

Waith Class Transcript

SEPTEMBER 22, 2001



~ 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 ~ 2001

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

SEPTEMBER 22, 2001

AUTUMNAL EQUINOX ~ CIRCLE OF LIGHT

(Barjan is composing music at the keyboard as Waith enters)

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

Hi, Waith.

The blessings to you. Barjan, it is always most delightful to enter in with your music vibration.

Thank you, Waith.

We are here to honor the Earth as it moves from its transition of one phase into another. This is the harvest time ~ this is the time of fruition, the gathering of the planting, if you will. This is the time to rejoice, for the Earth bears its fruit, to be gathered, to be enjoyed and to prepare for the resting time that the Earth will go into in its next phase.

It is a time of healing ~ the transition for each phase of the Earth is always a time for healing for the Earth. And, in this particular time, as we near the end of this illusion, the healing becomes more and more apparent. And so it is a time for all to come into a reflective mode. So we will form the Circle of Light with all of you.

We had not indicated that it would be Farena who would be doing this Circle of Light, for she was working with Barjan, as she usually does, to convince him to be here for the music ~ so we had our, as you say, fallback strategy. We would be doing the technique if Farena was not able to convince Barjan ~ him, of course, thinking that he had thought of it ~ to be here.

They have done, as some of you, very beautiful music focusings. The word Meditation has now been replaced by us with the words Self Awareness. This puts the focus on Self rather than meditation and thinking it is something external that is done to Self. Rather, now you will be focusing within Self to Gain Self Awareness as it relates to the times in which you find yourselves living, and also to gather in your own light. The technique that Farena will give you will help you to calm Self within and to send light to the world.

World Healing is about the Earth and all the energies that inhabit the Earth.

Farena and Barjan have done in the past very beautiful techniques with the music. And it is always amazing to those who are in attendance, of the harmony between the words that Farena gives and the way that Barjan's music compliments, as if they had practiced. Well, they have not, at earth plane level ~ but, of course, they have at other levels.

You will see the other part of Farena, the non-exaggerated component of fluffiness that she bring in. So we will allow her to do this and to then also place you as she wants you

to be ~ always such a joy. We will return when Farena has finished and give you the parting energy.

Farena: Hello!!

Hi, Farena!

Farena: Hi, hi!! You listened to me this time. (She is referring to Barjan) Fluffy, fluffy. Barjan and I once before did an Autumn ~ we called it meditation ~ an Autumn Self Awareness is what we are going to call it this time, or some other way that it flows.

FOCUSING TOOL ~

- *I want you all to stand up and form a circle, hold hands. (Barjan begins to compose the music) All of you now breathe slowly and gently ~ in through the nose and out through the mouth ~ or out through the nose and in the mouth ~ in and out, slowly breathing.*
- *Relax ~ being very aware of the hands you are holding.*
- *Call in your Angelic Protector ~ Yoo, hoo, Angelic Protector!*
- *Call in your Spirit Guides ~ Yoo, hoo, Spirit Guides!*
- *Call upon the very Highest of the White Light ~ feel your Angelic Protector and Spirit Guides standing behind you.*
- *Now you will form an Energy Circle. We will begin here ~ envision your energy going down your right hand and flowing through to the left hand of the one next to you ~ and feel the energy moving up the left arm, across your shoulder and down your right arm and into the left arm of the one beside you and the energy moves up. (Farena continues this around the entire circle of people until she comes back to the starting person)*
- *The energy is united now ~ feel the energy moving through your arms all around the circle, forming an Energy Circle ~ bonding each of you in this circle together.*
- *Feel the strength.*

QUIET TIME ~

- *Slowly bring yourself down to the floor, holding hands.*
- *Bring your hands into the center of the circle ~ envision within the circle that your hands make a vibrant ball of white light and in that vibrant ball of white light, visualize the Earth placed gently in the middle of the white light.*
- *Move your hands back to your sides, squeeze each other's hands, and for the moment, release your hands and slowly now find a spot that is comfortable for you as we bring you to the next phase of this focusing.*
- *Move about and find a comfortable spot ~ lie down, sit, stand ~ find a spot. (Everyone moves about)*
- *Taking the energy that is in both of your hands from the Energy Circle, envision the energy from your fingertips ~ go down to the top of your toes and bring an energy string ~ the string of energy from the tiptoes ~ and bring that string up your encasement ~ bringing it up your legs and to your knees ~ and bringing it up to the middle of your encasement ~ moving slowly up to the heart ~ moving slowly up to the throat and up over the face and to the top of your head ~ and*

the energy string now place on the top of your head and pat it gently and move it around and around with your hand.

- *You are about to take a journey into the levels of Self ~ this is your launching pad.*
- *It is soft white light that you step from and you will move out of the concrete now.*
- *You are protected by the white light.*
- *Visualize that you are slowly rising up over your head ~ you are moving upward ~ you are moving into the dimensions of Self.*
- *Your journey will bring you to a level of Self where you need to be ~ slowly move and find that level of Self.*
- *You come to the level of Self that you want to visit ~ knock on the door.*
- *The level of Self opens the door and invites you in ~ go in through the door ~ close the door behind you and sit now with this level of Self.*
- *Bring in the question, "How do I best heal Self so that I can best help heal the Earth ~ and how do I help the Earth in its transition from one phase to another ~ what tools may I use for this healing?"*
- *It is time to communicate with Self now ~ we will return.*

FOCUSING TIME ~

- *And now, my loved ones, it is time to journey back into the concrete.*
- *Thank your level of Self ~ thank Self for the answers.*
- *It is time to open the door and say goodbye to self ~ close the door gently.*
- *Begin the journey back ~ slowly returning back into the concrete ~ to the top of your head where the bright light shines ~ slowly returning.*
- *Come down to the top of your head ~ feel the energy of Self moving down the encasement ~ down through all the Energy Centers ~ moving down to the toes.*
- *Take the energies from your fingers that are connected to your toes and release the energy thread from your toes.*
- *Return to the circle that you formed ~ come back to the circle that you formed and hold hands ~ stand up.*
- *Starting here again, bring the energy back into the circle, renewing the energy ~ down and up and over the shoulders and down and up and over the shoulders ~ all the way around the circle and back to the starting point.*
- *Feel the energy flowing through your hands ~ one to the other.*
- *Visualize in the middle of your circle a giant ball of white light.*
- *Place the Earth in the white light.*
- *As you visualize the white light surrounding the Earth, sway your bodies first to the left and then to the right ~ form a unity visualizing the Earth surrounded by this unity.*
- *Feel the stillness in your encasement ~ breathe in slowly and breathe out.*
- *Thank your Angelic Protector and your Spirit Guides for journeying with you.*
- *As you bring yourself back into the concrete, release your hands from the circle.*
- *Feel Self as part of the Earth as well as part of Self ~ it is reflection time.*

END OF TECHNIQUE ~

Farena: We want to be quiet for a moment without saying anything ~ just relax and think about what you brought back for information.

QUIET TIME ~

Farena: Are you all comfortable and relaxed?

Yes.

(Farena begins dancing to music and there is much laughter and chatter)

Farena: Do you want to play my song? (She asks Barjan ~ he begins to play) This is Farena's Dance, my song! Come, stand up and just start to move ~ fluff your own energy field. (She brings several of the people into the middle to dance with her)

Stretch your bodies! Fluffy, fluffy your own energy field! (Much laughter and chatter and dancing)

I have to go now!

Aww.

Farena: Bye ~ thank you for coming!

Thank you for such a nice time.

Farena: I love you!

We love you, too!

Waith: Was that not a pleasant experience with Farena? Barjan, we thank you for your energy and contribution.

We would you like to take the remainder of your time to be reflective and just to relax ~ and not to say anything. Shall we time this? Five minutes of earth plane time where you say nothing.

Can we eat? 😊

No!

Oh, come on!

Oh, come on ~ we will strike a deal with you. Five minutes where you are reflective, in the spot that you find yourself and then five more minutes of quiet time while you eat ~ a covenant of silence, for a total of ten minutes. Five minutes where you are simply staying where you are and another five minutes of interacting without talking. Do you think you can do that?

Do you think Farena can do it?

Farena will be long gone by then. 😊😊 We will be departing during your first five minute segment. Who wants to be the timekeeper? We will ask for a volunteer.

Pick me, pick me! 😊😊

You, my love.

She won't cheat!

You will be the taskmaster in this, my love. The first five minutes and then the second five minutes. It will begin as we depart. (There is much interaction and bantering with Waith about when the time actually starts)

We will depart ~ you do not have to sit at attention ~ nice, but you do not need to. We are very pleased that you have been here for this time of reflection, Self Awareness and the sending of light to the Earth and all that are part of the Earth for whatever the need is for the light that is sent.

Enjoy yourselves and continue to send the light to the Earth and all who live on the Earth.

You may begin the timing! 😊

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

Farewell and thank you, Waith.