

Waith Class Transcript

JANUARY 24, 1999



~ 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

A Publication of Terra Lux Media ~ 1999

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

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

JANUARY 24, 1999

MEDITATION YOUR WAY, PART II

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

Hi Waith!

We are pleased to be with all of you in this gathering. We are here to continue the discussion that we began in our last gathering relating to meditation. We will focus on some very particular techniques for Meditation Your Way that you will be able to take with you and utilize in your own environment. We ask you to tell us one thing that you gained from being here in the last gathering. What did you learn? Open floor, as it is said.

There is more than one way to way to view a cookie!

Yes, indeed. There is more than one way to view a cookie ~ contemplating on the cookies that were available in the last gathering. 😊 😊

- ⚙ **I kept thinking about what it's like to sit here and think about what happened to the person who was sitting there saying, "Don't call on me, don't call on me." 😊 😊**
- ⚙ **I brought that back into my classroom and I'd look at kid's faces and they all had the don't-call-on-me look! 😊 😊 It just brought up a little more sensitivity into my daily life.**
- ⚙ **Did you call on them?**
- ⚙ **Oh yeah!**

That never stops us! 😊 😊

I told them that I knew that they felt like that and that it was okay.

And that it is all right. Oftentimes, it can be used as an icebreaker.

Oh definitely, yes. I told them I knew how they felt.

It is the responsibility of Self when attempting to communicate with others that you understand that everything you say may not be viewed as a pearl of wisdom. We learned that many, many years ago ~ in spite of the fact that we think everything we would have to say would be listened to with rapt attention! That is certainly not what happens ~ it is no indication of negativity. It simply means that if you want to gain the attention of someone and to keep it, you have to be continually bringing in lightheartedness. To be serious all the time creates, sometimes, a swaying away from what is actually being said.

Going along in that particular line, there is a Company member who is going to say hello. Farena is one of the Waith and Company members. She is the Emissary of Lightheartedness and the exaggeration of lightheartedness.

As we have said so often, do not think that lightheartedness and air headedness go together. 😊😊 She likes to present herself, so often, as being an airhead. This is part of the mission. It is meant to bring about a sense of release from seriousness. Indeed, often she has popped in after we have been giving some very serious information and she has lightened things up. We give her that opportunity to improve in her own skills.

However, she wanted to come in and say hello to all of you. Many in our gatherings may not have met any of the other Company members, the other six. And so, oftentimes, it is useful for Farena to be the one who comes in as the first Company member for you all to meet. She will speak for a while and then we will return. She has a type of fluffy meditation that she wants to give you. She is very good at those fluffy meditations, as some of you can attest to. We will return in a while.

Farena: Hi! Hi! Hi! Hi! Hi! Hi! Hi, hiding over there! 😊😊 Hi! Hi! Hi! Fluffy! Fluffy! Fluffy! Fluffy! Oh, I forgot you! Fluffy, fluffy, fluffy! 😊😊

Oh yeah! By the way!

Farena: There's my Harmony Basket ~ and here's my boa! Ah-h-h! Isn't it wonderful? Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy! You're much too, much too serious! Fluffy, fluffy, fluffy! Fluffy, fluffy, fluffy! Fluff, fluff, fluff! We won't forget you! 😊😊

For those of you who do not know ~ and I always have to be the one who comes in and tells the new people this ~ because The Metagers just never remember! Over here is a book with a poem in it that I wrote and it's published! It's called Harmony and I autographed my poem. (Group clapping) Thank you, thank you!

Ah-h-h! In my Harmony Basket I have many things. While I'm here now, somebody gets to wear the crown. It's like a halo! Fluffy, fluffy, fluffy! Who needs the halo? Who would like the halo? Oh, it's not cursed! 😊😊 You cannot be shy! We crown you! Of course, we won't tell you what we crown you as! 😊😊 (Farena places the crown on the head of one of the participants)

Now who would like to wear the feathers? Look at how pretty!

If I get too warm, can I pass it along? Can someone else try it?

Farena: You could. Oh, how fetching! Doesn't he look wonderful? Yes! From another time it was absolutely you! 😊😊😊

I don't think so.

Farena: Yes.

Owl man! He looks like owl man!

Farena: Ah-h-h! Oh, we were thinking of another kind of life! 😊😊 We have many of those kinds of lives! So did almost everyone here. Oh, look how pretty!

Some of you might be thinking, "Who is this fluffy thing? Why isn't she serious? This is spiritual stuff we're talking about. This is meditation we're talking about. That's serious, isn't it, meditation? Very serious to meditate. Stop bothering me. Stop being fluffy. I have to meditate. This is important, this is serious. I came here to learn very serious things. Oops! I'm in the wrong place!" ☺ ☺

Waith gave us just a few minutes. Now we are going to give you a nice, fluffy technique for meditation.

TECHNIQUE ~

- *Spread your feet out as best as you can ~ get them out of the position that they were in.*
- *Now wiggle your toes ~ wiggle your fingers! Fluffy! Fluffy!*
- *Take your hands ~ you can stop wiggling your toes when you feel like it ~ and bring your hands up over your head, fluffying over your head and bring them together at a point right over the top of your head. Keep fluffying!*
- *And now fluffy and bring your hands ~ still together like that ~ down in front of you. Fluffy, fluffy, fluffy!*
- *Now bring your arms out to the sides. Fluffy, fluffy, fluffy! And up to the top of your head. Fluffy, fluffy, fluffy! And now back to the sides. Fluffy, fluffy! And in front of your chest. Fluffy!*
- *And bring your hands in close to your body. Fluffy! And bring your hands down as far as they can go to whatever parts of your body you want to fluff. Fluffy!*
- *And then just fluffy all around. Fluffy, fluffy! Ah-h-h! When you feel fluffy you can stop. Fluffy, fluffy! You just fluffed yourself!*

END OF TECHNIQUE ~

Farena: How do you feel?!

Fluffy!

Farena: Fluffy! Do you feel lighthearted? Do you feel a little more lighthearted? You have connected with your energy field. It is that easy! So many people think that you have to be very spiritually advanced in order to connect with your energy field, because, after all, only spiritually advanced people can do that. That is not true!

Anyone can connect with their energy field. You just did. You were fluffying your energy field. And you can do it slowly, very slowly moving up, focusing yourself on the movement of your arms and your fingers as it moves around ~ your hands move around and around your body. You do not have to move your fingers. You can simply move your hands around and around your energy. You can focus on your arm, taking one hand and focusing on one arm. Or you can focus on your leg or you can focus on your toes. It is your energy field ~ focusing, smoothing your own energy field. When you go into meditation it is very important to prep yourself.

Some people have no problem focusing. In a nanosecond they do it! They are there in their own little world ~ some people live in their own little world! ☺ ☺ Others, though, need a way of preparing to go into meditation. Waith is going to put you into a very deep meditation ~ it will be wonderful.

My job is to show you how to calm your energy field before you go into meditation. Think about this. All of you are sitting here, first eating sugar, and caffeine in some cases, or herbal tea in other cases. So you are sending your body a mixed message. Some of you are eating and having herbal tea. Wait! ☺ ☺ ☺ What does that say to the body? "Pick me up! Calm me down! No, pick me up! Calm me down!" This is what you go through all day ~ pick me up, calm me down, pick me up, calm me down.

All the spiritual information tells you that you should aim to have a balanced life. Balance is boring. It is no fun. Most everyone we know has balanced for an itty bitty nanosecond, which just says, "Okay you've finished that part of your lesson. Now it's time to get out of balance again so you can learn more stuff."

Balance just means that you have learned what you need to learn. How boring is that? Every day in your life you reach little points, almost of balance, and then it gets out of balance again. And so it is really important if you want to focus for a short period of time in meditation, to say to your encasement and your energy field, "Okay I'm going to stop the teeter totter right now ~ the up and down ~ and I'm going to smooth my energy field because it makes it easier then to start focusing."

So now you are all very serious, listening to my words and you think they really mean something! ☺ ☺ If you want them to, they do. If you do not, you do not, because what matters, as far as meaning goes, is you. So now, you are going to fluffy yourself again. This time, I am not going to lead you. You are just going to do what you think you need to do to fluffy yourself and prepare yourself for when Waith returns.

I am going to stand here and for the next few minutes, do whatever you want to. You can stand up, you can lie down, you can cross your legs. You can do anything you want. This is a way for you to think about how you would want to prepare yourself for meditation. All right, go! (Several minutes elapse)

Farena: Very nice! Very nice! Oh! Very nice! Well, it is time for me to go! You are all prepped! That was my job! Thank you. You can wear that for the rest of the session as long as you want to ~ but do not forget, back in my basket! (Farena refers to the crown and feather boa)

I won't forget! ☺ ☺

Farena: Farewell, my loved ones! The fluffies to you! Fluffy, fluffy!

Waith: All right then. We are back. So Farena has adequately prepared you. But more importantly, she has given you a tool, a technique, something very concrete to do in the preparation for the focusing within Self ~ the meditation that you would begin.

Some of you will have more difficulty in bringing the quietness to Self than others. Do not let that deter you. Do not compare yourself with another. Do not say, "That person goes into an altered state so quickly. That person is much better than I am. They must be much more advanced." No, it simply means that they have practiced the techniques more. That is all. Anything is ~ it is practice. There is nothing mystical about being given certain abilities. No one is given anything.

You are given the opportunity. That is it. That is the only given. What you do with it is up to you. How you practice meditation ~ how you practice to do anything. Think of all the different skills that you have. Some of you practice daily for certain skills in order to maintain the level and to also bring an increase to your abilities. And that is all it is about where meditation is concerned.

So we will begin. This will be a meditation for ten minutes of earth plane time to give you an idea of where you are going. There will be some guidance from us to get you going and then we will have you stay wherever you happen to be, wherever you end up going to. Then we will allow the silence, and you will sit in that spot, and then we will bring you back ~ we will return you into the concrete.

It is now time for you to be in a spot that is comfortable for you. If you want to move to another part of the room, you may do so. If you want to lay down, it is the time now. Whatever makes your encasement feel comfortable. If we begin to hear snoring ☺ ☺, do not be concerned, for the sleep state is a form of meditation. So everyone is finding their comfort spot. This is a Meditation Your Way. We tell you no particular position to be in ~ we give you no candles to light, even though that can be part of your way.

TECHNIQUE ~

- *You are relaxing ~ you are feeling in a safe environment ~ there will be nothing that will interrupt you or disturb you.*
- *Begin to breathe in slowly through the mouth and breathe out through the nose ~ think about how that felt.*
- *And now, breathe in through the nose and out through the mouth ~ think about how that felt.*
- *Choose one of those breathing techniques ~ either breathe in through your mouth and out through your nose or in through your nose and out through your mouth ~ what feels comfortable for you.*
- *Begin the breathing ~ breathing in and breathing out ~ slowly in and slowly out ~ do this several times.*
- *Call upon the very Highest of the White Light to guide you and protect you ~ always call upon the Highest of the White Light for guidance and protection.*
- *Visualize a fluffy, fluffy feather ~ it is white and it is starting at the feet ~ it is tickling your toes ~ it moves up ~ it is soft and gentle and fluffy.*
- *It is moving up to your knees now ~ comforting you, protecting you ~ moving upward ~ it is at your hips ~ it is moving up ~ fluffing your arms.*
- *It is all around you now ~ the front and the back ~ it is tickling your nose ~ it is fluffy, safe, protecting you.*

- *It hovers now over your head ~ fluffy and white ~ you are surrounded now by the fluffy white light.*
- *Call upon your spirit guides ~ if you know their names, call them ~ if you do not, simply say, "I call upon my spirit guides."*
- *Call upon your Angelic Protector ~ if you know your Angelic Protector's name, call it ~ if you do not, simply say, "Yoo Hoo, Angelic Protector."*
- *You are going to journey to the Higher Self ~ this is a Higher Self meditation.*
- *Envision yourself starting to float ~ feel your body beginning to be light ~ you are floating ~ enjoy the floating sensation*

(Several minutes pass)

- *Feel yourself moving upward, upward ~ you see a shining white door ~ it is an entryway into the Higher Self.*
- *Move toward that door ~ knock on the door ~ it is time to enter Higher Self ~ move in through the door and say hello to Higher Self.*
- *Now close the door behind you.*
- *Settle yourself down within your own Higher Self ~ do not speak to Higher Self ~ rather, listen to Higher Self ~ do not ask questions ~ listen for information.*
- *We will return.*

MEDITATION TIME ~

- *It is time now to return into the concrete dimension.*
- *It is time to thank your Higher Self for visiting with you.*
- *Take all of the information that Higher Self gave you and hold it close to you as you return.*
- *Open the door and move out of Higher Self.*
- *Close the door behind you.*
- *You are floating ~ feel the floating ~ enjoy the floating as you begin to move closer, closer to the concrete dimension.*
- *See your body floating, now moving closer ~ floating gently downward.*
- *Feel yourself moving back into your encasement ~ settling back in.*
- *Thank your spirit guides for taking the journey with you.*
- *Thank your Angelic Protector for taking the journey with you.*
- *Feel the white light of protection still surrounding you.*
- *Begin to ground yourself back in the concrete.*
- *As you are returning, wiggle your fingers or your toes, or your nose ~ whatever works to help bring you back into the concrete.*
- *Come back ~ come back ~ come back ~ move your encasement slowly ~ come back.*
- *Breathe slowly, the way that you found to be best for you ~ in and out ~ breathe in and out a little bit ~ a few times.*

END OF TECHNIQUE ~

Breathing serves two purposes. First, it can bring you into a state of relaxation as you begin to meditate. It can, at the same time, in its other function, ground you. It can help bring a balance so that you are now back in the concrete.

It is time that you took a bit of a break now ~ perhaps to replenish the encasement with sugar, caffeine. 😊😊

BREAK TIME ~



Waith: You have had a bit of time to reflect on what you have just experienced. You have been speaking with each other in this breaking time. What did you speak of with others during this breaking time? What were your topics of conversation?

Food.

Indeed. Food. What else?

- ⚙ **We spoke briefly of our meditation.**
- ⚙ **About books.**
- ⚙ **Menopause!! 😊😊😊**
- ⚙ **Dancing and music.**

We have not asked you this question in a frivolous way to pass the time ~ we do not do that. We have a very particular reason for asking what you were talking about. Any ideas why we want to know?

To see what comes into our minds right after we cleared it for a little while.

That can be. What comes into your mind first after you have been so called ~ meditating? Any other reasons why we would ask you?

Don't pick on me, don't pick on me! 😊😊

"Don't ask me!" No, we will not, my love. There are no profound reasons! Lighten up yourselves a bit! Why would anybody ask you what you are talking about?

So they can become part of the conversation.

Indeed! To learn more about who you are. But also we asked you that question to focus you in determining where you were when you were just coming out of that state of meditation ~ for the information that you first start talking about or that is in your head is something that you must then pay attention to. And if you are with a group, as you are with this gathering, and you start talking with another, what are they most interested in talking about? The chances are that you brought that out of your meditation.

The most difficult thing that people complain about in meditation is that, "I didn't hear anything. I fell asleep. I didn't talk. I didn't listen. I didn't get any information." Well, at a concrete level you may feel that way for you perhaps have not fully developed your

abilities to listen. But, you see, you are multileveled as Self. And so, when you come back from the meditation, if you are alone, the first thing that you think about is what you were bringing back with you. If you are with others, and you begin to talk as you did in this gathering ~ what were others talking about? And that you find that you could talk with another about the same subject, that enables you then to say, "Ah, this is something that I need to focus on ~ we're talking about menopause."

There is nothing flippant about that. It is a very real emotional component of being female and if you live with others, male or female, in intimate ways, it becomes their issue also. And those who are around you, working with you, playing with you ~ it is part of their issue also. And therefore, if it is the topic of conversation, then it is your clue. It is a little red flag that says, "Ah, this is something that is important."

You were also talking about certain types of food ~ something, apparently, that you need to work through as an issue ~ whether it is abuse of food or love of food. It is simply that now you have a focus to go into a meditation in the future with a particular pertinent question.

Meditations can take on several forms. One form is a completely unfocused meditation. Now that may sound a little contradictory, an unfocused focusing. But it means that you simply are going, as we did with you in this gathering, into the Higher Self without any particular purpose ~ no goal, no reason to go in ~ just to go in and hear information.

You need to do that periodically so that you will come back with information that you now will use for another type of meditation, which is the focused meditation. Food ~ what is it that makes you think about food? It may be nothing really important or Earth shattering, or it may be your Higher Self sending you a message that says you need to perhaps talk about food with Higher Self. What bits of information might you have at Higher Self that can aid you in this lifetime where food is concerned? It may be nothing important ~ but it is always something. Never think that thought forms are your imagination and discount them as something to ignore. Rather, every thought form that comes into your head has an origin and it means that it needs to be given attention.

If you are thinking of something, this is where creativity comes in. Every one of you is creative ~ it is just that some of you recognize your own creativity and act on the thoughts that come into your head. Some of you shove them away saying, "Oh, that's silly, that would never work." You start to evaluate your own sense of creativity before you allow it to come in.

Meditation is the way in which you can find your own creativity. And it is in that creativity that you find your answers. You free yourself from the mundane earth plane issue, "Oh, what does this have as meaning?" We go back to the food, "There must be some cosmic meaning to this." It may simply be a trigger that your Higher Self is saying, "Here's a little something for you to look at. We're giving you some more information, another tool to use." Do not discount it. Go back and find out more. What is it about? Menopause seems to be on the minds of so many now. What is it that needs to be looked at? Certainly, go back within Self to find out. Are you fearful? Are you not

fearful? What other concerns, what other things in other lifetimes have brought about the fact that your Higher Self is giving you a little red flag about this particular topic?

The point that we are making is, do not discount anything that comes into your head, especially when you are coming out of a meditation. Be very observant. Indeed, have a paper and pencil with you because sometimes, as you are moving out of meditation back into the concrete, there is a brief window where you have a clarity of what went on in your meditation, and that goes away immediately upon hitting the concrete dimension again. Write it down very quickly.

It is the same concept when you are awakening from the dream state. Have a pencil and a paper beside you to write down random thoughts that might occur. This is very critical to the tracking of your own answers from within Self. Your dreams, for example, have their own meaning for Self. When you come out of a meditation, it is the same concept as it is in the dream state. The dream state is meditation. Write out any thoughts that you have in those few moments after a meditation.

This meditation that we had you go through has some very important ingredients to it that you need to remember as you do meditation. Meditation has some very basic ingredients to it. How you meditate is entirely up to you. It starts with the very first component. Can anyone identify what they think might be the first component of meditation?

Breathing.

Yes, indeed. It is a way that you bring yourself into a sense of relaxation. We gave you two popular techniques for breathing ~ in through the mouth and out through the nose or in through the nose and out through the mouth. Each has a very different effect upon an encasement, and you may find that you prefer one over the other ~ or you will use one at one time and another at another time. Or you may not like those two techniques at all and you have another way of breathing. Breathing calms you.

What is the next component of meditation? After breathing, what did we have you do?

Call upon the white light.

Call upon the white light. And we gave you one of hundreds of thousands of ways of calling upon the light ~ visualizing it. You can simply say, "Hey, light, come over here." Or you can go through a process similar to what we did with you with the white feather. It can be anything that enables you to call in the white light.

Before you go to bed at night or into the sleep state, you must call upon the light to protect you, for the sleep state is an altered state. You are leaving this dimension and part of your energy is out there in cyberspace, if you will, for those of you who are computer oriented! It is out there. It is susceptible to being attacked by the dark forces. So whenever you are bringing yourself into an altered state, you must protect yourself with the white light.

What is the third component?

Asking for the Protectors.

Asking for the Protectors. Start asking first for your spirit guides. Many people say to us, "How do I get to know the names of my spirit guides?" Or, "Tell me the names of my spirit guides." Or, "Tell me how to find out the names of my spirit guides!" The only way you are going to find out the names of your spirit guides is to ask them and if they want you to know, they will let you know. If it is not important, they will not let you know.

Your spirit guides and your Angelic Protector need to be asked to come into your meditations. Do not assume that they will be there because you happen to be going into meditation. It is a Universal precept that you must ask for help. It will not be given to you unless you ask. We know that is a very difficult concept on the earth plane ~ to ask for help, but it makes it easier to ask for help on the earth plane level if you are used to asking for help at the spirit level. They cannot help you unless you ask them, and that includes Angelic Protectors. There are some exceptions to the rule but we will not go into that now.

So you are asking for help from your spirit guides and your Angelic Protectors. What is the next component? It gets a little more difficult now, does it not?

Flowing?

Yes, you are flowing ~ you are allowing yourself to feel movement out of the encasement. So you are floating, flowing. In the terms of dimensions there is not a hierarchy of higher, lower ~ those are used only as frames of reference to help you in movement. Dimensions are actually surrounding you. It is all intermixed. All the dimensions of Self are all within and around, but it makes it much easier to focus by saying, "Ah, I am floating upward." It gives a sense of leaving the dimension. So you have floated upward ~ and in this case we brought you just to the Higher Self ~ not the Soul or not any other part of Self. What did you have to do before you entered Higher Self?

Knock on the door.

In fact, you need to ask permission. You cannot just barge in on Higher Self. How would you feel if someone just barges in on you? For the most part, you do not like that. You immediately will have an attitude, "I'm not going to help you, you're barging in on me." So you extend respect to the Higher Self by knocking on the door, or in some way you are asking permission to enter into the dimension of Higher Self. Once you get into Higher Self, what was an important thing that you did?

Close the door.

Close the door. Why do you do that?

So I couldn't escape!

That would be one, but broaden it a bit. Why would you want to close the door? What does closing the door do?

You leave everything else behind.

You leave everything else behind. And it also does one additional thing.

It's a safety component.

It is a safety component. Because if you leave the door open, what could possibly happen?

Someone else could come in.

Some other energy could come in, some energy you do not want in there. A negative energy comes in ~ may hide, actually. Maybe you do not even know the energy went in ~ it hid. And you leave Higher Self and there is a little dark energy influencing Higher Self, which can prove to have interesting implications, which is topic for another time.

So you close the door. You protect yourself. You leave everything behind. So you sit now. You go into Higher Self, either focused or unfocused. You sit and you listen, which is a very difficult thing to do for most of you, is it not? Listen to Self, as we talked about in Part I. Or you may, in fact, come in with a very specific question. "What is it about food that you want me to investigate further?" So you have a specific question, and then you listen. Then it is time to leave Higher Self. Before you leave Higher Self, what do you do?

Say thank you.

Say thank you. Courtesy. Respect. You say thank you. You leave and you do what when you leave?

Close the door.

Close the door. Always remember that when you open up parts of Self, to close them ~ dangerous if you do not.

What if you can't remember if you closed the door?

Then turn around and go back and look. If you are not able to do that, and you cannot see, for example, and you left the door open, and some negative energy got in there, you will know very, very quickly that a dark energy has come in, for it will affect your entire being. And then it will teach you not to leave the door open again.

Do not take any behavior as a negative on Self, "Oh, that was horrible. I left the door open! Woe is me!" It is a way of emphasizing that you need to be more careful. And the effects of that, generally, would be short term, because you would then go back and say, "All right, now my job is to clean out Higher Self." Go in and take a little feather with

you ~ clean it out. Challenge any dark energies that are in there, "Get out. You do not belong here. Get out!" Swish them out with a little white feather. That could be a visualization. You could use anything, actually ~ steam shovel! ☺ ☺ Whatever suits your frame of reference.

This takes practice, you understand. And as you meditate more, you have an instinctive list of things that you do in whatever form your meditation is taking, and it becomes almost an automatic thing. So, "Ah, that door is part of the list ~ open the door ~ close the door." So, you have closed the door. What is the next thing that you are doing?

Become aware again of the protection during the time that we are moving back into the concrete.

Yes. You are now moving back into the concrete and you are slowly coming back into the physical encasement. Then you are doing what? You say what?

Thank you.

Thank you to ~?

Angelic Protectors and spirit guides.

Angelic Protectors and the spirit guides. You thank them for travelling with you. It is common respect that is given. And then the final component is what?

Returning to the concrete?

Returning to the concrete and, as best as you can, doing it slowly. Sometimes you are jolted back ~ an alarm clock, a doorbell, another person interrupting, and you are jolted back. Those things can happen. You can go back at another time and smooth out anything that was not taken care of when you were jolted back. So, you slowly return ~ you come back into the concrete. And then, what is the very, very most important last thing that you do?

Writing down.

Writing down whatever thoughts are first in your mind.

And that, my loved ones, is the basic technique or the components of meditation. There is nothing mysterious about it. And you can only learn how to meditate by practicing it ~ by doing it. You do not get to know Self and hear answers from Self if you do not practice this on a daily basis.

Now there will be days when, even after you have mastered some of these techniques and you are fairly good at meditating, that you will not be able to really get to Higher Self, "Ah, I tried, I couldn't get there. Higher Self wouldn't open the door." It said, "No, go away!" That can happen. Higher Self has an ego, just as concrete Self has an ego. You may not gain entrance to Higher Self. That is all right, for you did one very important thing in the attempt through meditation. What was it that you did?

I respected Higher Self, but Higher Self didn't want to be bothered.

You respected Higher Self, and the more that you can treat Self with respect, the more you will Respect Others. What else did you do? You relaxed yourself. You went through some of the steps of meditation. You quieted yourself. Maybe you did not get into Higher Self, but you at least spent some time relaxing. And you were within levels of Self ~ maybe not the Higher Level that you wanted to ~ but you were within levels of Self. There is much more than just the Concrete, the Higher and the Soul ~ there are infinitesimal levels within Self. So, by relaxing, you were getting in touch with a part of Self that you may not have even recognized.

We will do an experiment now. You are not going to meditate. You are going to sit right where you are, and we will have silence until I say otherwise. (Several minutes go by)

You were all just meditating, "But Waith, we did not go through that process that you just described. How could we be meditating?" We gave you one technique for meditation, meditation in its formal sense. Meditation is about quieting Self, not necessarily travelling outside of Self, or even within Self. For you travel outside of Self often when you do not even realize it ~ in the dream state. What you are doing now was simply being quiet.

How often do any of you take a moment in the day to just sit for two, three, four minutes in quietness? Just to sit, not doing anything, not having a reason for sitting, simply to sit. Most on the plane cannot waste that time ~ they have too much to do! They have to run here, have to run there. And by the end of the day to try and meditate, there is too much stimuli. Or to start the day with meditation, "No, no, too much to do." Get out of bed, feet hit the floor ~ gone!

It is critical that you find at least one point in the day where you sit and be quiet. We have said this over the years. You can go into the bathroom ~ no one is going to bother you in there! And if they do, then you have a greater problem to deal with! 😊😊 But, for example, if you are in the work environment and you know that you simply need to sit and be quiet, go into the restroom and sit there. It is a form of discipline for Self, as well as a treat for Self.

So what you have all been doing just now ~ we told you to be silent, "Oh, all right, he told us to be silent, so we will be." You began to have thoughts going through your head. You were perhaps planning something ~ but you were being quiet. You were not interacting with external forces. That is a replenishment for Self ~ it is a form of meditation. It can, in fact, be the way in which you enhance your meditations that are formal. It is as simple as that. Meditation Your Way. Questions?

I had a comment. Instead of being quiet, I had a whole orchestra going on in my head!

Yes, indeed. We only gave you about one or two minutes in this exercise. If you have that orchestra going on in your head, then that is fine. For if you take a break in the day, it gives you an opportunity to bring yourself into a focus a little bit, to sort of diffuse the events of the day. You may quickly go back. But chances are, as you do this regularly ~

and that is the key word ~ it must be done regularly ~ it will begin to have a much more positive effect. Yes, my love?

I don't understand the difference between my Higher Self and my Soul.

Oh, indeed. They are different levels of Self. The Higher Self we call an intermediary to the Soul. The Soul contains all of the information that you have as an energy. The Higher Self serves as a key to open the door to the Soul. We have said a great deal over the years about the Soul and the Higher Self. It is all very elaborated on the record, which you may want to investigate a bit

But understand that there are three basic levels of Self ~ the Concrete, the Higher Self and the Soul that we talk about ~ that you try to gain access to. The Higher Self can be very arrogant and not allow you to get into the Soul. Those are other topics for other times that we would discuss, but it is also all on the record. There is a conflict that can occur within Self. The Higher Self does not want any other part of Self to listen to the Soul, and therefore it does not let you get into the Soul. Yes, listening to Self, agreeing with Self ~ no, the Higher Self is not some goody two shoes.

The journey on the earth plane and throughout all of the time outside of The Universal Consciousness is in bringing harmony to Self so that Higher Self and Concrete Self and Soul are all in harmony ~ that is the challenge ~ that is the goal. And that is achieved step by step, a little bit at a time. A little bit of harmony is achieved, and then you go off and you are out of balance again and more harmony is achieved. There is much more to it. This gathering is giving you just a bit of a taste.

It's almost like my consciousness is my Higher Self.

At some levels, yes. Higher Self itself is defined differently. The Higher Self for one is not the Higher Self for another. They are not all at the same level, "Ah, level three hundred and forty five is Higher Self." There is much that you may want to investigate for information, my love.

We would end it then on that note ~ there is much for you to investigate for yourself. It is the journey within Self.

So then, we send you a departing energy that is one of safety and protection. And we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Farewell, Waith, and thank you.