

Waith Class Transcripts, Excerpts

ENERGY

FROM TRANSCRIPTS 1987-1996

(Topics Include Community Concepts, Energy Circles and the Soul, Energy Dimensions, Energy Layers, Flow of Your Own Energy)

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*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 ⚙)**

Discussion Of Energy Forms, And The Interconnectedness Of The Energy Forms

(April 05, 1988)

We welcome you as the earth begins its renewal phase, and we hope that you will all begin to contribute to the continuation of Planet Earth's physical characteristics. It would be beneficial for you to partake of the soil in growth and life. While we certainly would not force anyone to do this, we would recommend that you find a little spot of earth where you are, where you spend most of your time, be it during your work day or during your leisure time at your home, and select a plant of some type, be it a flower or a vegetable, and plant this. It need not be in what you might call a garden, but simply room enough to have one living energy form that you begin and care for. Use it as a vehicle for the transmission of your own energies into the earth itself as a renewal.

For this session, we are going to discuss and add to our discussion of energy forms, and the interconnectedness of the energy forms, for we feel it appropriate at this time of the season on Planet Earth that there be an even greater understanding of the role of all living to each other, for it is not understood completely and there needs to be an increased awareness of the responsibilities energy forms have to each other.

The Silver Cord Connecting Us To The Creator

(April 05, 1988)

We would like you to visualize, as we describe this system, an oval shape with ends on the right and on the left side, not a circle, an oval. (Waith makes an oval with his hands) Contained within this oval is The Creative Force. Protruding out from the inside where The Creator has the energy form of Oneness, are tentacles of such minute size that none of your technology today would be able to magnify it to a size that you would be able to see. Nonetheless, they are cords oftentimes referred to as the Silver Cord. It is used in the popular literature on the earth plane today. Many of you are familiar with the term.

These cords extend out from The Creative Force through the right and the left. At the end of each one of these cords is an energy form ~ you, each of you, being at a certain level of evolvment. These energies are all connected to One. The use of an oval is used as a symbol for what is referred to as the THIRD EYE, that Spiritual Center that exists in energy forms who have evolved to a certain level, those who take on human form being one of those levels.

All Energy Forms Are Connected ~ Light And Dark ~ All Are Connected

(May 03, 1988)

What seems to be lost in the understanding is that all energy forms are connected. We have indicated this before, and we will reemphasize it now in this discussion, for it has significance and is basic to an understanding of multiple lives. The connectedness, no matter how fine-tuned it

may appear to be and so distant it may appear to be to some energy forms, is nonetheless present at all times. Even those who we would refer to as being in the ultimate darkness, at that end of The Spectrum of Light and dark, are all connected. It is all connection. And certain energy forms are given from The Creative Force, very specific roles, and various Kingdoms are then assigned to energy forms. And know that this coming and going occurs constantly. It is a continuous process.

There are energy forms as we now speak who are bursting forth from The Oneness about to take on their task. And as you know from previous discussions of The Angelic Force, it is a very specific assignment that is given. And there are many of The Angelic Force, for example, who were assigned to this position, have never been in any other manifestations, except for some who may on occasion materialize for purposes of delivering messages. Recorded history documents those types of occurrences. However, there are the majority in The Angelic Force who have not gone through the process of birth to come onto the earth plane, so they have their very specific assignments, and the lessons that they need to learn are very specific and may, of course, be different from lessons that other groups and energy forms must tackle, nonetheless no more difficult or no less difficult, simply different.

So, there are Kingdoms or roles that energy forms are assigned, and each of these areas has a way in which growth can occur. There are millions upon millions, billions would be a better definition for you, of energy forms who will never come onto the earth plane, for their path takes them to other dimensions, other planets ~ planets that you are not aware exist, for they are not necessary to be known. They are in other parts of The Universe.

And thus, you begin your travel upon a path, and you have laid out for you those issues that you need to work on, those types of strengthening and growth that you choose to work upon, for you have left The Creative Force willingly. It is all a part of the fun of it, you see. ☺ It is not that you were thrown out of The Oneness. That did not occur. It simply was that it is all a game, my dear friends. It really is. It is quite fun. We know that when you are embodied on the earth plane in those horrible little shells that you really do not believe me!

No. ☺

And you think, "No. This is not real what he says, and I do not want to leave this body even though I do not like it, and I do not know what is coming next, and this is terrible, such long time." Or some of you, just the opposite, feel, "Oh, I love this little body. I do not want to ever leave." Many do whatever they can to avoid the leaving because they have become so attached.

Understand, first of all, that all of this is what you might look at as ~ I am trying to pull an analogy for you of games that you play on the earth plane that might ~ oh, it is all much like this game called Chess where you are out to play to others and conquer somebody else and become king of the mountain, so to speak.

And it becomes clear as you come closer to your own heightening of awarenesses that it is not this Chess game, but rather something that you are interconnected with every other energy form. You begin then to take on a different perspective. It is then that your progression changes and you begin to realize that you are a part of this total by choice, so that the Whole can be made stronger, not weaker, for when the initial bursting out from The Oneness occurs there is a sense of independence, and the sense of independence is what has become confused in the minds of many currently on the earth plane, and their understanding of how The Universe works. The independence is a part of the whole process, that feeling of independence is necessary, for it serves as a motivator. It serves to exhilarate each energy form, to begin this process of strengthening, and depending on the Kingdom in which you begin, will determine where you will go in various dimensions.

Now the earth plane is used by several kingdoms as a training ground and is set up with various types of experiences specifically geared to those issues that need to be resolved. Included on The Earth Plane Kingdom are various other planets, some of which you are already aware that circle the physical earth itself. When energy forms manifest on those other planets it is in a form different from that on the earth plane, Planet Earth. And then, of course, there are a myriad of other dimensions that have within them levels, which have levels within them, which have levels within them, to which you aspire as you move along.

Now, the purpose of the energy form, each of you, each of us, is to brighten and strengthen. You all begin with a basic degree of brightness, and once separated from The Creator, free will is instilled, becomes a part of the energy form. This is necessary so that the games can be played and the fun can be had. For you see, if we did not do this, we would really all be rather bored, for what would we do if we did not continually play?

Being In Several Places At One Time ~ The Ability Of Energies To Subdivide (August 23, 1988)

I have a question concerning your ability to be in several places at one time. I had read in the Urantia Book that Gabriel was quite busy, and he was assigned a lieutenant because it said that he could not be in two places at one time. So, I was questioning, is this a definite ability, that you can only be in so many places and then after a while you do need help?

It is a rather complex issue. The energy, every energy, has the ability to divide into an infinite number of sub-energies, as we would call it. Each time that the energy subdivides it takes ~ it is not as strong and vibrant as the whole. Nonetheless, it is able to function. What occurs is that depending upon the strength of the energy, and each energy's strength varies depending upon their own attunement, there is the ability to determine how many divisions they can go into without it affecting that which they do.

Even though, let us say, an energy divides in half, there is very little noticeable difference in the strength of the energy when it divides in half. When those halves divide there will begin to be a

noticeable lessening of the strength of the energy, so that some may subdivide into hundreds of little energies, others may only perhaps subdivide into ten energies without it affecting its overall vibration.

When the information is given that an energy cannot be in more than one place at a time, it is actually an oversimplification, meaning that there is only so much subdivision that a particular energy can accommodate without it becoming diluted. So that, for example, Gabriel is at the Highest of The Angelic Force and in charge of a kingdom and has in comparison to most energies the ability to subdivide into thousands of energy forms. However, even Gabriel reaches the point of saturation. And when that begins to occur then emissaries are used, or as might be termed lieutenants.

I have mentioned that one of my special emissaries is Bathusela who is part of Waith and Company, and Bathusela has been called upon by me in several occasions when I have reached the point of saturation. And yet there is still a calling upon my energies, and Bathusela will go and attend.

So that what is actually occurring is that when it is stated that you cannot be in more than one place at a time it is actually a reference to the point of saturation. So that point could be thousands for one energy, and three or four subdivisions for another energy. It is stated in that way that you referred to for simplification, as symbolism, to understand that there is a point of saturation and that help is then called upon, and it is help that comes from The Angelic Force. And that those of you other energies have the ability to subdivide.

We have discussed what is referred to as parallel lives, simultaneous incarnations. This is in reference to the ability that each of you has to subdivide. Whether you choose to do so is entirely up to you, and we have mentioned before, of course, that in numbers we look at approximately twenty five percent of all the energy forms choosing to do simultaneous incarnations. This is in reference to the earth plane experience. It is much easier to subdivide in other planes. The earth plane experience has a level of difficulty for subdivision that is part of the earth plane experience itself. And so, while we ourselves as what you might say an energy, one energy, cannot be in more than one place, we can subdivide.

You see, The Creative Force can be anywhere anytime. It is all. It is permeating. It is complete. There is no subdivision. It simply is, you see. Energies subdivide. That is the difficulty that many would have, and thus it is with caution that even the explanation that I give is presented for confusion in thinking that that which you have been given as The Creator being able to be everywhere at any time, that is of course valid, and that we are a part of The Creator, each of us, as energy forms. We are The Creator. However, when we are apart from The Creator we can only subdivide. Once we become One with The Creator, we become infinite and therefore simply exist forever and everywhere.

What Is The Universal Flow ~ Are You Speaking Of An Energy Flow?

(December 06, 1988)

It is an energy flow. That is perhaps the best way to describe it. It is something unseen and yet felt.

About this energy flow. We are all individual energies. The idea eating meat, and eating food in general, and aren't we just changing energy from one form to another?

It is a little more complex than that. There is not really a changing of energy, rather an interruption of energy which is all part of the experience of the Universal Energy. You must view the Universal Energy as a fluid and ~ surrounding, completely surrounding all of you.

Remember quite some time ago the visualization that I tried to help you achieve of this energy. Remember this? Soon I will be able to write out things for you, give you diagrams. This is all part of the cellular changes that we speak of with Mushiba, where each energy, all of us, are a part of the Universal Flow, you see.

Now, any activity, be it eating or simply moving around, sort of interrupts wherever you happen to be in the flow of the energy. There creates an instantaneous type of void which is immediately then filled. It is what keeps the flow of energy moving, you see. It is not static. It is not something that can be broken, rather it is a fluid that you move in and out of it as you do anything.

The issue of eating means that regardless of what you eat, be it higher level energies such as the animals, or lower forms of energy such as the vegetables, that it is in some way for you a disruption of the energy ever so slightly. It is not negative. It is simply the way it is. And that as you evolve as an energy form and begin to let go of that which is required of the physical encasement on the earth plane in terms of sustenance, for example, it simply means that there is less of a disruption of the energies.

It is all very planned, shall we say, very structured, even though it appears to be nonstructured, and so each of you plugs into the flow of energy, depending upon your own abilities to go with it. Some will plug into this energy and just go with it. There is that flow. Others will almost grab onto it and hold onto it, or attempt to hold onto it which, in their own energies, which is difficult because it is so fluid. You could think of it much like you would the wind ~ you know, it is there, but try and grab onto it and hold onto it. It creates difficulties, of course, and yet if you were to simply allow yourself to move with the wind, or with the flow of water of another illusion, you are much better served than trying to fight against it. You see?

As you evolve, you are more in harmony with the flow rather than disrupting it.

Yes, that is correct.

The Hierarchy Of The Energy Kingdom (March 28, 1989)

So, what you are saying, if we are aware of this, we should stop eating meat of higher-developed animals, and the more we accomplish at our own energy stage, the farther we go down the level of energy development?

Francis: That is one way of looking at it. Yes, that is. The Energy Kingdoms do have their hierarchy, and you would find that many of The Animal Kingdom are very high at the hierarchy, and as you begin to eliminate consumption of various animals and work your way down, you will find yourself at a level of energy that eventually will evolve into a higher level, but they, too, must learn their lessons just as each of you learns your lessons and evolves into a higher energy. And part of their lesson is to Be of Service, and part of Being of Service is to provide sustenance to higher energy forms. And once they have learned their lesson they evolve into a different energy form, and as they evolve into higher energy forms, they will reach that level where they will no longer be consumed and their service will be of another nature.

Energy Itself Grows ~ Energy Is Encased In Humans, Crystals, Vegetables, Animals (July 03, 1990)

As is known. Yes. One who seeks to have definitive answers, you see, becomes limited by definition. And thus, expansion of awareness is what occurs with those who would begin to understand that there are many, many situations that they do not understand or can give definition to. And understand that there is much that is not known about Electromagnetic Fields and Energy Transference and that which gives growth. Energy itself grows. Energy itself, encased in the human form, or in the crystal form, or in the vegetable or the animal, energy becomes encased.

The Mineral Kingdom Feeds Upon Certain Types Of Electromagnetic Fields And Energy (July 03, 1990)

However, energy grows within an encasement so that once the time is over for a particular stay within an encasement, and the energy diffuses out of the encasement, the growth that has occurred gives that energy an added strength. And thus it is that the experiences of all energy when in physical form, those lessons that you all know and love so well, are what contribute to the growth and the strengthening of the energy. And it is far more complicated than simply to indicate that molecules and cells work in a particular way that create growth only in certain types of encasements. It is granted that trees and grass, grass especially now on the plane, grows and grows and grows and grows. Why, then, is it so illogical in the scientific mind to think that crystals, that from The Mineral Kingdom, is unable to grow? It feeds upon certain types of Electromagnetic Fields and Energy.

And thus it is, dear one, that you have helped serve a very good purpose by placing the question on the record, for as time elapses and you begin to photograph your little crystal, and you begin to be aware of changes in this crystal, just as you were so surprised at the crystal being ~ having a heat greater than your body, you will now begin to see that those of The Mineral Kingdom can indeed grow. And just because the scientific community is unable to give explanation or definition to it does not mean it does not exist.

This goes back to an issue which you raised last time of how do you define life? And I have yet to rethink my understanding what life is. I mean, a biologist would probably easily explain what he defines as life, like grass is life because it converts mineral into grass, but he will probably say a crystal is not alive because he cannot see this transformation of certain minerals into molecules and cells, so that is what he will then call is not life.

(The following dialogue is between the group members)

- ⊗ But a crystal does have energy, so you just follow your thought for a minute. A crystal does have energy and energy is lifeform ~
- ⊗ The problem is converting the energy into matter. That is no problem.
- ⊗ Yeah, the question is that energy is not really life?
- ⊗ Why?
- ⊗ Life is more than just the existence of energy.
- ⊗ If we did not have energy, there would be no life.
- ⊗ I like to think of it as atoms, right? A molecule is atoms and atoms are particles, right? And the tiniest particle is an Energy Vortex. Where does the tiniest particle of an atom get its energy? Now, an atom is different particles, positive against negative, but where does the one particle get its energy? It must be a manifest form.
- ⊗ Now the question is whether you call this already life. It is energy form does not necessarily have to be life. That is the fundamental question.
- ⊗ Do I have to transcribe this? 😊
- ⊗ Yes. Four people talking at once, it gets pretty ~
- ⊗ Oh, God.
- ⊗ It is your turn now, Waith.

Thank you! Thank you. You have all done a most marvelous interaction of information here. This is exactly what we have been striving to have occur, you understand. This shows that you have indeed been absorbing the information that we have been giving over this long-time frame and that you are Being of Service To Each Other, you see. This was a most beautiful interaction, for you are attempting now to assist each other, and I simply am another energy form in another dimension who is attempting to aid you all, also, in your understanding of that which is so complex at times. We are most pleased at what has just occurred.

I just want to add that there is an interesting book that I read which came out about a year ago, and I am sure some of you may have read it. It is called *The Tao of Physics*, and I believe the physicist's name is Capra, and he seeks to answer the questions that you raised about ~ not necessarily about crystals, per se, but making a link between Eastern philosophy and Eastern ways to physics now, particularly quantum physics, and is there a relationship, and so you might want to read the book.

Yes, continue.

(Name given) could put on the record the five steps of how scientists would define life.

Yes, dear one.

No, I do not think so. That was the beginning of last year. I do not think I remember them. I never memorized them.

She will be gradually overcoming her shyness in certain areas, for we have the cleaning crystal and the cooking crystal and there is another one about to present itself. A communications crystal.

She really knows a lot in these kinds of areas. So, she even explains to her father (the scientist) a lot of things that come to her.

Yes.

What Is Energy Made Of? (July 03, 1990)

What is energy made up of? It is made up of, as best as can be described, again for your frame of reference, electrons, for understand that energy at spirit level is not seen nor felt, but simply is, and when energy enters into a training ground such as the earth plane, one of those arenas for experience and growth and learning, it takes shape, the energy itself, for as it enters into a specific Electromagnetic Field, that which is becomes, you see. And depending upon which training ground the energy enters into determines what form that energy takes.

Even, understand, within the Angelic Training Ground in which we are, this is a training ground and therefore we have form. It is a different form than you find on the earth plane. And when energy is not within a training ground environment, it simply is.

So, the energy realizes the thoughtform.

That is one way of interpreting it, yes.

No secrets over there.

Understand that at The Universal Consciousness Level, of course, there are no, as you would say, secrets, nor is it viewed as knowing something that someone else does not know, for energy simply is, and it is in a particular state of being. It is only when energy goes into a particular training ground that the idea of knowing something that another energy form does not know, becomes.

**Does All Energy Have Intelligence, Awareness, Consciousness?
(July 03, 1990)**

Yes. But you knew that.

I was not quite sure. Is it individualized or group or both?

Yes, it is both. There is the group, which is The Universal Consciousness, which breaks off into sub-groups, which break off into sub-groups, sub-groups, sub-groups, until finally there is individual.

Then the energy in the crystal has an awareness or an intelligence or a consciousness?

Yes. Yes, it does.

Feel the energy upon our departure. We would encourage you to feel the energy in this incubator ~ most strong. Many of you feel it from where you are.

**Waith Discusses The Blue Aura Of Clouds, And The Air That We Breathe, As Energies
(December 04, 1990)**

The long skinny clouds that I see, with a small blue aura, is that a special cloud, or is it something that people are seeing as just a cloud?

All clouds are special. They are an energy in and of themselves, and are reflective of energy vibrations of that which is called the air. You see, air as you breathe it, has an energy, and has a life and it creates residuals from it. The color blue is in harmony with healing, the color green in this particular instance, and what you see simply, is a residual of the cleansing that the air is attempting to undergo, and the blue is, shall we say, the sloughing off of certain poisonous elements that were contaminating that particular portion of the air and it reflected itself in the

color. This occurs infrequently but will begin to occur more frequently now as the poisonous elements are absorbed by the cleansing effort.

What does the pink hue represent?

That is not related to the cleansing issue of which we have just discussed. It has another application and relates more toward a sound vibration, and indeed, when we begin to elaborate on color vibration and sound this topic will present itself once again.

Discussion Of The Three Major Energy Fields ~ Electromagnetic, Auric, And The Soul Fields (January 01, 1991)

Could you tell me if the polarities that exist on the chart's polarity ~ does that also apply to the Soul vibration and the auric vibration? Are they also at polarities, and when one changes do, they both change to be in balance with the polarity?

Conceptionally, my love, yes. The auric field, as you refer to it, and the Soul field also work in conjunction with the electromagnetic field so that there is ~ there are several layers of energy fields in which we find on the earth plane. And the auric field is actually the middle field. The electromagnetic field is the one that immediately surrounds the encasement. The auric field then goes out surrounding that, and then there is the Soul field, if you would refer to it in that way, and each have points of polarity.

At any one point there is an opposite, and when one of the polarities shifts in any way, of course, it will affect the others, and it is in this shifting that disharmonies occur. And it is important with the use of color and sound, when it is properly applied, to help in the balancing of these polarities, and if particular colors are used in connection with a particular vibration of the three various energy fields, then the harmony can be shifted into its proper position.

Healers are able to work with energy fields and are able to sense where there may be a disharmony in the energy field, be it the Soul, Auric or Electromagnetic Field, and this is why many who develop their abilities of healing are so attuned to color and sound, for they know basically at the Soul Level, if not at the conscious level, the importance of color and sound in working with an entity's energy field. It is an ability that every entity has. It just needs to be developed. You can balance your own energy field, but it does take many, many, many incarnations, and indeed, it takes the desire to want to do this. Otherwise, you may find yourself in altered states of harmony when the magnetic fields move around a bit.

When you explained the filtering out process, something came to mind that I read in a book. I am wondering if it would be helpful for other people to see the chart that would help them to understand it as well as I did ~ that it goes from infrared to ultraviolet color.

Indeed. Yes, that would be a most appropriate point of reference, my love, to give to others, and perhaps you may be able to reproduce this. Yes, most beneficial.

The Expansion Of Layers By Sending Behaviors Or Thoughtforms (March 05, 1991)

Now, if you were to take one very small energy from this one layer of illusion and let us say that this energy might be you, you see ~ you are in this illusion. And you create a behavior or thoughtform, and let us say that you send love, you see, that love immediately fills this layer in which you are currently as an energy, it fills that layer. That layer, then, begins its own expansion, and it begins to expand first at layers beneath it, you see. It fills beneath.

Once that has been completed, it begins to then expand outward toward The One. There must be the filling in below before the expansion outward to The One can be, you see. So, it fills within, and then it fills down, and then it fills up. This applies at any layer, so that you may be receiving the effects of any behavior from any particular illusion, some more strongly than others, depending, of course, on where you are in relation to the particular level that it has emanated from, you see.

At Each Level, Energies Comprise That Level Of All Various Energies ~ Animal, Mineral, Etc. (March 05, 1991)

Understand, also, that at each level the energies that comprise that level make up all of the various energies, be they of The Human Kingdom, The Animal, Mineral, whatever. Whatever encasement an energy takes, whatever occurs with any individual energy affects in some way all other energies, for we return to the initial concept that we are, of course, all from The One, and that while we may be separated out of The Universal Consciousness, we all continue to have an energy line, if you will, to The Universal Consciousness that connects us, and thus, we are connected to each other, you see. Is this understandable? How would you respond now to what we have just given as information?

Would there be a canceling effect if someone sends dissention of some sort instead of love?

All, all behavior, all action, is ~ reverberates, if you will, throughout the entire energy composition. What occurs, however, is that we look at degrees of strength, and thus, this concept of sending love and Light to offset the dark and to push away, shall we say, the negativity is the reason. You see, the more Light that is sent out, then, if there is more Light and love sent in relation to negativity, then there will be a diffusion effect, you see, but it does relate always to the various levels.

So, for example, one level may have an overabundance of love being given out in relation to the dark, and another level may have just the opposite, and eventually, it all works its way through to The Universal Consciousness, and at some point there is the end effect, but in the meantime, while this is working its way through all of the various energy fields, there is this feeling of movement, the ripple effect, this moving back and forth, and a sense so often of an energy feeling out of synchronization with The Flow of The Universe, for they have not been able to maintain their own balance and have been affected dramatically by the rippling from one of the other levels, depending, of course, on where that level is in relation to themselves.

What Becomes Of An Energy That Is Constantly Causing A Ripple?

(March 05, 1991)

Nothing in particular, my love, for each of you all cause ripples, you see. There is no mandate.

Bringing In Percentages Of Energy To Come Onto The Plane

(July 02, 1991)

As a prelude to our discussion of next session, we have given you the beginnings of information in this session regarding percentage of energy that comes onto the plane. You determine before the sojourn on the plane what percentage you will take with you onto the experiences of the plane. Most energies take a very small percentage. You do not need a great deal of it to come onto the plane.

And for the most part, it is that percentage that you work with on the plane, and it is within that percentage that you bring in your Higher Self knowledge, and not bring in other percentages of your energy. There are, however, occasions and particular situations that allow a departure from the norm in which an energy, after preparation and guidance from us, will bring in a higher percentage of their energy, usually to help in very difficult issues and to strengthen the journey on the path. This is done through facilitation at spirit and on the earth plane, and we will discuss that in our next open session.

What we will give you witness to now is an example of this occurrence, for we have agreed with Mushiba to bring in with her a greater percentage of her energy, and what will occur is that as we leave her vibration, as we are leaving, we will facilitate the entry of a greater percentage of the Mushiba energy. You will find, upon her return, a difference, and it will be for each of you to begin to understand the difference.

It is being done to aid in the development of the community and to Be of Service to each of you who find certain struggles in your path with the community, and it is done to strengthen the total mission. It is all that we will discuss at this time. Understand the beauty of it, and understand the selflessness with which this particular type of activity is done, for it is difficult to explain what it means to an energy when they depart from that percentage of the energy on the plane that they

agreed to do upon entry into the sojourn. Some of you will understand it. Some of you will not, at this point in your own path, and that is fine. You may gain awareness as you observe the change. You may gain awareness over time as you yourself grow in your own awarenesses.

We are, in our departure then, taking a bit of what you would call time, longer than normal. We would ask that you all envision the White Light. This is a very critical point of entry for the dark, and we have done all of our necessary preparation from this end for protection, and now we ask from the earth plane end that you also prepare and protect by envisioning the portal and the tunnel of White Light, for it is similar in the technique we have given to you for helping an entity from the earth plane into spirit, for now we bring a percentage that is not currently on the earth plane through the portal, from spirit into earth plane. Therefore, the energy needs to be given love and Light and protection.

So, envision the tunnel, and this time envision yourself at the receiving end at the earth plane level sending love and Light to the Mushiba energy as it walks through the tunnel and enters in through the Energy Centers and incorporates with the current Mushiba energy.

We now send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. We bid you love and gentleness. Farewell.

**Energy And Oneness ~ Energy Simply Is ~ The Universe Is Energy ~ The Universe Simply Is
(August 06, 1991)**

Our topic for this session is energy, Oneness. We have addressed this topic in other times with you. However, we have a special focus in this session that is now important to be discussed. We would begin with a brief description of energy, for it is very complex, yet very brief and simple to understand. Energy simply is. Energy has no encasement. Energy is simply a lifeform. It exists in every facet of every aspect of that which is concretely referred to as The Universe. The Universe is energy. The Universe simply is.

All is One. Every speck, every encasement, is part of the total Universal Consciousness. We are all One. We all come out of The Universal Consciousness and become separate, yet never losing the very delicate thread that binds us all to each other, to The One. We each are the reflection of each other. We are all equal. All energy is equal regardless of the encasement in which it finds itself.

The differences result from levels of awareness that the energy has. It has, however, nothing to do with superiority. This is a misconception among all who encase, for encasements take on every aspect around you on the earth plane, and spirit itself is an encasement. We are encased in The Angelic Force. All, except being in The Universal Consciousness, are encased. For simplicity's sake and your understanding, The Universal Consciousness is an encasement.

Energy simply is. It is all powerful which means that each of you are empowered with the same degree of power as the other. No energy has more power than another energy. It is simply a difference in the ability to use that which has been given to each energy, and it is a part of coming out of The Universal Consciousness into concrete forms, lessons to be learned, and paths to be followed, that the issues of who might have a better use of their power than another comes about, and it is the abuse and the spiritual use of power that accounts for the balancing that must occur for the equilibrium and the ultimate return to the empowerment that each has received.

(There is a loud motor sound coming from outside) We are aware of earth plane disturbances. If you could envision a disruption in the flow of energy from other energy, we are more sensitized now to this on the plane than in the past, as we have adjusted our own vibrations.

The Energy Known As The Planet Earth (August 06, 1991)

We discuss in this time with you now the subject of the energy known as the Planet Earth, for this is part of the mission that so many of you find yourselves here to work with, to help the energy of the planet to return to an equilibrium. And all who are a part of the planet currently incarnated now are responsible for in some way assisting the planet to return to its equilibrium. Some incarnated will take a stronger role and take on greater responsibility than another. However, all who are on the plane now have in some way a responsibility.

It is simply energy that is connecting with energy, and there needs to be an understanding in its simplest form that each of us are connected to the other, and we therefore have the responsibility, regardless of whether we would want to take this or not. It is simply a given. Since we are all part of each other, we have the responsibility to each other regardless of whether you are encased in The Human Kingdom or whether you are encased in Animal, Mineral, Vegetable, and any other kingdoms ~ The Air, The Water. All the elements are each encased.

You sit now with each other on energy that is encased which sits on energy which is encased, which sits on energy which encased, and so forth, for it permeates throughout the entire energy field of that which is called the earth, and goes to the very core of the earth, and spreads itself out. The energy of the earth begins at its core and permeates throughout, each having an encasement that encases upon another that moves upon another. Each of The Energy Kingdoms on the planet Earth are equal. They are equal in their empowerment. They are equal in their power alone.

There Is No Energy In Any Kingdom Better Than Another (August 06, 1991)

Because you are of The Human Kingdom now does not make you superior. No kingdom is superior over another. This is a very common misconception, not just on the earth plane but

even in spirit, for as the lessons are learned and the enlightenments increase and the awarenesses become greater of The One, it becomes clearer that there is no energy in any kingdom better than another.

All Energy Outside Of The One Is Encased ~ Intelligence, Soul, Memory

(March 03, 1992)

The Human Kingdom is perhaps the most arrogant on the earth plane, as you would describe the personality, in thinking that it is superior, and therefore, in control of the other kingdoms that appear different, or appear to not have what you would call intelligence. Intelligence is an encasement in itself, and it resides within an encasement. That which you call memory is indeed an encasement, and it is a part of the Soul's memory which is also an encasement. The Soul is an encasement, my loved ones, remembering that energy in The One is total Being and that anything outside of The One is an encasement. Energy outside of The One is encased.

Waith Gives An Advanced Awareness Of What Is Referred To As Energy Layers

(May 05, 1992)

You Have Access To Those Layers Of Past, Present And Future Relating To Your Own Soul Memories

(May 05, 1992)

However, what we will now give you is an advanced awareness of what we refer to as energy layers. The layers surrounding the earth plane exist simultaneously ~ past, present and future. And, you, as an entity, have access to those layers of past, present and future that relate to your own soul memories. When you have a dream, there is nothing fictitious about it. It is indeed a replaying of something from the past or a foretelling of something to come that relates to your energy field ~ that relates to your path. When you have a dream, you may be recalling a very specific past life, or you may be connected to a past life of a lifeline of yours, or you may be connecting into something about to happen.

Now. One of the ways in which entities incarnated on the plane are able to work through the issues is to go back and forth within these layers, so that, oftentimes, when you are back in time, you may be, in fact, physically back there in that layer reworking that particular lifetime, which accounts very often for ~ when you return to the conscious state you feel tired, for you have been a busy bee. You have gone back into another time.

There is also the possibility of simply observing. You go back to a particular scenario that your soul has released for you to review, and you remain detached, and you view that which has occurred. The same applies to the future, so that you are, each of you, able to begin working on a particular scenario before the conscious state is ready to work on it, so that you have laid the groundwork, shall we say.

**Connecting With Your Higher Self And The Ability To Read Your Own Energy Layers
(May 05, 1992)**

However, each of you has the potential, and indeed many of you work now in this incarnation to develop that potential and increase your own abilities to read your own energy layers. It is all there for you, and it is the ability to connect with the Higher Self through meditation, and to then have the Higher Self request from the Soul that which will be important for you to learn and to connect with in the web, the layers.

**All Energy Has Consciousness And Is Of Service ~ All Serves Each Other
(November 03, 1992)**

You mean those chocolate bars that I crave have a consciousness?

Indeed, they do. Contrary to scientific and arrogant thought that only human and animal have consciousness ~ and there is, of course, we know, debate that even animal has consciousness, that only humans, oh! humans are the only conscious energy. All has energy. Every, every, thing on the earth plane has an energy, and all energy has consciousness. You sit now on energy. It has a consciousness. It is of service. It allows other energy to sit upon it. There is energy that sits upon each of you. At a higher level, you know this, and you have agreed. For these other levels of energy that exist on the earth plane of which you are not aware, you as humans serve in the same function as the floor would serve. All serves each other. And thus, chocolate bars serve as you serve it.

**Energy Has A Fluidity ~ Water Has A Fluidity ~ Consumption Of Water Helps Soothe Energy
(February 02, 1993)**

The other day I explained to a patient that she should drink more water because it is associated also with the emotions. Then she asked me how is the emotion associated with water? What is the connection?

It is a fluidity. We are most appreciative of the question for, you see, it emphasizes that which many would know instinctively but would need to understand, that the energy has a fluidity. And for those of you who would need a bit more explanation, you would think of your own energies as you would think of sparks of electricity, and it is quite vibrational, you know, and oftentimes, the sparks of electricity can become overloaded because of activity. It is part of being on the earth plane and having this type of encasement that you have, and that the water is used to help soothe it.

When the sparks begin to get too hot, the water soothes it, and it also creates a flow, for the constriction within the energy field occurs when there is a dryness, and this is the easiest way to

explain it, within the vibrational field, which then manifests itself into that which is the physical encasement. And thus, the water creates that liquid aspect. It soothes and is most definitely, of course, associated with emotion, for emotion is part of the energy field.

If you are beginning to feel out of balance emotionally, drink water, at a minimum. And now you have an added technique and that is the visualization of the ice cube, to give yourself a spiritual kick as well as a physical kick, you see. It is a balance between the earth plane and the spirit, as we are here to help you achieve. Other questions might you have regarding this technique?

Would it be okay that the water is carbonated when you drink it?

You know, that is a most interesting question. Of course, we have not worked in any way to influence you in your question. ☺ That which is the carbonation, as you refer to it, can have a most beneficial effect, for that which is the bubbles can create a greater soothing when there is a sense of greater disruption in the flow of the energy. That which the bubbles create to, what you would best say, jumpstart the energy. It will get it going. You must be cautious in the amount of carbonated water that is consumed. For some energies, carbonation has no negative effect. Indeed, for those energies whose polarities have already reversed, the carbonation does not affect their energies one way or the other. For those who are in some process of vibrational changes, carbonation will have an effect. And it is, again, a way in which you sense yourself.

You know, we will not tell you, for the most part, specifically, that you should be consuming 1.3 liters of carbonated water three days out of the week. This is what you will determine is appropriate for your own energy. This is what you receive in your meditations as what appears to be appropriate. This is the opportunity to become better connected with your own vibration, your own physical Self, and to understand what is appropriate for the vibration to consume both energy wise and the encasement to consume physically. So, use it with caution. And some of you may already know that whether you use carbonated water or not, has no negative or positive effect.

Discussion Of The Circle Of Energy In The Body Changing From Counterclockwise To Clockwise (February 02, 1993)

Could you talk a little more about the direction of the circle of energy counterclockwise to clockwise?

Ah, very, very good question, for it goes clockwise, as you know this time instrument, and moves with the beginnings ~ when it is first activated, it will be activated at the Crown Energy Center, the very highest Energy Center. Once it is activated, there will be no beginning or end to the movement. There are many of you who have not activated this as yet. Some of you may remember back to that point of activation, for there is generally a most dramatic physical response to the activation of the circle. It goes then, as you would say, around and around.

When the earth itself shifts on its axis, at that moment, those who have activated already their circular energy will cease ever so infinitesimally in their own energy. There will be the appearance of the cessation of life. It will be, for many, not even noticeable to those around, for there will be the connection as The Shift occurs, and the planet vibration and the spirit vibration of the planet, the earth plane itself, adjusts itself and realigns with those other energies it shares its energy with ~ The Human Kingdom, The Animal, The Mineral, all of the kingdoms. All will have changes in their energy flowing, and it will be in harmony.

It is quite a playful activity, actually, as you begin to feel your energies moving in a different way. It relates most directly with our discussions of playing on the earth plane, for as you notice a change in your own energy, you will find that those activities that you currently engage in no longer interest you. You will find new ways of expressing Self through the physical. It will mean dramatic changes in the way that you perceive color and the way that you perceive sound, music. Many of you will begin to wear clothing that is different. These are very physical manifestations of a most dramatic energy change.

And we will, when the time is right in this year, be discussing in several sessions the effects of the new energy flow on color and sound and as you perceive it, and how you will work with color and sound to lighten up your vibration. For the new flow of energy at times creates a sense of heaviness as it is kicking in, you might say, and getting accustomed to the flow, for there will be the adjustment from North to South as East to West is occurring, and you will go back to North and South on occasion as you are moving East to West. It can create most interesting behavior and feelings, you know. We will have much more to give you on this topic.

A question about the circularity of the New Energy Centers. The way I understand it, the old Energy Centers are basically the torso and up above the Crown. When the New Energy Centers circulate, will it also take in that area?

Yes, it will, my son. It will simply be placed in a different positioning. You know, we have given this technique that we entitled the FULLMATION that is a way in which you are able to work the new Energy Centers. This is the purpose. For some, this is a most appropriate technique to begin utilizing. For others, it is not yet appropriate. But there is a very specific way in which you can focus as your Energy Centers begin to move about in a different manner. And also, as the earth's energies are changing, it creates a vibration in the atmosphere that you plug into, yourself. And so eventually, there will simply be a different positioning of all of the energies, and there will be centers, but it will be much more fluid than it currently is.

Each time there is an illusion change, the polarities also change. It is not better. It is not worse. It is simply different. And we would give you all a bit of a caution here, for this relates to ego. Yes. Be most cautious of saying to others, "My energies are circular and ~" ☺ for surely the moment that you say that, your energies will go back to what they were. And you will find yourselves coming into contact with many who are on their spiritual paths that have issues of superiority.

We have talked of this before. Be so very careful of bragging that you can see auras, that you can sense energy, that you can do this, that you can do that, for each has their own point on the path, and to be judgemental of another can be most dangerous ~ for remember, that many entities are here to teach you lessons of ego, lessons to bring out this tendency of The Human Kingdom to brag. Be quiet in the development of your abilities. Use your abilities to Be of Service to Others. Rather, than to be Self-serving, be Self-less.

And as your energies begin to change, and your vibration begins to change, it is a sign that you have chosen to remain for The New Illusion, and that is a tremendous responsibility, for you will Be of Service to assist and guide those who will need to have adjustments in their own energy as the planet shifts, and for those who would decide that they do not want to hang around for this shift, they want to leave, and you will assist them vibrationally in that transition. And also, from what I pick up from Mushiba, you know, this is not a glamorous thing we talk about, these vibrational changes. It can be most difficult, and yet it is part of the path that you choose. And so, lighten up about it. It is going to hurt. That is the way it is.

Why does it hurt?

Why does it hurt? Because that is the way ~ that is the way we planned it. ☺ It was a group decision, made by The Universal Consciousness. When you all decided to leave The Universal Consciousness, you set the rules of the game. We all did. And we said the earth plane is one of the most accelerated of training grounds and this is what it will be all about. You know, growth on other ~ in other dimensions, on other training grounds, does not take on the same senses that it does on the earth plane. This is the earth plane! So, while you are on the earth plane you go by the earth plane rules. When you are on a Water Planet you go by the Water Planet rules ~ the candy planet, the same thing.

Significant Energy Transference For The Vortex In The Terra Lux Area (July 06, 1993)

We welcome the new energies into the vibration and would indicate that this particular session with you all will be an abbreviated session, for The Vortex in which you find yourselves is receiving energy as part of a significant energy transference, and it has created disruptions in the energy field of Mushiba that have produced a lower frequency for our discussions with you in this session. As you know, this new geographic location for the community is a major Energy Vortex that has been, and will continue to receive energy, and information in that energy, to aid in the Earth changes and to help in the smoothing over into The New Illusion. And thus, this particular area is a pivotal point and a, what you commonly refer to as a vortex on the earth plane.

Energy And Its Significance To The Coming Earth Changes (July 06, 1993)

And thus, what we will speak of in this session is a bit about energy and its significance to the coming Earth changes. This will be very abbreviated, and when we speak in our next time frame with you in Public Session, we will speak of our topic of Playtime on the Earth Plane, which was what we would have been discussing in this session with you. And we will be discussing favorite toys, if you will, referring back, of course, to our reference to The Toy Box that one has when entering onto the earth plane. So, when we speak of favorite toys, you may want to make certain that your frame of reference is appropriate. Your favorite issue, this will be your favorite toy. Thus, this will be our discussion in the time next that we have with you.

As we are with you in this gathering, and we indicated we were at a lower vibrational level than normal with Mushiba, we are able to sense pulsations of energy, balls of light, if you will, that each of you represent. And you are each a ball of light, for all energy is light regardless of where it happens to be on the Spectrum of Light, be it at the very furthest end, which is referred to often as the dark, or at a very high end, the other end, which is the very, very highest of the Spectrum of Light. And thus, we would want you to draw attention to a focusing on the degree of lightness that you each have, rather than the degree of darkness that there might be ~ for, as energies, you are at constant battle, if you will, with those energies who are less light than you.

And rather than focusing on the aspect of an energy being darker than you, and therefore you are being attacked by an energy that is darker than you, consider it in this context ~ that it is an energy challenging you who is on the path toward enlightenment and sees you as a goal, a goal of Light. And thus, you would place it into a more positive and light filled perspective, for you realize that if you allow the focus to be on the dark, then it truly will be dark around you. This is not to say that you would ignore that there is dark, or those forces that would attempt to destroy or attack you, but rather, to focus in on the Light. It is the Light.

The Energy Exchange Program ~ From Walk-Ins (September 06, 1994)

You often hear the term walk-in. We have a higher program in place at this level, and it is referred to as The Energy Exchange Program. It is no big deal, you know. Energies come and go on the earth plane. And there are many ways in which The Energy Exchange Program occurs and takes form. There is what you know as the walk-ins, where there is actually an energy that leaves the encasement completely and is replaced by a completely different energy. This has been going on for eternity. There is nothing new about this at all. At the time of illusion changes, there is more of it that occurs because of the physical work that is needed at the earth plane level. We like to use the encasements that are there rather than to bring in new ones and have to wait until they get big and go through all of that growing up process. So, that is not an unusual phenomenon.

The Energy Exchange Program ~ From Other Planets That Are Part Of The Earth Plane (September 06, 1994)

And we also have exchanges of energy that occur from what you call other planets. There are many energies on other planets that are part of the earth plane, and remember that training grounds stay within themselves. This particular earth plane training ground has many, many planets, some of which are known and some of which are not known. And the entities who are on those planets, and many of you have been on those planets in your experiences, for the earth plane sojourn includes not just the planet Earth. It includes all of the other concrete planets. They may come in and exchange with an energy. They may come in and give information. And indeed, they are giving information. The phenomena is no different than information that comes through from the dimension in which we are. And many of you have met what you call walk-ins. It is no big deal.

The Energy Exchange Program ~ From Higher Self Walk-Ins (September 06, 1994)

There is a very interesting phenomena that many are not as aware of, and that is the Higher Self walk-ins. Now, where the Higher Self is concerned, there can be infusions of Higher Self into your Conscious Self, and that occurs rather frequently. As your own levels of understanding increase, you start to feel more of your Higher Self coming in, and you become more aware of Self. Higher Self infusions are done gradually. You are not really aware that something has happened. You simply become more aware. You see the world around you differently now as you become more aware. Higher Self walk-ins are very similar to the energy exchange of an energy, except that it is Self still, but it requires, as a walk-in does, orientation onto the earth plane. There are, then, high percentages of the Higher Self that come in and help to take over the mission, have a much higher purpose in what they are doing. And you will meet many who have this experience of the Higher Self walk-in.

We have been given permission to tell you that this has been occurring with Mushiba for quite some time, and recently there was a major transference of energy into the Self. It is meant to give you that information so that you will understand the levels of understanding that she deals with. As you begin to feel different about your own understanding, you feel different ~ as your Higher Self comes in, you feel different ~ you are different because you are bringing in Higher Self.

You are then able to speak with someone at an earth plane level to help you in understanding what is occurring, for there are some entities who become anxious about anything to do with The Energy Exchange Program. And there is nothing to be anxious about. But rather, as you experience another energy wanting to become part of your energy, whether it is your Higher Self or some other energy, you want to be able to discuss it and not view it, first in fear, and secondly, view it as a game that is being played, for it is neither one of those.

Energy Exchange Is Something That Everyone Experiences In One Way, Or Another (September 06, 1994)

Energy exchange is something that all of you experience in one way or another. It is impossible to be on a training ground and not grow, in one way or another. Even not growing is growth, you see, for you learn something in not growing. As that occurs, then, your own levels change. You bring onto the earth plane what you need for understanding for that particular life, the planning that the Soul has made for the lifetime. It may vary from lifetime to lifetime. You may have levels of understanding that have never been on the earth plane in an experience that now come in. And it is like having a brand-new entity. You are brand new. You are looking around and you are referring to yourself in the past tense. You feel different. And it is critical in this time frame, in which you find yourselves as you go through accelerated changes, to seek the bringing in of the higher levels of understanding. It will help you in coping, my dear ones.

It is not without risk, however, for as you bring in more of the Higher Self, more of the percentage, you leave less out in the dimensions that are not controlled by the earth plane. It is a risk. But again, it is a lesson that one takes on. And if you take on the risk, then the lesson itself has actually been learned. You have taken on the lesson and you become stronger. And it also enables you to get through the earth plane much more quickly, which for some of you is a plus. For others of you, you do not care how long it takes you to get through the earth plane experience. Bringing in more levels of Higher Self can achieve that path much more quickly. Rather than six thousand lifetimes you might be doing it in four thousand or three thousand lifetimes, you see.

There are also many of those who have heard us in the past, who will read of us in the future, who have changed their energies. They are new energies. They live the life of the former energy but they are new energies. And there are some who coexist with energies. Other energies come in and actually coexist. There is nothing kinky about it. ☺ It simply gives you greater understanding of the world around you.

And then, of course, there is what we have worked out with Mushiba where we simply enter in and use the encasement for a short period of time and then depart from it. The departure and the entry of energy into an encasement is a very simple process. Some of it is long term. Some of it is short term. We come and go. Poof! One moment we are here. Poof! One moment we are not.

It is no different in its application, however, than what you call the walk-in phenomena. If we decided that we were going to stay longer in Mushiba's encasement, we would, if it was in agreement with her, and we would go about our earth plane experiences. We would get in the car and we would drive. That is a scary thought, isn't it, now? ☺ But the concept, you see, is no different in what we do than in yourselves coming into an encasement and stay in for an extended period of time.

If an energy is in the illusion long enough, it acclimates. It does not take long, especially high levels of understanding in an energy, to acclimate. It does have its humorous side to it, however,

in watching the acclimation. But we thought that it would be an appropriate time for you to know that since Mushiba's vibration has now strengthened and increased, it allows us to be stronger in our vibration, and it allows us to bring in more of our energy, and therefore, to be of greater service to you, and to bring in to you higher levels of understanding. And that is all that we have to say about that subject for now. There will be more as time on the plane progresses.

We prepare now to depart, and ~ the dragging of energy across the floor. (A crawling baby is pulled back) You must see this energy from our perspective. It is a little bouncing ball and then suddenly it stretches. A bright energy. Indeed.

They make babies awfully cute.

Ah, there is a reason for that. Otherwise, you would not keep them. ☺ At least for this illusion. There are other illusions in which entry initially is in a very different way for The Human Kingdom, but that is for another time.

Awe.

Awe. Yes, we do like to do that. We like to give you reason to want to come back and ask us more questions.

We prepare now for return to our dimension. And as we depart, we encircle you with an energy that binds you to those who are in this gathering, for you have learned information that you now can transfer to others. And you have a bonding now, for you have gathered in a small grouping, and this bonding will continue for some time now on the earth plane. It does not commit you to a relationship. It simply bonds you at an energy level. And as we depart now, we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

**We Will, During This Coming Year, Be Showing You Techniques On How To Look At Your Own Energy Field, Many Know Them As Seeing Auras
(September 05, 1995)**

We also during this coming year will be showing you techniques on how to look at your own energy field. Many of you know it as seeing auras. We do not use that kind of parlor trick in our presentations. It is an important component of growth, for many energies. to be able to see energy that surrounds others, for it is part of the healing path that many take on.

We are not concerned about who sees other's auras, and what they see. We are concerned more with helping you to develop the technique to see your own energy field, to be able to sense how

your energy field is fluctuating, and how that affects the way in which you live day to day on the plane. It is part of our component of giving you concrete application to abstract concepts.

The concept of working with energy is one in which many entities feel almost inferior. They think, oh, that person can see auras ~ they must be very advanced. There is nothing advanced at all about seeing energy. It simply means that you have developed a technique, much like skipping rope, and riding a bicycle. It takes practice. Anyone can do it. That is the easy part. The more difficult part is what you do with it once you have learned the technique. Do you use it in the spiritual context, or do you abuse it? For truly, there is abuse on the plane by those who work with energy ~ those who are able to sense energy.

Some sense energy, some feel energy, some see energy, and all The Spectrum that goes with that concept. Some of you may actually look in this mirror, and see your energy field. Some of you may never see your energy field. However, you may feel it. Some of you may never feel your energy field, you may simply sense it. Whatever comes is appropriate for you ~ not appropriate for someone else. And as we always give caution about what we call spiritual elitism, we give this now.

Working with energy is powerful. And the degree to which you have the ability to work with your energy, or another's energy, is also dependent upon the path in which you follow, and the level of testing that accompanies your abilities. We will help many of you to blossom in the work with your energy. We will show you. We will use one of you, in a Public Session, to show how you can begin to develop your own abilities. And while we certainly do not use parlor tricks, we may on occasion show you some energy fields.

Discussion Of The Energy Circle That We All Have, A Family Of Energy (February 06, 1996)

In the discussions of the Energy Circle that Waith has given to you, the fact is that you all have, WE ALL HAVE, a Circle of Energy, a family of energy, within our energy field. We, and we alone, do not make the decisions. We have others from the other kingdoms that help make decisions upon our path, be it on the earth plane, more specifically, and that concept applied in other training grounds, not quite in the same way as applied on the earth plane, this Energy Circle. While you are on the earth plane, however, you have an Energy Circle. Within that Energy Circle are all these other energies who also have mazes, this webbing, because of their own energy being split, or lifelines. So, sometimes it is very easy and other times it is not so easy, much like the journey outside of The One.

What About Vigilance At All Levels Of Attacks From Negative Energies When Opening Up? ~ Lack Of Vigilance Within The Energy Field Creating Weak Spots In The Web (February 06, 1996)

Does vigilance have to be maintained at all levels because of attacks from negative energies that may come because of opening up to that channel?

Jenjura: Attacks are certainly a part of it, but vigilance is meant in all arenas ~ vigilance of the integrity of the energy ~ vigilance for the purity of the energy ~ vigilance for its Lightheartedness. It is something that must be maintained throughout the energy field. You, at concrete, are a very critical component of that vigilance, for you at concrete have been given the responsibility of bringing into physical form a lesson.

You have been given your instructions by the higher levels of Self. If you do this lesson that you come in to do correctly, then the vigilance is maintained. But if you fight it, then there is a lack of vigilance within the energy field, which then can create open spots, much like you would think of a web that is starting to have dissolving points. The web is starting to break. That is a very real situation for any of us. If we do not maintain the vigilance, the web can begin to break apart or weaken. And when the web weakens, or breaks apart, it makes you susceptible to attacks. It makes you susceptible to many activities that occur in The Universe.

We are all, at some point, having a web that is a bit frayed, shall we say. Being on the earth plane, for most of you, means that you have a frayed web. You are here to pay vigilance to it, to give it strength, to mend it. That is the job that you take on when you agree to come on to the earth plane.

Why, specifically, the earth plane? Is it because it is such an accelerated growth that it strengthens the whole energy to have gone through the experience of being here?

Jenjura: Yes. As has been stated so many times, the earth plane is one of the most accelerated of training grounds and one of the most difficult of training grounds. There are others ~ not too many, but a few others ~ that are of equal difficulty and acceleration. This certainly is one of the most challenging of the training grounds. Certainly, however, it is not the only training ground, and certainly not all that there is in the learning outside of the Universal Consciousness.

It is not so difficult in other training grounds to learn. The concrete in other training grounds is not quite as concrete as it is here. It might, in fact, appear to be abstract by your definition, as you would have your frame of reference in this training ground. What appears to be abstract to you in this training ground may, indeed, be concrete in another training ground. This is the joy in trying to go to the root of your own energy ~ to move through the web, to find a clear passageway, as clear as you are able. And if you are not able to reach the root, there are many stops along the way, outposts of your Higher Self. And it is these outposts that we will help you to reach. So, you may not be able to reach your Higher Self in this lifetime, but you may, indeed, be able to reach an outpost in your journey.

The Concept Of Community And The Journey To More Consciously Connect With Other Kingdoms That Are Part Of Your Energy Circle

(March 05, 1996)

As you journey within Self, one of your goals is to connect more consciously with your Energy Circle ~ to become more attuned to those energies who are part of other kingdoms that have become part of your Energy Circle, and they with you. That is the Concept of Community.

It is very nice to have you all gather at our sessions and to have you all feel what you call these warm fuzzies, where you are pleased to be with others who think like you. That is very important. But that is the easy part. It is very easy to connect with other humans, or other animals, or other minerals, or other plants, or other carpeting, or chairs or toys, that you have a connection with that you feel harmony with. That is easy because you have had connections with those energies in other lifetimes and you have memories that bring those lifetimes into a sense of connectedness in this particular lifetime. What becomes more difficult is searching out all those other energies that are important to your existence, and yet, you either have dismissed them as unimportant, or you do not want to admit that you are connected, or you have had some past lifetime experience that was negative and has created a sense of imbalance.

Why is it, that when you meet a particular animal, they may wag their tail and be very happy with you, and the person next to you, they will growl at. There are reasons for that ~ that are energy connections. We all exist within each other, and yet we exist outside of each other, and therein lies what you call this paradox. How do we exist within each other, and yet, outside of each other?

This is what going within Self helps you to learn, helps you to synthesize. The journey within Self allows you, then, to connect with your Energy Circle, which then allows you to connect with higher levels of Energy Circles, which then allows you to truly connect with the Universal Consciousness and The Oneness, and to even move into subkingdoms and subkingdoms, and kingdoms of the subkingdoms, and subkingdoms of the kingdoms, to have a better understanding of the flow of your own path as it relates to the flow of another's path, be it human or any other.

Be careful of dismissing anything around you as inanimate ~ not worthy of respect. Everything is energy. The consciousness that a particular object may have will be different from the human consciousness. Each kingdom has its own type of consciousness. When you are in The Human Kingdom, you are in the human consciousness. When you are a rock, you have the rock consciousness. When you are a pillow, you have the pillow consciousness. There is nothing superior or inferior in this discussion. It is simply different ~ different consciousness ~ all storing memories, all storing knowledge.

The more you are able to tap into your own soul's journey from kingdom to subkingdom, to kingdom to subkingdom, the better you are in your return back to the Universal Consciousness ~ the easier your journey becomes. And if, by some fortunate chance, you have taken on many other kingdoms before coming into The Human Kingdom and are able to connect to those

kingdoms while in The Human Kingdom, it makes your journey in The Human Kingdom much more enjoyable ~ much easier. You are able to look at others around you and understand their journey. You may not know what their journey is, but you understand that they journey, just as YOU journey, and you respect that journey. You may not believe it as true for yourself, but you respect it. You may not agree with it, but you respect it because it is the entity's journey.

And we know, indeed, on the earth plane now how difficult it is to respect the journeys of many on the plane, especially those who are in the public limelight, as you call it, who profess hatred, who profess discrimination, who spew out what you might consider negativity. Currently, on the plane, there is much hostility. This is all part of the cleansing. This is all part of the ending of the current illusion. At the same time, there is much Light emerging. You must hold onto this. You must recognize that it is the darkness that is getting the press these days, shall we say. But it is the Light that always wins. It always prevails.

Those who are bringing a great deal of dispute into the energy field of the plane these days are fulfilling their path. Remember, that there must be upheaval in order for there to be balance. It is up to you to hold onto your own Light, your own sense of connectedness, for as much as you would not want to admit it, those who spew out words and ideas that you find abhorrent to your own philosophies, are connected to YOU, for we are all connected.

They may be connected at a very far distance. Nonetheless, they are connected. Just as they are able to have an influence upon you or others, so too can you have an influence upon them. You may not see a direct result of it. But simply, the sending of Light. For just as they are able to send dark thoughts that affect other energy forms, so too are you able to send Light to affect other energy forms. This is what an understanding of community is about.

Now, when Francis comes in, in the next session, he will speak more specifically of community formation on the earth plane. We have given you the Concept of Community, the importance of community. Community is nothing more than connectedness with all energy. Clear your energy fields of the bias that you have that there is a hierarchical order of superiority to energy forms. There is none. You as a human may go into The Plant Kingdom next. You may become a pillow next. Our love, here, is so comfortable on both pillows. She seems to have taken over three! We see from our sensors three pillows there. Perhaps we are missing one. Since you are so comfortable with the pillows, perhaps you would like to switch roles and become a pillow. Or you may already have been a pillow, and now you are simply enjoying the opposite role.

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It is a simple philosophy and it is the secret to effective community existence. It is as simple as that. Respect and love Self and then others.

So, why is there so much disrespect and hate on the earth plane? You would ask this question. It is the way of balancing. It is the way of learning to Respect Self. It is the way of learning love, for if you are not respected by another, be it human or any other kingdom that shows you disrespect, it forces you to look within Self to determine why you were treated with disrespect, or why someone levied hatred toward you. It forces you to go within Self to journey to the Higher Self, to the Soul, to the Energy Circle. It is quite simple, and yet, the most complicated of concepts.

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All Kingdoms Have Subkingdoms, Which Has Subkingdoms, Infinite (March 05, 1996)

Thus, a kingdom will have subkingdoms in order to maintain itself. The subkingdom becomes, however, a kingdom which then has subkingdoms. Every subkingdom is a kingdom and has subkingdoms. The Human Kingdom is a subkingdom to a higher kingdom. Interdimensionally, now, we are discussing the concept. You move interdimensionally into a higher kingdom, but you are the subkingdom to that higher kingdom. As you sit here in this gathering you are helping a higher kingdom to exist. That higher kingdom that you help to exist is a subkingdom to a higher kingdom that exists. And thus, it goes. Subkingdom within kingdom within subkingdom within kingdom ~ infinite.

The ultimate kingdom is the Universal Consciousness. All exists to the benefit of The One. All exists to the benefit of each other. We all exist to be each other. Without one, there is none. That is how the connection is maintained. The fine energy thread that connects each of us to the Universal Consciousness, while we are outside of it, if broken, creates havoc in the totality of energy. Oftentimes, those threads are broken, and that is topic for another discussion. When it occurs, the community of the Universal Consciousness is severely disrupted ~ momentarily, nonetheless, severely disrupted.

Do not think that what you do, you do in isolation. It is impossible to exist in isolation. We are all part of community. The harmony comes when you realize the interconnectedness and you accept everything around you as YOU, as part of who you are. The rug that gives of itself for you to be comfortable is energy and is part of the Universal Consciousness ~ just as a plant, just as a mineral, just as the flowers, are all part of the Universal Consciousness.

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Waith Gives A Meditation To Help You Connect With The Kingdoms Surrounding You (March 05, 1996)

We would begin to prepare for our return to our realm. As we are departing, we would want you to do a bit of focusing, and we will give you a bit of a meditation to help you connect with all of the kingdoms that surround you in this room in which you find yourself.

Relax your body and move your fingers ever so lightly in the air around you. Touch the air around you. Feel the air around you. Call upon The Kingdom of the Breath and pull it into your encasement and hold it, as you caress the air around you. Breathe out, caressing the air, and feeling the breath mingled with the air. Your breath is now part of the air, and you caress the breath and the air that have become one now. Do this once again. Breathe in and hold the breath. Let out the breath and feel it mingling with the air around you. Caress the air around you. The air around you has brought in all of the energy that gathers in the room. Caress the air. You are now caressing all of the energy in the room. You are soothing it and it is soothing you. Slowly, bring your hands down into a comfortable position, touching your body, and feel the energy from your hands penetrate the body. You are filled now with the intermingling of all of the energies. You are one with each other and yet separate. Express your respect and love to Self. Simply feel the respect and the love.

You are peaceful now, and you feel the sense of community with all the energy that surrounds you. You can do this in any spot you find yourself. Become one with the air and then bring in your breath to become one with the air. This will give you a sense of centeredness in any hostile environment you may feel, for you send out respect and love to The Kingdom of the Air and it will return that respect and love to you. As we return to our realm now, relax. Enjoy the sense of Oneness, and we will be with you again soon. We return now and we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

**Francis Comes In And Speaks On The Community Concept, as Discussed In The Last Gathering
(March 19, 1996)**

Francis: The blessings to all of you. It is with great pleasure that I speak before you. It has been quite some time. Waith has given you quite a bit of information regarding the Concept of Community, that it is much more than simply human energies. It is much more than simply animal or mineral. It is the chairs upon which you sit, the pillows, the rugs, the lamps, the light bulbs, the fans in the ceiling, the ceiling tiles, the piano, the rubber ball. It is everything that surrounds you ~ that is community. That is the focus that each of us must take as the second step in our journey to seek Self.

Jenjura gave you the first step. That was THE WEBBING EFFECT. We have now given you the second step, The Search FOR THE COMMUNITY OF SELF. Community does not mean that simply humans gather as you do here each session. Yes, that is community, but it is much more than that. We have for you a very, very nice meditation technique that will bring you into a sense of community. It is something you must work very much at daily ~ this sense of community. You need to learn how to communicate at some level with all of the energy and the encasements in which they take form that surround you.

**Francis Gives A Meditation Technique To Be Used As A Reinforcement Of The Concepts Given In
The Last Session Regarding Community
(March 19, 1996)**

For this meditation technique we are going to ask you, first, to find in the room in which you are seated now, a community member that you can hold during this meditation. We will not define community member, but simply now to take a moment and move about and gather in your hand anything that you would want to participate with you in this meditation. Do this now.

It was difficult to choose for some of you, was it not? There is so much. There is so much community in this gathering. Within your own encasement, the clothes that you wear, are community to you. Everything around you is community.

Now, then, you each would become very comfortable for this. If you want to stretch out, please do so. If you want to move to another spot, now is the time. Hold your community member now, as if you were playing and hugging. This is a meditation that you very easily can do by yourself and with groups of others, for remember, it is easy to form a community. You simply have to get dressed, and you have formed a community, you see.

Now then, call upon the very Highest of the White Light. Say this ~ (All is repeated)

- *I call upon the very Highest of the White Light.*
- *I call upon my Angelic Protector.*

- *I call upon my spirit guides.*

If you know the names of your spirit guides, call in their names now. And now, breathe slowly, peacefully, in the way that is comfortable for you to breathe. Focus your energies on your community member that you have selected. Surround it with the White Light. Send it the love from Self. Now, surround your entire energy field with a Circle of White Light and begin to turn that Circle around and around ~ slowly moving around and around your energy field. It is White Light in a Circle surrounding your energy field. And now, you call upon the Energy Circle of which you are a part and bring the Energy Circle into the White Light Circle that surrounds your energy field.

A Circle of White Light surrounds your Energy Circle and protects your Energy Circle. It moves around and around, around and around. Feel yourself being drawn into this Energy Circle. There is a spot for you. It is your spot in the Energy Circle. You are drawn into your spot. Feel connected now with all the other energies that make up your Energy Circle.

Look to your right in the Energy Circle and see the member of your Energy Circle. And look to your left and see the member of your Energy Circle. It is time now to communicate with the others in your Energy Circle. This is your Energy Circle. You can go to your Energy Circle whenever you want to and stay for as long as you want to. You simply form the Energy Circle and go into it.

It is time to leave your Energy Circle now. As you move from your spot, connect the energy that was on your right and the energy that was on your left. Bring them together to protect your spot and leave a part of your White Light in your spot, for now you will recognize it immediately as your spot. Bring yourself back into the center of the Circle of White Light. Feel yourself surrounded by the White Light of protection. Send your Energy Circle back into the dimension in which it exists. Focus now on the community member that you hug. The way in which you hug this member is the way in which your Energy Circle hugs you and each member in the Energy Circle.

It is time to bring yourself back into the consciousness. Slowly return, still hugging your community member. Stay relaxed and in the position that you find yourself. Breathe in now through the mouth and out through the nose. Again, breathe in through the mouth and out through the nose. Once again, breathe in through the mouth and out through the nose. You are relaxed and comfortable with the community member that you hug and give love to. Return now, fully, to the conscious state. Take a deep breath to ground yourselves. Continue to hold the community member.

**Francis Discusses The Animal Kingdom's Role In Concept Of Community
(March 19, 1996)**

Waith has indicated in prior discussions that The Animal Kingdom will have a significant role to play in these final cleansings that are on the planet, as well as into The New Illusion. We are the guardians of The Animal Kingdom. I am involved in that along with a group that protects the animals, and also, we are here to give a strengthening to their position within the community concept. The Animal Kingdom is one in which many of you ~ those of you gathered here and those of you who would read the words ~ will go into when you have finished the sojourn.

There are also many who have just come from The Animal Kingdom. We tell you this to emphasize that there is no hierarchy of importance. The Human Kingdom is not higher than The Animal Kingdom. There is no hierarchy in community. There is equality. All that make up your lives are equal. You are no more superior to the rug. You are not, as humans, superior. There is no superiority. All energy is of the same standard. What sets energy apart is the role that is played by each energy in the community that it forms. It is all a role that is played.

One of the greatest lessons on the earth plane in this illusion is the treatment of animals, for it is determined by The Human Kingdom that they are superior to animals and that they can abuse animals. It is done quite consciously and quite deliberately by many. It is a testing that is presented on the plane now. It is not the issue of eating animal. It is the issue of the respect of animal as equal and different and a role to play. Remember that the consumption of anything that goes into the human encasement has the same effect, whether it be animal, mineral, plant. Many choose not to consume the animal and they choose to do this because of the vibrational statement that it makes.

We are here to give you the broader Concept of Community and that the animal is the symbol in this illusion for how easily abused other kingdoms are by The Human Kingdom. This does not say that other kingdoms do not abuse The Human Kingdom, for they certainly do, and that other kingdoms abuse other kingdoms. They certainly do.

Discussion Of The Community Of Self And Every Energy That Is A Part Of Your Vibration (March 19, 1996)

You are here now to feel the sense of Oneness, and whether you use the animal as the symbol, or you use, perhaps, the rubber ball ~ the rubber ball is the symbol of community. The plant is the symbol of community. The chair upon which you sit is the symbol of community. Find for yourselves, my loved ones, a symbol appropriate to yourself for community, a symbol that you use that will remind you of the unity of all of us, that will remind you that the thread of yarn is an energy equal to you as an energy ~ different awarenesses, different consciousness, nonetheless, equal. None of us are any better than anything or anyone else. This is easy to discuss. It is very difficult to apply.

This meditation technique that we have given to you was very abbreviated. It is a technique, however, that you can use to bring yourself into your Energy Circle and stay there as long as you want to. It is your meditation. You go into that Energy Circle and you become connected with all

of the other members of your Energy Circle. You and the others in this Energy Circle have designed it, have brought it together. Become tuned into that and you will begin to be able to feel the sense of community, and as you recognize everything to be part of the community in which you exist, you will begin to find yourself.

The SEARCH FOR SELF must begin with those with whom you interact. Every energy that is a part of your vibration, both immediate, close, close vibration, and intermediate and long term ~ ultimately, everything is part of your community. The Universal Consciousness is the ultimate community. You first look within Self ~ THE WEBBING EFFECT. You must find your way through your own maze, as has been given by Jenjura. You have that in motion and then you go into your Energy Circle ~ the sense of community.

In the next gathering, step three will be presented to you ~ that will be GROUP BALANCING. You have found your sense of community. You are able to connect with your Energy Circle. Next will come the concept and the technique for group balancing.

And my loved ones, that is all there is to it. It is quite simple. You may call upon us for help in your community searchings. As you attempt to integrate the CONCEPT OF COMMUNITY, visualize us in your meditations and we will come to you either directly or we will send an emissary to Be of Service to you.

We had quite a bit of experience in our last time on the plane ~ in human form ~ with community. We speak from a very sound base of experience. Being with other energies, on the earth plane, can be difficult at times.

**Energy Is All Around You ~ You Are Never Alone ~ This Is The Joy Of Community
(March 19, 1996)**

You are never alone, no matter what you might think. This is the joy of community. And it need not be another human. You may be without a human in your vibration at any point, but you have all around you that which makes up your life. It is energy. Connect with that energy. None of us is ever alone. It is only the illusion of aloneness that makes us feel that way. It is impossible to be alone in this Universe. It is impossible. Your encasement is a community member. Your energy is encased. You therefore always have something hanging around. ☺ Love all that surrounds you and it will work with you rather than against you.

**Waith Returns And Talks Of Connecting With Energy Members In Your Environment
(March 19, 1996)**

Waith: Well, you are all still fluffy. This is very good ~ very, very good. We would add one thing with regard to what Francis has just said about the member that you have been holding.

We would want you to pet it a little bit now. Not just hold it, but fluff it a bit. Whatever it is, play with it a bit, fluff it, pet it. If it is a plant, fluff its little leaves. They love to have their leaves fluffed. All encasements love to have some kind of fluffing. Touch it. Play with its energy field a bit. It will allow you to play with it a bit. It likes that.

We would also like you to ~ after we have departed ~ in the social time after this, to go around this room and touch things. They are all energy. They are all here serving you. They have all provided an environment for you to feel relaxed and comfortable and safe. Go around and thank the different elements. We certainly do not ask you to do it to every energy that is in this room. You would not have enough time for that, but go to some that perhaps call out your name, or you have not really given any attention to. You take it for granted. The lamp provides light. You take it for granted. Go to it and thank it for Being of Service. The gold sparkly things ~ whatever they are called ~ thank them for Being of Service and providing fluffiness to the environment.

During our meditation weekend that we plan soon, we will be working with the Energy Circle that you have and utilizing your Angelic Protector in this, and it will be a playful time. It will be a time of quiet and serenity, but a very joyful time. We will look forward to being with many of you during that time.

We now will depart to our realm. Enjoy yourselves in the outdoors as you call it. The rain is an energy. One last time, give Light and love to the earth. And as we depart, envision the planet earth and surround it with the love and Light of Self. Give Light to earth. We send to you now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

The Final Official Public Session ~ Importance Of Giving Closure To This Energy (December 03, 1996)

An intimate gathering ~ most enjoyable. We are here in this final, official public session, as we have come to format them, to respond to open questions and to generally tie up loose ends, as you might call it, in terms of particular energies that revolve around the energy known as public sessions.

So, we will first take questions that you might have. Then we will have a particular energy exercise that will be used for purposes primarily of the spacing in which you find yourself ~ of Terra Lux ~ to bring closure to the energy. We will also be doing this at The Anniversary Session. It will be a different kind of closing of energy. It will be a closing of energy of the First Phase of our mission. This energy closing is for Public Session, as it has been formatted.

It is always a good exercise to bring closure when something you have been doing for some time ceases, in order to allow the evolution, in order to allow newness, to be brought into your vibration. Energy needs to have the little bow tied, you see. We have on several other occasions

in this First Phase of our mission done energy closures. And thus, you will be a part of that in this session.

**The Tenth Anniversary Celebration ~ The Ending of Phase I and The beginning of Phase II
(December 31, 1996)**

We bring to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Welcome to our Tenth Celebration! We are most pleased that we have reached this milestone in our time with you, as you would call it on the plane. We have spent this First Phase of our mission bringing in to you the foundation for that which will be for quite some time on the earth plane ~ well after our mission is completed, through Mushiba and through Terra Lux.

**Waith Guides The Group In Closing Out The Energy Of The First Phase And Opening The Energy Of The Second Phase
(December 31, 1996)**

We, now, in this gathering with you are going to close out the energy of the First Phase and present the opening of the energy for the Second Phase. It is an exciting time. You know we have indicated there are four phases to our mission, and there has been some interpretation of that four-phase component as indicating time, "Well, the First Phase was ten earth plane years ~ therefore, this must be a forty-year mission, for each phase will be ten years."

Well, the First Phase was ten earth plane years. However, that is all that you can count on for now in terms of time, for the Second Phase will begin in this current illusion and will end in The New Illusion. However, time will not be as you currently know it. So, jump on for the ride, my loved ones, for time in the future for our three remaining phases has no relevance to that which was the time of the First Phase. We will not indicate whether it is longer or shorter ~ that will be part of the joy of going on this journey.

Now then, we will first close out the energy of the First Phase, and then we will give to you a discussion of energy as it will be in the Second Phase. You have been given as gifts from us ~ through our mineral kingdom emissary, Stuart ~ a symbol of the new energy shape. The Metagers have coined it Mr. Peanut. They have cautioned me to pronounce the word peanut very precisely. ☺ We have practiced this. Others may find that the shape resembles some other image for themselves. It matters not what you would call it. What matters, of course, is the shape and the symbolism of that shape. The beginning of our Second Phase, in conjunction with The Metagers, will be the teaching of the use of the new Energy Force Field and the conversion from the current Energy Force Field into the new Energy Force Field. This will be what we will do as we move through our Second Phase.

You all are so comfortable, we sense, in this gathering, sort of stretched out or simply mellowed out. We are going to ask for volunteers. The volunteers who we would have participate in this

energy of closure would move into this arena of white that our love here has developed ~ white, soft, peanut shaped. (Waith assembles some members of the group around the peanut-shaped rug in the center of the room)

And now, the transition occurs. First, we close the energy of the First Phase. We stand at this positioning with our arms outstretched ~ that is very, very fine, my loved ones.

Now, all in the gathering close your eyes, breathing slowly and bringing yourselves into a sense of calmness. Begin to visualize the shape of the pyramid ~ the pyramid shape. It is the Energy Force Field that currently surrounds the earth plane and protects the energy of the current earth plane. Visualize this pyramid.

Those in the encirclement, take your visualization and bring it into the middle of the circle that you form. Visualize the pyramid shape in the middle of the circle. The others of you in the gathering, visualize the pyramid shape surrounding your encasement. You are in the middle of the pyramid shape. And those of you in this gathering who have enshrined yourselves in the pyramid shape, keep yourselves in this pyramid shape through the remainder of this exercise.

Those of you in the encirclement, now, envision the pyramid shape in the middle of your circle beginning to enlarge, and as it enlarges, you fill it with beautiful White Light. And repeat after me. (All are repeated)

- *We call upon the very Highest of the White Light ~*
- *To fill the pyramid shape.*

Fill it and enlarge it. Now, visualize this pyramid growing bigger and bigger. It begins to move out of your circle, and it moves upward. It is growing larger and larger, and it is filled with the very Highest of the White Light. It moves higher and higher, filled with the White Light. As it moves higher and higher, you are helping it to expand and become larger and larger and larger. See it begin to disappear ~ it is moving out into other dimensions ~ it moves, it moves. Envision its movement. It begins to disperse now, and its energy is scattering.

Feel the beauty of its energy. It now moves back into The Universal Consciousness ~ its job is completed. Slowly now, you bring your own energy of Light into the middle of your circle and feel your energy merging with each other's energy. It is a Ball of Light. Now, visualize the shape of the white material that you encircle. Visualize that Ball of White Light now taking on the shape of that white material. Envision protective White Light circling this shape.

Now, envision that Protective White Light forming the same shape as the white material ~ it is the new energy shape ~ visualize it ~ feel it. Those outside of the circle in the gathering now visualize the pyramid shape lifting from around you and moving up, up, up ~ filled with White

Light dispersing into The Universal Consciousness. You are now in the energy of the new shaping. You are protected.

Now, those in the encirclement, repeat after me. (All are repeated)

- *We bring into this vibration ~*
- *The energy of The New Illusion.*
- *Its shape and its form will serve us ~*
- *As we will serve it.*

And now slowly, bring your arms down to your side and bring yourself back into a state of consciousness and open your eyes. And all those in the gathering return into the state of concreteness. Breathe in and breathe out. As you return, now, to your comfortable spot, take with you a balloon to hug. (Gold balloons are scattered throughout the room)

It is sort of like an hourglass, too. (Referring to the shape of the energy of The New Illusion)

It could be that also, my love.

And so, my loved ones, now the First Phase of our mission is officially closed. The bow is tied and, yes, you may applaud! Yes, indeed. (Applause from the group)

However, as we have said to you so often, there is a Nanosecond allowed to take your breath and say, "Ah, we have balanced, and we have completed a particular issue. Now it is time to take on something of more challenge ~ for the Second Phase of the mission is indeed more of a challenge. Many of you in this gathering will move right along in this journey with us in The New Illusion and in the Second Phase of this.

**Waith Talks Of The Pyramid Shape Of This Illusion, And Gives A Description Of The New Fluidity Of Energy Shape For The New Illusion
(December 31, 1996)**

What we will give you, very, very briefly, is a diagram. The Metagers have seen this before. They were laughing, in fact, at my artistry ~ or lack of. However, we do our best. Now then, what we show you first is what you know as the shape of the pyramid. This is the Energy Force Field that most on the plane are currently still working with. It moves, actually, from top to bottom, or as we have often said to you, north to south, you see. And there are extensions on both of the sides at the base, you see, and at the top, that connect this tunnel that you know as the Chakras ~ it has often been referred to.

This particular configuration of energy is very limiting. You can only go up and down and you can only go to certain points outside of this tunnel as they relate to the pyramid shape. This has been by design for this particular illusion. In the Atlantean illusion, for example, there was a very different configuration of energy and that all changed when this illusion began.

Now then, this new shape that we have shown you is the new Fluidity of Energy ~ it is much more fluid. We will show you how it superimposes over the pyramid shape ~ for indeed, it replaces the pyramid shape. When the new structures are constructed at the time of The Shifting and the pyramid shapes dissolve, the new structures will be in this shape. Many who have been listening to our words for these ten years have often tried to guess what the new shape of the structures would be. They have come up with many different designs, and it is now that we officially place onto the record that shape ~ and we will begin, then, to teach how to use the new energy shaping.

So, this Fluidity, however, has no real beginning and no real end. As you see, the pyramid has very definitive lines, and in order to enter into your Energy Force Field, you must go in through one of the points in the tunnel. Traditionally, many go in at this particular point known as the middle Energy Center. The top Energy Center is another favorite entry and exit point.

We will be giving much discussion in the coming time of the Second Phase to the way in which this peanut shape ~ or bone shape, or hourglass, or bow, or whatever you would want to describe it as ~ this is actually a bit lopsided now that we get a sense of it. (Waith refers to his drawing)

East to west, however, is the flow of energy ~ and this is a most critical component of this. Entry is through any point in this fluidity and exit is through any point. However, there are points of closure. One is related to interdimensional travel and one is related to interdimensional communication. And these are what we will give to you as time progresses. We wanted to simply introduce it at this time as the opening dialogue in our Second Phase.

Special Topic Session ~ The Flow Of Your Own Energy

(April 12, 1997)

To help you understand more greatly your own flow of energy as it fits into the greater plan of your immediate environment, and then how you may take that and extend it into an even greater environment

(April 12, 1997)

From the very Highest of the Kingdom of Amelius, welcome to our gathering, as we discuss with you the FLOW OF YOUR OWN ENERGY ~ always an interesting topic, to work with your own energy ~ to play with yourself in so many different alternative ways that you have on the earth plane.

☺ *Playing with your own energy is one of those ways that you can receive great pleasure. You can determine the type of pleasure that you would like to receive from that. ☺*

We are planning to give you some guidance in how to work with your own energy and how to, then, take that into a focusing component for yourselves, to take it into a formal meditative positioning, if you will, or simply that which allows you to clear out the stimuli that comes from earth plane experiences.

Farena is going to enter in, in a moment, to give you a smoothing energy and to relax you in her own way. And you can be certain that she will rearrange you, so do not get too comfortable. So, in any event, what we have planned then, is to help you to understand more greatly your own flow of energy as it fits into the greater plan of your immediate environment, and then how you may take that and extend it into an even greater environment. You each have a particular mission in this lifetime. Those of you who are in this particular gathering have very specific missions that you are aware of. Others on the plane have missions that are beginning to be revealed to them through their meditations and through their observations.

The time frame on the plane now is one of intensity and exaggeration and what we will give to you in this gathering, then, are some tools, some guidance, to help you to implement your mission more smoothly as it fits within your own environs ~ to help you to understand your place in your environs and perhaps to help you become even more exaggerated in your environs ~ which, for some of you, is a very critical part of your mission ~ to serve, perhaps, as an irritant to those around you. It is one of our favorite positionings, to be that of the shaking up of the status quo, and to feel comfortable in doing that ~ not to feel that you must apologize for the shaking up of the status quo ~ but rather, to be joy-filled in that position. And in order to feel that, you must have a sense of flow within your own energy field.

So, we will have further discussion in this after Farena gives you a bit of fluffing and, perhaps, a discussion of the pink feather boa that (Name) now has as a flowing for her own energy. So, we will return in a bit. Enjoy Farena now.

Farena: Now then, the first thing to do is to play with my feather boa and my white one and ~ my love, put on your feather boa. ☺ Come on. Do it like this. (Farena demonstrates how to put on the feather boa) First, this is called, "Orientation to the Proper Use of a Feather Boa," by Mushiba's best friend Farena. And, you see, I knew this from many lives when I used feather boas for many things. So, we start like this, and then, go like this, one over the shoulder and over the other shoulder. (Farena continues to demonstrate) ☺

Remember when we talked about exaggeration of fluffiness? Part of the flowing of your own energy is exaggeration of your own fluffiness. And so, it is like this ~ tut-a-tut-tut. ☺ You will do that when I say you can take it off. It will be soon ~ there. (Someone tries to take off the feather boa) Now then, da-da-da-da ~ no, that does not go like this. ☺ (Farena is getting a bit risqué) ~ It goes

with those other lives. ☺ Now, bring it down and down around your shoulders. Now go like this
~

One way and then the other?

Farena: It could be, if you have developed that technique. ☺ So, that is orientation to your feather boa. (Farena has been demonstrating the feather boa technique to a participant)

Thank you.

Farena: Yes. Here loved one, you can play with it. (Farena gives feather boa to a male in the gathering) See how natural I flowed in doing that ~ throwing my feather boa to the male in the audience. ☺ Sometimes it was to the female in the audience ~ depending on the lifetime.

Now then, a-h-h. You are all such bright and beautiful energies, and I am going to rearrange you for a moment. And then, if you want to go back to where you are now, when Waith returns, you may do so. So, I want you all to spread out in this beautiful environment and find a spot so you are not scrunched up with each other. Very nice. Much more open. Much better, also, for the flow of energy. A-h-h-h. Now then, relax ~ relax. Put your hands apart from each other. Relax and relax ~ wiggle your toes a bit ~ and allow your body to relax and relax. We bring you fluffiness and we bring you Lightheartedness and we bring you the flow of energy. A-h-h-h. Very nice.

A-h-h-h. My love, you need much fluffying. Take your arms away and feel the energy. Feel the energy. Relax, your arms down. Relax and relax. Relax. The burden is shared ~ you are not in it alone ~ that is why I brought you here today. A-h-h-h. Fluffy, poofy. A-h-h-h. (Farena is working on fluffying the energy field) The fluffiness ~ fluffy ~ the fluffiness, the Lightheartedness ~ the fluffiness and the Lightheartedness ~ soothing and soothing ~ Lighthearted by yourself ~ smoothing it, smoothing it. Relax, my love. That is better. Fluffy, smoothing it, fluffying it. Around this way. (Farena is moving around) A-h-h-h. And the smoothing and the Lightheartedness ~ smoothing and the Lightheartedness ~ gentle ~ gentle. Smoothing for the work that you are about to do for us. You are smooth and gently, gently, your energy moves, flowing, flowing, flowing ~ gently smoothing, smoothing. (Farena concludes the work on this energy's field)

And now, each of you, bring yourselves into a quiet spot. Envision fluffy White Light. Envision yourselves surrounded by fluffy, fluffy White Light ~ it is the White Light from the Angelic Realm that comes to you now and surrounds you. It is Lighthearted, Angelic White Light ~ it is Angelic White Light. You are Lighthearted ~ you are relaxed. Your energy begins to feel soft and safe within this environment ~ soft and safe.

Each of your Angelic Protectors has come to this gathering and all of your guides are here at this gathering. There is much energy of unitedness, all gathered, smoothing your energy. You are

simply relaxing, not requiring yourself to do anything ~ just relaxing and feeling the fluffy White Light ~ the Angelic protection. You are relaxing ~ calming your energy field ~ forgetting the earth plane tensions and requirements. You are just relaxing, surrounded by Angelic protection.

You will feel the Angelic protection for the whole gathering, and the Angelic protection will follow with you when you leave this gathering today. It will stay with you until the next earth plane day. You will have a sense of calmness about you ~ a sense of Lightness ~ relax. (Several moments go by as participants are relaxing)

And now, it is time to bring yourself back into the conscious state of the dimension that you are in now. Return and open your eyes, still remaining relaxed ~ but returning and opening your eyes to receive information that will guide you in the Flowing of your own Energy. Return now ~ gently and slowly. A-h-h-h. Feeling much more relaxed and much more calm ~ ready now to receive new information to help you in the Flowing of your own Energy. Wake up, wake up, wherever you are. Wake up, wake up, wherever you are. Very nice, very nice.

I have a poem. After all, I am a published poet now. See my book, where is my book ~ there is my book. There is my certificate, (Farena gestures to the book her poem is published in and to her certificate) Published poet ~ there is my poem. Remember poems do not have to rhyme. And this one is especially designed for Flowing with your own Energy. It is called, FLOWING WITH YOUR OWN ENERGY. ☺ "I am a little teapot" ~ no, that is another one. ☺

FARENA'S POEM ~

I flow with the sense of Self

I flow with the sense of Light

I flow with the sense of Love

I am a being of Self

I am a being of Light

I am a being of Love

I am an energy that flows with Light and Love

I am Self.

That is my poem. It will sound very nice to music, Barjan. Oh, I could be published again. (Someone says she will have two certificates, and awards) Oh, I have a whole wall ~ Farena's poet corner. And awards. Ah-h.

Well, it is time for me to return back into my realm for the time being and Waith will come back. And he is going to talk to you ~ he is going to have so many wonderful things to say. And, if he gets a little too serious, just sort of go like this to him. (Farena gestures a fluffy movement with her hands) ☺ It works. We do it to him all the time. Sometimes he gets very serious. I know you find

that hard to believe ~ Waith gets too serious. We help him stay light, but he helps us stay light, because he is actually lighter than all of us combined. (Farena makes a loud sucking sound) ☺ We have learned that from our time with all of you. We have learned how. We can use this word in the context of what it means ~ the sucking up. ☺ We have learned this from Mushiba and all of you, how to do that with your leader. So, we just did that with Waith.

A-h-h. It has been so wonderful being here with you. And Barjan, we gave you lots of fluffy, fluffy, fluffy, fluffy to take you through the next time frame, until we can do our music together. Soon. You play something when you go home. It will come to you ~ suddenly the blockages are gone. They are gone. I took them away. A-h-h. Without music, you cannot do it ~ it is integral to what you are.

Bye-bye ~ wave bye-bye ~ it does stuff to your energy ~ both hands. Bye-bye. Bye-Bye. Bye-bye. Bye-bye. (Farena waves goodbye with both hands vigorously) ☺ A-h. See? See, we got the energy going. Wait until you see what Waith has in mind. Get the energy going! O-h-h. All right, I have to go now. I will be back. Bye. I love you all. We hug you all.

Waith: Yes, they have learned how to do that behavior toward me. And of course, that translates itself into my behavior toward Amelius sometimes ~ sometimes not. However, we are pleased to return into an energy force field that is much more relaxed, much calmer, much more feeling in harmony with Self. When you come into a gathering like this, you enter with much of the earth plane muckiness attached. And when you feel that kind of restriction, it makes you lethargic within your energy field. And that translates itself into your ability to then create within Self, to be able to respond to the world around you rather than to react to the world around you.

You do not want to be in the position of reacting, for that indicates a very tight energy field. Rather, you want to be the one in control. And response indicates that you are in control of your environment, first and foremost, the close environment of your own energy. And then, more importantly, as you move out of your own comfort zone, you interact, for example, with those in this gathering. And then, when you leave this gathering, you will interact with an even larger gathering ~ and a larger and larger gathering.

**Waith Discusses What Types Of Stimuli Work With, And Against, Your Energy Field ~ There Are Common Stimuli For The Masses, And Individual Stimuli Unique To Self
(April 12, 1997)**

Now then, we want you to have an understanding of what types of stimuli work WITH your energy field and what types of stimuli work AGAINST your energy field. There are some stimuli that are common working FOR and working AGAINST energy fields, and there will be certain stimuli that you will determine within your meditations ~ which we will work with you in this session to determine ~ that are unique and specific to you as an energy. So, you will find, then, that there are common stimuli for the masses, and then there are the individual stimuli unique to Self.

The more aware you are of the stimuli for and against energy fields for the masses, the better you are then able to understand those around you and to work your own mission within those around you. The greatest control, however, comes in ~ after understanding the stimuli for the masses, you have a complete understanding of the stimuli unique to Self. And this is where THE SEARCH FOR SELF enters in, THE SEARCH FOR SELF in terms of identifying that stimuli that works best for you and works not so best for you as an individual.

So, let us begin then, with looking at the stimuli that is applicable to the masses. And this is not saying categorically that it applies to EVERY energy form, but it applies to the large percentage of energy forms and goes much in alignment with OUR GUIDELINES FOR GROWTH. The stimuli that works in the most positive way for energy fields is RESPECT OF SELF. If you give respect to another entity, that is a positive stimuli. When you receive respect from another entity, that is a positive stimuli for you, and it feeds upon itself. RESPECT OF SELF ~ RESPECT OF OTHERS ~ it is the most fundamental of all stimuli.

Disrespect is as negative a stimuli as respect is as a positive stimuli. When you show disrespect toward any other energy, it is a negative stimuli toward that entity ~ and therefore, toward you, for we are all One. When you show respect toward another entity, it is the ultimate positive stimuli that then has the bouncing effect upon you, for while you may not feel that another returns the respect that you attempt to give to them, it does in some way ripple back to you. You may not feel it directly, for often that is not the way in which the Universal Flow occurs. You will maybe not see its effect, but that is the way that the Universal Flow occurs. What we say then is that the utmost stimuli is respect ~ negative, positive, it creates that respect.

The second stimuli that can come as a result of respect is love. And the same occurs with love as occurs with respect. If you show love, it is a very positive stimuli in which you receive back and you give the love. If you do not show love, if you show that which is not love, and if it has conditions attached to it, that is a negative stimuli ~ negative for Self and negative toward those who would be the recipient of the conditional love.

In our discussions of Unconditional Love, we have indicated that ABSOLUTE UNCONDITIONAL is achieved only upon return to The One. But each of you take on percentages of learning of Unconditional Love in each incarnation, and it is that percentage toward which you strive for perfection. So yes, you can achieve a LEVEL OF PERFECTION of Unconditional Love ~ of respect.

Those are the two major stimuli. Those stimuli govern ALL other behavior, in one way or another. It is why THE GUIDELINES FOR GROWTH that we have given, start off with RESPECT OF SELF, LOVE OF SELF ~ then you are able to transfer that to others. They are the two major stimuli upon which ALL behavior is based for energy, regardless of the encasement in which energy finds itself.

The carpeting upon which you sit is respected and loved by those in Terra Lux ~ it is why it gives the energy that it gives. Everything around you in this environment is respected and loved by

those who are part of it. As you enter in and become a part of this environment for this gathering, it is expected that you respect and love the environment ~ and you do, and therefore you feel the result of that ~ many times intangible, undefined ~ but it is a mutual giving. If you do this in your life with those around you, you will receive back much more than you would ever imagine.

We give you this as the Utopian behavior. We understand that the road to that perfection has blockages ~ has difficulties in it ~ we all stumble along the way. We are not quite as respectful toward another as we might want to be. We forgive Self when that occurs.

FORGIVING SELF FOR BEING NEGATIVE IS AN ABSOLUTE NECESSITY, for if you do not forgive Self for sending negative stimuli, then you will continue to send negative stimuli. You must break that negativity, even if you find yourself behaving in sending negative stimuli fairly regularly. You must continue to forgive Self so that, eventually, you will actually get tired of having to forgive Self and say, "Why don't I just stop sending this negative stimuli?" That makes it much easier.

Remember that you would not be on the earth plane if you were perfect. You would not even be out of The One if you were perfect ~ if any of us were perfect. None of us is perfect ~ remember that. Even The Angelics are not perfect. We know you find that hard to believe ☺ ~ truthful little things that we are. We do have our own truth ~ we continue to say that. Sometimes it bears no resemblance to what you perceive as truth. ☺ But that is all right.

It is important, then, that you strive on a day-to-day basis to RESPECT SELF, first and foremost, to send that stimuli to Self, and then, to RESPECT OTHERS ~ TO LOVE SELF ~ TO LOVE OTHERS.

All of the other stimuli that would be addressed to us as energy forms then becomes individual and specific. What may affect in a negative way, one energy may affect in a positive way another. It is only respect and love that have the same affect ~ negative ~ positive. Disrespect is negative ~ conditional love is negative. All other stimuli have varying effects upon each of our energy fields, dependent upon where we are in our own development in our own path ~ in our own learning of lessons.

The flow of our energy is determined by where we are in our path. Our energy flows sometimes more freely and more openly when we are progressing along our path in a clear understanding of that progress. When we are feeling blocked in our path, our energy is not flowing, it is standing still ~ as much as energy can stand still. Energy is incapable of standing still ABSOLUTELY ~ there is always some type of movement. Energy, by definition, is movement.

So let us look, then, at a little experiment, if you will ~ a little exercise ~ to break you into finding a particular stimuli to your own energy field that is positive. And then we will work on finding one that may be negative to your energy field. It is critical that you know what stimuli are negative, as well as what stimuli are positive. By knowing which ones negatively affect you, you

are able to block it, to diffuse it when you see it coming your way. And when you know what is positive, you are able to enhance it, to use it, to grow within ~ and more importantly then to share it with those around you ~ in Being of Service to those around you.

Some of you have very, very difficult missions that you have taken on that require you to be almost a sponge in your environment, where you are susceptible to all the stimuli ~ and if you are not able to block the negative, you can become heavy with it. And at the same time, you must be able to work with those around you who become heavy with the negative stimuli ~ to help ease it ~ to lighten it ~ to diffuse it ~ for it CAN be diffused. The most negatively infused energy can have the Light filled in that force field with a little bit of attention.

Technique For Finding Your Own Positive Stimuli

(April 12, 1997)

So, let us look at an exercise that we will give to you. This is something that you can use quite effectively in isolation as well as in the middle of a crowd. The first thing that you want to do is to stand. We say this to you only because we want you to move. You do not have to be standing in order to do this ~ you can be seated ~ you can be laying down ~ you can be driving in your automobile ~ you can be walking. But we simply wanted you to shift your energy field just a bit to get you out of the lethargic mode we saw you with.

Now then, simply move about a bit just to loosen up your energy. That is very good, loosen up your energy. Feel free to get food and tea, my son ~ it is a most effective thing. You must be careful that your energy field does not feel deprived. This is a negative stimuli for many, not for all ~ but for many.

Now then, relax a bit. Simply relax, whatever way feels best for you. Draw in a very deep breath, deep from within ~ and breathe it out. This is a way of easily catching your breathe ~ simply breath in ~ move your shoulders a bit if that helps you to release some energy.

If you are in a situation where you are not with a great number of people, this is what we would have you do. It is the longer version of the exercise.

THE TECHNIQUE ~

- *Focus on your Heart Energy Center ~ feel love as a positive stimuli.*
- *Consider the positive stimuli of love as the focal point upon which, now, you will attract positive love filled stimuli.*
- *Call upon your guides ~ they are with you now ~ call upon them.*

- *Focus and think about that which you love ~ when it comes to you, you love the feel of it ~ it is always a good feeling when it comes to you ~ isolate one particular stimuli ~ draw it into the Heart Energy Center. (Several moments elapse)*
- *Feel it surrounding your Heart Energy Center now ~ surrounded with Unconditional Love.*
- *It fills your being now ~ positive stimuli ~ and you envision it filling your being ~ it is a part of you.*
- *Embrace it now ~ either visualize the embracing, or, if you are so inclined, to physically embrace Self.*
- *You embrace the positive love-filled stimuli ~ unconditional feeling of positive vibration.*
- *You are relaxed now and a feeling of positive strong stimuli.*
- *You may return to your seated positions.*

END OF TECHNIQUE ~

For those of you who may want to share this experience, we would ask you to. We would not ask unless you feel comfortable in sharing what you have experienced ~ perhaps to say what you felt ~ to include, perhaps, the stimuli that came to you as positive.

**Class Discussion About Their Experiences Of Finding Their Positive Stimuli, And Questions Regarding The Technique In General
(April 12, 1997)**

Sometimes it is hard to surround oneself with White Light without feeling clouds or darkness.

Yes, it is.

It is a discipline, I find.

You are correct. It has been the focus of much of our discussions that, to simply SAY to surround oneself with White Light is the easy part ~ to DO that is the difficult part. Our focus of THE SEARCH FOR SELF indicates that it is a practice that one must work at, to develop over time ~ this meditation process. And for many, it is a lifelong journey ~ there is difficulty in dispersing the clouds and bringing in the Light. But it is the journey that one must take to accomplish. However, it is a difficulty.

I was feeling a connection with Jacques earlier when I was downstairs, that he was around, and I felt a lot of love energy from him. So, I just envisioned that again when I was here. It was nice to be able to reproduce that. And it just came natural to hug.

Indeed. A positive stimuli.

I am not sure if I did the assignment right, but the positive stimuli that I felt was hugging or touching in general. And I felt affirmed in my new approach to child rearing because of that. Just because the other energies that share the dwelling that I live in do not always see it that way, as far as turning everything around into love. And they still like the old discipline type of child rearing, which does not work in this case. So, I feel affirmed.

Remember that the hugging and touching that is a positive stimuli for YOU may not be a positive stimuli for another. Part of this process is in understanding that which is positive to Self may not be positive to another.

It is a most important component, as we go through this discussion in understanding what is positive to one may not be positive to another, and the issues of imposition to another come into the discussion. However, when something feels right for you, then you must go with that which is your heart feeling, to try and bring that positive feeling into the life of another without imposing it. This is the fine line that is so often drawn ~ where do you impose versus where do you share and attempt to bring Light into another.

So, you know that it is a positive stimuli for Self, my love. Be careful in the way in which you now have found the truth for Self and would want to bring that truth to another. Be careful of the way in which you do it. We do not say, "Do not do it." But we say be careful of the way in which you now project this. If it is positive for you, it CAN be very positive for another, you see.

My positive stimuli was nature. It was the ocean, and after embracing it, it left me in a serious place.

It can be positive and serious. Positive does not necessarily also mean Lighthearted ~ it can be serious. There are things that are serious, just as there are things that are Lighthearted, and both have positive and negative components to them. So, the ocean, perhaps you need to return at a future time to the imagery. Perhaps do the exercise again when there is no time restriction and you can fully embrace that stimuli and determine its effect upon you. And, if it is a feeling of seriousness ~ what is creating that ~ what causes you to feel serious with it?

Yes, I am concerned about pollution in the ocean.

Does this give you a positive feeling or a negative feeling?

It is negative, but I love the ocean so much.

And do you receive back from the ocean a sense of love?

I think so, yes.

You would perhaps want to explore that more, my love, so that you have a greater understanding of the effect ~ the stimuli effect ~ that the ocean has upon you. That can be very powerful knowledge for you, for then you could utilize the ocean in ways to help your energy flow, or not flow, as the case may be.

My experience involved thinking about my friend who composes beautiful music, and how much that has uplifted me and aligned me. And, in fact, one of the songs I use whenever I am in a loving situation to open more to the experience, and that was what came to me. I felt very blessed.

Indeed. And this stimuli is something, then, that you can carry with you in your heart.

One of the purposes for this exercise is to give you a tool upon which you can build, shall we say, a portfolio of stimuli as visions within Self, so that when you are not able to actually experience them, you are able to envision them within the Heart Energy Center. This gives you a sense of comfort in times when there may not be that comfort. It is an imagery and it is something that needs to be worked upon.

Many entities are not able to bring imagery into Self. And therefore, they would attempt to bring into concrete that stimuli more often perhaps than they do. So, for example, my love, if the ocean proves to be a positive stimuli for you, and you are not able to bring it as an image into Self easily, it would mean that going physically to that environ more frequently would give you more positive stimuli. Being with the particular entity more often would provide more positive stimuli.

The attempt is to bring as much positive stimuli into your energy flow as you can ~ to consciously do this ~ for the negativity is just as powerful and can overcome one just as easily. In fact, often times, the negative energies can overcome you to the point where you do not see the need for positive. You are not able to even bring yourself out of it without some assistance, without another saying to you, "You need to lighten yourself. You need to bring more positive into your energy field."

Energy is cyclical, and thus, if you bring in positive energy, it becomes a cycle and it feeds upon itself. Positive energy feeds upon positive energy. So too does negative energy feed upon negative energy. And if you allow negative energy to come into your environment, then it will feed upon itself and you will become negative. It is as simple as that.

Does the stimuli have to be a physical thing, or a person?

Something intangible. Yes, it can be something intangible. It does not need to be a physical component. If it is an intangible, then it means that you have created the ability to bring imagery

into yourself. Intangibles, of course, would not be able to be brought into concrete ~ except, of course, if you drew a picture of it, or that sort of thing. But the ability to bring imagery to something intangible means that you have developed that ability, and yes, it becomes even more valuable that you are able to bring in an intangible into your vibration.

Technique For Finding Your Own Negative Stimuli

(April 12, 1997)

Now then, we are going to use this same exercise in a bit of a different way to bring in the imagery of a negative stimuli. Now this particular exercise requires, of course, a little bit different approach because you are going to be consciously bringing in a negative stimuli. So, we would want you to be in a position physically that you feel comfortable with. If you want to move ~ if you want to stand up ~ if you want to lay down ~ if you want to sit ~ do whatever. Now is your opportunity to move a bit. Or stay exactly where you are. Now then, night-night time over here. (Waith refers to a participant who is lying down on the sofa)

I am comfortable.

That is most important, my love. Most important ~ and a vision between the plants. ☺ The energy of the plants is much like an aura around you.

As you begin to do this exercise, the first thing is to call in your Angelic Protector. Simply say, "Yoo-hoo, yoo-hoo, Angelic Protector, come, come wherever you are." You do not have to be serious with an Angelic Protector. So, call in your Angelic Protector. If you know the Angelic's name, use that name. Otherwise, simply call, "Angelic Protector." Remember that your Angelic Protector always will come specifically when called, even though it is always there ~ whether you realize it or not.

Call in the Angelic Protector and envision the Angelic Protector surrounding you with its energy force field, known as wings, as a visualization. You do not need to use wings as a visualization, but simply to envision Self surrounded by the Protective Light of The Angelic. And say to the Angelic, "I am going to envision a negative stimuli. Help me." That is all you need to say, "I am going to envision a negative stimuli. Help me."

THE TECHNIQUE ~

- *Go to the Heart Energy Center once again ~ the Heart Energy Center is the Light Center.*
- *Open up the Heart Energy Center filled with Light ~ say to your Angelic Protector, "Help me bring in the negative stimuli ~ gently bring in the negative stimuli ~ help me to NOT experience the negative stimuli ~ but just to know it."*

- *The negative stimuli is surrounded by the Heart Energy Center ~ face it ~ know it. (Several moments go by)*
- *As you know this stimuli now, surround it with the Heart Energy ~ give it love, but also acknowledge it for its effect upon you.*
- *And now release it from the Heart Energy Center.*
- *Ask your Angelic now, "Please close my Heart Energy Center and remove any remainder of the negative energy."*
- *And now focus a bit within Self on this negative energy and its effect upon you. (Several moments go by)*
- *Now thank your Angelic Protector for helping you with this exercise.*
- *Visualize the protective energy being moved away from your energy field ~ and you return into this dimension once again.*

END OF TECHNIQUE ~

What you have done is now have the beginnings of a portfolio of negative and positive stimuli for Self. To understand the negative is critical ~ to look at it in its face. You say, "You are a negative stimuli upon me."

Now, something that is positive, such as hugging and touching, may be a negative stimuli for another entity ~ this is an important issue. You know not what is negative and what is positive. What is important in the beginnings of this is to understand what is negative and what is positive for Self ~ and that it is for Self, first and foremost. And if hugging and touching is viewed as a negative stimuli, and you begin to talk with others who view it as a positive stimuli, then you know that there is an imbalance that needs to be addressed.

It does not mean that you must convert ~ most important to understand. It means that you must understand the perspective of another. And if hugging and touching is a negative stimuli for Self and you do not want to change that, then you make certain that you do not encounter hugging and touching. It does not mean that you are a bad person because you do not like to be hugged and touched. It simply means that it is a negative stimuli for you at this point in your path ~ critical part of this discussion ~ AT THIS POINT IN YOUR PATH.

**Class Discussion About Their Experiences Of Finding Their Negative Stimuli, And Questions Regarding The Technique In General
(April 12, 1997)**

Would anyone like to share what you experienced in this exercise?

I experienced the same thing in this exercise as I did in the first one. I did not really share the first one. Generally, I think of people that are good for me and healthy influences on my being, and energy that

complements mine ~ as opposed to people whose energy is totally contrary to where I am and are very harmful to me. And so, of course, I do not feel very Huggy or touchy towards the latter as I do the former. As a matter of fact, I feel tremendous anxiety and distrust, although I know that I am okay and I am in a safe place. Generally speaking, I do not like to go there.

Indeed. This is valuable information for you to consciously recognize and to acknowledge.

It is good to know who the dark folk are.

Exactly ~ to know what the negative energies are, whether it is a particular individual or group of individuals, or particular stimuli ~ certain words ~ certain behaviors that come from what you might call a light-filled entity, but particular behaviors from anyone might be a negative stimuli or a positive stimuli on you. It is important to know what those are ~ to recognize them ~ to acknowledge them ~ and to know what to do about them. What you decide to do is part of what your path is about. No one else tells you, "Well, you should not feel negative about hugging and touching ~ that is a wonderful thing to experience." Do not let another impose that upon you. For you, it may be negative ~ and that is your feeling, and that is legitimate ~ that is most legitimate.

Indiscriminate hugging and touching can be very dark, as opposed to being very healing ~ if it is indiscriminate. Because sometimes the people out to hug you and touch you are really not people that are going to give you any Light at all ~ but are really trying to convey their power over you, rather than to be with you.

They may indeed be those who drain the energy from you.

When I mentioned hugging and touching as being positive stimuli for me in relation to my approach to child rearing, I forgot to mention that that is in contrast to screaming and yelling. Now, my negative stimuli was Jerry Springer and all the people on his show. Just talking about it, I am already getting stressed. But yet, my husband loves the show. And I do not understand how I can get that it just seems to permeate the core of my body, and I am trying to work or sew or do anything positive ~ and there is that noise in the other room with him and his guests and their screaming and fighting ~ it just blows me away. That is the negative.

Yes indeed. And that is legitimate for you, my love. The point, understand, is that, for others, it may be a positive stimuli because of where they are in the point of their path in The Spectrum of Light and dark ~ what is Light to one is dark to another. And therefore, that which is positive to one is negative to another ~ and what is negative to one is positive to another. This is the caution that one must take.

But also, you must protect yourself from that which you feel is negative to Self and that which you feel drains you. There are many dark forces that are specifically out hunting for the Light ~ looking for an opportunity to attack the Light and to drain them ~ to suck out the energy.

Energy Suckers we call them ~ and they abound. It is most critical that you know who they are and also to know what tools they use as they relate to Self. Most important. And then how you can combat that? The easiest way to combat it is simply to surround your own being with Light in many cases ~ and in other cases to avoid them. You do not have to let someone into your energy field. Just because you are in a crowd of individuals. or groupings of energies, does mean that they must be part of your vibration.

So, I should try to tune it out more, so to speak? Without my husband loving every minute of it, I can turn it off and hear my own song?

Yes. If you are not able to physically remove yourself from the environment, then simply tune it out, as you would say, hear your own song ~ surround yourself with Light ~ it takes practice to do this. And sometimes, even the most practiced of entities gets caught by a dark force when you least expect it ~ suddenly, they have done it to you ~ they have taken every ounce of energy, and you are now ready to collapse ~ or you feel that you have been imposed upon. You can quickly rejuvenate yourself, however.

Other comments or sharing of experiences?

My negative stimuli was a behavior. And this exercise is very enlightening for me because when there are negative influences on me, I tend to stuff it and not acknowledge it ~ not make myself aware of it ~ and so, I am not able to deal with it in the best way. And, as you were saying, that some behaviors may be negative for some people and positive for another, this particular experience that I was thinking of, I think that the person who is expressing this behavior is doing it because they are getting something positive out of it.

Yes, that is an example then of what we have just been saying ~ what is positive for one may be negative for another. So, you have brought that into great highlight.

It was an awakening.

Yes indeed.

It is time for a music break ~ Barjan has agreed to bring lightness into the vibration. And of course, with Barjan's music comes Farena. She will join you now.

Farena: Hi. Barjan is going to play music while I dance and bring more fluffiness to this gathering. Flow with the music ~ (Barjan begins playing the piano while Farena dances around fluffing each person in the gathering) ☺ Very nice. Flow with the music. (Barjan finishes playing and there is clapping) Can you play Farena's Dance longer? (Barjan plays a piece that he wrote for Farena) Thank you, Barjan. A-h-h-h. Well, it is time for me to go. I did what I came to do, so Waith has some closing remarks for you and a nice meditation to find the Flow within Self.

Farena: Who wants to take care of this? (Farena is referring to her feather boa)

Me.

Farena: Okay, we have to do this the right way. ☺ You are the caretaker until the end of the session. You have to give it back ~ it is mine. There, it is fluffy. There, very nice. Bye. Bye, bye. Thank you, Barjan. Bye.

Waith: Again, much fluffier and Lighthearted when we return. Most pleasurable. The music has greatly enhanced the vibrational field of this gathering tremendously.

As the final part of our gathering with you, we are going to do a guided meditation to help you to understand the balance between the positive and the negative stimuli to your energy field and to understand, then, how to use that to best help you in the flow of your own energy ~ to best give you Self guidance ~ how to utilize that which is good for you and how to utilize that which is negative for you ~ how to take that and grab onto it and bring it into the flow of your energy.

Remember, that it is the negative that brings us into the positive ~ this is an important component. You cannot always be positive and bright eyed and bushy tailed, you know. We all have times of negativity ~ it is a time of assessment ~ it is a time of understanding of Self ~ to bring us out of that ~ to bring us into the Light. This is an important thing ~ do not deny the negativity. However, do not give into it either. It is the fine line. And if you give into it, so you give into it.

Eventually, we get you back. It may take millennia, but we get you back. ☺ It may take eternity ~ you may appear to be lost ~ and there are many who appear to be lost for eternity, but eventually they come back. For, you see, it is The Angelic Protector's job and they cannot get another charge unless they bring back the one that they lost. And they are never really lost ~ just that the string, the cord, is wayyy out there. Trying to get it back can take a little bit of effort. ☺

Remember what we always say, that we cannot prevent you from falling, but we are always there to catch you. Very important. Think of that also in terms of your relationships with others. You may not be able to help them, to prevent them from falling of their own behaviors, but you certainly can be there to catch them.

**Guided Meditation To Help You To Understand The Balance Between The Positive And The Negative Stimuli To Your Own Energy Field
(April 12, 1997)**

Now then, let us look at a meditation. This is a technique that you can utilize on your own or simply to be able to enjoy in this particular gathering. Since we are able to bring in Forces of The Angelics that you might not be able to do, this particular meditation that you will have now will perhaps be felt in a stronger manner. We have called in some of the others who do not ordinarily do this type of gathering, just so as to give an added sense of tranquility and perhaps a bit more guidance.

If you are having a bit of difficulty in meditating or finding a focus, you may be able to do that in this particular meditation. We want you now then to relax, to be in a spot where you feel comfortable and in a position where you feel comfortable. You can lie down ~ you can stand ~ you can sit ~ you can do anything that makes you feel comfortable.

THE MEDITATION ~

- *Call upon the very Highest of the White Light ~ and as you call upon the Highest of the White Light, we bring in some from the Highest of the White Light into the vibrational gathering.*
- *Relax and feel your own encasement softening ~ feel the warmth spreading from your toes upward ~ you feel warm and safe.*
- *Feel the warm fluid that moves up your encasement and fills you ~ moves up through your arms ~ you feel relaxed.*
- *You are filled now with the warmth and you are safe.*
- *Your Angelic Protector surrounds you.*
- *Begin to feel that your energy is moving out of your body ~ visualize this energy ~ it is moving out of your body.*
- *You are going to move into the dimension of your Soul ~ we will help you in this journey.*
- *Your energy is moving out of your body ~ visualize what your body looks like now in the position that it is placed.*
- *You are looking at your body, but you are not in your body ~ your energy has moved out.*
- *You begin to float ~ you are floating upward, upward.*
- *You look down and you see your encasement ~ it is safe ~ it will be there when you return.*
- *Slowly, you are moving up ~ you are floating --you feel free ~ there are no restrictions ~ you feel happy and light.*
- *You are moving out of the dimension of the concrete Self.*
- *Now you are moving toward the dimension of the Higher Self.*
- *You see that dimension now ~ you move into it ~ you merge with the Higher Self ~ concrete self and Higher Self have merged.*

- *You are in a dimension of the Higher Self ~ look down at the dimension where the concrete physical body rests ~ you see it safe ~ you are a part and yet you are still connected ~ you are merged with your own Higher Self.*
- *Embrace Higher Self, and Higher Self embraces concrete.*
- *You begin to move out of the dimension of the Higher Self ~ united concrete and Higher Self.*
- *You journey now to the dimension where the Soul rests and awaits you ~ it awaits the combination of the concrete and Higher Self.*
- *You are moving slowly, floating, feeling the oneness of Self.*
- *You are moving now slowly into the dimension where the Soul is housed ~ feel yourself merging into the dimension of Soul.*
- *And now concrete and Higher Self become one with the Soul ~ you are one energy ~ not three separate ~ and yet, you have the understanding of each ~ Concrete, Higher and Soul.*
- *It is time now to understand the balance that exists in Soul between your own positive and negative forces ~ it is this understanding that you attempt to receive in this visit.*
- *We will come back for you ~ to help you return back ~ for now, enjoy.*

MEDITATION TIME ~

- *It is time now to begin the journey back.*
- *Feel yourself separate from the Soul ~ Higher Self and concrete are separating from the Soul ~ moving out of the dimension of the Soul.*
- *Concrete and Higher Self are still one.*
- *Moving out now, freely floating out of the dimension of the Soul ~ feel yourself floating ~ you are moving back into the dimension where the Higher Self resides.*
- *You are moving into that dimension slowly ~ you feel yourself in the dimension of the Higher Self.*
- *It is time to separate, and Higher Self will stay in its dimension and concrete will now move out of the dimension of the Higher Self.*
- *Slowly moving out of the Higher Self dimension ~ you are floating ~ floating back into the Concrete dimension.*
- *You see your encasement ~ it awaits your return.*
- *Slowly and gently, move back into the encasement ~ you move back into the dimension of the concrete soul ~ you return with the knowledge from the merging of Higher Self and Soul.*
- *Slowly, acclimate back into the Concrete dimension ~ feel your body moving as you settle back into the Concrete dimension.*
- *Return into the consciousness of the Concrete dimension.*

- *Return into the Concrete dimension ~ slowly, gently, returning into the Concrete dimension ~ slowly, gently, come back ~ come back wherever you are.*

Come back, come back, wherever you are.

END OF MEDITATION ~

Very good. We have given you a technique for meditation that explores what is referred to as DIMENSIONS OF SELF rather than LEVELS OF SELF. It is an advanced understanding that there is no level, but rather, interdimensional components of Self ~ that there is a merging of Self and not distinct levels where one is better than the other. But rather, and simply, that there is different understandings of Self housed in different dimensions of Self ~ and the greater your ability to go to those other dimensions of Self, the greater, then, is your ability to understand Self. And the greater your ability to understand Self, the greater, then, your ability to understand others ~ and to Be of Service To Others ~ and to help others.

First and foremost, understand the FLOW OF YOUR ENERGY ~ unique ~ each of us as energies is unique in the way in which our energy flows.

We have given to you, in this gathering, some tools by which you can find the negative and positive forces that affect the flow of your own energy. Now you can take those tools and elaborate on them ~ you can use the exercises that we have given to you to build a portfolio. You can simply write down, for example, as many of the positive influences on you as you can receive in these exercises. And you can write down all of the negative influences upon you ~ if this is what works for you ~ to concretely write it down. At a minimum, you could simply know what those images give to you and not have to write them down, but simply to have them in your understandings.

A Portfolio of Self, whether it is written concretely, or whether it is simply in your awarenesses, is a very important tool for you in understanding the flow of your own energy, and one, of course, that you can continually utilize, for as you grow, as you progress along your path, the tools will change, your awarenesses change. And therefore, that which is negative and that which is positive toward you will change.

But remember one very important part, and that is what we introduced at the very beginning, respect and love are the two Universal stimuli that, when projected as respect, it is positive ~ as disrespect, it is negative. As love, it is positive. As conditional love, it is negative. And it is applicable to the majority of energy forms, be they human, animal, carpet, mineral, plant ~ anything that houses energy is part of the total vibration. Everything has consciousness, and therefore, everything responds to respect and love as positive forms and disrespect and conditional love as negatives. So, your basic foundation then is to RESPECT SELF and to LOVE SELF as positive stimuli, and then to find all the other stimuli that affect you one way or the other.

Would there be questions on what we have presented ~ comments or concerns?

**A Question About Positive And Negative Stimuli As It Relates To Twin Flames
(April 12, 1997)**

I have a question as it relates to positive or negative stimuli for twin flames. Even though the energies are separate, they are similar. And if both the twins view a negative stimuli as such, would it affect both the energy lines? Maybe not to the same degree, but would it have an impact on both halves?

If you are both viewing the same stimuli as negative and not separate perceptions?

Yes.

Then it would further feed on itself. If both energy forms are feeling the same stimuli as being negative, it would become increasingly negative. The same holds true for positive. So, if you are able to bring it into a positive, then it further enhances your Flow of Energy. However, there must be caution if you both view negative, for that could then create difficulties if one of you wants to change it and one of you does not. If there is harmony and you both agree that this is negative and this is the way that it is going to be for the time being, then that is fine.

This premise, of course, is based on the fact that, A, you know who your twin happens to be, and B, there is agreement, and C, that there is even communication between you. So, there are many contingencies here. For the most part, most twin energy forms do not have that type of communication. So that presents an entirely different issue which we would bring up in another gathering based on similar energy forms ~ twin flames, perhaps. But does that address the question at hand?

Yes, it does.

Other questions or observations?

**If You Feel A Focusing Of Negative Energies Coming Toward You, How Is It Best Handled?
(April 12, 1997)**

Sometimes I feel as though there are moments of definite focusing of negative energy coming from other entities toward me, and I have been trying to do clearing exercises that will help me detach and to help transmute the energy so that it goes into a form where it returns to the entity for its highest good.

So, you are attempting to send the negative back to the entity that is sending it to you?

Not the negative in that form, but asking for it to be somehow converted to a useful form.

Ah. An interesting behavior, my love ~ one that can create some difficulties, for when an entity is giving you negative energy or sending negative energy, you want simply to be able to block it. You do not want to put yourself in a position of deciding what should happen to that energy. That is not for you to decide. That goes, then, into the imposition arena. You simply need to block it, not to then try to transform it into something, or not to decide that it should go back in some other form, or that it should even be returned to any specific place that you would make the decision upon. It needs to be done at The Universal Consciousness level.

So, what you need to do is change that type of behavior. Simply block it ~ that is all that any energy form needs to be concerned about. If another is negative toward you, block that energy ~ simply block it ~ do not allow it to come into your vibration. If it comes into your vibration and it permeates your energy field, then you have another position. You then have become invaded by another energy form, and then you can begin to attempt to diffuse it. Attempt to send it into some form, because it has invaded you, you have become part of its path. But, simply for it to come to you and you are able to block it, does not give you the right to even diffuse it.

Diffusion activity occurs if it has invaded you. Sometimes we let the dark invade us so that we can diffuse it ~ that is an entirely different discussion. But indeed, that is part of how the Light is able to overcome the dark, by placing yourself in the position of letting it invade you because then you have the right to do with it what you so choose because it has invaded you.

The dark, by the way, has not figured this one out yet. Remember the Light always wins. And so, it may be uncomfortable for a while to be invaded by the dark, but if you are of a higher Light than the dark that invades you, or at least of an equal vibration, the Light will win and you will be able to diffuse it.

Why hasn't the dark figured it out yet?

It has not figured it out because that is simply the way that The Universal Consciousness has programmed. It is so filled with its own Self that it sees nothing other than itself. The Light, of course, sees beyond Self. When it is dark out you cannot see as well as when it is light out unless you have certain equipment ~ a flashlight. You are able to see in the dark because you have the Light ~ it always comes back to that. So, the dark is actually in a rather weak positioning, and yet it can be powerful if you do not see that it is a weak position. The dark is weak, but it empowers itself because the Light, so often, does not understand its own strength. The Light always wins.

Of the few truths that we tell you are Universal ~ this is one of them ~ THE LIGHT ALWAYS WINS. Angelics always tell the truth. ☺ According to our belief system it is true. But then again, we have

to question the belief of a particular grouping of energies. Remember that we are always there to catch ~ that is an important component. No matter how much you may be overcome by the dark ~ no matter how much we like to fool around with you and talk about the differences between Angelic truths and human truths, the given is that we are protectors. Whether we like it or not, we have to protect our charges. You give us a run for our money sometimes, as the saying goes here on the plane. ☺ Yes, we earn our wings on many days.

In The New Illusion, by the way, there will be a different imaging of Angelics. It will be well into The New Illusion, however, so when you come back into another lifetime in this next illusion coming, you will have a different perception of what we Angelics look like. ☺