

# *Waith Class Transcript*

SEPTEMBER 10, 2000



~ 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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## SEPTEMBER 10, 2000

OPEN SESSION ~ WAITH DISCUSSES THE SPECTRUM OF LIGHT WITHIN SELF

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

### Greetings!

*Greetings to you all. We have a few new bright lights with us in this gathering as an introduction to us and to Terra Lux. We see the photographer ready and it will not affect us, my love ~ it is quite all right. Go ahead ~ there! You see, it may not come out!*

### This is true!

*But again it may ~ we may surprise you.*

*We would like this gathering to be a very lighthearted and open kind of questioning of us so that our personality, as you might say, can come through. We intend for this tape recording to go to a number of entities who were not able to be here physically but who have requested that they, for the first time, hear our melodious voice and our tones, if you will. So then, let us cooperate then with those who would want to actually hear the give and take and the bantering, if you will, that occurs when we meet in gatherings.*

*So, we will await the first question.*

### You'll be waiting and waiting and waiting! 😊 😊

*Indeed. All the shy flowers of Terra Lux are gathered here, indeed ~ if that were so, that there were shy flowers in Terra Lux. Not allowed to fall asleep on those pillows, my love. We sense you feel much too comfortable now and the sunbeams are about to fall upon you to render even further comfort.*

### Is the light increasing on the earth plane right now, at this particular moment in time, to help people to awaken?

*The light actually is increasing, contrary to what many would be thinking, that all you hear about is the bad news and the darkness and all the horrible things that are occurring. But in actuality, as we have said so often, the light always wins regardless of when the battle is occurring and to what degree the intensity of the battle seems to be. The light is always going to win ultimately.*

*At this point in time, at the end of this current Illusion, there is an acceleration of the battle between the dark and the light. But the light is winning. You, just at times, are not able to see the effects of the light for you may, indeed, find yourself immersed in an environment where there is much darkness. And if you have found yourself in an environment of much darkness, you have brought yourself purposely into it so that you,*

*as a light, can bring more light into that environment to help to disperse your own light and diffuse the darkness that exists.*

*It is the battle that is so much fun ~ of the dark and the light. But yes, the light is increasing. You must seek it out more. If you find yourself in an environment where it is all light ~ you are all likeminded, you get along with everyone, you are feeling wonderful ~ that is good! But it is also your responsibility to FIND darkness ~ and of course it will find you! ☺ ☺ Some of you have recently experienced the dark finding you? You want to ever be vigilant of the responsibility that the light has to bringing the dark closer to it. The dark will come kicking and screaming, of course. And remember what we say so often ~ the light does not attack the dark, it is only the dark that attacks the light.*

*However, it is the light that INSTIGATES the dark to attack, and therefore, the light defends against the dark. And it is that fine distinction that enables the light to have the control that it has over ultimate darkness, for it is defending ~ it sees more clearly the whole picture ~ whereas the dark, when it attacks, sees only its target. It does not see what surrounds it and it becomes very focused on its target ~ you, the light.*

*However, as a light, you are able to see what is around the darkness and to send your light to the SURROUNDING part of the darkness that the dark is not able to see because it is so focused on its target. This is one of the tricks that the light has with the dark. Now, we do not obscure this trick from the dark ~ we are on the record publicly telling the dark what we do. They just do not get it! ☺ ☺ They think, being of the dark, that they have the power, ultimately. But they are frozen with their power ~ they do not have flexibility.*

*The light has flexibility ~ it flows ~ and therefore the power to bring in the darkness closer and closer. That is the fun of the game. Even within, my love, your own environment, the Love and the light and the beauty increases ~ and as it increases, so too, does your position as being attacked by the dark increase. As you become lighter you become a greater target. And sometimes you would want to stay within your light filled environment ~ but it is not allowed. All of you of the light have work to do ~ to go out in the earth plane, live the life of the earth plane, for that is the way that you encounter the darkness.*

*You will not encounter the darkness sitting in your own bubble, "I am filled with light ~ I am happy ~ I am safe ~ I have my own bubble." Even then, within the bubble, the dark can come into your thought forms and create within your thought forms darkness ~ darkness within Self ~ going to the dark side that each of us has and pulling out those vulnerabilities that all energy forms have.*

*What you learn to do in this Spectrum of Light ~ your movement from one point to another within Self ~ is to take your DARK SIDE and view it as a place to VISIT, not as a place to live, and take your LIGHT SIDE as the place that you LIVE, not to visit. Therein lies the difference. If you are moving closer and closer to the full Spectrum of Light you will, of course, be going within Self and looking at the dark side ~ but VISIT the dark side.*

*And as you become closer and closer to the light and grow in your lightness, you will find that you are indeed LIVING in your light side, not visiting. You will know within Self when that has occurred for your moments of darkness within Self will be shorter lived. And while you are living in it ~ because you are visiting ~ you will know that it will be soon time to go and that you will indeed go ~ unlike if you are living in the dark and you know, "I am stuck here ~ this is where I live!"*

*How does one move into the living in the light side of Self?*

**Speaking from my own experience, I would say my first step was being conscious of the dark when that popped out in me and I said, "Oh, that's dark ~ I don't want to do that ~ so let's just change the subject!" So I started to recognize when the dark would pop up in me usually because I looked at someone else and said, "Oh, look at that dark person," and then it came right back at me!**

*Ah, Indeed. A judgement was made and it came right back to you.*

**So anytime I see that darkness with me, once I recognized it, then I could work on it.**

*That was very good, my love. How then might you come to recognize that perhaps you are living in your dark side rather than visiting? How would you recognize that? As this person just now has indicated she now recognizes this.*

**It's when our awareness increases.**

*And how does that happen, my love?*

**Reading, education, becoming involved in groups like Terra Lux and working with you, Waith.**

*Oh Indeed. That was, what do we say, the buttering up of The Spook! 😊 😊*

**It's an evolving process.**

*Yes, indeed it is. There are two basic ways that it happens ~ abstract and concrete. Meditation is the abstract component of finding Self. And the concrete component is what?*

**Doing.**

*Doing it ~ living it, you see. Many people think that all there is to spiritual growth is meditation. They spend their lives just meditating, and for some that is appropriate. That is what they have come in to do. They are, however, out of balance, and that is fine also. That is what they have to do. We are here in our mission to help you achieve the balance between the abstract and the concrete. The meditation ~ finding answers within Self ~ but then the living of it, which is a very difficult component.*

*When we give our Special Topic Sessions in these coming months we are focusing on THE GUIDELINES FOR GROWTH ~ which we gave so many, many earth plane years ago. It is actually a synthesis of abstract and concrete but we are going to concentrate on how to apply THE GUIDELINES FOR GROWTH. So we will be giving you exercises to apply these*

wonderful concepts that serve as our statement of purpose and that you see all around you now.

In bookmarks, in every publication, Mushiba has decided that it is time to list those GUIDELINES FOR GROWTH much more openly. But it is also meant now ~ and the reason why it is coming out more and more now for you to know this ~ for you to learn how to apply those GUIDELINES FOR GROWTH. So we will be concentrating on that and getting more feedback from you as you start to take what you think you have learned in meditation and start living it.

When you hear something from Higher Self in meditation, it is normal to say, "Well, is that real? Is that just my imagination?" Nothing is your imagination, my love. Remember that. But remember that what you are hearing may be coming from the dark side of Self, you see. Information that you receive from Higher Self may be coming from the dark side of Higher Self. Self has both dark and light. Remember that.

And it is the job, then, if you will, of Self to come to understand each dimension of Self and its living quarters, if you will. Is a higher level of Self living in the dark or living in the light? And for those of you who are interested, we have given much discussion about the levels of Self ~ the dimension of Self ~ and the communication that is available within Self. It is up to you to bring wholeness to Self.

The darkness ~ yes, it is external ~ but it is more internal. And the more that you bring the light within every dimension of your layers of Self, the greater will be your ability to fend off those dark energies that come at you. Another human who is living in their dark side of Self is coming to you and you are having to interact with that entity. Do not think that going into meditation automatically assures you of a light filled response?

Raise your hands to the question ~ how many of you have had an answer from Self that you questioned? Oh, raise your hands ~ both hands. 😊 😊 Of course! How many times in our discussions over the years have we said to always protect yourself with the Highest of the Light that comes from your Spirit Guides and your Angelic Protector? Yes, always. Never, never go into any kind of meditation without protecting yourself. If you do not, what could happen?

### **Bad things!**

The dark side comes through ~ dark things could happen. Bad is a relative word. Indeed.

### **Darkness.**

Dark is a relative word. Want to try for a third definition? 😊 😊

### **Unexpected things.**

Unexpected is a relative word also ~ all words are relative, actually, you see.

*What happens is individual within Self. FOR YOU it may be bad ~ FOR YOU it may be dark ~ FOR YOU it may be unexpected. Always remember that qualifier ~ FOR YOU, for Self, individual ~ for another it may not be that at all.*

*So when you go into a meditation, as you are working to increase your own strength and lightness, you are dealing with all the layers of Self. You know, there is a saying on the earth plane now about the evil twin, "The Evil Twin made me do it. That was not me who did that!" Well, you know, there is a great deal of truth to that, oftentimes ~ for oftentimes, the concrete Self is simply acting out something that a higher level of Self has proclaimed needed to be done. And do we always listen to everything that comes from higher selves?*

**No.**

*Why?*

**We're in denial most of the time!**

*Well indeed, it is the battle within Self, the ego that each dimension of Self has. Ego is a good thing if used properly ~ properly is a relative word ~ properly for Self. And so, we have given just a bit of a preview in this response to what we will be focusing on in these coming months.*

*We now take you out of the comfort that you felt, "Oh, learning to meditate ~ that was the only real challenge that I had!" No. There is more of a challenge. Learning to meditate, you will find, is actually the easy part of it. It is once you get into that meditative state, determining what is appropriate for you to bring back into concrete. And remember that the meditative state is all within Self. You are talking within Self. There is no external source telling you what to do. It is Self. And certainly those levels of Self have been influenced by external sources ~ therein is the paradox. Think of how you at concrete are influenced by external sources that affect your behavior and your view, your perceptions, your opinions, your awarenesses. Well, remember that every dimension of Self has a concrete and an abstract.*

**I have read through the years that there is no good, evil ~ just is, it just all is. And that what we experience on the concrete of the earth plane, the evil and the good, is of our own making. So please elaborate as to what is the source of this dark, and is it part of the divine? If we're all part of the divine, and divine is all part of me ~ it's all interconnected ~ then what is the dichotomy? I'm having a hard time justifying this dark thing.**

*Your question is an appropriate one and one that many entities find difficult to understand. We have given much discussion about The Spectrum of Light. Spectrum is not, by what most people think, linear. A spectrum is a circle, and we refer to it as The Spectrum of Light rather than a spectrum of dark. For coming out of The Universal Consciousness, part of the game of coming out of pure light is to have engulfed in the energy a Spectrum of Light that has its opposite, which is dark.*

**It doesn't mean it's evil, though, right?**

*Oh, we have never called it evil. In fact, we are on record saying that there is no such thing as evil ~ it is simply less than light. And we do not focus on the dark ~ we focus on becoming lighter. But in order to become lighter, you are working through darkness ~ this is part of the game that has been set up. The rules were established by The Universal Consciousness, not by us. It was established by all who make up The Universal Consciousness, which is all of us, you see, ultimately.*

*So part of the game of coming out of The Universal Consciousness is to become separate, yet one. So there is the thin energy line, for example, that keeps you connected to The Universal Consciousness. But you are a ball of light and within that light is your opposite. And it is the opposite that is used to help you to learn the lessons that you have decided you want to learn. Without that you would have nothing to learn. You would be fully enlightened. You would not have come out of The Universal Consciousness to begin with.*

*We have been on record as saying being in The One is as boring as anything you can imagine and that is why energies come out of it ~ because it is time to play and to do something and to experience concrete. And so that is all that it is. And so it is the battle that is set up within Self first, to learn lessons, to grow, to strengthen. And then the dark side of Self, if you want to call it a dark side ~ the dark component of Self ~ meets up with the dark component of others and that is where it all comes into the theater, if you will.*

*Without the darkness of Self and others there would be no reason to be here. There would be nothing to do. It is not a bad thing. It is a good thing! We have talked of this over and over, how this is a good thing. It is the game ~ the Toy Box revisited ~ again, much information in the transcripts. The toy that you take out to play with ~ it may be for you, my love, your toy of patience, learning patience. And so, because you want to play with it more and more, you ask The Universal Consciousness for more opportunities to play with it.*

**Is it then when we have entities like Hitler, for instance, or other people in history, or now, who have committed really horrible, horrible deeds ~ is that just the dark?**

*It is the dark side of Self working its way through to the light. It does not damn a person forever, "Ah! They are in hell"*

**I don't buy the idea of hell.**

*Well, Indeed. If you do not buy that concept, then you also, by extension, do not buy the concept that there is evil, no matter how expressed it may be on the earth plane ~ mass murderers, atrocious behaviors occurring. And indeed, it should strike a chord in you that this is not a light filled activity. ☺ ☺ And perhaps you are meant to do something about it and perhaps you are not ~ pick your battles.*

*And so, yes, there have been many instances throughout the earth plane history of horrendous behavior ~ but it is all part of balancing. Group balancing ~ those who might be part of a mass murder, for example, may be part of a group balance that involves the person who did it. You do not know ~ you cannot even begin to speculate.*



*But you must view everything as a lesson that is being learned and balancing that is being done on the part of the person and person or persons involved.*

*And so, in the case of this energy that you have mentioned, yes, it was a dark behavior. There is not one energy outside of The One who has not engaged in excessive dark behavior. You may be, in this lifetime, very light filled, moving very, very nicely along The Spectrum back into Self's own lightness ~ living in your own light. You did not just get there because you were plopped on that point in The Spectrum. You had to work for it. You had to have many lifetimes in which you behaved by living in your dark.*

*Even now you will have moments ~ could be days, could be weeks ~ where you feel like you are surrounded by the dark. You are living in the dark ~ you see things only through the dark ~ everything is horrible. Well, imagine that you had one hundred lifetimes where that was all that you had in your life ~ you lived that kind of darkness. And then suddenly, Eureka! Poof! You began to see the light, literally and figuratively. You see, that is all that it is. It is in and out ~ in and out.*

**Isn't it that we need the dark to see the light because if there is no contrast, then there wouldn't be one or the other? We need to learn about the darkness because it's part of us as much as the light, and we have to experience that in order to experience the light.**

*That is exactly it, my love. If you have not seen the dark, you do not know the light. And if you do not embrace the dark within Self, you are denying Self, and you are denying that component of Self that allows you to learn. Ultimately, the light always wins. It is as simple as that. Even if you feel immersed in the darkness and even if you feel that the dark is winning, it is only short term.*

**If we know a person who is living in their own dark, is there any way to go to them with our light, to bring them to the light?**

*Oh, but that is part of the game, my love. That is where the light enjoys the instigation so much, you see, if you recognize that perhaps someone is living in the dark. But remember, do not be judgmental about this ~ you do not know. But certainly, if you view that another is treating YOU with darkness ~ from the dark ~ you might, indeed, want to do something to instigate them behaving toward you in a way that would allow you then to bring them into the light. This is the fine line that each of you walks, for it differs. Because remember that while The Spectrum of Light is actually a circle, it is really a neverending circle ~ that there are points that you can see ahead of you and back of you.*

*And so, in The Spectrum, you are dark to others and light to others. So while an entity may appear to be dark to you, that entity may actually appear to be light to another. And so you must not generalize darkness. Certainly, there are situations where an entity is expressing dark behavior to very large numbers of entities. But remember that even this entity Hitler who you mentioned before, my love, there were many who saw him as the redeemer, who saw him as the light, you see. So there is always going to be the perception of the dark and the light.*

**Because ultimately everything is relative.**



*Indeed it is!*

**And it is all perception.**

*Indeed it is ~ yours.*

**Absolutely ~ because it's all we have.**

*It is all that you have, and to you it is real.*

**And what's real?**

*It is an illusion.*

**What's an illusion?**

*An illusion is actually a very concrete manifestation of another illusion. ☺☺ Indeed, we Love to do that, you know. For, you see, each of you is an illusion, but you are a concrete manifestation of the illusion of Higher Self. And so, getting much too serious now. But a very good question, my love.*

**Thank you, Waith. It did help.**

**Response 2: I am very idealistic. And my daughter and I go round on this almost daily. I'm always saying, "Yes, but why can't something be like this, or why?" I'm a why person? Why does it have to be like this? Why can't I change it? Why this, why that? And after what I heard you just say, I feel like saying, "Stop the world. I want to get off!"**

*You feel that you have no control?*

**This is something that I hadn't really realized until my daughter told me recently.**

*That you are trying to control?*

**Yes. I never thought I was.**

*So you want things to be a certain way ~ according to you?*

**Yes, I do. I want everything good and just and right and peachy.**

*But if that were true then you would be back in The Universal Consciousness. You see, you have chosen to come onto the playground known as the earth plane ~ and it is a playground.*

**And I did choose this, didn't I?**

*You chose it.*

**What if I change my mind? ☺☺**

*You can go back ~ you can.*

**You mean I'll just exit.**

*You can. Unfortunately, you have a whole group of entities that have to agree to go back, and that is Self and your Energy Circle that surrounds Self, but that is another discussion. But you can go back.*

**Where my daughter is concerned, and I have said this to her, that when she was born, if all the little babies had been lined up and I'd know what I had in store with her, I never would have picked her! She knows how much I Love her, so I can say it. Are these lessons that my soul chose, and I'd better learn them, or else?**

*Remember that everything is chosen by the entities to work out for issues. You have chosen, in this lifetime, to do this. You just need to accept it. This is part of the problem of the Concrete Self, "No, I didn't choose this!"*

**She and I are aware of it because we're on the same base, spiritually. There isn't anybody else that I'm closer to. But others, like my other kids, are not in the same ~ they're not on the same rung of the ladder.**

*No, but they are all with you for reasons. Remember that all are gathered for reasons. You may not understand them. The fact that this gathering, here, has the entities that it has, is for a reason. You may never know that reason, nor do you need to at times know that reason. It may be no other reason except that you all wanted to be together ~ at some higher level you were brought together to share a vibration. That may be all that it is ~ it is a reacquaintance.*

*Oftentimes, you will come into a gathering ~ whether it is here or any other gathering ~ where there are new energies who you have not had any experiences with in any lifetime. You need to meet new people as you go through your lifetimes ~ it is not just the same bunch that you go through with all of your experiences. Each life is meant to meet new ones, to then start carrying through with others in other lifetimes. And that is all that it is. Subject for another time, my love, as we talk about THE GUIDELINES FOR GROWTH.*

*Remember that energy is not just human. You come back into lifetime after lifetime with energy forms ~ forms that house energy. You are sitting now on an energy form. It has consciousness ~ different from what you have. Energy forms have different consciousness. Animals, minerals, plants ~ very easily accepted in the general culture as, "Oh, yes, they must have energy. I talk to the plants. My animal friends respond when I speak with them. But this pillow certainly does not have consciousness!" But it does.*

*Until one recognizes and acknowledges fully the interconnectedness of everything, only then will you begin to truly begin to live in your own light. Until then, you are visiting your light. Until you Respect all energy forms as having consciousness and interconnectedness, you are a distance away from your own light. Pet gently the sofa and thank it for being of service to you, as you have been of service to it by allowing it to be of service to you. It is a circle ~ neverending.*

Isn't it the same between the dark and the light? The dark is a service of the light, the light is a service of the dark?

*Indeed. It could be no other way, since it is the dark that allows us to learn our lessons, so it is being of service. And the light is being of service to the dark, allowing it to be of service to it. An illusion is just an illusion of a concrete manifestation ~ that is an illusion of a concrete manifestation.*

I was thinking that a lot of the dark is in the concrete manifestation, and that's what I know for myself. The things that I relate to as being dark, or my dark side, I don't find them when I meditate, when I go inside. I find them outside, and I find them on, I guess, lower levels maybe of myself ~ the lower towards the concrete, the more dark, maybe? And I don't know if that's perhaps the way it is supposed to be?

*For you it works that way, my love. Not all respond that way. Many find the meditation state to bring out their darkness and the concrete state to bring out their lightness. Others, just the opposite. And others have a combination of it. It is all very individual and what you are here to learn ~ how to bring that balance of the dark and the light within Self into the balance of the concrete and the abstract. Remember that Self is layer upon layer upon layer ~ or, as we like to refer to it, dimension upon dimension ~ of concrete and abstract.*

*So you are in the concrete now, but you have an abstract. And that abstract layer has a concrete layer which has an abstract layer which has a concrete which has an abstract, you see. And for each of you it is different. We have given an interesting discussion that relates to that ~ Spots and Sparks ~ in our Leadership Convocation. (See 1999 Transcripts, Dates April 10<sup>th</sup> and 11<sup>th</sup>)*

*It is time for us to depart now. We leave you with much to ponder.*

*We send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius! Farewell!*

**Thank you, Waith, and farewell.**