you believe that ~ Angels never lie?

Angels never lie!!!

Angels never lie. Well, actually, according to OUR OWN TRUTH we do not lie. It is the logic that one would take on in your own dimension ~ the definitions of what is right, you see.

Would there be any general questions relating to the topic of Lightheartedness? Any comments or concerns that you might have?

I have a comment. It seemed like I felt a link with what I like to do the best, which just happens to be sewing with real needles, but the more that I do what I like to do, the more lighthearted I generally feel. There seems to be a link there.

Do you think there is a link between doing what you like to do best and feeling lighthearted? Imagine that.

We were only taught that from you.

Indeed. And as you like what you are doing, you become more successful at it, and that success brings about a sense of respect of Self. And as you begin to respect Self, you begin to enjoy doing more of what you do, and you become more lighthearted. And then you respect Self more because it has become such a positive cycle. Then you are able, truly, to begin going through THE GUIDELINES FOR GROWTH, for you have that cycle that has started ~ and the more that you give, the more that you will receive back, and the more that you will love Self.

I find it hard to integrate Lightheartedness when I am learning. To me that is a very difficult thing.

Have you learned anything in this gathering today?

Yes.

What have you learned?

I have learned to let go of Self ~ letting go.

So you learned something in this gathering and it was to let go. Now, while you were learning this, did you have fun?

Yes.

So you have answered your own question. It is all right to learn and have fun at the same time. Learning need not be associated with pain.

Sometimes it is.

Sometimes it is. That is part of the path when one takes on an experience. And sometimes the learning occurs through what is discomfort in the short term, for everything on the plane is short term ~ [it is the long term which is the Universal perspective. So in many situations, you can be joy filled in the learning experience ~ indeed for all learning experiences ~ if you have the attitude that this is the earth plane as a playground. So everything that is being learned, even if it is painful or of discomfort, is ultimately lighthearted and joyful.

There can be, however, very concrete learning experiences, such as this gathering, where there is Lightheartedness and yet you have learned something. So, you see, it can be done. It is a way in which you bring your own attitude into it. It is also the way in which the facilitator, who is attempting to help you learn, brings in Lightheartedness. There are some on the plane who view learning very seriously and there is no laughter in the environment ~ it is all very serious. And so it is difficult to take yourself out of that kind of serious environment, and you find yourself brought into it and buying into it, if you will. But it does not need to be.

Lightheartedness in the learning environment goes hand in hand. It is natural. While what you are learning needs to be looked at seriously, so that you learn it, it must not be taken with seriousness. As we say so often, "You take what you do seriously, but not yourself seriously. Take yourself very lightheartedly." And then the learning is joy filled. It is your own attitude that brings you into whether it is joyful or not. You can move yourself into another dimension if you feel yourself in an environment that is too serious. Even though you are physically in that dimension, you can take yourself mentally out of it and still be absorbing what you need.

It is part of THE SEARCH FOR SELF. It is a technique that only you can learn to do ~ to come up with. It depends on how you want to be within Self. Do you want to have the thread of Lightheartedness permeate Self so that it is truly part of the scenario of C where all that is being learned in THE SEARCH FOR SELF is threaded through? Or it could be quite separate where you are simply focusing on Lightheartedness without any other types of issues, or you could be simply looking at that journey without the Lightheartedness. That can vary from one lifetime to another. It is up to Self. Very good question.

Other questions, comments?

I think Lightheartedness also can pull us out of some difficult situations. For instance, if we have a situation where everyone is very upset ~ haven't we all had occasions where we might smile and they will look at us and say, "What are you smiling about? This is a serious situation." And yet the smile comes automatically. I think that's calling on that ability to look at things lightheartedly and the others might pick up on it too. I've had that happen many times, I wonder why I am smiling. This is serious!

Yes, indeed. It works to bring out the Lightheartedness. There have been many discussions in our forums with the public that have focused on smiling, simply smiling and making people wonder what you are up to. Indeed, they break that sense of seriousness, sometimes creating an agitation. "You should not be smiling. What are you laughing about? This is nothing to be laughed about. There is nothing funny here. This is serious."

And, when you find yourself in that type of environment, you learn through your own experiences how you will respond to that. For some, they are known for breaking the seriousness ~ they are actually looked at to help break the seriousness of it, for they have a reputation for being able to lighten up an environment that can become much too serious. For some of you, it may be the first time that you would attempt to do this. It might feel foreign to you, to smile when you feel it is not appropriate to smile ~ at the checkout counter, smile.

In the emergency room.

Yes, there needs to be that sense of easing of the seriousness, for things can be, at an earth plane level, very tragic. But, you cannot allow that tragedy component to pervade, for ultimately everything is part of the greater scheme of the weaving of what goes on at the earth plane level ~ it is necessary, it is critical to the play that is on stage currently.

Does it apply only to the human form? What about when our encasement is different than in the human form ~ plants or animals?

Yes, indeed, those will be discussions for the next level of THE SEARCH FOR SELF that will be coming in the following year, after the summer retreat. For truly, energy, as an existence, has Lightheartedness that also threads itself through varying kinds of encasements.

Such as in nature's creatures ~ they are very lighthearted.

That is correct. Some encasements have only a Lightheartedness assigned to them as a kingdom ~ those will be issues discussed. Certain encasements within kingdoms have Lightheartedness ascribed to them. It is all very interesting discussions as we move the certification component of THE SEARCH FOR SELF into the second level of Practitioner.

In our gathering with you in the next time when we have the closure we will give you a bit of a hint of what is coming in the time after the summer retreat. There will be a great deal of Lightheartedness in this Closure Ceremony, as we call it. Each from The Company will enter in to give you a final word, if you will, and will be available for signing any number of things that will be generated by The Metagers and Mushiba ~ with our guidance, of course. We always look to Marisa for this since she is the little fingers that do the walking on this computer ~ lighthearted, lighthearted. She is perhaps thinking, "Oh, what is he talking about he hasn't told me already ~ what little plans does he have already?"

Are there any other questions, comments or concerns before we depart?

(There is a silence)

Go in lightheartedness. It is something for many of you to constantly be reminding yourselves of.

We send you an additional Lightheartedness and fluffy vibration and energy and we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.



**ILLUSTRATION A
THREAD ONLY**



THIS IS A REPRESENTATION OF THE ORIGINAL DRAWING BY FARENA

**ILLUSTRATION B
NO THREAD**



THIS IS A REPRESENTATION OF THE ORIGINAL DRAWING BY FARENA

**ILLUSTRATION C
BALANCED THREADING**



THIS IS A REPRESENTATION OF THE ORIGINAL DRAWING BY FARENA