

# Waith Class Transcripts Excerpts

## ALTERED STATES OF CONSCIOUSNESS

*(Topics Include, Interdimensional Travel/Communication, Levels of Awareness, Out of Body Experience, Transcending the Physical)*

*(Note: See the topics MEDITATION and SLEEP AND DREAM STATES, which are also Altered States of Consciousness)*

1987-1996

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[terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)

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

*Waith's Words, and the Spirit Group's Words, appear in this font style  
(If a Spirit Group Member speaks, they will be identified)*

**Class Member Questions/Comments appear in this font style  
(Multiple responses from the class are preceded with this symbol ☺)**

Inquiry From A Mother About Her Two Sons ~ Their Telepathic Powers ~ Channelling  
(August 06, 1987)

Can you give me some insight into the relationship of my two sons?

*Relationship of two sons ~ most interesting. Your two sons are twin flames. They are each other's twin flames. And one is in this life in the gender that is not comfortable. They have chosen to come in together to help each other to deal with this uncomfortable gender ~ and grow. They are very much a part of each other. They are here in this lifetime specifically to be a part of each other, almost to the point of selfishness where others are concerned. They block out everyone. They do not allow people to enter their vibration.*

*Recognize the special connection that twin flames have and that it is not to be presupposed that if twin flames meet on the earth plane that all will be wonderful. Twin flames have special missions when they meet on the earth plane together and their vibrations are exactly attuned ~ EXACTLY ~ when they are on the earth plane, to the exclusion of those around many times. It will appear that they are living in their own little world. And they draw upon each other. They also work against each other at times as they test their energies.*

*They have been on the earth plane together in other lives, although as opposite genders. This is the first time that they have been of the same gender. They are on a path of growth, as all are, and they are progressing very nicely. They are at a level that might be considered a step above beginning. They have much work ahead of them. And they have chosen to spend several earth lives together in an effort to adjust to the earth plane and to get themselves going on their path. They will reach a time when it will not be necessary for them to be on the earth plane together ~ or, if they are on the earth plane at the same time, not to be together on the earth plane. They will have their own lessons and will not feel that they need to lean upon each other and to have that vibration. It is necessary that they do this, as they are now, to propel them along the path.*

*Your connection with them is a new one. You have been with both of them in one other lifetime. You were their father that time. And it was decided that you would try out this relationship as mother. The pattern of reincarnation for the three of you has not been established as yet, as it is with other entities who have established a pattern of reincarnation and keep coming back. It varies ~ interaction. This is all new, relatively speaking ~ the relationship. And you are, all three if you, testing to see if you indeed want to continue returning with each other in various relationships.*

*All entities do this. They test to see if they want to continue coming back in various relationships. There is not that, as you would say, karma between you. That has not been established yet. You have not behaved in a way that would accumulate karma, and therefore force you to return with each other. You have choices now. Does this answer some of your concerns? Is there anything further you would like to know about this?*

I have a question about the powers they have.

*To have those powers ~ they both have a developing ability toward telepathy, use of the mind. They are playing with it at the Soul Level currently in this lifetime. Their guides are watching them closely, because mental powers ~ telepathy, of all of the powers that souls have, is the most powerful, and therefore potentially the most destructive and can cause regression if used inappropriately, if abused. And they are very aware of this, and they are progressing slowly in the developing of their telepathic powers, because they are concerned that it could be used inappropriately.*

*There may be times when they will manifest this power, or attempt to manifest it on the plane, and test their abilities. Be reassured that they are very conscientious about the potential misuse of this ability. They are like children now, trying out a new toy. This is the only power, so-called, at this point in their development, that they are developing. Your sons will have other powers that they will test out in future lifetimes, as they develop one. They are very conscientious about not taking on too much. We are most pleased with their attitude. Many souls are not as conscientious, and take these powers and abuse them, and as a result, of course, cause their souls to not grow ~ to in fact regress. Power ~ it can be so dangerous. Nonetheless, they are doing things the right way.*

### **I have a question about their channelling.**

*There are situations where an individual Soul on the earth plane begins to open up their Centers of Awareness. And they do so without calling upon the highest entities ~ the Highest White Light. They do so very haphazardly. And they therefore open themselves up to be invaded by other entities who are of a lower vibration, whose ideals are not the highest, who are mischievous. Remember that there are many mischievous entities around. They are advanced ~ however, they are mischievous. And it becomes very important that an individual Soul not take lightly ~ not play, as you say, parlor games with all of this. This is something very serious that the White Light ~ the love ~ the highest protection is called for when the opening up begins.*

*Once it begins, as with myself now, and through Mushiba, we protect her. She was tested in the beginning so that she would recognize the mischievous entities. And she was able to do so ~ and told them in her own marvelous way what they could do with themselves. So, there is no danger at this point for her being invaded by the mischievous entities, for we surround her and protect her, and that process of transition has occurred.*

*This is not always the case with those who would think this to be a game, and they are therefore susceptible to having malicious kinds of beings.*

*They are, in this lifetime, as I explained earlier to you, opening up their awarenesses. They are testing their powers ~ this power of telepathy. And that means a connection with other dimensions ~ and that can be very frightening when it first begins and misunderstood. And until there is a control of that from the entity, the susceptibility is there to picking up the frequencies of lower vibrational entities and other dimensions.*

*What a soul needs to do is to be aware ~ and this is not always possible ~ to be aware of what is happening. And as I said, call upon the Highest Light for protection, and to continually surround yourself with protection, and block all the lower vibrational entities until such time as a pattern is established ~ or either the guide doing the blocking and protection, or bringing in a being who will in fact channel through who is of the Light. Once that occurs, where an entity of the Light begins to speak through, when that occurs, then the protection is in place.*

*There must be a seriousness of purpose and not something that is to be deemed lightly. And we have a very serious mission here, and that is true of all who speak from this dimension ~ from this end to your end. Others who channel through are very serious about their missions, and that is fine. They choose an entity whose vibration is harmonious with their own. It works very fine. We are very serious about what we are doing, although also lighthearted at the same time. It is very important.*

*So, as far as your concern, if it is viewed in a frivolous manner, then yes, the susceptibilities are there for lower vibrational entities to enter in. That can be dangerous for the Soul because there are times when these entities will not want to leave, and the Soul ~ the entity ~ channel ~ will not be able to rid themselves. And then we have an entirely different situation, which is too complex to get into at this point. I will deal with that when it is something that we then have to deal with.*

### **A Question From Someone Who Is Having Out Of Body Experiences (December 03, 1987)**

**I believe I am having out-of-body experiences. I am not really sure. In what way can I benefit most from knowing what I am getting from this?**

*Your question is one that relates to being on the earth plane and feeling that you must know what the benefits are. Understand that you are in fact leaving your body, that your soul is learning certain lessons that you will not be aware of consciously at the earth plane level. You will become aware of them more and more as your abilities at meditation increase. You will become aware. You will have insights into what your soul is learning.*

*You see, energies exist at different levels, and while you are in fact here on the earth plane learning certain things at one level, your soul also is learning things at another level, and there may not be, for example, a connection of immediacy for your experiences on the earth plane. That which you are learning at the Soul level may be something that is for some other experience, not necessarily the incarnation in which you find yourself now. So do not look for the benefits. They, if they are necessary for you to know, will be given to you as information.*

### **An Issue Of Learning How To Ground Yourself (August 09, 1988)**

*It is so important to learn grounding techniques. You must, all of you, especially as you get lighter and lighter, learn grounding techniques. And it is why it is important to talk with each other and to commune and why we will have these sessions now where you can talk to each other and find out how you ground.*

*Mushiba has very interesting ways of grounding herself, and many of you have learned that unless you do this, this grounding, you lose yourself. For again, it is very tempting to not want to come back. You can, in fact, go into a meditation, and unless you have a way of bringing yourself from that meditation, you would not return. You would be there for weeks. And then you do not accomplish that which you came in to do. You simply delay it. It is, shall we say, a fun thing to do, go into meditation, but it is simply a tool by which you will be able to understand that which you must do in this manifestation, and then get on with the manifestation, you see. Do you understand? It is very tempting to stay out.*

### **A Question About Out Of Body Experiences**

**(April 17, 1990)**

**I have been told that I have had out-of-body experiences. Now, I do not remember them, but is that a learning thing, too? Are you going someplace that you are not aware of to learn something?**

*All who are incarnated on the plane experience what you would refer to as out-of-body. What many do not have, though, is the knowledge of that, for they have purposely blocked that knowledge, so that when you go into that which is called the sleep state, you go into another dimension, and in order to do that, the spirit leaves the body. Now, it leaves in varying degrees, and not all the time, for often the sleep state becomes simply the rest state and not a learning state. Some entities can go through, oh, half of their incarnation using the sleep state simply as a rest state, where they do not leave the encasement, and they can at other times leave the encasement. Some entities leave their encasement probably ninety nine percent of the time that they go into the sleep state. It depends on what your purpose is in coming into the plane, where you are on your path, where you are in your Cycles of Learning, and it depends on whether or not your soul determines it to be necessary or beneficial for you to know that you have left the encasement.*

*Now, lessons can be very specifically learned in knowing that you have left and, in fact, being aware of the fact that you are out-of-body. They relate to very specific learning that is taken on in terms of certain abilities and relating to the issues of power. And thus, if you experience out-of-body, and understand it, and know it at the time, then it simply means that your soul wants you to know this. And you must then attempt to find out why you are being given the knowledge to know you are out of body. If you are not aware of being out of body, do not worry about it.*

### **Waith Discusses The Topic Of Channelling**

**(July 10, 1990)**

**Could You Tell Us How Mushiba Began Channelling?**

*Ah, indeed. Well, you see, it began millennia ago and is coming to a final point in this incarnation. The details of the beginnings are not all that necessary. What is important to know is that it was agreed upon many, many, many, as you would measure it on the earth plane, thousands of years ago, that when the scenario for the conclusion of this illusion was to present itself, that this would be the way in which we would, in combination, speak.*

*It was determined that rather than my being incarnated in physical and working with Mushiba, as we have done so often in prior lifetimes, that it would be beneficial for the growth process for entities to become aware through an entity in female form ~ and this is why Mushiba has taken on female in this incarnation ~ to have a male vibration, or as perceived male vibration, speak through to present a rather interesting contradiction and also, to present a test of faith, to present a lesson to believe. Mushiba has gone through this particular process ten other times, as measured on the plane. This is the eleventh, as you would say. It is a very natural process for Mushiba. The level of her advancement is known to many of you and is really not necessary for discussion, especially for this orientation tape.*

*The beginnings, however, occurred in this lifetime with Mushiba what we call tying up loose ends. It was determined that there would be an approximate age span of eighty years, as measured on the plane, for this particular lifetime ~ and the first half of this lifetime was devoted to the tying up of loose ends, for this is the final lifetime on the earth plane sojourn, that is required, you see.*

*Now, what occurred is that once these loose ends were tied up, and this is meant that certain balancing was needed in certain areas, and certain lessons to be learned at earth plane level, it was then ready for Mushiba to prepare the physical encasement for the combination of her vibration and my vibration. And thus, a period of time began in which the vibration was periodically attuned, and there were particular types of what you call food consumed by Mushiba that helped in achieving a certain vibrational attunement that would allow the easy entry and departure of our vibration, as well as to allow other vibrations to enter in ~ thus, Waith and Company (The Spirit Group).*

### **The Process Of Channelling Can Be Achieved By Any Entity**

**(July 10, 1990)**

*The process of what is called channelling is something that can be achieved by any entity. There are several situations, however, that enter into whether an entity chooses to do this channelling. The first, of course, is that it requires a tremendous amount of responsibility, and there is a commitment to Be of Service, totally, to those who would come in contact.*

### **Waith Describes Types Of Channelling And The Responsibilities Required**

**(July 10, 1990)**

*Now, depending upon the type of channelling that an entity would do determines the level of that responsibility and the amount of that commitment to others. Public channelling, as this is, does require a high level of selflessness and being available when needed. All entities, however,*

*have the capability of bringing through information from a Higher Source, which is really what channelling is, and there are many who are able to channel their own Higher Self, and either, through meditation, simply connect with the Higher Self, or through automatic writing, as it is referred to, can then bring in the Higher Self. Guides, Spirit Guides, are also capable of speaking through an entity. Any number of spirits from other realms are capable of speaking through any entity, be it on the earth plane or be it in any other training ground.*

*It simply becomes a matter of whether you want to do it or not, for at spirit there is an understanding of the responsibility that goes with this, and it can be abused so very often, for there is the potential of having such tremendous power to have information available to you at another level. And understand that this abuse can also relate to the spirit that is speaking through, you see. It can be a test on all parts, you see.*

*Now, Mushiba, having other responsibilities at spirit, was requested by Amelius to end the sojourn on the earth plane in a way that would assist in the illusion change and would assist in those entities who need to grow vibrationally to whatever level they so desire. And thus, the process of being able to speak through Mushiba began, as it is measured on the plane, only three years ago. (1987)*

*We will go into other information relating to this perhaps further on as the other questions are presented. And then, of course, we will finetune the way in which we present this particular information. If you feel that there is more that you would want to know, or that others would want to know more specifically, then we will do that in our next practice.*

### **Where Does Mushiba Go When Waith Is In The Encasement? (July 10, 1990)**

*There are times when Mushiba remains within the general vicinity of the vibration. Understand that the energy moves out of the encasement for the most part usually, and Mushiba then goes into other dimensions, always busy however, never just floating around, but rather goes to learn other things while we give you information. There are times, however, when Mushiba remains within the vicinity so that certain information that is being relayed will be with her at a conscious state. For the most part, however, she is not around, nor does she need to be.*

**Are there times when you are in and Mushiba is out and about that she visits us?**

*Oh, indeed. There are ~ very often, her vibration will simply move about in the general vibration, and that is occurring now. We have brought Mushiba back into the vibration. She, of course ~ she would prefer to just stay out there indefinitely. What other questions?*

**Can any spirit enter Mushiba's body?**

*Technically, yes. However, it is not allowed. We are not allowed to enter without her permission. And we have formed an agreement with ~ through Amelius, that no other entity will*

*attempt to enter through except that which is designated by us and Mushiba. There will be times, perhaps in the future, as you would call it, that an entity other than who is with Waith and Company will be allowed to enter, but it will only be by permission.*

## **Waith Discusses How The Earth's Weather Changes Can Affect Us In Many Ways (August 07, 1990)**

*We send to you in this session a very special energy that is meant for protection and a sense of wellbeing for the coming time frame that will be presenting some unusual weather patterns. You have begun to see this in recent time, as measured on the plane. And we simply have infused out into the vibration an energy that you may call upon as you begin to, as we would say on the plane, fret a bit about the weather as it is, for remember that all that occurs now with the weather is a part of the movement toward The Shifting, and thus, it is most positive.*

*And when there are what you would call severe patterns in the weather, it is to be viewed with joy, for it is the earth itself cleansing and creating a higher vibration for itself. So rather than complain about that which may be inconvenient for you in the illusion, rather rejoice that the planet is moving itself toward its final moment of cleansing and higher vibration, just as you each move in the same direction of higher vibration through periodic cleansings.*

*For this session with so many beautiful lights we thought it would be appropriate to have an open question session in which we will answer the questions pertaining to Universal information. Of course, it is not a session in which we would address personal questions. Thus, we will not limit the questions to a particular topic but rather open-question time. Thus, we are prepared now for your questions.*

**In the past week it feels like there is a disturbance in the air. Is that it? Or is it just within myself?**

*That is what we have just referenced.*

**Would that also affect the sleeping state as well as conscious?**

*It would for entities who are at particular vibrational attunements. Those who have a greater sensitivity to the changing vibration of the planet would have disruptions in their own energy field, as we have presented in another time frame in session. Some would have a higher vibrational attunement, and therefore feel the Planet Earth's own changes more than another might.*

**Would the earth changes cause abnormal sleep patterns, where it will wake us up?**

*Oh, indeed they will. They will wake you ~ they will not allow you to properly achieve the sleep state. It will create for you times of what you would call sleepiness during the daytime. It will create, for many entities, a sense of exhaustion, a sense of, in some entities, and in the same*

*entity at the same time, of exhaustion, a sense of what you might call hyperness, not being able to sleep but yet feeling very exhausted. One of these such periods occurred a relatively short time ago as measured on the plane, and there is now another one currently in progress. And thus it is that many of you will feel these disruptions.*

*The best solution to this is to center yourself and to attempt to go into a meditative state and to not be worried that you are unable to either sleep or that you suddenly feel that you must sleep in the middle of an activity that it would seem out of place, of course, to sleep. And so, during this typical time that you would find yourself wanting to go into the sleep state and are unable, simply meditate and use that time to be of benefit and to clear your mind of the thoughts of why you cannot sleep and any thoughts that may be of a negative value that would enter into your mind. Rather, place yourself into a positive mode of thinking and you will find yourself to be better served.*

**Regarding sleep being interrupted during the night, how about during the day, if you have these periods when you are busy working, and suddenly you are so uncontrollably sleepy?**

*Yes. Yes. This was what I was addressing with the other question. And that is that during those times when you would not feel it appropriate to go into the sleep state, you would indeed feel the need to do so. It is a part of that which occurs, and these will occur sporadically now in a great, shall we say, cluster of time, and then there will be a clearing out of the electromagnetic field of the planet until it is time for it to do another jump, shall we say, in its energy field.*

**It is not to be concerned with it being a physical thing then?**

*Not at all. Unless, of course, it continues after the electromagnetic field has cleared. If it continues for a great deal of time, then you would want to look at other issues that would relate to it. These clumps of time can range anywhere on the plane from one day to one month. At this time currently, the cluster of time has not exceeded what you would call the one month.*

**Would children be more susceptible to it?**

*Not necessarily.*

**A feeling of like a palpitation of the heart area, would that be because of the vibrational change?**

*Not necessarily. No pat answers here, you see. We would not want you all to think that any unusual changes in your own patterns of behavior could be written off, shall we say, to the earth's electromagnetic change, but rather, to look within Self to determine if it is indeed a reaction, a sensitivity to the Earth's changes or whether it is another issue of Self that needs to be looked at. You must be careful at finding quick solutions. There are none.*

**Waith, not only does it involve the sleep patterns, but it also involves the eating patterns?**

*It can, my love, yes. Most definitely. And, again, there is no set answer to this, but rather that whatever your particular eating patterns are, they become different. So, for some, there may be an increase in consumption and in others there may be a decrease. There may be an inability to keep within the encasement any sustenance placed into it. There may be the desire for more of the liquid during this time frame than is normal, or there may be less of a desire for the liquid than normal. The key is that you look at what is different from your normal pattern. And in some instances, many of you will find yourselves slowly moving into an altered pattern of eating and that the Earth's changes are assisting you in these changes. And thus, rather than fight the changes in your patterns, seek within Self the answers as to why and what it means toward your own growth at spirit.*

**Would that also affect our perception of time?**

*Yes, we have addressed that in times past. It can. It may not. So, once again, be careful of using the Earth as an excuse.*

**Can the reason for the extreme sleepiness be because we can work things out better in the dream state, in the sleep state, than we can in the conscious state?**

*There are situations, of course, my love, in which, during especially troublesome times at the conscious state, that there is more time required in the sleep state for the working out at the higher levels of what needs to be dealt with at the conscious state. And thus, if you find yourself in extended time frames of sleep longer than you have been accustomed to, it may be that you are working out issues at the higher level. But, once again, the meditative state is where you receive your basic confirmation of all that is occurring, and you must go within Self to determine what is, as you would say, feeling the best for you, for if you begin to feel that you are, shall we say, sleeping many hours of the day and this has gone on for weeks and weeks and weeks, and you feel no resolution at conscious state, then there may be other factors to consider here, you see.*

*Any extended periods of time in which there is an altered behavior from the norm without any sense of progress at the conscious state, then should have further investigation at the meditative state, perhaps discussion with a healer at the earth plane level who would be able to guide you in certain areas where you may feel yourself to have a block. This is the purpose of the spiritual healers on the earth plane.*

**When this happens, what effect does it have on the ~ of the Energy Vortex that are scattered throughout the planet?**

*Remember that all energy is connected. All energy is a part of the same, The Universal Consciousness. And thus, at some minute level there is an effect. There is a ripple effect as you might refer to it as a frame of reference, remembering that what each energy does affects the total energy. No matter how minute it might be, it is felt by the total.*

*And thus, as we have said, as all the others who give information from the higher sources have indicated, what you do affects all. You are not alone, and if you are disturbed, if you call that phrase in its correct reference, then all are disturbed. If you send out love and Light, then that is returned to you. If you send out negativity, you will feel the effects, for it goes into The Universal Consciousness and it is returned to you, for you send it to Self. So, you see, it is much better to send out love, for you then send yourself love, you see.*

### **In Reference To Astral Projection, Is This Something That Is Okay To Try?**

**(August 07, 1990)**

*It is ~ this is always a very interesting topic, and we are about ready to depart for this session and would not be able to give it its proper attention. However, astral projection, as you would call it, is simply the conscious state being aware of the energy moving into a different realm. When you all go into the sleep state, there is a point during the sleep state in which you leave the encasement, some for periods of time, others for very brief periods of time. At the conscious state, you are not aware of it.*

*Astral projection, as it is referred to, can be an abuse used in certain situations, and without our going into it in any great detail at this time, we would say be very careful before you attempt to become consciously aware of this particular technique, that you understand totally its powers and its implications, for it does, when used inappropriately, open up the entity to being imposed upon by its level of darkness. We would address this at another time, another session, when there is more time to address it.*

### **A Question About Interdimensional Travel, Blockages, And Altered States Of Consciousness**

**(August 28, 1990)**

**The Mayans speak of a place called Xibalba which was, as I understand it, a parallel dimension like a fourth dimension. And it was possible at that time to pass from this dimension into the other and back again. Is there such a thing? Is such a thing possible, or was it?**

*Oh, indeed, you can pass from one dimension to the other quite easily. There are unlimited dimensions, my son, unlimited. And you are all limited only by your own illusions, for as you present the illusion of concreteness in which you currently find yourself, the dimensions of higher levels surround you, and you need only to go into them through your own consciousness. It is quite easy. And, yes, it is blocked, which is appropriate for many entities to block the entrance into other dimensions while currently in a concrete dimension.*

**Are some of them as physical as our surroundings are here?**

*There are different illusions. Different illusions mean that that which you perceive in one dimension is different from that which you perceive in another. A most fascinating possibility, and many who would read the transcripts have gone into other dimensions quite easily. Others are attempting to do away with the blockages that prevent them from seeing the other*

*dimensions. Quite easy to move from one dimension to another once you rid yourself of the blockages, and once you have gone from one dimension to another. Of course, it is easy once you have done it.*

**Do we do that in the sleep state, and we just do not have the memory of it for whatever reason?**

*In the sleep state you do go into an altered state of consciousness, and you do have the availability to move into other dimensions indeed. You may block the memory of that when you return to the conscious state or you may indeed remember going into other dimensions. Some entities who in the dream state will experience movement into other dimensions but would write it off as just a dream.*

### **Levels Of Consciousness, Altered States (August 18, 1991)**

*We chose this topic of Levels of Consciousness, or as you might refer to it, altered states, to provide for you tools in your own work. We are here to disseminate information as the cleansing of the planet and The New Illusion that is about to present itself moves toward its goal. We are most concerned, therefore, in disseminating out the information that is needed for all energies of beauty and Light to work with, for you are charged with the responsibilities of helping those along their path, to help to vibrationally attune entities as the cleansing moves toward its completion and The New Illusion presents itself. You all work in this area now in one way or another.*

*The levels of consciousness are many. Yes? Yes. Yes. Illusion, as you come to know it, is a level of consciousness, and as you now find yourselves in this particular room, you are at a point of consciousness. You are in a reality in which you must operate with the tools that have been presented to you for that particular level of consciousness. Each level of consciousness, therefore, presents its own set of tools appropriate to that level, and as you move from one level into another, it becomes the learning experience to recognize first the tools and secondly to then utilize the tools.*

*All energy works within layers and layers and layers of consciousness. Some layers are so very close to the other that they overlap. Other layers are further away, thus, requiring a journey into with very specific tools. The layers of consciousness, wherever they are, are available to each energy on their own. Each of us has the ability to move within the levels of consciousness that are a part of our soul, our own energy. The learning experiences, however, that are required of all energies, means that one must, in learning the tools, seek assistance from those who have already learned the tools, to help them along their path. Thus, each of you gathered are helpers along the path, as you also are helped along your path into levels of consciousness. You do not need to have the phenomenon that you experience now of my energy speaking through another. You would be able to contact my energy directly through your own travels within the levels of consciousness, but this is the learning experience.*

### **The Tool Of Regression Is A Way Through These Levels Of Consciousness**

(August 18, 1991)

*When you yourself try to work through your levels of consciousness, you can become what you would call bogged down, trapped within your own limitations of movement through your own knowledge, and it is at that point that you would perhaps seek out another who would be able to connect and help you to move through these levels. That which is called regression is a way through these levels of consciousness, and when blockages occur, that which is regression is a way in which the flood gates can be opened, and once that has occurred, the entity is then able to continue working through the levels so as to reach the higher consciousness. This is appropriate for the earth plane sojourn.*

*Once an energy leaves the earth plane in the incarnation, it moves into other levels of consciousness. There are infinite levels of consciousness, all moving back toward The Universal Consciousness, The One, The Whole, of which we are all part of. And thus, knowing that we are all part of The Whole, The One, The Circle, it then means that your levels of consciousness overlap with the levels of consciousness of all. We are all connected, and that what one of us does affects the other, and it is in that understanding that an energy is to Be of Service to another to help in the growth and to help in the ability to expand the levels, to expand the awarenesses.*

*All energy has the ability to move out of a particular training ground into a spirit world while still encased in a particular lifetime. For example, you are in your life on the earth plane now, and you are able, many of you, to go beyond, to transcend the Higher Self through your meditations, through your own abilities. Many are able to do that which we do, and that is to bring in other energy forms, be it as we. or of the Higher Self. And when you do this, you see, you move out of the energy field that surrounds you within the earth plane and you move into other levels of consciousness.*

*If you work with this knowledge that you have, the ability to go into higher levels of consciousness, when you are in that level you seek out the tools, you call upon your Spirit Guides, you call upon all the Light that surrounds you, and you work with the tools, and you then bring that information back into the conscious level of the earth plane in which you find yourselves now, to Be of Service, to help those along the way who struggle. It comes from Self, the ability to work with the tools, to recognize the tools, or to call upon those of higher energies charged with the responsibility to help, if you only ask. It is a simple situation of asking for help, and it will be given to you.*

### How Can We Focus Our Attention To Step Up Our Vibration?

(September 03, 1991)

**Is there some area that we could focus our attention in terms of stepping up our vibration, or is there something that we can do to make it make the connection a little easier in the change to The New Illusion?**

*It is all self-contained, my love. Only Self can do this, and as you consciously, as you do, concentrate in your meditations upon raising your own vibration, then it will occur. It is when*

*there is no concentration on raising the vibration that things remain as they are. Thus, you do this. As you do it, your vibration increases, and as your vibration increases, you see the awarenesses to increase your vibration which then enables you to increase your vibration.*

### **There Are Many On The Plane Who Have The Ability For Interdimensional Travel (February 04, 1992)**

*There are many on the plane now who have the ability for what we refer to as interdimensional travel. And when you go into other dimensions, it is for work to be done on your particular mission, your path, and that it further strengthens your connection with the earth plane, for the more an energy is able to work within the various dimensions and move freely from dimension to dimension on the earth plane, the stronger the growth, the faster the growth, and the more quickly the lessons are learned that the energy decided to take on for the entire earth plane sojourn.*

*Many now on the earth plane are of an advanced growth mode that enables them to move interdimensionally, for when we require assistance in various dimensions to aid certain activities occurring in those dimensions, we call upon many, many energies to help us. This is particularly true when there are what you would call mass departures on the earth plane where large groupings of energies leave at the same time, and there is, shall we say, a crowded condition at the portal, and we need assistance to process everyone who is coming through, to help them to go in the direction that they need to go in once they have left their particular time on the earth plane.*

### **The Soul, In Conjunction With The Higher Self, Can Indicate The Body Needs Rest, Staying In The Encasement, Or Interdimensional Travel (May 05, 1992)**

**I frequently crash physically in the midafternoon. I always thought that it was a hypoglycemic sugar crash. Does that mean that I might be out? Another part of my consciousness would be off doing something else?**

*Understand that interdimensional travel often is affected by the way in which you take care of your physical encasement, relate to your physical encasement, and that the Soul gives direction to the Higher Self which then, oftentimes, without an understanding at conscious level that it is occurring, gives certain signals to the conscious energy to do, or not to do, certain physical, or encasement-related situations that would enable, then, by, let us say, in your situation, and for many who also need to maintain a certain electromagnetic level, that you consciously will not consume that which would prevent the fatigue ~ or you consume more than you need to that would create fatigue, so that you would be forced to go into the sleep state to take what you call a little nap. But that, in essence, this means that the Soul, in conjunction with the Higher Self, has indicated it to be appropriate for some type of either rest, staying within the vibration, or travel, that would be then appropriate to that which you are working on in your current illusion.*

*Now. Important to remember is that you, the entity, have complete control. It is your Higher Self working with the Soul. You at conscious level think you have control. You do not. You do not, nor would you want to, for then you would be most boring, for you would relate so strictly to the earth plane that you would not be moving along your path, for being on the earth plane is in itself a layer, and being in a layer allows you only to see that which is in that layer. Your Higher Self is able to see beyond the layers and therefore give you guidance from an overview, as opposed to that which you see only around you very closely. This is true in any of the layers in which you would find yourself, and it is the connection with the Higher Self that allows, then, the higher knowledge, the higher attainment of your own mission.*

### **Astral Projection**

**(May 05, 1992)**

**I would like to know the differences and variations between the deeper stages of sleep, and astral projection, and achieving astral projection. I have obtained that state and I find it most inquisitive, and I would like to learn more and possibly be able to obtain it on a regular basis for healing, not only of myself but of others.**

*That which you define as astral projection is what we were describing as observing, rather than participating in, a layer. When you are able to move out of the encasement and remain within the current illusion and to travel, this is a technique that you must use very carefully. This is not ~ as we refer to these Ouija boards ~ this is not a parlor game. This is something most powerful.*

*And we have essentially addressed the issue, that you have the capability of observing, and that when you move into any layer, you are capable of observing, so that just as you would perhaps use this layer to observe those others who interact with you in this lifetime ~ go visit friends and lovers ~ you also are able to do this in other layers ~ so that when you are in the dream state, and you move around, and you are observing, and you are not actually in, you are awake in that, but yet you are asleep, you see, because you are projecting, and you move about and you observe not only Self, but all those who might interact with you. Thus, you find great enjoyment if you use this properly and not abuse it. Yes. This is appropriate for you to have as knowledge now.*

### **Is It Possible To Interdimensional Travel With Another?**

**(May 05, 1992)**

*Yes, indeed it is ~ if there are connections that you have in a layer. This is something that, again, will be part of more advanced discussions, but when you have shared a lifetime together, or a scenario together, you form compatible layers which then enable you to travel.*

**And go to a lot of the same places.**

*Indeed.*

*We have given you much, much information that, for some of you, you understand already. It explains a lot that you may have felt some confusion, and now it presents clarity to you. Others will reject what we have indicated. That is fine, for you must work within your own levels of understanding. Others will come to understand their knowledge. But we have given you, shall we say, food for thought, and for those who would return to additional sessions that we have as this year continues, you will have an opportunity to have digested that which we have given now, and with the additional information, then, have questions that will be most appropriate for your own growth and understanding, as well as being placed on the record for those who would also be going through their own growth and understanding in their path toward the Light.*

**Discussion Of Astral Travel and Astral Projection ~ One of The Menu items Chosen For Growth  
(March 01, 1994)**

**Why Are Certain Entities Allowed To Do Astral Travel And Astral Projection?**

*Well, first of all, the issue of astral travel, and astral anything actually, is not a situation where an entity is allowed, or not, to do it. It is a situation where it is one of the many different Menu items that is allowed to be taken into an entity's path of growth. Some entities choose it and some entities do not. If any entity chooses, then the same type of growth and learning cycle that exists for all lessons exist for astral travel and projection ~ so that the issues of balance occur in this situation as they do in the learning of patience and judgement and tolerance, and all of that ~ so that there needs to be abuses, on one hand, and nonabuses, on the other hand. As difficult as some people may find the concept of the necessity of abuse in order to come to harmony and balance, it is very much the way in which harmony is achieved.*

*And thus, you will find entities who are using their abilities, that they have learned of astral projection and travel in an abusive way, and those who are not ~ and then, those who have balanced the ability that they have, so that it is not even known that there is astral travel occurring. There are many entities currently on the plane who have completed their learning of this particular lesson and simply move about interdimensionally. Astral travel is one of the many components of the overall ability to travel interdimensionally. Thus, you will meet others. Indeed, there would be entities who would come to you through astral travel, or who would project themselves to you. They may be doing it harmlessly, for they may be testing their abilities. They are learning, and thus they must try out what they learn. Or they may be very deliberately ~ in a way of attempting to impose themselves upon you, or to control or manipulate.*

*Most often the discussions of astral travel and astral projection center around the abuses of it, for like so many issues that have abuse as the focus, astral travel and projection directly affects entities ~ human entities on the plane ~ for it is a very interesting control and power issue. But also understand that there are more entities who either do not make any big deal out of their interdimensional abilities and also those who are quiet and nonabusive in their development of this particular ability.*

**Interdimensional Travel Situations Involving Pain And One's Departure From The Plane**

(September 06, 1994)

Something strange happened last week in the process of someone breaking my arm. It was as though I was not there. There was no pain. There was not anything. I was just totally away from the whole situation. I am still trying to figure out what happened. Can you tell me?

*What we can tell you in response to that situation comes from a rather generic explanation of interdimensional travel. All energy is capable of interdimensional travel. You all do it without even realizing it. Some just are more conscious of it. And when we say interdimensional travel, it means that you all have the ability to move into another level of consciousness, if only momentarily. And there are some of you gathered here ~ and the entity in question ~ who have had very specific awarenesses of not really being there when something happened.*

*This occurs much more as the rule than the exception. It is an energy's way of coping with something that is concrete, for when you come onto a training ground, you are dealing with the concrete application of an abstract concept. And oftentimes, when you get into the concrete application of something abstract, you have to step back from it a bit because it is a little more than you want to take on. Pain is often, as you would feel it at the earth plane level, one of those situations. When one is ready to depart, often, the pain is felt, for that is what is necessary for learning that the Soul has determined. Other times the pain is not felt, even though it appears to those looking on that the pain is felt. There is simply a taking away of Self from this particular flow of energy, this dimension. Dimensions interact with each other. They flow. There are many, many dimensions in this gathering. You move from them.*

*You, my love, moved into another dimension. Even though you were still in this dimension, a part of your energy was taken into another arena so as to help you then cope with the actual situation without having to deal with the pain. The pain came later, of course, for once you moved back into the dimension fully, then all of the implications of the illusion in which you found yourself were evident. We have much more to say about interdimensional travel. It will not occur in this gathering, however.*

### **What Can You Tell Us About What We Refer To As Aliens? (Interdimensional Travel)**

(November 01, 1994)

*We have given a great deal of information regarding the use of the term alien, or as you call them also UFOs, as we understand the term. Without going into this in great detail during this gathering, since we would want to address a few other questions, we would indicate that aliens are not alien at all. They are simply part of the greater earth plane experience. There are many of you who have been on other planets, as you call it, where life exists. Some of it is in ways that this dimension on the planet Earth do not recognize, nor do they understand. Other life is simply shielded, hidden, from the probes that come from the planet Earth.*

*What is occurring now is an attempt by some on these other training grounds to aid in the time of illusion change. And thus, they are coming into the vibration of the earth plane. It is nothing less than interdimensional travel. There is no big deal about this, even though for some of the*

*limited understanding that exists on the planet Earth among entities, it appears to be a big deal. Those of you who have had experiences in what you call out of body travel are also going through interdimensional travel. When you go into another dimension, you are in that dimension. You may not be fully aware of it, and you may be fully aware depending upon your own development. That which you call aliens are those who simply have the ability to move interdimensionally.*

*You must be careful, however, for they are not all of the Light. Just as those on the planet Earth are at various shades of Light, so too are those who would come at this time of illusion change. They do not all come with aspirations of helping. They also would attempt to destroy. So, the battle between the forces of dark and Light, as it exists throughout eternity, continues and is evident at an illusion change when, what you call, aliens will attempt to come in and destroy, which is the purpose of the dark, to destroy the Light. However, as we have said so often, the Light always wins, even though the dark has not figured it out yet. The Light always wins.*

*And thus, if you have an encounter with an entity that is coming from another dimension, then you would treat that entity in the same way that you would treat any entity that is coming in through your meditations ~ any information through your meditations, or any entity who you would meet at physical earth plane, and challenge whether they are of the Light. If they say they are going to help you, make them prove it. If they say they are of the Light, make them prove it if you feel that they are not. Entities who are of the Light do not fear being challenged. Those of the dark quickly would dissipate.*

*And always protect yourself from any new entity who would come your way, be they from another dimension, be they from a meditative state, or be they at earth plane level. Be careful of any new energy that comes into your vibration until you have assessed within Self that it is an energy appropriate to your own energy. And that oftentimes is done instantaneously without much thinking when you meet an entity in the concrete state.*

*There is much to do, as you say, about this alien phenomena, and it is nothing new. It has occurred. You each have been in these other dimensions and have traveled. They have specific types of training that enable traveling. If you are on those planets as part of your training, it means that you have taken on those lessons to learn, and therefore, are given the knowledge and the training to do that type of travel. If you choose not to and go into other types of training grounds, then that would not be part of the training that you have taken on for your earth plane sojourn.*

*They are from the earth plane experience. They are not from outside of the earth plane. As we have explained, the planet Earth is the core of the earth plane as a training ground. However, many planets, as you know them, are part of the earth plane experience. And thus, it is all connected. There is much more to give in that topic, and we will gradually give that as it is needed, my love.*

**Many Entities Are Working In Many Different Dimensions Simultaneously  
(February 21, 1995)**

A while ago, I asked you about a picture I had seen, and your answer was that it was The New Illusion. In the picture, it appeared that something was coming out of the ocean and there were buildings, and so forth. Would you expand on that information?

*Yes, we would. What many of you on the plane are experiencing, and many may experience now in these final times of this illusion, are energy shiftings. Understand ~ many of you do ~ but understand that time, as you know it, is not what you call linear. Time is very fluid. And even though there is an attempt to make it linear on the earth plane, that is part of the game that is played.*

*The more that you become in a sense synchronized with the ebbings of time as an energy, you are able then to actually see things that are a reflection of the ebbings, the back and forth flowing of time as an energy, and are then able to see things that will be happening that have already been determined to be happening ~ as you would say, the future. However, what you are seeing as the future in this time frame is subject to change and is not to be considered a definitive future, but rather, one of the possibilities because of the ways in which time as an energy flows.*

*In a time when the illusions are switching, when they are in a state of transition, you will see part of what is to come during that actual transition, during, in this case, the axis shifting. When the axis shifts and the reconfiguration of water and land occurs, as we have indicated, there will be then land coming up and land going down, water and land reconfiguring.*

*What many of you may be able to plug into is a vision, if you will, of the time as an energy flowing, and showing you a concreteness to something that is still abstract in your time frame, in your linear interpretation of time, as you see it right now. You are sitting in meditation, for example, and it is a specific time on the earth plane. It is a specific day. It is a specific week. It is a specific whatever you want to give it for concreteness. Around you is flowing, time as an energy, just as all around you, your own vibration as an energy flows.*

*Thus, what you are able to do as you attune yourself to the flow, is to actually plug in. It would be much like taking some type of equipment and plugging it into a receiver. and suddenly, you are hearing or seeing pictures or sounds that were unavailable to you until you had the proper instrument. What you see then would be what flows past you, and it may flow in one direction. Then it will flow in another direction back again. It is creating the possible scenarios of the energy that is going to exist where you currently are planted. You are linear in where you are. You are concrete. You are unidimensional, if you will. Around you are multidimensions. And around the multidimensions are multidimensions.*

*When we speak of interdimensional, we are speaking of the movement into one dimension and another dimension and another dimension. But they are all intertwined. Dimensions exist simultaneous to each other. Yet, depending on the training ground in which you find yourself, you believe that you are unidimensional. This is the only place where you are, where you find yourself. The earth plane is one of those training grounds that gives a sense of unidimensional perspective. However, one of the challenges to being on the earth plane as a training ground is*

*to break through that perception of unidimensional, for all the dimensions exist around the earth plane. You are able then to break through the concreteness of the illusion in which you find yourself, and at the same time, remain in the illusion.*

*It is a rather fun thing to do. For some, however, when first experiencing it, it can be a bit disconcerting and can be a bit frightening to some. There are many who are on the plane now who do this as a matter of course. It is the way that they live, and they do not even stop to analyze it, to say, "Oh, I am interdimensional now. I am functioning in the current illusion. and at the same time, I am functioning in other dimensions. Oh". They do not even think of it.*

*The only time that it would come up as a topic, perhaps, is if, as in this illusion transition time, they are called upon to work in many different dimensions simultaneously, and find themselves then coming back into the current illusion with a great deal of fatigue and a sense of exhaustion. There are many on the plane ~ there are many of you in this gathering ~ who are currently involved in that. You are working in many different dimensions simultaneously.*

*There are mass departures occurring now, not just of The Human Kingdom but of all of the kingdoms. Thus, you are called upon for that. You are called upon to aid perhaps those who have been close to you in this particular illusion, in this lifetime that you are in, to help them through the tunnel and into the waiting room, and then through the processing chamber. That can take a great deal of energy and work.*

*Many of you have been in the process of having vibrational changes occur in your encasement that are meant to coincide with the new vibration of the planet, the East to West energy flow as opposed to the North to South energy flow. In those changes comes a great deal of pulling on the energy and a sense of fatigue that can occur. But it is also interdimensional, you see. Does that answer your question?*

**That is a whole topic that I did not expect you to address. The picture that I saw was apparently in the Atlantic Ocean. And it appears to be like apartment buildings and such, stone buildings, that seemed to be in the picture. At the time that I had asked about it, you said this was part of The New Illusion rising. I have a vision or a thought that it is sort of like a Ferris wheel. Am I correct that perhaps some of the physical parts of The New Illusion are underneath the ocean and are rising?**

*Yes.*

**Would those who dive into the ocean be able to see such?**

*Entities see only what they are capable of seeing.*

**So, the earth could be thought of then perhaps as a Ferris wheel. And when it comes up, it comes up. Could that be?**

*You know, that is a very interesting analogy to be using, a Ferris wheel. I am going to bring that back to Amelius and see what he thinks of that particular analogy ~ a Ferris wheel. Yes, indeed. We are plugging into the memory banks, the vocabulary banks of Mushiba to look at this. Yes. What is perhaps more important to understand, and it relates to your analogy of a Ferris wheel, my love, is that the Portfolio of Illusions stays within the vibration of the earth plane. There is not this little briefcase that is carried out and put in some other part of The Universe, and when it is time for a new illusion, we pull it out and throw it onto the earth plane and take the other one out and put it back in its little briefcase.*

*It is all self-contained. It is all within the earth plane physical and the earth plane abstract, the energy of the earth plane. Understand, of course, that the earth plane is made up of layers and layers and layers of energy. Using that type of descriptive could be actually rather appropriate. There is this sense of rolling forward, moving around and around, and certain parts of the concreteness are placed, when we say on the shelf, or the back burner, in actuality, meaning where they cannot be seen. But they are not lost, you see. We are ready for the next question. We will be addressing, however, in greater detail the issues that have been raised in the questions asked.*

### **Having Visions Of Another Dimension (February 21, 1995)**

**Am I understanding that what you are saying is that a whole portfolio coexists simultaneously, and we either choose, or are able to look at, different parts of it?**

*That is correct, my love. Yes. As you sit now in this gathering, you have the potential to be completely aware of all that exists. However, that can be a bit overwhelming. Thus, it is the reason why the earth plane, especially, as a training ground, has so much density to it, so much concreteness to it. But certainly, in your meditations, it is an appropriate time to bring yourself into multidimensional understandings. You can actually access the portfolio and view it as you would perhaps a mini-theater where you are able to see all of the plays stretched out, and see its entirety ~ all of the different illusions. In doing that, you would be able to see how they each connect and relate to each other, and that there is a sense of organization to the order in which they come and the way in which they are presented.*

*You see, many, many have thought it a bit confusing that the illusion that you are currently in seems to be less advanced than the illusion that came before it ~ The Atlantean Illusion. But we will not go into it in this session. We have raised the issue. But we will be discussing the reasonings for the ways in which illusions in the portfolio come in their sense of order. We will elaborate more on that.*

### **Topic Of Discussion ~ Interdimensional Communication (October 03, 1995)**

*We are pleased that you have gathered with us in this particular time frame, considering the events occurring on the earth plane currently. To pull yourselves away from this television is*

*more than likely quite a spiritual task you have done. You understand now perhaps how it is difficult for us sometimes to pull ourselves away from a particular scenario that we find interesting going on in one of your lives, this dimension, or some other dimension, whatever it might be. It is all part of the entertainment factor of The Universe. Just as you are entertained, so too are other dimensions entertained.*

*We bring into our discussion with you in this session, INTERDIMENSIONAL COMMUNICATION. It is the reason that we introduced that lighthearted reference to the beginning of the end of the judicial system, as you know it, in this geographic area in which you live ~ this reincarnation of Atlantis ~ some of the good from Atlantis and some of the not so good from Atlantis.*

*Interdimensional communication is much, much easier to do than most of you recognize. The process by which we speak through Mushiba is simply interdimensional communication. It has fancy names on the earth plane, and is given a type of mystique. There is nothing mystical about it at all. Many of you are quite comfortable with this process you know and call channelling. What you may not feel quite as comfortable with is your own abilities to have interdimensional communication.*

*As you are seated here, you are in one dimension. There are other dimensions surrounding you. Some of you are interdimensional as we speak now, conscious in this dimension, semiconscious in another dimension. Sometimes, when you are conscious in another dimension, you are semiconscious in this dimension, which explains the behavior of many of you on occasion ~ not quite here. ☺ But, you know, that is the joy, and that is the fun in this journey that we all take outside of The Universal Consciousness. We are not just stuck in one dimension unless we choose to be. We move from dimension to dimension. And as you develop your skills at interdimensional movement, you do more of it.*

*Generally, what occurs when you are on a particular path, a journey for learning of lessons, such as coming onto the earth plane, you choose to commit yourself to a particular dimension, where you will ground yourself. This means, however, that your point of reference is only that which keeps you focused on a particular path and journey. What you also do, as you develop your skills in this area, is move interdimensionally, while yet committed to the current dimension in which you find yourself.*

**Discussion Of Different Types Of Vibrational Adjustments ~ Interdimensional Communication ~ Interkingdom Communication ~ Channelling  
(October 08, 1995)**

**Another Type Of Vibrational Adjustment Is Concerning Interdimensional Communication**

*Another type of vibrational adjustment is concerning interdimensional communication. As you are able to communicate through your Higher Self to the Universal Forces, an attunement occurs ~ a fine tuning of your own vibrational field that allows you to communicate with sources higher than your consciousness, whether it is your Higher Self, your Soul, your energy grouping, or the greater Universal Consciousness. That is a vibrational adjustment.*

*Each energy is in a continuous process of fine tuning that particular type of energy attunement. Not all energies currently encased are able to have this type of vibrational attunement. The reason for this amounts to the type of path they have taken on, their own levels of advancement, energy wise, and their own desires to, or not to, communicate with sources higher than the consciousness. There are others who do communicate interdimensionally, but are unaware of it at the conscious. The purpose of meditation is to help in the polishing of this particular ability, to bring about vibrational adjustments, via interdimensional communication. Meditation, then, serves as a tool to connect conscious with unconscious and to bring about vibrational adjustments.*

### **Another Type Of Vibrational Adjustment Relates To Interkingdom Communication (October 08, 1995)**

*Another type of vibrational adjustment relates to Interkingdom Communication. It brings us now to a discussion of vibrational changes as they relate to the changes of the planet, as they relate to the coming of The New Illusion and as they relate to your adaptations to a changing illusion. Vibrational adjustments reach an exaggerated form at the time of an illusion change. Most of those vibrational adjustments are unseen. However, in their unseen quality, they bring about dramatic physical, concrete changes. You cannot see a vibrational adjustment. You see only the results of it.*

*The earth, in its cleansing now, reaches out to those who share its vibrational field. The earth attempts to communicate. With many of you, the earth has been successful. With many of you, it has not. It is not a negative or a positive statement, whether or not you have communicated with the earth. It simply is one way or the other. You do not have to communicate with the earth. Not all currently sharing the earth's vibration are meant to communicate with the earth. The majority currently on the plane will not be sharing the earth's vibration in The New Illusion. We are on the record with that information.*

### **Another Type Of Vibrational Adjustment Relates To Those Who Communicate Interdimensionally By Allowing An Energy To Speak Through Them (October 08, 1995)**

*Another type of vibrational adjustment relates to those who communicate interdimensionally by allowing an energy to speak through them. There are many on the plane now who do this. The way in which we speak through Mushiba requires vibrational adjustments. Those vibrational adjustments vary from entity to entity and are determined by the type of energy who wishes to communicate through.*

*We indicated before our summer retreat that there would be a tightening of the energy field, and we jokingly made reference that many of you would also be experiencing this tightening and would perhaps, then, not worry about dieting. It was a joke. Many took it literally in thinking that there would be a shrinkage of the body, the encasement. That is not what was said. What occurs in this particular situation with Mushiba was a tightening within the vibrational field that*

*gave a much greater foundation of energy for us to enter through, and also strengthened her own abilities in working with energy. It gave a greater strength to the overall vibration. It enables us to come and go much more quickly and much more easily. When you see that, it is a result of a vibrational adjustment. We come and go much more quickly, with much less effort.*

*Each vibrational adjustment that Mushiba has gone through, in our time speaking, has been necessary so as to strengthen our own mission. This is true of any on the plane who communicate in the way that we do. When there is channelling, as it is so often referred to ~ we prefer interdimensional communication to the word channelling ~ there is need for vibrational adjustments, even if it is Higher Self that is speaking through, but more importantly, when it comes from an outside energy source.*

*If one were to claim that they do not have these kinds of adjustments, that it is all very easy for them, then you must question whether they are actually bringing through a legitimate source. It may simply be their Higher Self. Any energy who allows an outside source to communicate through by use of their encasement undergoes periodic vibrational adjustments. It is critical. If it does not occur, there is something negligent in the process ~ in those who are working with this ~ whether it is the energy on the plane or whether it is the outside source.*

*Vibrational adjustments are critical, periodically, for a realigning of the energy field. There is tremendous stress placed on an energy field, such as Mushiba's, with the comings and goings of an outside energy. It does not appear to the outside world that there is any stress occurring, but there is. Mushiba hides it well, for one thing. It is very natural for her. Others do not hide it as well. The more developed the process becomes, the easier it is to appear to not have stress within the vibration. There is stress. At the same time, there is calmness. But periodically, we have to shake up the vibration in order to soothe it. This is what occurred during this summer retreat. It was a time of adjustment of Mushiba's physical, what you call, thermostat. It is continuing to be adjusted. It is not completed yet.*

*What we have described to you with Mushiba is partially related to the Earth changes and the coming vibrational shaking. The earth is undergoing tremendous stress, vibrationally. It is being cleaned out in parts of its field, and in other parts of its field, it awaits cleansing. It is not all happening simultaneously. As one component is partially cleaned, it is soothed and then it awaits its next cleansing.*

*It is up to higher sources working with the vibration of the planet to assist in that vibrational adjustment. It is also up to many on the plane to assist in that vibrational adjustment. The result of vibrational adjustment will show in ways that you would not expect. To those who would not have the awareness to recognize it, no amount of description from us would enlighten you. To those who would recognize it, it is not needed to be discussed.*

*That awareness comes from observation. If one would complain, "Well, Waith, if you do not explain it to us, how will we learn?" You will learn by knowing it exists and by seeking it out and observing. You will not learn by us describing it, for you would be incapable of understanding*

*the description. This is the way of The Universe. This is how you learn. After you have learned it, you understand it.*

*We give you certain descriptives that are appropriate for your search for the incident that will be observable by you, and therefore able to be learned by you. This relates to vibrational adjustments. Many were waiting to see Mushiba at the end of the summer retreat. What would she look like? She has taken the wart off the end of her nose. She does not fly on her broomstick any longer. There is no visible change. There is a behavioral change. There is an attitude change. There has been an infusion of Higher Self.*

*But more importantly, there has been an adjustment that enables our mission to be stronger, and therefore enables her mission and the mission of Terra Lux, and therefore, the mission of all who would come within our vibrational field to be stronger, to have greater capability in growth. Vibrational adjustments, then, simply mean the recognition of change and the recognition of growth, attainable by all ~ necessary, in fact, for all. Nothing elite about it.*

### **Waith Talks About The Importance Of Balancing Between Concrete And Abstract (January 16, 1996)**

*You see, the entire purpose of coming onto the earth plane is to learn how to balance between concrete and abstract, and you will achieve that sense of balance as you learn your lessons. There is never a point where there is absolute balance on the earth plane. It is a contradiction in terms to say that you are balanced on the earth plane. The earth plane is a training ground of imbalance, but the training on the earth plane enables you then to be balanced within your energy field in other training grounds and in a much more rapid way than if you were to not come on the earth plane. The SEARCH FOR SELF then, on the earth plane, is unique to the earth plane, for it means attempting to always balance. Just as you balance, something else comes along to bring you out of balance. That is the nature of the training ground known as the earth plane. That is the very nature of it.*

*If anyone were to say to you, "I am completely balanced, I am in complete harmony, I am One with The Universe," ~ may be one with their own bubble in which they live. But in reality, there is no energy on the plane, no matter how aware they may be, no matter how advanced their understandings would be, that is ever completely balanced, for that would mean perfection, and perfection, as you all know, is achieved only upon return to the Universal Consciousness. So, the journey on the earth plane ~ the journey, indeed, outside of The One ~ is to seek the balance again, to bring us all to the point of ultimate balance that allows us to go back into the Universal Consciousness.*