

Waith Class Transcripts

EARTH PLANE CONNECTION



~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

Questions and responses from those in the class appear in this font style.

☀ **This symbol indicates multiple responses from class members.**

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

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Earth Plane Connection

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Earth Plane Connection

PREFACE

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASSES DURING 1992)

Waith: Our topic of discussion is the EARTH PLANE CONNECTION. We will be discussing the earth plane as a vibration, as a training ground, and as a physical entity. Also, we will give information that will be in preparation for The New Illusion.

An eternity ago the earth plane was created. It has always been. The earth plane, contrary to many, is only one of thousands, as you would measure numbers, of training grounds ~ it is not the only training ground. It is numbered, however, as one of the most difficult training grounds and one that provides accelerated growth and accelerated learning of spiritual concepts and principles.

The earth plane provides a portfolio of experiences for entities to undertake, much like a Menu. Before your decision to enter into the sojourn of the earth plane, you select from The Menu what you would like to take on. And thus, there are some entities who choose a great number of issues to be learned, and others who may select only one issue and decide that their time on the earth plane will be very limited in its lesson learning.

You have, therefore, much flexibility in your own destiny on the earth plane. Once you have indicated to The Universal Consciousness that you will take on the earth plane, you are then committed to it.

When you are at The Menu, you are given much guidance. Each of you has a protector from The Angelic Force who is assigned to you immediately upon your separation from The One. This protector is with you during your selection time, as well as specific Spirit Guides who are trained in assisting in Menu selection to help you make the right choices.

There are some entities who may decide to choose only one item from The Menu in an attempt to try out the earth plane, to see if it is something that they would want to commit a greater lesson learning to. Others may jump right in, with guidance from those who have been trained in that area.

Thus, what you find among all on the earth plane are entities who have chosen to come onto the earth plane. All of you have chosen. You have not been forced.

There are thousands of training grounds. The earth plane is ONE from which you can select. It is, however, one of the most difficult. Therefore, as you work with other entities, know that they, too, have specifically selected the earth plane ~ it indicates a certain degree of commitment to learning.

Each of you has taken varying degrees of difficulty in lesson learning on the plane. The entity sitting next to you may have, perhaps, taken ten or twenty lessons to be learned and therefore is, shall we say, juggling many balls in the air. Another may have only taken on one or two issues and finds their path much easier than one who has taken on so many issues.

Recognize that each entity has their own point on the path, and it is not for you to judge. You are only to be concerned with Self's path and not the path of another ~ only your path, knowing that each has made a commitment to learning on the plane.

*At particular times on the earth plane there occurs what is referred to as *The Shift*, a cleansing of the old and a presentation of the new, which will bring in what we refer to as *THE NEW ILLUSION*.*

During the time frame preceding an illusion change ~ anywhere from five hundred to three hundred years prior to the event ~ an acceleration begins. This means that entities coming onto the plane are charged with specific types of responsibilities to help in this illusion change, for it has been ten thousand earth plane years since an illusion change occurred, which was Atlantis. While there have been minor cleansings, there has not been a major illusion change in ten thousand years.

As the time of the illusion change approaches ~ and this is historic on the earth plane ~ the acceleration that is provided by the earth plane is accelerated. Entities who enter in during this time frame of three to five hundred years prior to the change, find themselves in accelerated learning ~ they find events coming at them very quickly.

*There are many currently on the plane, who have chosen to take on an *ACCELERATION OF THE ACCELERATION* of the already accelerated earth plane. Thus, many of you feel the intensity of energy and intensity of issues being presented ~ and not much time in between. You have chosen this. However, you also may disconnect that acceleration at any time. You are not bound to it.*

The time frame of closure is close. The cleaning which began three to five hundred years ago on the plane has reached its peaking time. The institutions and the physical planet are changing. Relationships that you have had are changing ~ either there is a disillusion

and you disassociate yourself, or you are becoming different in your relationships, stronger in many cases in your relationships, for it is based on new awarenesses.

The illusion change that is about to occur is one of many in the PORTFOLIO OF ILLUSIONS. The Portfolio of Illusions for the earth plane takes approximately one million earth plane years to play out. For example, the illusion you are in now occurred one million earth plane years ago ~ the same set up, packaged a bit differently. And the illusion that is about to occur has been on the plane, and many, many of you have been in this coming illusion when it was on the plane before ~ thus, it is not going to be new to many on the plane.

Large amounts of energy on the earth plane are being transferred from one point to another as The New Illusion is being set up at a vibrational level. That which you refer to as the PYRAMIDS house the energy that keeps the current illusion intact for that which is needed for THIS illusion.

The New Illusion needs a new set of energy fields ~ different vibrations ~ and thus, new structures will be constructed. This geographic area in which you find yourself is an area of one of those structures, one of the twelve major structures. There is energy that is being transferred now from one of the major pyramids to this geographic area. (Waith is referring to Enfield, Connecticut and Terra Lux)

You will find what you call STRANGENESS IN SENSATIONS ~ the weather being a very obvious indicator. However, you will find your energies feeling certain disruptions, and the more that you have committed at spirit to assisting in the illusion change, the more you will feel the energy changes ~ they will provide to you certain physical discomforts. You have committed to this, however, and thus you will simply work with it.

An illusion change is all part of the grand plan, and not to be considered a negative.

Since when we all come out of The One we have to decide, with guidance, what to do, is this compared to a sort of assembly line where dolls come out all the same and we want them to be different so we create various looks?

What actually occurs is that before the separation from The One, there is a plan of action developed with a significant number of energies, and they attach themselves to that which we refer to as the Lead Energy.

There is order in all that is done with The Universal Consciousness, so groupings of energies leave simultaneously from The Universal Consciousness. It is not just HERE AN ENERGY, THERE AN ENERGY. ☺

There is a group plan, and each looks at what they want to contribute to the whole ~ there can be millions and millions of energies coming out of one grouping. The Lead Energy has a goal ~ it wants to accomplish certain things. Discussion is given and decisions made regarding who will do what and within what parameters. And then, it is decided which training grounds will provide that which is needed for the lessons.

Working in this same time frame are The Angelics, who have been assigned to each energy, as well as the specific Spirit Guides trained for Menu analysis.

There is much room for flexibility and creativity, and there is continual evaluation at the Lead Energy level with all the energies assigned to it and continual modification of the plan. Once the plan begins to be implemented, it is not in stone, that it cannot be changed.

Entities are often very wide eyed looking at the plane for the first time, and see it much as you would watch a television program. They do not feel the emotion that you must feel on the plane ~they see certain scenarios and think that that would be fun to do. ☺

Then they come onto the plane and realize that there is much more to it than observing. When they have completed a lifetime, there is a time of evaluation, and part of that evaluation is going to the Lead Energy and deciding whether this was the right direction to go in ~ thus, it is very flexible, yet, there is a system by which this all functions, for otherwise there would be no order in The Universe.

When we decide on the accelerated, accelerated growth, does that mean that our Spirit Guides would change more frequently?

It is possible, my love, though not necessarily. It will depend on the level of vibration of your Spirit Guides and what their level of training in Guide School. If they have, indeed, had the instruction on guiding an entity who has taken on acceleration over acceleration, then you will most likely remain with that Spirit Guide.

Guide changes occur as often as necessary ~ there is no rule that is written. Many factors occur and, as you accelerate in your own vibration, many of you become very tuned in with your Spirit Guides, and if there is going to be a change you will know it. They will tell you, and you may, therefore, respond ~ that is a lesson itself.

There are many of you who will have a number of Spirit Guide changes during your lives on the plane and will not know it, and that is as it needs to be, for the changing of Spirit Guides is necessary to work with the changing of your own vibration and it does not

necessarily mean that your vibration has changed to the point where you are able to connect with your Spirit Guides.

You spoke of having many grounds of training. Is this the only training ground in which humans are found?

Yes, in the form of the encasement that is found on this plane ~ this training ground provides this encasement. However, we must qualify that by saying that other training grounds, while having different looking encasements, have the same vibrational acceptance as the encasement in which you find yourself now.

This means that there are some training grounds in which, when you are not on the earth plane, you can easily go to, for the encasement that is on that training ground readily accepts the vibration that you have taken on.

Once you have finished the earth plane sojourn ~ your total number of lessons ~ and The Menu has been completely absorbed, your vibration, then, is no longer of a compatibility with the earth plane encasement, and it will then change and become vibrationally acceptable to other training ground encasements.

There are numbers and numbers of training grounds whose encasements are not compatible with the earth plane and vice versa. While you are committed to one training ground, such as the earth plane, you have only a number of other training grounds available to you and not all of them.

Why have we come here and what are we training for?

You have come to learn lessons in a very accelerated manner so that you may then take what you have learned and be of service to others in The Universe who would need your guidance. There are significant numbers of opportunities for service. The Angelic Kingdom, for example, is an opportunity to be of service. Guide School is an opportunity to be of service.

Before you can return to The One, you must have given service. Simply to have learned your lessons does not enable you to return to The One. It simply means that you have learned what you need in order to be of the ultimate service. Once that is completed, you can then be considered for return to The One.

Why do we choose to leave The One?

Boredom! 😊 When there is no beginning and no end, you must do something with all this time! Energy likes challenge, and when there is nothing to do except hang out, as you might call it, you get bored.

In regards to the lifetime that we're in now, you've indicated we should stay with the old illusion and not get into the new one until it comes, and yet, many of the things we do in this lifetime are based on expectations of future events. If The New Illusion is coming, perhaps while not focusing totality on it, we should change many of the things we're doing, since the expectation of what might happen twenty years from now won't be there.

It is a balancing act indeed, is it not, that you must continue to work with the old illusion. There is a very strong connection from illusion to illusion for we do not say, "This illusion is gone and there's no connection, and we put it in a portfolio in storage and now we start the next illusion." There is tremendous overlapping that occurs from illusion to illusion. You take into The New Illusion certain physical artifacts and beliefs from the old illusion and the result is the merging of the two illusions.

For many this is a most difficult situation, for many want to stop paying their mortgages now. 😊 You must continue in your earth plane responsibilities and obligations ~ however, new definition has been given to long range planning. 😊

Our mission is to help in this balancing between the physical and the spiritual and to understand where that fine line occurs for each of you ~ what in the current illusion can be discarded without creating a disharmony, and what needs to be developed out of the old that will work in the new.

It is with the assistance of your Spirit Guides that you begin to learn that balancing act. Many on the plane have specially trained Spirit Guides who, when called upon, can help to see the direction to go in.

There are many tools currently on the plane that have been developed during this three to five hundred year time frame that are critical to the startup of The New Illusion. All will not be destroyed ~ this is a misunderstanding, a fallacy.

There are twelve major vibrational areas on the earth plane that will replace the energy of the current twelve major pyramids ~ they will each house certain elements from the current illusion that will contribute to the startup of The New Illusion. Each has their own assignment, there will be a blending and The New Illusion starts up.

Each time we come out of The One, are we that same piece of energy, or are we different? Do we take more with us or leave more behind?

Technically, once there is a return to The One, there is a merging and from that merging is absorption, which means that the energy no longer has an identity or a personality ~ as a theory, that exists. However, because all of you are a part of The One, you all decide what you all are going to do essentially.

What can happen is that a great deal of nagging occurs ~ with the Lead Energy being the one who is nagged ☺ You want to come out and do the same kinds of things, and you want to use the same energy and the same vibration as before. Well, that can be boring, too. Why bother coming back out if you are going to come back out the same way?

Most want to have a different energy, something more challenging. However, permission is given in many cases for energies to come back out with the same energy that they went in with. Or, many times they will be given the same energy that they came out with, not what they returned with, so that they, indeed, do it all over again.

If we lose our identity when we go in, how do we remember what we were if we come out again?

The Universal Consciousness stores all knowledge, eternal knowledge. There is a little box, as best as we can describe it, that contains all the knowledge of a particular vibration ~ and you have access to that as an absorbed energy. You simply have a sense that a certain box is meant for you, for there is the ultimate knowledge, even though there is merging and absorption.

Once you are back in The Universal Consciousness, you have the knowledge of all. And thus, you would have the knowledge of Self even though there is no identity, there is no personality, there is no ego in the energy, for there is no form to it ~ yet, there is the resource of the knowledge.

You know all when you are back in The One. You know all that has occurred.

We will begin our topics, then, with a DESCRIPTION OF THE EARTH PLANE CONNECTION.



Earth Plane Connection

DESCRIPTION OF THE EARTH PLANE CONNECTION

Waith: Our topic, EARTH PLANE CONNECTION, will show the association that the earth plane has to the overall scheme of The Universal Consciousness. The earth plane is only one of millions and millions of dimensions that exist. There is much more at work here than simply your experiences on the earth plane, and MOST definitely more than your experiences in the human encasement, for there are thousands of various encasements that exist from dimension to dimension.

To get to the earth plane from some other point in The Universe, you must, as an energy, go through many, many layers, which we refer to as muck sometimes, for it surrounds the earth plane in various energy fields. For some, it is difficult to get through those various electromagnetic fields, coming and going, leaving the earth plane as well as entering the earth plane.

In order to come onto the earth plane there must be, therefore, a connection with The Universal Consciousness and with your own electromagnetic field as it will manifest on the earth plane. As you are entering through the various dimensions of the earth plane, in what is referred to as the gestation period ~ that which is the time frame of preparation of the encasement to enter onto the earth plane ~ there is much coming and going with the newly entering entity.

While the encasement is growing to the point at which it needs, the energy that will take hold of that encasement is moving through these dimensions, or electromagnetic fields surrounding the plane.

For some, it is easy to come and go, and thus they do. They come into the encasement, try it out a bit, and then they leave while the encasement continues to expand. For others, however, it is a great difficulty, for they move slowly through while being helped through by their Spirit Guides.

The electromagnetic field of an entity preparing to come onto the earth plane is developed as it moves in and out of these various dimensions. It becomes rather complex and also an issue of a particular energy's point of growth as to the freedom and the flexibility of moving from one dimension to another.

Some will come in ever so close to the current illusion ~ this dimension you find yourself in ~ and having been helped by their Spirit Guides, will stay, and therefore their

electromagnetic field does not have as much diversity of energy as it would have with another who moves in and out very freely and is able to pick up energy from other dimensions.

This is only a matter of points of growth, and once an energy has its electromagnetic field in place, it then enters the encasement, ready to come onto the plane.

There are many situations that occur that can prevent the energy from staying in the encasement. They may find that their electromagnetic field was not properly developed, and as such they must leave the plane, and thus you have this occurrence of entities who come onto the plane and are not in the encasement, the encasement is a shell. Or you will find encasements that come in and are very fragile and therefore leave soon after entry. It is because their electromagnetic field has not been properly created.

All this means is that they return into spirit and develop their abilities to further move into the many, many electromagnetic fields surrounding the earth plane. It takes a strong energy to make the Earth Plane Connection, and once this has been accomplished, then it becomes easier and easier to move in and out of these electromagnetic fields.

Once an energy has developed the ability to move back and forth BEFORE entry onto the plane, they then have developed a base upon which they can move into another dimension while they are simultaneously on the plane.

There are many on the plane now who have the ability for Interdimensional Travel. When you go into other dimensions, it is for work to be done on your particular mission, your path, and it further strengthens your connection with the earth plane.

The more an energy is able to work within the various dimensions and move freely from dimension to dimension on the earth plane, the stronger the growth, the faster the growth, and the more quickly the lessons are learned that the energy decided to take on for the entire earth plane sojourn.

Many now on the earth plane are of an advanced growth mode that enables them to move interdimensionally, for when you require assistance in various dimensions to aid certain activities occurring in those dimensions, you call upon many, many energies to help you.

This is particularly true when there are mass departures on the earth plane where large groupings of energies leave at the same time and there is, shall we say, a crowded condition at the portal. ☺ We need assistance to process everyone who is coming

through ~ to help them go in the direction that they need to go once they have finished their particular time on the earth plane.

The best way to envision this is to see a ball ~ and this ball has a core. Envision circles around the ball, and this is what makes up the earth plane ~ many, many dimensions. You currently are in a dimension of the earth plane that is not at the core.

There are further dimensions that go into the core, referred to by us ~and others who have spoken through ~ as the underground community.

It is far too simplistic, however, to call it an underground community. There are, therefore, many other dimensions that move closer and closer to what is the core of the earth plane.

The earth plane's core is made up of a fierce electromagnetic field that is the connector for all of the other dimensions on the earth plane, and this core of energy is the controlling factor in what is occurring now ~ the transference of energy and information from the pyramid structures into the zones in which there will be new structures to replace the pyramids when that time comes.

Just as you find yourself inhabiting this dimension, so, too, are all the other dimensions inhabited. The underground community is simply another dimension that is closer to the core than the current dimension that you find yourselves in.

Those of you who have accomplished the ability for Interdimensional Travel are able to go into these other underground communities, although they are not underground for they are simply in another spectrum or dimension.

Those dimensions that are closest to the core prepare an illusion such that when the illusion that is currently in your dimension changes and the physical earth shifts, then you will have safety while the physical earth has its smoothing out. And while you are in these safety areas, you will be given the components of The New Illusion upon which you will be living when you enter back into this particular dimension.

Each of the dimensions will have its own type of illusion shifting, and some on the earth plane during the physical planet's shifting will travel interdimensionally to assist. Rather than assisting in this dimension for the illusion change, they will assist in other dimensions with the illusion change.

It will be determined, at the time, as to who goes where, depending on the resources available, for we must await certain decisions by entities as to whether or not they will stay in the earth plane experience or leave it and return once the cleansing of all dimensions has occurred. Thus, we will make assignments at the particular time.

It is a time of change that is not quite as clear cut and easily defined as many would want it to be, thinking, "Zip, zip, here is The New Illusion ~ zip, zip, we start doing things differently." It is not that way at all for it is evolutionary, and has been progressing for some time now.

The only quickness, or ZIP, ZIP, as you would call it, is that of the Earth's axis shifting. That will be quick and will create the final shaking. However, even that will not take much time, and the new structures will be put in place during that time. It will all happen, the final loose ends, and then all will begin once again except in a different concreteness or illusion.

Those who were perfecting their Interdimensional Travel will continue now to perfect their Interdimensional Travel. All lessons will continue as they were. Many think, once The Shift occurs, then all that you have been working on up until that time will cease and you will now be in utopia ~ that is not the case.

Utopia, as it is defined on the earth plane now, is the state of bliss, perfection and true happiness. This is what occurs upon entry back into The One. Utopia is a word that presents a false expectation to earth plane experiences.

The purpose of earth plane experiences is to strengthen and give a sense of purpose to an energy's movement and existence outside of The One ~ this is important to underscore.

If you attempt to seek perfection, there will be a disappointment. Instead, you achieve perfection in the sense that what you come onto the earth plane to do in a particular lifetime is accomplished ~ that is the perfection. It may be that the lesson you have taken on, you chose to work one tenth of one percent of that lesson in a particular lifetime.

The perfection that is achieved is in the accomplishing of the percentage of the lesson that was taken on.

And, while working toward this perfection, it is important to take what you are doing seriously and that you do not take yourselves seriously ~ that you lighten up.

Realize that your Earth Plane Connection will exist for as long as you want it to and that you have the ability to control the length of time and the number of experiences that you have on the earth plane ~ be it one thousand experiences or lifetimes, or ten thousand, or twenty thousand. It is yours to control.

In your reference to the gestation period, if an entity is having difficulty coming onto the earth plane through the electromagnetic field and cannot come or stay, then this woman would miscarry or deliver a baby that is not living.

That is the common terminology for the phenomena that occurs. Understand that there are interactions occurring between the vehicle who will bring in the entity and the entity itself as to why entry may not occur. What we have described is one scenario as to explanation of what you call miscarriage or birth without energy in the encasement.

When you're talking about the shelters, what it's really going to be is just a moving into another dimension?

Yes. There will be assistance given to those who have not had the experience of Interdimensional Travel, to move into the dimension that will provide the shelter while the dimension in which you find yourselves undergoes its shifting.

Each dimension has its own cleansing that occurs in a pattern that is planned. This dimension you find yourselves in will, indeed, become a shelter for another dimension. Each dimension will take its turn in being a shelter to another dimension until the total cleansing of the electromagnetic field occurs. It will occur in a ripple effect.

So no one from this dimension will stay in this dimension during that time?

That is correct. There will be various ways in which energies will be brought into another dimension. Some from this dimension will go into one particular dimension. Another group will go into another dimension. They are simply safe dimensions at the time.

When you're talking about training grounds, are you referring to, let's say, other planets or other solar systems?

Yes.

How can we on Earth understand this?

Training grounds in The Universe are uncountable. There are millions of training grounds. That which is seen on the earth plane are what you call other planets. They are all part of the earth plane and are dimensions of the earth plane. They are concrete dimensions that are seeable.

The layer effect that we described earlier, surrounds the planet Earth. The other concrete planets are part of the earth plane. They have their own electromagnetic fields that are consistent with the electromagnetic fields of planet Earth.

In this cleansing, it is the planet Earth that will go through a cleansing. The other planets surrounding the earth plane and other seeable solar systems, as you would call it, are still part of the earth plane, yet they are not going through a cleansing. Periodically they go through their own cleansings. Some of you have been on those planets during those cleansings.

When you talk about the cleansing on the Earth, is that just the Earth itself which goes periodically through such a cleansing, or is that part of the change of the entire Universe? I'm thinking back to the time zero, when the big bang occurred, and we know that this was a time when The Universe was created.

According to the illusion that has been presented on the earth plane currently!! ☺ ☺ That is the knowledge with which you have to work. There is no such thing as TIME ZERO, for all has always been. There was never, what you call a BIG BANG. That concept has been placed into the memory banks of the illusion currently on the plane.

In The New Illusions, memories will be different and the theories that the scientists on the plane currently espouse will no longer BE, for the theories now already are crumbling as the scientists look about them and wonder why certain things are occurring.

There is no scientific explanation for much of what is occurring. Those who would predict the weather are finding themselves in a helpless situation. The Universe simply is taking its course as it needs to. And understand that the planet itself, the electromagnetic field of the planet, is in control of its own energy, just as each of you is in control of your own energy. And if your encasement is ill, you are able to cleanse it. You have the power, the control over your own electromagnetic field.

The planet Earth is, just as you are, able to control itself. And thus if there are earthquakes, hurricanes and tornadoes ~ the three major physical events that are aiding the cleansing ~ it is developed because the electromagnetic field of the planet so designs it as it cleans itself.

Every training ground in every dimension has the ripple effect for the entire Universe. So anything that occurs in this dimension, or any other dimension, in some way affects all other energies and all other dimensions in The Universe ~ even though those other dimensions are not, at the time, experiencing the phenomena.

Every dimension has its periodic cleansing. It is a part of the set up ~ the way The Universal Consciousness designed the play to act out.

I feel lately a need for hibernation, that I don't want to connect, socialize or talk much because I feel a sense of depletion. However, at the same time, I'm aware that I'm an electromagnetic field that also is connected to the universal field, and therefore shouldn't run empty. Where are the connections that the physical encasement, or the psyche, feels empty and yet in its abundance is connected? What are the mechanisms?

It is all well organized for your electromagnetic field ~ each of you as individuals ~ is connected to The Universal Consciousness. When your particular needs dictate, your electromagnetic field does not deplete ~ it simply appears to deplete. In actuality, it draws in closer, for there is a calling out from the Soul of certain needs that must come from a higher source and you then wait for that to work its way through the system.

It is important to have periods of rejuvenation, periods of what appear to be depletion of an energy. When you feel depleted, do not moan and groan, rather say, "This is designed specifically for me to evaluate where I am in my path, in my mission." It is easy to become engrossed in the earth plane aspects of your mission so that you can forget the spiritual source from which you must draw in order to accomplish what you are here to do.

This depletion illusion is meant to help you draw within yourself ~ to go closer to Self. It is important to go within Self, to be constantly energized in that you are working with other energies and you are socializing, as you call it, and you are working and doing these activities. It disallows, then, the extreme need for Self containment. So there must be periods of time in which you draw inward. For some, it requires more time than others.

For some, it is the entire experience on the earth plane ~ the entire experience is to be inward. It is necessary, in many cases, so that the next time on the plane can be spent in being of service to others. Thus, it is a learning and training time, which is the reason you see such variations with entities who are on a spectrum of shyness, or introspection, and those who are very outward, and all variations along the spectrum.

And the balance toward which you would want to work is that you recognize when you need to draw inward and you do it, and you do not make apologies for it, nor do you make excuses. You simply do it. And then you become stronger as a result.

Would you explain the difference between a dimension and an electromagnetic field?

When we refer to a dimension, we refer to it as an electromagnetic field. The two are interchangeably used. Dimensions are electromagnetic fields. So you are in, now, this current illusion. It is a dimension and it is an electromagnetic field. Surrounding this electromagnetic field you find yourselves in is another electromagnetic field, slightly different, yet harmonious, in which there exists concreteness, which is illusion though.

Would that be an altered state of consciousness?

Yes. It can be. Many of you, when you go into the dream state, are so good at Interdimensional Travel, that immediately when you go into the dream state you are in another dimension. That is why sometimes you return from the sleep state exhausted because you have been out there being a busy little bee. ☺

When we speak of altered states, it is simply another dimension, another level of consciousness or another awareness.

When you speak of the length of time that we are able to create for ourselves, what dimension is this taking place in?

Time is peculiar to the earth plane, and is created by the illusion. The New Illusion will have a different perspective of time ~ length of time, shortness of time. It will be created by The Universal Consciousness and the combined experiences and memories of all energies who will create a new illusion where time is concerned.

The new way of viewing time will have a bit more relaxation and flexibility in it than the way time is now measured on the plane.

When developing our electromagnetic field to a higher level, isn't this time? I don't think it happens simultaneously and that it takes a number of reincarnations and a number of training grounds. Isn't there a sequence of events which you would call time?

All happens simultaneously. ☺ Time is an illusion. Time is an illusion that has been developed to separate simultaneous, so that all that is occurring is simply AN INSTANT.

The coming and going from The Universal Consciousness is an illusion meant to create separateness, meant to create the playground, meant to have some fun ~ coming out of The Universal Consciousness.

In order to do that ~ to separate from that which is One and harmonious ~ there must be the illusion that it is not simultaneous, that indeed it takes thousands of lifetimes to work through something, and therefore that is TIME.

Someone might say, "One lifetime, I was here for eighty years and another lifetime I was here for fifty years, and the total time, then, spent on the earth plane equals one hundred thirty years." It is an illusion ~ it is needed to maintain that which all of you have created as The Universal Consciousness.

If you eliminated time on the earth plane, then there would be nothing. It would not BE. It is part of the scenario, just as the chair in which you sit now is not there, yet you believe it is.

And it's my illusion, then, that I'm sitting on a chair?

Yes. The illusion is that there is a physical encasement there also.

I don't know. It looks concrete.

Well, it is. Illusion is very concrete. It needs to be.

It's important to organize our lives. I mean, we have to somehow be organized, to live from day to day, year to year, and I think that's why it's extremely important to have time.

For you, and for many others that is true. For others, they have gone past the so called importance that you attribute to this particular activity. Each of you sees the world around you from your own perspective, and therefore you believe, many of you, that the way you see things is the way everyone else sees things.

You must be most cautious of that, for it is a physical manifestation of judgement. When you believe that someone else places the same importance on things as you do, that is a judgement. When you believe that the world revolves around the way you believe, that is a judgement.

Everyone on the plane is at a different point in their path, in their growth, and THAT is not to be judged, and rather, to simply be, to understand it, to accept it so that others

will do the same for you, to understand and accept that you are on a different path than someone else may be.

You may be at a close point with another in growth, yet, each of you is at a different point in your growth, and that is what makes the earth plane so interesting. This is the reason it is so much fun to set up the play, for all energies are more than willing to come in and do a particular role. They do their role and then they leave, and they come back and do another role ~ you all work in harmony, whether it appears to be harmonious or not, all that is working on the earth plane has been placed there by those who are on the earth plane.

So, do not try to make what is important to someone else, important to you if it does not feel appropriate, nor would you impose what is important to you onto another who has a different priority or a different perspective or a different way in which they live their life. Live your own life, my loved ones, not others.

What is the purpose of going to different illusions and bringing back information to our illusion?

Whenever you go into another dimension, it is for purposes of working on the mission that you have taken on for the earth plane and that it actually is an accelerated growth potential. You may be working on, let us say, an issue of patience in this illusion, and because you are able to go into other dimensions, you then can work on patience in other illusions at the same time.

This speeds up your lesson that is being learned at the core, which is where you are now ~ this particular illusion is your focal point. You move out to go into other illusions, returning back. When you return back, you bring with you the experience that has occurred in other dimensions and you put it into the portfolio, if you will, and it lessens the amount of learning in your central illusion. It is like you are taking an accelerated course in school. This is, however, not something that a large majority of energies choose to do.

Is this most frequently done during the dream state?

Not necessarily. However, during the dream state it is more easily achieved, for the encasement is able to go into this condition of altered state very easily for the most part.

We will give more information about this subject at a later time.

Our next topic of discussion is what we like to refer to as the ENERGY CIRCLE.



Earth Plane Connection

ENERGY CIRCLE

Waith: We will now discuss the Energy Circle ~ the connections of the various encasements on the earth plane that make up the kingdoms, as we refer to them ~ for example, The Animal Kingdom, The Mineral Kingdom, The Plant Kingdom, air, fire, which are elements you are all familiar with, are all encasements of energy.

And we emphasize, here, that all energy is equal.

Simply being in the human encasement does not make you, as a human encasement, superior to any other energy, for all energy comes from The One, and all energy, therefore, is One and connected. It is simply encasements that are taken on in various kingdoms for lessons to be learned and scenarios to be played out.

The Human Kingdom is 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 resides within an encasement. That which you call MEMORY is an encasement, and it is a part of the Soul's memory, that 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.

You take on encasements within encasements. To understand this you would think of the analogy of placing a box that is small, inside another box that is larger, or placing within a circle another circle, and that it is infinite in the number of encasements that can fit within an encasement.

All energy currently on the earth plane encases itself within each other. You are all encased within a larger encasement.

The human is not the end of the food chain, as you call it, on the earth plane. Rather, the food chain is not something that moves from one end to another end, thus signifying beginning and end ~ instead, it is a circle.

Understand the implications of this, for the circle is never ending. The circle is The One, and, therefore, there is no end to any food chain. Rather, in the form of dimensional energy, the loop effect takes place, and all feed on the other.

Just as energy feeds on energy, so, too, do encasements feed upon encasements, all contributing, loved ones, to the greater good. It is the feeding effect, one upon the other, upon the other, upon the other that creates expansion and growth.

The circle begins small and widens as the process occurs. Each energy begins itself as a small circle when it separates from The One, and in the sojourn on the earth plane, each connection creates larger circles as your sojourn increases.

If it takes you ten million earth plane years to complete your sojourn, your circle increases proportionately to the lessons that you have learned, and, that you integrate all of those encased on the earth plane so that a part of your energy also has within it certain energies of The Animal Kingdom and The Mineral Kingdom ~ of the different encasements for energy on the earth plane.

There is a connection of spirit that gives strength, then, to an energy as it begins to expand itself. It does not mean that you are not working on your own issues as a human, and the animal works on their own issues as animal, and as mineral, etc., for that separateness is very much there.

However, each makes its own Energy Circle that comprises all of the encased energies which then enables each circle to call upon when in need ~ the energies that you have connected with from each of the other kingdoms, and they you.

Some on the plane have developed very strong connections with The Animal Kingdom, with The Mineral Kingdom ~ many of the kingdoms ~ and are able to communicate to the greater kingdom through their own connection that is a part of their energy.

Each on the earth plane has the potential for communication with any other kingdom on the earth plane. It is simply a matter of development of that ability, increased awareness, increased vibration, so that potentially each of you has the ability to freely communicate with your own Energy Circle and to then expand into the greater kingdom.

There are many who have developed their abilities to communicate with The Mineral Kingdom, and that first began by development of their own mineral kingdom connection, and once that was established, connection with the greater mineral kingdom began to occur. Some energies focus on developing communication with one or two of

those Energy Circle companions. Other energies decide that they want to develop the entire Energy Circle.

It takes many lifetimes to do this. And it creates, then, a tremendous growth potential. It is most beautiful and positive, for when there is the sense of harmony within your own Energy Circle, you then are able to respond to the needs of other Energy Circles. It creates a very heightened awareness and it presents to you the opportunity for greater power to heal, to be of service.

All energy has intelligence, or memory, and those energies that you have made a part of your circle contribute their memories from their experiences, thus enabling you to have the advantage of a far more advanced knowledge than simply your own Soul memories. All energy has their own Soul memory and their own energy field as well as all these other energies in their circle. And just as you, as human, are able to connect with the others in your Energy Circle and learn from them, so, too, are they with you.

There are many on the plane who would describe their experiences of connection with particular animals, for example, and if there is that sense of connection with a particular animal, it is appropriate for you to believe that it is that energy that is a part of your Energy Circle.

Those on the plane who have chosen accelerated growth during this time period will also understand that the entire Energy Circle has taken on accelerated growth. Some of you may actually feel the Earth as it undergoes its cleansing. Some of you may not.

The difference simply is that if there is a feeling of the pain that the Earth is going through, it is that your Energy Circle connection to the Earth has been developed and is strong, and therefore you have a direct connection with the greater energy known as the Earth and its components.

Not all Energy Circles choose to develop themselves. They may choose to remain hidden from each other for any number of reasons, and it may be for the entire connection with the earth plane that this occurs, where there is virtually no awareness of the other kingdoms that make up the Energy Circle of each. That is one scenario.

Another scenario is that there are many on the plane who know specifically the energy of each in their Energy Circle. They may even have a name, and there is free flowing communication to the degree that it is not even thought about ~ it is simply felt. There is not the awareness of a conversation going on ~ simply a knowledge, an awareness that enables you to feel connected to all on the earth plane.

Within these two extremes are all of the variations that include different levels of awareness of the others included in the Energy Circle ~ and each of these variations are each of you at various points in your path.

We present to you this information that goes beyond discussion of electromagnetic fields in terms of you being alone. You have a group, each of you, on the earth plane. This is unique to the earth plane connection. When you are not on the earth plane and you are in other training grounds, this Energy Circle does not exist. This is strictly for the earth plane sojourn, for other training grounds have other methods by which teaching occurs.

Remember that the earth plane is considered the most accelerated for learning and one of the most difficult, and presents the greatest opportunities for growth in what you would call the shortest amount of time, as measured in any dimension. Even ten million earth plane years is considered a short amount of time to learn particular lessons.

Included in your Energy Circle, then, are unique qualities ~ to the extent that it pulls in the uniqueness of so many other energies, each representing a different kingdom on the earth plane. And each Energy Circle, as it develops in its strength and in its own awareness, has the responsibility to be of service to other Energy Circles.

It is a far more advanced theory that we give to you than is currently on the plane for general understanding, for the theory of being of service to others is generally accepted.

What we present to you now is an advanced application of that very simple theory ~ that you use the combined energy of many different kingdoms to advance the Energy Circle's ability to be of service.

If you have, for example, developed your abilities to communicate with The Mineral Kingdom through your own mineral kingdom connection, what greater way to be of service than to help those who have a lesser understanding of the power that The Mineral Kingdom has toward healing and relieving of anxieties and distress, for you will be able to work with another Energy Circle in explaining the properties of a particular member of The Mineral Kingdom.

Thus, your healing is advanced, and your service to The Universe is advanced, for the issue becomes, not service strictly to individuals ~ it becomes service to The Universe, for being of service to The Universe is being of Service to Self, and thus, The Circle.

When you are of service to Self, you are greater in your abilities to Be of Service to Others. And as you are able to Be of Service to Others in a greater capacity, you are then

able to be of service to The Universe in a greater capacity, which then circles around, and The Universe sends it back to you.

As you strengthen and send that to The Universe The Universe sends back to you the strength that you have developed, and it becomes a part of you, and the circle continues, and thus, you build on your strength.

As you send it to The Universe, it comes back to you stronger, and you have a base, then, of greater strength, and it builds. Your motivations become greater in its spiritual context as you grow and strengthen. And your Energy Circle grows and strengthens.

Questions?

I have a question about memory. In my physical therapy work, I find that the body tissues themselves have memory. Is there a particular substance that is the memory carrier, such as water or a chemical? What binds memory to itself?

Memory is an encasement within an encasement. It attaches itself and becomes a part of the Soul memory of the individual and a part of the greater memory banks of the Energy Circle.

The way in which memory manifests itself in the encasement is determined by which kingdom it is interacting with. So, for example, with The Human Kingdom, the physical composition of the encasement is different from the physical composition of the encasement of a blade of grass. Energy wise, however, it is not ~ it is exact. It would, therefore, acclimate itself to the needs of the particular physical composition of a particular encasement.

For the human encasement, it is represented by the composition that you refer to as mucus. The mucus that coats the lifeline of the physical encasement, that which is referred to as the spine has a particular substance that coats it, and we call this mucus. It is in this substance that the energy known as memory attaches itself to the human.

Understand that as each of you is, in one instance energy, and in another instance physical manifestations of energy, so too, is memory.

The memory that is required to be utilized from the major data bank of the Energy Circle is called upon as needed for lessons to be learned, and it is, as you might picture it, simply taken out of the computer ~ the stored knowledge is taken out of the computer ~ and physically imprinted. It is what you would call the printer for the computer. You physically place this, then, into the spinal mucus. This is where the knowledge is

contained for that which operates the physical encasement and any issues that may be evolving around it.

For those who are involved in energy work and assisting entities to understand why their encasement takes on certain ailments or afflictions, it is critical that you work with the spinal area.

The mucus that you're talking about, is that what we would call the cerebral spinal fluid?

Yes. It has a thicker property than is generally acknowledged from those in the medical community on the earth plane.

When someone has a memory loss, such as people who cannot remember who they are and so forth, which happens sometimes, what would cause that?

What causes an apparent memory loss can be attributed basically to a disassociation within the Energy Circle ~ with itself at energy level. Oftentimes, however, it is very temporary. When we say temporary, it could mean several lives ~ that is temporary in the scheme of the greater sojourn on the plane.

It simply means that there has been some type of disassociation at the energy level with each of the components in the Energy Circle, thus, causing a breakdown in the general data bank that makes up the Energy Circle and all of the individual memories that contribute to that. When that occurs, it creates a breakdown in the entire Energy Circle.

It is a very common occurrence for energies to have breakdowns. They may last what you would consider an instant. For example, you may suddenly forget something, and this occurs momentarily, and then it is back instantly. Or, you forget something and remember it months or years later.

The reason for that occurring is to help in the healing of a particular energy who is a part of the Energy Circle. Once that healing has occurred, the memory returns.

Oftentimes, you have experienced remembering in the dream state, or suddenly you will be doing some other activity and something that you had forgotten quite some time ago suddenly returns. It explains, also, the phenomena where you begin speaking about a topic and say, "Where did that come from ~ I didn't know that." ☺

It is no different for you to suddenly find yourself knowing something that you did not CONSCIOUSLY gain in this lifetime than it is for you to have forgotten a particular recipe,

and how to achieve ingredients to that recipe ~ for the memory to be there in this lifetime, just as the memory from another lifetime, would come flooding in.

Would you clarify the term disassociation and perhaps, then, reassociation? What causes the disconnection?

The cause for disconnection, or disassociation, is created by particular traumas that impact the Energy Circle that can come into any one of the encasements ~ it is not necessarily coming from your own specific energy. It could come from a flower energy that is in your circle. It may be that whatever has occurred within the electromagnetic field of the energy known as the flower, has created a loosening of the flow of energy within The Circle.

The very fine thread that connects all energies back to The One is in miniature in the Energy Circle, and while there is not at all a severing of that cord, there is a loosening of it ~ a slacking of it ~ that does not allow for a free flowing of the energy within The Circle. Rather, there would be ups and downs that create stoppages when it is in a bottom point that then creates a difficulty for the flow of energy.

Sometimes the cord can be firmed again very easily within the Energy Circle, and other times it takes time, which could be many, many lifetimes or could be within a particular experience, and once that cord has firmed itself again, the energy flows.

This is how we refer to disassociation. If you were to picture a circle and ten different energies imprinted upon this circle ~ each one connected very closely by this thread ~ there is free flowing energy occurring, and harmony is in existence.

Something occurs, and this becomes unique to the Energy Circle, that places a burden, let us say ~ something heavy is placed upon the part of the cord between two of the energy encasements in The Circle and that heaviness brings the cord down.

Then there is less of a connection ~ there is a separating of the components of the two energies that has occurred as a result of this heaviness coming between them. Once that is lightened and lifted, then the cord becomes strong again.

Most Energy Circles find themselves with these little indentations. This is a part of the strengthening, for when an indentation occurs, this is, in essence, a lesson to be learned, and when the lesson has been learned, the pressure is off and the indentation goes back to the straight line of the Energy Circle.

How do we bring in the energy to our Energy Circle?

It is all very organized ~ as you would expect from The Universal Consciousness. As an energy you make the decision to come onto the earth plane ~ and remember that not all energies who come out of The One come onto the earth plane.

Once you have made that decision, there is a consultation with your Angelic Protector, who calls in Spirit Guides and others who are especially trained for counseling in the development of an Energy Circle.

There is the calling in of other energies who also have said they want to go onto the earth plane. However, they do not want to go on right now, let us say, as a human ~ they want to come in as any opportunity is presented. There is, then, a discussion with all parties concerned agreeing that they will form an Energy Circle.

There is, also, agreement that they are a part of each other in a circle and that they will take on the encasement of those other kingdoms as part of their sojourn. When, for example, you as a human finish your human sojourn on the plane, and all the others in your Energy Circle have completed their sojourn in their particular kingdoms, all go off the earth plane and reassemble.

There is a return to The One temporarily, momentarily, to reassemble and to gather up, let us say, the stamina to once again go back onto the plane. All in the Energy Circle now switch. So, one who was in the Energy Circle as part of The Animal Kingdom may now become part of The Human Kingdom, and you would take its place in The Animal Kingdom ~all agreed upon.

We emphasize to you that as you look at others on the earth plane, indeed as you would look at any other energy, be it a blade of grass or a pebble of sand, you must not judge superiority, for you do not know if that blade of grass in its last sojourn on the earth plane was, indeed, human. It is an ultimate discussion of judgement.

Also remember that commitment to the earth plane as a training ground is not limited to only coming in as one member of a kingdom. It means that one must take on all the roles of the kingdoms that have been gathered in the Energy Circle.

An Energy Circle can be, potentially, composed of all of the various kingdoms that exist on the earth plane. However, it is not necessarily demanding that you take on all of those kingdoms. Rather, prior to the first entry onto the earth plane, there is agreement made among all in The Circle as to who will do what and how each will affect each other and interact with each other ~ that is planned prior to the first entry onto the plane.

There are many who would read our words who once were a blade of grass! ☺ ☺

My understanding was that we all go through steps in, let's say, The Animal Kingdom, and then let's say The Mineral Kingdom, and then perhaps The Plant Kingdom, and then The Human Kingdom.

There is no set order of progression. There is a false understanding on the earth plane that The Human Kingdom is superior ~ that there would be a movement from a lower kingdom. It is not thought of as lower or higher. It is thought of as equal, and it is thought of only as you work it out with your Energy Circle.

In one Energy Circle you may find that there is the human and then the mineral and then the plant, or you may start out in the plant kingdom and work your way around to the air energy ~ you may start out as human and then move into air or fire.

To what extent does the reality that we create here on the earth plane differ from that which was planned by our Energy Circle?

The Energy Circle plans the reality in conjunction with the Spirit Guides and Angelic Protectors of each individual energy before the actual sojourn begins. There is the discussion of the various illusions that are in the portfolio of the earth plane, and there is a scanning of those illusions that is presented as part of the planning process. There can be, then, what you would call the SKETCH OF THE SOJOURN.

This is subject to change at any moment, for coming onto the plane and getting into the concreteness of the illusion is often so different from viewing it from afar. ☺ And as you would view a concept and prepare the concept on paper, shall we say, and sketch out the concept, when you begin to build the model, there are differences.

Thus it is in your own planning for your lifetime, and once you come onto the plane and see the illusion from the illusion itself ~ living within the illusion rather than outside of the illusion ~ then there are constant changes, and it is done at spirit level with the entire Energy Circle.

What happens if the entire Energy Circle can't agree?

That does happen, and it does create this condition that we have called disassociation, for then there is an immediate dropping of the energy line ~ thread ~ that goes through each of the energies in The Circle.

Within each of those energy points that do not agree, there is the pressure, the dropping down. And in some cases the entire Energy Circle, as you would view it from spirit, is a series of little balls and little drops and little balls and little drops, and the entire circle looks dysfunctional, and indeed it is.

Do I understand correctly in that each of us is essentially a community?

Yes.

Is that basically what the Soul is?

Yes! On that note, we bring closure to our discussion of the Energy Circle ~ for now. 😊

*Our next topic of discussion is **LIGHTHEARTEDNESS ~ AN INTRODUCTION.***



Earth Plane Connection

LIGHTHEARTEDNESS ~ AN INTRODUCTION

We will now discuss LIGHTHEARTEDNESS ~ AN INTRODUCTION. We have given thus far, much information that would be considered serious and difficult to understand for some. Part of our mission is to help you to achieve the balance between earth plane and spirit.

In order to bring balance there must be lightness, joy and happiness to offset the seriousness, the sense of responsibility that is inherent in the mission that each entity undertakes on the earth plane.

Assisting us in our discussion of Lightheartedness is Farena, who is a member of the Spirit Group that works with us and who also speaks through Mushiba. Farena's mission with us is Lightheartedness. To call upon Farena enables you to experience a sense of joy and, at a minimum, a sense of relief from the seriousness of the lesson you take on. Farena provides a sense of lightness when she enters in to be with you.

Farena will now speak with you. We shall return when it is appropriate and answer any remaining questions that you might have. Enjoy Farena!

Farena: Hello-o! ☺ ☺

Hi, Farena! ☺

We have prepared a poem for you! ☺



Harmony by Farena

*Harmony means to be happy ~ to be free
Harmony means that we have let go
Harmony means we are love ~ we can hug ~ we can fluff!
Harmony means we are balanced ~ we can laugh
Harmony means we can fluff our aura and play!!
Harmony means we can swish ~
Because we have learned our lessons ~*

*We have passed the test ~ and we can dance
Harmony means that we touch another with our love
Harmony means ~
We take the sense of Self from the Heart Center and send it out!
Harmony means tip toe ~ tip toe ~ and say hello
Harmony is freedom ~ balance!
Harmony is development of our wings
Harmony is achievable by all ~ simply let go
That is how we learn lessons ~ we let go!*

Thanks, Farena. That was beautiful. (Applause)

Thank you!

It is important to be light ~ regardless of the seriousness of what you take on. Be light and give yourself joy and comfort. It comes from Self to say, "I am beautiful." It is not bad to say that about Self ~ it is appropriate and correct. It is the right thing to do.

Repeat after me. (The class members, as a group, repeated each sentence after Farena spoke)

I am beautiful.

Again ~ I am beautiful.

Say the word BEAUTIFUL

All male energies ~ let me change that. ☺ All those in male encasements say, BEAUTIFUL.

That was not so hard now, was it? ☺ Say, "I am beautiful."

Ah-h-h, I am not convinced. ☺ Say it again.

Now, all the female encasements say, "I am beautiful."

Altogether, now, say, "I am beautiful."

Take your hands and crisscross them so your palms touch your shoulders and the middle intersection is at your Heart Center, and say, "I love me."

Go to the person on your right ~ look at that beautiful person, and say, "I see your beauty."

Look at the person on your left and say, "I see your beauty."

Yea!! You are all so beautiful!!

Do you have questions?

It's very hard to maintain lightness and a joyful feeling on the earth plane. Can you give us some tips for when we're faced with something that's getting us very upset?

Go like this! (Farena fluffs the aura around her head, hands moving rapidly back and forth) This is what you call the Crown Energy Center, and this is where the burden is placed, and this is where fluffiness needs to be, and you can do this yourself. You can fluff your own burden. ☺ ☺

In the middle of the office?

Mushiba does this all the time, and now when she does this, no one notices because it is expected. This is fine, and it lightens others who may be in an environment of difficulty.

When you go to these very serious meetings where everyone is so concerned about the seriousness of the situation! (☺ As Farena speaks in an exaggerated low voice) Do this for just a brief moment and then stop and look around. ☺ It works!

You must not take yourselves seriously. What you DO is serious ~ your mission, your sense of responsibility. And, my loved ones, does that not become the issue after a while? The responsibility of having responsibility ~ so lighten yourself by fluffing your aura!

If you are not quite ready to do this with others, simply relax in a chair and do this ~ as you bring your arms into the common resting position, bring your arms to the shoulders and simply pet yourself ever so inconspicuously. ☺ It can be done ~ just practice!!

Oh, there is so much seriousness. It is an illusion change that is upon the earth plane, and there is so much seriousness! "What will we do without the bank?" is a question often asked. ☺

It is not for you to worry about. The Universe takes its own way. Indeed, do not believe the illusion, and at the same time, you must believe the illusion. You take it at its earth plane component of reality and balance it with your own sense of understanding that it is not really there. And you find your own ways of being light.

Lightness comes from within. You call upon the light externally to help you to work the light within. Ultimately, upon return to The One, there is a total ability for light within. It is a progression.

Some of you find it very easy to do this and to fluff your own aura. Others would find it more difficult. Seek out those who are able to be light, regardless of what occurs.

Call upon your Spirit Guides. Your Angelic Protector is there to help you with light. You simply say, "Hey, Angel ~ how about lightening me up?" ☺ It is as simple as that. It is your Angelic Protector and the responsibility of your Angelic Protector to immediately come running into your vibration and lighten you up ~ however, you must ask, and be willing to receive from your Angelic Protector.

If you block your Angelic Protector's attempt to help you lighten, then you will not lighten.

You mentioned something earlier about the burden of responsibility placed on us at the Crown Energy Center. Could you be more specific?

At the Crown Energy Center the higher consciousness moves in through all of the energy fields. It is the higher consciousness that takes on the Soul memories, and it is from the Soul memories that responsibility for the issues is stored.

And thus, as you, on the conscious level of earth plane, determine that you want more responsibility for your issue, you call through The Crown. Then the Higher Self says, "Alert, alert, alert ~ calling all Soul memories ~ calling all Soul memories!" ☺

Higher Self goes into the Soul memory, unlocks the little door and says, "Yoo hoo!" and brings out the Soul memory and shuts that little door. We do not want more than we need coming out, you know. ☺ Comes into the higher levels of Self, and then, whoosh, it comes down into the conscious through that murky stuff that surrounds the earth plane vibration ~ and it can get stuck.

So, soothe it as you feel the burden. Understand that there is a transfusion of Soul memories coming through, and that at that point of the sense of heaviness, it is the most appropriate and important time to soothe. There are many who simply visualize the soothing. Others need to do this as we have demonstrated, so that they feel they are concretely participating in that which is occurring.

You were saying that it can be helpful to some of us to be around light people who are able to appreciate sparkly things. It seems like there's certain animal encasements like otters, butterflies and dolphins that seem very playful by nature, who seem like good companions for us.

Yes, in the Energy Circle that Waith described, there exists components of lightness within each energy grouping. There is a very playful crystal and a very serious crystal ~ a very serious plant and a very playful plant ~ serious and playful. Surround yourselves with the balance. In all energy forms, there exists seriousness and playfulness.

Some energy finds itself as its mission in its current encasement to be strictly serious. Others are to be strictly playful. They seek out each other to bring harmony, to bring completeness. It is very difficult to expect that each of you would have that total harmony of serious and playful within Self. That is part of the mission of all who come onto the plane.

Some of you have achieved that balance to a greater degree than others. And, while each would be sometimes too serious and sometimes too playful ~ and that is fine ~ make certain that you surround yourself more with what you are lacking.

If you need more fun and playfulness in your life, seek out those who can show you how to achieve that. If you are frivolous and considered too playful and not serious enough, seek out those who would give you a sense of seriousness ~ balance and harmony.

What do you mean by the words, LET GO?

LET GO is the most difficult phrase to implement. It means that the issue is no longer there if you do not think about it. It simply does not exist.

In other words, just trust?

Trust comes as you let go. Once you have begun to let go successfully, trust builds until you reach the awareness that you have total trust in being able to let go, and then letting go becomes easier and fun because you are free.

The less you have holding you, defining you outside of yourselves, the freer you are. For nothing can control you outside of yourselves ~ that is the ultimate understanding.

Does the level of seriousness and Lightheartedness fluctuate from time to time on the planet, over all, or is it always the same?

The planet Earth now is very serious because it is so ill. However, it begins to feel light in certain areas because it is being cleaned ~ it is fluffy again. It will soon feel more and more fluffy and there will be more Lightheartedness.

Would you say that our Spirit Guides in general, are having more problems trying to help people than they have before?

No more than normal ~ except for those who might be deciding now whether to accelerate their learning on the earth plane. It means that the Spirit Guides who were formerly assigned to them, have to be reassigned. That would be the only difficulty, for you all have the Spirit Guides assigned to you that can guide you on the path that you have taken.

So it is not that it is more difficult for them. It is that the Spirit Guide you have has been trained specifically for whatever issues you might have taken on at this time on the plane for the illusion change.

Were there times on Earth when there was much more light than there is now?

Oh, yes. And you will see it returning. The light begins to come through. And as the illusion begins to evolve out of the old and into the new, you will see more and more light. You will see it in the eyes of others you meet. You will see it in the behavior of those you meet. You will hear it in the voices of those you meet.

Is it possible that our sense of seriousness has to do with our feeling of urgency and intention about getting on to our Soul's mission?

Oh, yes, my love. That is why we have this emphasis on the exaggeration of lightness. In order to balance there must be exaggeration. When many of you come onto the plane, you have a sense of urgency to get the job done in this lifetime because you think this is all there is ~ and a sense of impatience develops within Self.

As you lighten, your level of patience increases. It is easier to see that all exists simultaneously, and that if it does not get done in this time on the plane, you will be back again. ☺

This is a time of seriousness on the plane. Many have entered in to learn seriousness. And thus, you will feel this sense of burden, for you have taken that on as your balance, for you were balancing in another life by being very light and not serious, and now you are very serious.

When you begin to feel impatient, it shows that you have lost sight of the beauty of Self. Stop, and say, "I am beautiful." Pull yourself back into Self, into that which is the core of who you are.

Only you will believe that you are beautiful as a result of trust within. Do not worry that you might be too serious. Heed our words earlier ~ seek out those who are not, or who have balanced in very positive ways, who can be a child and playful and immediately also be serious about the mission of Self.

This is all easy to discuss, theoretically, philosophically, spiritually. Understand, my dearest loves, that the spiritual path has, what you might call, a bad rap on the earth plane. There is, somewhere, this development of a definition of what you should act like if you are in a spiritual mode. You must all be a certain way. That goes against Universal laws. You must be who you are.

When was the last time that Earth was very light? Was it recently or a long time ago?

At the beginning of this illusion, and slowly, as with every illusion, it began to lose its lightness. Each illusion has a different time that it takes to reach the end, and proportionately, then, the illusion increases in its heaviness as it becomes time to cleanse.

Waith has indicated that it is time for me to return back into the fold! 😊

Thank you very much, Farena. It was nice and delightful having you here. 😊

Thank you, loved ones!

Remember the light ~ remember the joy ~ remember the harmony. I love you all.

Waith: *That was an interesting discussion you all had with Farena, was it not?*

It is for a specific reason that we had Farena come in at this time in our discussions of the Earth Plane Connection, for the sense of burden is tremendous with so many on the plane now.

☀ Farena said many things that helped clear up my mind.

☀ She gave us a lot of serious information.

Indeed, she did ~ she shows exaggeration of Lightheartedness while bringing in the seriousness.

If time isn't real, what difference does it make whether it's time or not?

On the earth plane time is real, and thus it must be dealt with. It is too easy to say, "Oh, what is time?" That is a most philosophical question, or metaphysical, as you would call it on the plane.

You are on the plane. You are in an illusion, and part of the illusion is time. You, therefore, adhere to it, even though in other dimensions, time takes on a different perspective and, indeed, does not exist.

If you were to go into the nothingness in which The Universal Consciousness is not there, there simply is nothing. There is no time. The Universal Consciousness is an illusion. Therefore, once an illusion is presented, concreteness takes form in certain ways. And on the earth plane time is one of those concrete issues.

Our next topic of discussion is ENERGY LAYERS.



Earth Plane Connection

ENERGY LAYERS

Waith: We will now discuss what can best be understood as ENERGY LAYERS.

When you go into the dream state ~ we refer to it as an altered state ~ you have often what you call DREAMS. We know that there is much on the plane relating to dream analysis and that if you dream a particular scenario, it is a symbol for something far deeper.

Most on the plane have considerable difficulty in dream analysis. There is an analysis in some book that some other individual has predetermined to be the answer relating to the masses. This presents difficulties for many, for it does not feel right when they read, for example, that if there is an automobile in your dream, it represents the body.

What does that mean, "It represents the body?" We understand that for many on the plane, there is the need for the beginnings of acceptance that dreams, indeed, mean something beyond what you deal with in the current consciousness.

It is critical that each entity on the plane seeks their level of knowledge and that for many, it is important to begin to realize that the dream state is, first of all, another dimension ~ another vibration ~ and that it provides information to you.

However, what we 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. You each 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 connecting into something about to happen.

One of the ways in which entities are able to work through the issues, is to go back and forth within these layers. 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 feeling tired, for you have been a busy bee. You have gone into another time.

There is also the possibility of simply observing. You go to a particular scenario your Soul has released for you to review, remain detached and view that which has occurred.

The same applies to the future ~ you are able to begin working on a particular scenario before the conscious state is ready to work on it, and thus lay the groundwork.

All have this capability. However, not all utilize it, for there is this sense that you are not in the dream and that it is someone else ~ however, it is you. You are one of the figures that play out in your dream, and it gives you the opportunity to see what you looked like in another time, or what you will look like in the future.

You can control your dreams ~ it takes a certain focusing ability before going into the sleep state to say that you would want to return or go forward to a particular scenario, or simply to say, "I want to return to that which is appropriate."

When you go into the dream state, it is critical that you surround yourself with protective white light. This protection helps you to pull out of that dream state in a way that gives you advancement to your path.

What has evolved as SAYING PRAYERS was a ritual that was utilized at the beginning of this illusion currently on the plane and has been utilized in all of the illusions. It is a ritual of protection before going into the sleep state.

If that ritual of protecting Self is not observed in some way, whether formally or informally, consciously or unconsciously, then there can be a difficulty in working through the layers of energy.

The layers are really not layers ~ this is the way we describe it so it is understandable and you have a frame of reference. There is a total webbing and integration. This means that when one of you would ask us to discuss a past life or give you information about your path and your Soul, we go into this webbing that surrounds your own Energy Circle.

This web is yours, unique to you. If you would go to any on the plane who have the ability of working with energy ~ sometimes referred to as psychics ~ they have differing abilities to go into the web of an individual. And, the higher the advancement of the psychic, the greater the ability to go into your web ~ or layers. However, even at very high levels, as we are, it is difficult at times to move through, for there is so much intertwining.

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

When you reach a certain level of awareness, there is no need to have to refer to the symbolism that is necessary for many entities in interpretation of dreams. Rather, as you advance in your own awarenesses, you, ultimately, can interpret for Self.

For example, if you are in one of your layers and riding a horse and the horse falls down, that relates specifically to issues you were dealing with in that particular scenario and not some mass produced interpretation of what it means to be riding a horse and then fall down.

Many on the plane now are developing their abilities to interpret their own dreams, and it is appropriate that you would seek out spiritual advisors who, upon discussion from you as to what you dreamed, could tune in to that layer and help you to understand what it means. Often you simply return to a lifetime that was most enjoyable, and you observe it again or even relive it again.

When you are in that layer working through a scenario, you are awake in that layer. And when you return to another layer, whether it is this one or another, you are asleep in the other layer in which you were awake. Consciousness relates to that layer in which you currently are working, so you are asleep in other layers now as you are awake in this layer. ☺

Many entities are capable of moving from dimension to dimension and still maintain a consciousness in the current illusion. This means that whatever dimension ~ which is also a layer ~ that you find yourself in awake, you have the capability of diffusing your own energies and applying a certain percentage of your energy to move into another layer, or another dimension, and be working simultaneously.

Thus, while you are awake, you may be asleep. And if you find yourself suddenly quite fatigued during the course of the day in your current illusion, chances are quite high that you have been traveling, that you have sent out a part of your energy ~ a percentage of your energy.

This is a capability that comes from training and experience, that each of you has the power to accomplish, just as going into other layers during the dream state is a skill that comes from training and experience.

Oftentimes you go into the dream state and do not move from the current illusion ~ your energy hovers within the vibration of this layer in which you find yourself and, for some, this is a lifetime. They have not come in to this incarnation to do Interdimensional Travel or to do dream state work, rather they do other work in their path.

Interdimensional Travel is not something that all entities on the plane do. Some are not advanced to that point where their training and experience has given them that capability. Others may choose not to do it. Others may not want to do it. And then there are others who do this continually, or some who do it periodically as the need presents itself.

There are many now on the plane who are beginning to be aware of this capability and are working to increase their abilities.

I frequently crash, physically, in the midafternoon. I've always thought that it was a hypoglycemic sugar crash. Does that mean that another part of my consciousness would be off doing something else?

Understand that Interdimensional Travel often is affected by the way in which you take care of your physical encasement and relate to your physical encasement. The Soul gives direction to the Higher Self, which then, oftentimes ~ without an understanding at conscious level that it is occurring ~ gives certain signals to the conscious energy to do or not to do certain physical, or encasement related situations.

The Soul, in conjunction with the Higher Self, will indicate if it is appropriate for some type of either rest, staying within the vibration, or travel, that would be then appropriate to what you are working on in your current illusion.

Important to remember is that you have complete control. It is your Higher Self working with your Soul. You, at conscious level, think you have control ~ you do not, nor would you want to, for then you would be most boring, for you would relate so strictly to the earth plane that you would not be moving along your path.

Being on the earth plane is in itself a layer, and being in a layer allows you only to see that which is in that layer. Your Higher Self is able to see beyond the layers and therefore give you guidance from an overview, as opposed to that which you see only around you very closely.

This is true in any of the layers in which you would find yourself, and it is the connection with the Higher Self that allows, then, the higher knowledge, the higher attainment of your own mission.

Would you describe the differences and variations between the deeper stages of sleep and astral projection and achieving astral projection?

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

When you move into any layer, you are capable of observing. Just as you would use this layer in which you find yourself now to observe others who interact with you in this lifetime, you also are able to do this in other layers. When you are in the dream state and you move around and are observing, you are awake in that layer, and yet you are asleep in this layer. You are projecting and moving about and observing Self as well as all those who might interact with you. Thus, you find great enjoyment if you use this properly and not abuse it.

Does a dream necessarily have to do with something that's already happened or for telling the future? Can't it just be an overactive imagination?

It is a most common response on the earth plane that an entity would think that a dream is not real. We emphasize, again, the importance of focusing to reach the Higher Self and understand all that you hear from Self ~ and that if you act upon that which you hear, you would be far better in your path than to not act, and to trust Self.

We emphasize the importance of calling in the protective light, for the forces of dark would attempt to make you think you are hearing something from Self when, in actuality, it is something coming from the dark that makes you believe that it is Self.

It is only through experience ~ trial and error ~ that you learn if something is from Self or from the dark, and it is why it is so critical that you always call upon the protective and the highest of the white light before you Focus to Gain Self Awareness.

I had a dream that was someone else's dream and when I repeated it to him, he said, "That's my dream and I've been having it for years." Is it possible to do this with another person, to travel together?

It is, if there are connections that you have in a layer. When you have shared a lifetime together or a scenario together, you form compatible layers that then enable you to travel together.

Is the webbing that is around us what is sometimes referred to as the Akashic Records?

Yes. We say this with a bit of qualification, for it will come in our future discussions. The Akashic Record is the master library. Then there is the reference material that relates to each energy.

When we are asked a question, for example, we sometimes go right to the reference ~ right into your memories, your own storage. Other times, because the question that has been asked relates to other scenarios with other energies, we must refer to the master library.

While every energy has access to the master library, some simply have not developed the skill to do so. Many on the plane have the capability of gaining access to their own webbing and sensing information and may have varying levels of access to the master files, although not complete. And thus you will find what appears to be contradictions of response that an energy would receive from different psychics, for their ability to gain access to information is dependent on their own levels of awareness and capabilities.

When we're in these other dimensions or other energy layers, do we have bodies?

Oh, indeed.

Those bodies sleep and then are awake here in this dimension?

Yes, and it is important that you retain as much as you can on what that body looked like. And if you were actually back in that life working, remember what it felt like, for if you are consciously aware of this dream ~ this layer working ~ it means that it is information for you to use when you return to this dimension. There are reasons why it is given to you.

Is there any way that we can tell if a dream is concerning the past or the future?

To know if the dream is a past or a future, again, comes from the focusing connection, in knowing that your Spirit Guides will give you the answers if you ask. Oftentimes, as you develop this ability, you will know that you are reliving.

Other times you will know that it is something you have not experienced. It does not feel as if you have experienced it and, therefore, it is something for the future. When you do not know, you seek guidance from those who would be able to give this to you.

Again, it is trusting in Self. Sometimes it does not matter if you know, for that which you connect with, be it the future or the past, does in some way connect with what you do in this current layer that you find yourself.

Our next topic of discussion is MANIFESTATION.



Earth Plane Connection

MANIFESTATION

Waith: We will now discuss MANIFESTATION. The concept of manifestation is very popular in the earth plane now where many say, "Simply manifest it." This statement is not really accurate and brings about a misunderstanding about manifestation. To completely understand manifestation you need to recognize that it has a balancing dimension to it.

Understand first that manifestation is a physical interpretation of a spiritual tenet ~ a spiritual belief ~ and like everything else that comes from the spirit into a physical form, it can be abused, and it is, therefore, a lesson.

Manifestation simply means the earth plane ability to bring into physical form that which is a spirit form. Many think manifestation means bringing in money and the ability to acquire possessions. Manifestation is only one very small part of a greater spiritual scheme of illusion on the earth plane.

Each of you creates your own illusion within the greater illusion that is maintained on the earth plane by The Universal Consciousness. The land, the trees, the buildings ~ indeed, your own physical encasements ~ are illusions that all energies have determined to believe in while being on the earth plane.

The illusion is a contract made with The Universal Consciousness, for if there is not the acceptance of the illusion you are in, there is no way in which you may learn your lessons. The illusion, which is the physical aspect of the spirit, allow for the scenario.

Thus, as you sit in this classroom, you are manifesting, for you have determined, individually, that you would be here. That was coming from your Soul, that you would have the resources at the physical level to be here, that you would have transportation and that the transportation would have the necessary ingredients to make it operate. This is all illusion and manifestation.

Each of you, without realizing it, manifests on a consistent, regular basis, for if you did not, you would not be here ~ you would not be able to be on the plane.

Where the real heart of the issue comes in for this subject of MANIFESTATION is the ability to consciously control that which you want to be within your own illusion.

Each of you has the ability to bring into your own illusion that which you determine to be necessary to carry out your mission, your path, your lessons, your teaching, your learning. Whatever it is you have determined at Soul level, you have the ability to bring it into physical form.

Of course, as most spiritual tenets are concerned, it is easy to talk about, and not quite as easy to implement.

The difficulty that many find in applying the idea of manifestation is that it is not done within a spiritual context. It is done with the idea of it being the gaining of possessions, the accumulation of possessions above and beyond what is needed.

This is the key point ~ what one entity needs in the way of physical possessions differs from others. This means that you must be careful of being judgemental.

This is not about being poverty stricken. Being spiritual does not automatically mean that you have nothing ~ it is not that at all. Being spiritual simply means that you are on your particular path. It is different from the path of another. What you need will be different from what another needs.

One individual may need many possessions in order to learn particular lessons, while another individual needs nothing at all in comparison to that individual. It does not mean that one is more spiritual than the other ~ it simply means that each entity is at a different point in their learning of a particular lesson.

Manifestation means that an entity has connected with their Higher Self to have an understanding of what the needs are of the Soul at spirit that then manifests and brings into physical form on the earth plane. It is when manipulation occurs with the flow of The Universe ~ when the ability to manifest becomes in and of itself an abuse ~ that difficulties occur.

The ability to manifest comes through an ability to communicate with the Higher Self, which is done, of course, through a state of focusing, an altered state ~ whatever that happens to be for each entity.

There is, however, certain GUIDELINES FOR MANIFESTATION that can be easily followed, and it is these guidelines, with seven steps that we will give to you now.

Guidelines for Manifestation

STEP ONE

Focus your energies on your THIRD EYE ENERGY CENTER, which sees the Soul.

STEP TWO

Bring your Third Eye into a position of looking down into your SOLAR PLEXUS ENERGY CENTER, which is the point of receiving information from your spirit and is the receptacle that is open for your energy to move in and out of Self.

STEP THREE

With your hands, form a pyramid shape over your CROWN ENERGY CENTER, without touching your physical encasement and begin sending energy. The energy g from your finger area comes from your entire energy field that makes up your vibration.

STEP FOUR

Determine what you want to manifest. Visualize this item with a very bright, white light surrounding it, soft and fluffy. Spend as much time as you need to visualize, with your hands remaining in the pyramid position. When you feel that the visualization has been saturated with the white light, bring your hands, still in a pyramid shape, down to the front of your encasement bringing your visualization down with your hands into your Solar Plexus Energy Center. Now bring your hands, palms facing each other, to your HEART ENERGY CENTER.

STEP FIVE

Your Third Eye sees very clearly what you intend to manifest, so allow your Third Eye to connect with your Solar Plexus, continuing to keep your palms facing each other for this is containing the energy. When you feel that your Third Eye has seen enough, you are ready for the next step.

STEP SIX

Bring your hands closer together, palms still facing, and bring them to your Solar Plexus and gently smooth over the entryway to this Energy Center, closing it, and thus allowing your visualization to remain within your Solar Plexus. Bring your hands up beside you, with your palms facing up, to receive the light from the higher

sources. Raise your hands slowly with your palms up and call upon the very highest of the white light and the guidance from those spirits who guide and protect you. Slowly bring your hands together, fingers touching, to form a circle.

STEP SEVEN

While your hands are in the form of a circle, move into a state of altered consciousness by focusing or simply relaxing and feel what you have manifested. Send out to The Universe, through your own energy and vibration, the belief that you trust in the manifestation coming about.

End

Guidelines for Manifestation

This final step takes as long as you need for it to take. For some entities, this entire process only takes an instant for it is an automatic type of connection. For others, it will be the BEGINNING of the ability to manifest. Wherever you are in your abilities to manifest consciously, this process can help guide you for it can keep you focused on the spiritual aspect of manifestation and will give you guidance from the higher light so as not to abuse that which you manifest.

It is easy to have a technique. What then happens is that you have the power, and must learn how to use that power, for the temptations to abuse are great.

Once you have achieved a certain level of manifestation where you see it happen immediately, it can be quite heady, as you might say. And this is where your path and your calling upon the higher light helps to keep things in perspective.

If, for example, you determine that you need one thousand dollars and are able to manifest it, that is fine. And if you learn, then, that you can simply have money where there is no need for it in your own life, and yet you determined that you would manifest it anyway and abuse that manifestation, then you have other issues that you would be working on.

It is not easy to have a power, my loved ones. It is a part of the journey on the earth plane, through all the many lives that you encounter ~ yourselves and with other energies ~ and it is in the learning of the spiritual use of the power.

There are many on the plane now who have achieved the ability of manifestation where it is a natural occurrence. They have, however, had other lifetimes in which they abused the power for remember, balancing requires going up and down as you would on a

teeter totter, and in order to achieve balance, there must be behavior in a direction that is opposite.

Thus, in order to achieve balance, there must be abuse ~ this is a given and why we caution about judging another. If you see what appears to be abuse of a power, it is that entity's point on a path and you do not know whether that entity is learning or teaching, for there are many who would APPEAR to teach and, therefore, would give the illusion of abuse in order for another to understand abuse. This applies to all lessons, and specifically has its application with the issue of manifestation, for manifestation is a power that enables you to have power over others.

In the Guidelines for Manifestation is the point of this ritual to keep us focused on our Soul's path or is there significance about the Energy Centers that are involved?

The key word you have given is RITUAL. For many, it is important to have ritual, or a physical symbolism of an activity, while many do not. Many of you may find that you do not need to go through a ritual, for you have done so in another lifetime, and are now able to achieve that which is a vibrational accomplishment.

I've tried manifestation a few times, and when I have, I always think my intent is to do this according to the will of a higher power and for the good of everyone concerned so that an abuse does not occur. In other words, I try to get what I need, or what I should have, without imposing or abusing anyone else.

What you are attempting to do is to be all things to everyone. And while all energy is connected, in order for Oneness to occur there must be a singleness of purpose, a singleness of activity, as well as a unity, as we have indicated in our GUIDELINES FOR GROWTH.

In order for the whole to be satisfied, the individual energies must find what the need of the individual is, first and foremost. If you continue to say, "I need this, and maybe I don't because the rest of the world around me maybe doesn't like it," then you send mixed signals.

Focus on what you need for Self first, because once you have achieved the ability to find what you need for Self, then you work into the larger group ~ what do you need to give to others and how best you can be of service to others. You must Be of Service to Self, first and foremost, for without that, you will not have the ability to Be of Service to Others.

Many think it is being selfish to think of Self first. However, when viewed from the spiritual context, it is not ~ it is being SELFLESS, for you determine what you need,

strengthen from within, and it therefore gives you the ability to strengthen from outside and to give. The more you have to give, the more you can give.

Thus, concentrate not on what you are manifesting for Self as it will apply to others, rather, as it will apply to you, and then it will automatically apply to others.

I have found quite a bit of reading material on manifestation, and it always says to be careful what we ask for because we just might get it. And we have to be extremely specific in what we're trying to do. It's confusing to me. Or maybe I just have a problem with it. Would you comment?

Information currently on the plane relating to manifestation needs to have a stronger emphasis on the spiritual ~ The Universal Consciousness aspect of manifestation.

Once you have learned how to manifest and have balanced ~ you have abused and also allowed others to abuse you in terms of manifestation, until you finally have this ability ~ it simply is. It is not a situation where you think about it ~ it simply is a flow with The Universe where you know instinctively. You know within Self what you need and that it will be provided without having to go through the ritual.

The ritual, however, is a tool to help you work through your balancing of the issue of manifestation.

Manifestation is one of those Menu items that can be selected when you come onto the earth plane, and thus not everyone on the plane is working on an issue of manifestation. They may have decided not to take that as part of their journey on the earth plane, and it, therefore, is not an issue.

If it is an issue, then you will find yourselves abusing and being abused, abusing and being abused, until the balance occurs. It takes many, many, many lifetimes. You find yourselves, currently, at an accelerated time on the earth plane, as you are about to go through a cleansing and an illusion change.

Thus, the issues of all on the plane accelerate also, and you become more aware of the issues that you have chosen for this lifetime. Many of you have a heightened awareness in this opportunity to advance in the learning of this particular issue.

I would hesitate to do it unless I could really feel and absorb the right way to do it.

Ah-h-h, understand that if you were to continue hesitating, it would not be done. The only way balance occurs is to do something ~ and if it is not quite what you wanted, then you do it again and learn from that.

The Universal Consciousness is there to give you the guidance as you move through your lessons. From our perspective, lesson learning is not a matter of right or wrong. It is simply a matter of balance. And if you do something that does not seem quite appropriate, it is only for the development of your Soul that you are concerned with.

So, try it and do not be afraid and if it does not work, so what ~ you simply try it again and again until you bring it to the point of your own satisfaction.

Could this be done in a group and would everyone in the group have to have resolved the manifestation difficulty they might have before attempting it as a group project?

Group manifestation is another issue. Manifestation is not what you call a PARLOR GAME in which a group would get together and say, "Oh, let's manifest something now."

It is an issue of the entity individually, remembering that there may be some in the group who do not have manifestation as an issue, and that because of the varying points of learning for those who do have manifestation as an issue, you need to be cautious.

Group manifestation needs to be led by one who has the ability to monitor and keep the vibrations harmonious, or difficult situations may come as a result of group manifestation. We are not a proponent of group manifestation for it can be dangerous. You open yourselves for mischievous entities. Thus, manifestation is an individual issue.

There are spiritual leaders on the plane who would have the ability to guide a group manifestation. However, we caution very strongly the use of group manifestation.

Is a healing circle an attempt at group manifestation?

A healing circle is a sending of energy by a group without imposing ~ simply sending one's energy to another so the entity may take it, if wanted. The issues of abuse are also present because of the power by some to impose their energies upon another.

You have simply gathered your group to send light and, thus, it does not fall within the arena of manifestation as we have defined it.

Don't we have to contribute a significant amount of effort to manifest something? We can't simply say, "I wish it would happen." Don't we have to work diligently to see that it does happen?

There are many who feel that simply wanting something will produce it ~ and this is not accurate. However, there can be too much emphasis on getting it. There needs to be, once again, the balance, the understanding that The Universe provides the opportunities.

Once you have sent out to The Universe that you want a particular item, The Universe begins sending opportunities. It does not automatically happen ~ the opportunities are presented. It is then up to you to RECOGNIZE the opportunities and then, in working with The Universe, manifest through those opportunities.

If you indicate that you want to move into another work environment, for example, it will be presented, and it is the OPPORTUNITIES BEING PRESENTED that many entities fail to recognize, for they see opportunities from their own perspective rather than from the perspective of The Universe and may say, "I want to have a new job in such and such a company." That is not necessarily what The Universe is going to respond to.

The Universe may respond to the need for work within a particular environment. However, this is where the difficulty occurs in entities having, as you might say, blinders on and expecting to be given what they WANT rather than what they NEED.

Do I need to be very clear in order to manifest? For example, would I say, "I'd like a new job and don't know what the new job is to manifest."

You do not have to be specific, my love. In many cases at conscious level, you may not be certain specifically. You may feel, for example, that you need to have more awareness of certain spiritual issues, and you manifest it in your visualization.

You would manifest simply the words SPIRITUAL ISSUE or SPIRITUAL GROWTH, surrounded with white light, and before you know it, you find yourself here listening to us. ☺

Thus, you do not need to be specific. Many who have perfected this technique go from the general to the specific depending on where they are in contact, and in harmony, with their Higher Self and The Universal Consciousness.

Oftentimes, it works more to your advantage to be general and to be ready to see the opportunities presented in a way that you may not have expected and to be open to that which you would not expect.

To be open to what would be presented is a difficult issue. Remember that nothing is presented to you that you cannot handle, and that everything that is presented as an opportunity does not necessarily have to be acted upon. However, many do not see what is presented to them for they want to be in control of what is presented.

The flow becomes easier when you simply respond and wait for what feels appropriate. The extreme, of course, is waiting and waiting because nothing feels right, which then means that you never act. The journey is to learn from within Self when to act and when not to act, when to not take an opportunity and when to take an opportunity.

Our next topic of discussion is LIGHTNESS OF SPIRIT.



Earth Plane Connection

LIGHTNESS OF SPIRIT

Waith: We will now discuss LIGHTNESS OF SPIRIT. Far too often there is a sense of heaviness that goes with energies incarnated on the earth plane because it is one of the most difficult of training grounds. It is accelerated in its emphasis of lesson learning, and as a result, energies often become very serious.

Part of our mission through Mushiba is to emphasize the LIGHTNESS OF SPIRIT on one hand and the SERIOUSNESS OF PURPOSE on the other. We are aware of the sense of burden that many now feel because of the acceleration they have taken on as The New Illusion begins to present itself.

Energy is inherently light and joy filled ~ it is not heavy, nor filled with a sense of burden. Remember that we have said that you all have chosen to come onto the earth plan and that it is not mandatory that an energy do so.

A long discussion is given with each entity before they begin their first time on the earth plane. And at that time of agreement for entry onto the earth plane, there is injected into the Soul of the energy a very strong component of Lightheartedness, as best as we can describe it.

Each of you has an added component of Lightheartedness in your Soul memories that is a gift given by The Universal Consciousness to those who choose to come onto the earth plane so as to be able to draw upon it when the burden SEEMS heavy. You can reach this Lightheartedness through your focusings.

We have a Focusing Tool for those of you who have difficulty in reaching the lightness that is part of the spirit that brings about the laughter, that brings about the sense of freedom, the sense of joy, the sense of Oneness.

FOCUSING TOOL

LIGHTNESS OF SPIRIT

Stand with your feet apart so that you maintain a balance.

Place your arms as if you were an airplane ~ for they are your wings. 😊 😊

Face the palms of your hands outward.

Draw in a breath from your Solar Plexus, in through your mouth and hold to the count of five ~and letting the breath out through your nose, closing the mouth while doing this so the breath does not escape through the mouth ~ an important component.

Drawing your breath in and let out, bring your hands slowly over your head, to that which is the Crown Energy Center, and place your fingertips together so they form the pyramid shape.

Bring your hands down slowly so they are close to your Crown Energy Center without actually touching your head.

Close your eyes and envision within this pyramid a little ball of fuzzy white light ~ think of something that is a little fuzzy that you could equate to this fuzzy white ball ~ it must be fuzzy for this is not your standard white light ball ~ it is your fuzzy white light ball. ☺ ☺

Call upon the very highest of the white light to bring protection into your pyramid.

Envision this fuzzy white ball moving through the tunnel of the Energy Centers, moving down through the Energy Centers until you envision the little fuzzy white ball at the very base of your encasement.

Envision splitting the little white fuzzy ball and place one on each of the tips of your feet ☺ so that you have this position of standing with the pyramid shape and the two little fuzzy white light balls on the tips of your feet.

Take your right foot and place it forward to the front of you, remembering not to lose these little fuzzy white balls. ☺

Bring your right foot back to its position and bring your left foot forward, remembering the little fuzzy white ball.

Bring your left foot back and wiggle the toes of each foot simultaneously with the little fuzzy white balls staying in place. ☺

Bring your feet together as you stand forward and straight, and envision the two little fuzzy white balls becoming One again at the base of your encasement on the toes.

Keeping your position with the pyramid shape over your Crown Energy Center and the little fuzzy white ball at the base of your toes, say, "I call upon the memory from my Soul that gives me the Lightheartedness the The Universal Consciousness has gifted to me."

Envision the little fuzzy white ball moving up through your Energy Centers, and as it moves, envision the fuzziness spreading throughout your encasement.

Move the little fuzzy white ball through and back into that the pyramid and fill it with the light from the fuzzy white ball.

Say, "Thank you, Universal Consciousness, for the gift and for your protection" ~ while opening your hands so the little fuzzy white ball can move up, out and back into the highest of the protective white light.

Bring your hands back into the pyramid shape, and slowly bring your hands back into the position with the airplane and your palms facing out.

Very slowly bring your hands together, palms facing each other.

As you bring your hands together, clap them for you now release the lightness.

END OF FOCUSING TOOL
LIGHTNESS OF SPIRIT

Can we do it at work? ☺

There would be times when you could do this at work, and, in fact, the final stage with the clapping could bring the attention of others around you who would say, "What are

you clapping about?” And you would simply say, “It is joyful to be here.” ☺ That would certainly gain attention, would it not ~ and, perhaps a bit of Lightheartedness.

There is the tendency for many to be very diligent about what they are here to do, thinking, “It’s now or never ~ if I don’t get it done now, then it will not get done, and oh, my goodness, I must be so serious about all of this, and I must take a stand on issues, and be so vocal about what I’m here to do.”

The true quest of spiritual growth, ultimately, results in not flaunting, not discussing what the issues are, and rather to simply work through them and take the seriousness of Self out of the working of the issue.

What you DO needs to be serious for you have growth to achieve and lessons to learn. However, do impose that upon others. Simply be lighthearted as you express yourselves with others, without bringing in the so-called immensity of what you have taken on. Part of the entrapment of the earth plane is to get you to be very serious for then the darkness can attack at your vulnerable points, for you take yourselves so seriously.

Our basic philosophy is ~ take what your mission is in a serious manner and do not take yourselves seriously. Project lightheartedness and take what you do lightheartedly, for it is the light that wins and not the dark.

And, while you must be most concerned about your own path, it is your path and one not to be imposed onto another. Rather, BE OF SERVICE, which is the prime directive for all energy. To Be of Service means that you are lighthearted toward others and you accept them unconditionally, which, of course, is most difficult. The theory is easy ~ it is the application of the theory, or concept, that is so difficult. ☺

Lightheartedness, then, is something that each energy has inherently in its Soul memories. All of you have it ~ it is not just given to special energies. An added Lightheartedness comes to all energies, who choose the earth plane that is above and beyond the inherent Lightheartedness of all energy.

Is there any one crystal that everyone can carry to help stay lighthearted, or is it an individual type of thing?

There are some of The Mineral Kingdom that are more prone to helping in the areas of Lightheartedness, though any clear crystal can be of service in that area, for the clear crystals are able to take on anything that is needed.

However, the crystals that would best help in the areas of Lightheartedness would be the raw crystals and not the polished, and of the colors of red or green as well as the variations of red and green.

As you do with all of The Mineral Kingdom, find one that you feel connected to. For example, we would not spread out red and green crystals and say to you, “Pick your crystal now ~ these very specifically will help you with Lightheartedness.”

While there may be some people who project that type of situation, any of The Mineral Kingdom can be of service in that area if you so ask it. However, there is a predisposition with those that we have just described in color, to take on Lightheartedness a bit more easily. It can be any size and any shape, remembering that the size and the shape of a crystal does not indicate its quality.

Can pain, or any kind of physical manifestation of an illness, be helped by this focusing tool?

Oh, indeed, if all it does is give a sense of release from the tension of the pain. Understand that while the issue of what causes the pain must still be addressed, this can serve to help you. Catch your breath a bit, rather than to feel so burdened by the issue.

So it can be used as a tool for relieving pain?

It can be a tool for relieving pain of a TEMPORARY nature.

Can we do this focusing with someone else?

Oh, indeed. The more the merrier! 😊

When someone cannot do it, for example, from a different kingdom, like an animal, can we do it for them?

You can do it in their vibration and that would help in the vibration of that particular entity, in whatever kingdom they exist. As you do this, you are bringing in an energy of Lightheartedness. Simply visualize that you would lighten up your own surroundings, and the vibration naturally will assist those with whom you are bonded.

Can we do this by just visualizing, without doing the physical airplane part of it?

Yes, many can do this instinctively, for they know that they have this gift from The Universal Consciousness. For many, however, it is a ritual that, in its own physical movement, is a symbol that assists them in bringing into focus that gift.

Many find, even though they are able to instantly bring in this gift from their Soul memory without going through all of the motions, that, in fact, they want to go through the motions on occasion, for the movement of it helps the encasement.

There is an actual release of energy as you move, with the clapping of the hands and movement of the toes. It gives you a sense of lightness and fun. However, you can simply visualize it for the end result gives the same effect, ultimately.

Was the seriousness created on the earth plane to help us learn our lessons more quickly?

Yes. It is a part of the scenario built into the training ground of the earth plane that there be seriousness, for to return to The One means that Lightheartedness is once again all that encompasses the energy. In order to move back into that Lightheartedness, there must be the balance.

The balance occurs as a teeter totter where you must go to extremes. You must be, indeed, most serious to the point of extreme in order to go back into Lightheartedness. You are constantly achieving the balance so that there is the understanding of the seriousness of your own path and yet the Lightheartedness that goes with endeavors to return to The One.

While other training grounds have degrees of seriousness built into the scenario, the earth plane is the one with the heaviest component of it.

What do the dark energies want when we're too serious?

When there is a sense of seriousness without any Lightheartedness, it is a vulnerable point in you where you see things only from what is in front of you. The lightness shows you the spectrum for with darkness you can only see what is in front of you. Therefore, the darkness would attack you during these periods of feeling that there is nothing except what is right in front of you, and a forging ahead of the mission without any sense of area around you.

Each of you has susceptibilities ~ it may be physical, mental, emotional ~ in which the dark forces can strike. Physically, for example, you may feel pain in your right hand and that pain creates in you an attitude that makes you glum, and then begins to work upon

you so that you are not of service to others, that you become centered within Self without the strengthening of Self.

The dark tries to get you to be Self centered rather than Self strengthened ~ a very significant difference. Thus, the more that you keep yourself light, the less opportunity the dark has to attack you.

Why does the dark want to do that? What does it gain?

The dark gains in its own strength and increases its powers. It increase its own darkness, for as you are able to only see within you, you bring about your own darkness and external dark forces grab onto that darkness within Self.

If there is light around you, the dark would be grabbing light. They certainly would not want to do that, for they would choke. ☺ ☺

And when the dark chokes on the lightness and it finds itself suddenly filled with light ~ and, then, we have another one that we have brought into the light! ☺ ☺

Our next topic of discussion is ENERGY CENTERS.



Earth Plane Connection

ENERGY CENTERS

Waith: We will discuss ENERGY CENTERS. Energy Centers is a concept that is sometimes referred to as CHAKRAS. Remember that in your quest for understanding and awareness, basic concepts go by different names on the earth plane.

Be careful of limiting your understanding of basic concepts by what is given a name that may be different from the word or words you use. If a person does not understand a concept by the name you know it by, it does not mean it is wrong. Be careful of judging.

The Energy Centers that you are all most accustomed to consist of what we refer to as the TUNNEL that goes through the center of the physical encasement. However, the physical encasement is only a small part of that which helps to operate this tunnel.

There are three other areas to be concerned about from an energy perspective. We will discuss those three areas first and then explain how you can begin to open your Energy Centers.

You deal with spirit and earth plane in the balancing of your issues ~ the abstract and the concrete ~ and both are interconnected. In order for an issue to manifest, at earth plane, it must first be addressed at spirit, and there needs to be the higher order in the understanding of your issue ~ the spirit issue.

In between the spirit and the earth plane are layers of energy and layers of vibration that relate to your particular energy field ~ an Energy Circle that each of you has that encompasses all of the other components of energy kingdoms that exist in The Universe.

This Energy Circle that you have is unique to Self as well as connected to The Universal Consciousness. There are very thin cords that are connected with each Energy Center to your Energy Circle. Visualize this tunnel moving up and down the encasement and that the cords move out into your Energy Circle, as you would think of a wheel ~ see the spokes moving out to form that which moves the wheel.

Each of these cords keep your Energy Circle strong and, indeed, intact, without crumbling ~ for to have your Energy Circle simply existing around you would make it vulnerable to disintegrating. Remember that all of you, as energies, are connected to The One by a thin cord.

We now say to you that the cord is also connected with each of your Energy Centers.

As you increase in your awarenesses, you begin to open up other Energy Centers. There are more Energy Centers than simply those that have been described traditionally as the Chakras. As you move into The New Illusion, it will involve more openness in certain parts of your vibration.

The opening up of new Energy Centers means new areas ~ on the shoulders, in the back and on the fingertips ~ and as you move into The New Illusion, certain Energy Centers in this tunnel will have opened completely and, therefore, will take their place within that which is the total vibration, making room then for the new Energy Centers that are beginning to open, subject to lessons to be learned and greater awarenesses to be gained.

The Energy Centers that will subside in The New Illusion are those at the lower level of the tunnel, for the issues of that which you call sexuality will be different in The New Illusion. Those who do not go into The New Illusion will, at the time that is appropriate, reenter the earth plane and begin, once again, to work on those particular Energy Centers that they left closed at the time of their departure.

The Fullmation, as we have named it, is that which can help you in opening up your Energy Centers.

When the Soul determines that certain lessons need to be worked on, the message is given to the Higher Self ~ this is the connection. The information is stored in the Soul and the Higher Self is the connector, is what you call the intermediary between Conscious Self and Soul. Thus, the Soul gives Higher Self the information ~ it triggers that which must be learned, or that which needs to be remembered from another time.

It is then the responsibility of Higher Self to connect with Conscious Self, primarily done through the process of focusing, sometimes referred to as MEDITATION. What we add in now to this is the component of these cords that are connected to each of the Energy Centers; for each of the Energy Centers play a part in the lessons and the balancing that we all go through.

Thus, the Higher Self will send a vibration into the current consciousness through one or more of these cords of energy that connect to an Energy Center. This is the way the energy comes and goes. It is all methodical and very well organized ~ and it is when you work on a particular issue that the Energy Center goes on alert.

Thus, if you are dealing with issues of judgement, the Heart Energy Center is one of those that goes on alert and the information that is needed from your Soul comes

through the Higher Self ~ and the energy is sent through the cord that connects your Energy Circle with the Heart Energy Center. Then, all of the energies in your Energy Circle that are a part of your total vibration become involved, in some way, depending on their connection with that issue to which you find yourself working.

When it is time to ease up on the lesson that you are working on, that information and energy is sent back through the cord that connects the Heart Center with the Energy Circle ~ goes back into the Energy Circle and then into the Higher Self and then into the Soul. This sounds all very easy ~ Soul, Higher Self, cord, Energy Center ~ poof! You have done it and you have connected. 😊 😊

Of course, you all know that it is not quite that easy for if there are blockages anywhere along the way ~ and of course there are, and that is part of the fun of it all ~ then the importance of working with your Spirit Guides and your Angelic Protector comes in.

There are some major points of placement in this activity where blockages occur. First, your Soul and Higher Self are very critical in this process. They are, indeed, the most critical, and your Soul is ever ready to operate, to do what it needs to do. It is your Higher Self that can create blockages by saying, in essence, "I will not open up the door for I am in control."

This situation can occur for many lifetimes where your Higher Self says that it is in control, and your Soul waits patiently until Self resolves the conflict within Self, for it is a Self conflict.

Once that barrier has been broken, Higher Self now is excited and ready and says, "Now, we'll talk to Conscious Self ~ Higher Self to Conscious Self." 😊 Now, however, Conscious Self may say, "No, I'm in control ~ it is I on the earth plane and this is where the action is ~ I don't need a Higher Self." And this can go on for eternity. 😊 😊 As long as it goes on, that is as long as you stay on the earth plane, and you can stay on the earth plane for eternity if you so desire. 😊

Once that blockage has been broken, it would appear, then, that the way is clear ~ there is a connection between Conscious Self, Higher Self, and Soul. My, my, what a utopian thought! You have it all done now. However, the glitch occurs in that these blockages that you have broken apply ONLY TO ISSUES and does not apply in totality.

This means that you may have, let us say, finally broken the barriers for the issue of patience, which is connected to the Energy Centers known as the Solar Plexus. You might say, "All my blockages are down now." However, you may have the issue of judgement ~ that is related to the Heart Center ~ and that may still be in blockage. So your

blockages may still be there even though you have opened up in other areas. It is not until you are finished with your sojourn on the earth plane that all of those blockages are gone.

This is why you are on the earth plane ~ it is to unblock. As an example, if you eat the wrong foods, sometimes the arteries in your encasement become blocked, and you flush them out by eating differently ~ and then you start doing the things that blocked them in the beginning, and they block up again. ☺ Well, this is true of all of these lines of energy ~ they block, they unblock ~ they block, they unblock.

You might feel the sensation of a WHOOSH within your Energy Centers. This is simply something that can be viewed as the opening of the trap door. You are opening it with this little string, this cord ~ it is opening and it is closing ~ it is opening and it is closing.

As you resolve all of your issues, the blockages unblock. And then they block and then unblock, and eventually they are totally unblocked ~ and that is the fun of the earth plane.

What is the difference between our Soul and our spirit?

Spirit is an encasement ~ it is a manifestation of the Soul. The Soul simply is ~ and that is the difference. So, you have a Soul that continues for the time that you are out of The One. The spirit manifests itself in different ways depending upon the training ground in which you find yourself.

For example, on the earth plane, the spirit has a different connection with this vibration and this encasement that you find yourselves in on the earth plane. When you go onto another training ground where the physical is different from that which is on the earth plane, then its spirit connection also changes so that it is in harmony with the scenario that has been determined for that particular training ground.

The Soul, however, remains constant, and, indeed, houses the entire memory bank of the energy, whereas the spirit does not. The spirit houses the information that is necessary for that particular point on the path, whatever the training ground happens to be.

What is the relation between the spirit and the Higher Self?

The relation between the spirit and the Higher Self is one of, shall we say, coconspirators, for it is the Higher Self that is, as we said earlier, the intermediary between the Soul and the Conscious Self. However, spirit acts as what you might refer to as representative of spiritual issues for The Universal Consciousness.

Spirit and spiritual come from the same source. To be spiritual, as we refer to it, is to be of spirit. And thus, it contains the higher knowledge that is necessary and gives the spirit a greater flexibility in working with the Higher Self. It is almost a shadow, if you will, of the Soul.

When we're working on a particular issue and it's related to a certain Energy Center, does this affect the physical body, like a stomach problem or physical problems?

Yes, indeed, for it is part of the setup of the earth plane. Your lessons to be learned are a combination of the physical and the spirit and much of these lessons manifest in concreteness ~ that which is the physical.

The Energy Centers ~ which we said are connected to spirit and physical ~ will open and close which will create disruptions within the electromagnetic field of your encasement. Thus it can create disruptions and discomfort in your physical as well as the opposite ~ a feeling of wellbeing.

Thus, it is not always that you will feel miserable because your Energy Centers are opening and closing, for you can also feel light and happy. It depends, of course, on the sensations. As you initially take on an issue, you may feel a sense of heaviness in your encasement, in any one of your Energy Centers. And, as you work through the issue, you begin to feel the sense of lightness.

It is important to note here that each of you takes on, in the learning of your lessons, a very small percentage each time that you work on a lesson ~ you do not take on the entire lesson at once. When you enter the earth plane, you may say that you are going to learn, perhaps, twenty five percent of the issue of patience on the earth plane training ground and the other seventy five percent you will learn on other training grounds.

Thus, you come onto the earth plane in your sojourn and say, "In my time on the earth plane I will take on twenty five percent of patience." And, in a particular incarnation, in which you determine to work on patience, you may then say, "I will, in that incarnation, work on one tenth of one percent of that twenty five percent."

You do not take the entire percentage and come jumping into the lifetime. You will say, perhaps, that you will take one tenth of one percent in this incarnation to work on, and not do it all at the same time. You will take a tenth of one percent of that at one given time, work through it and clean your Energy Centers, and then that Energy Center will close where that issue is concerned.

You may go for many, many earth plane years working on other issues, and then decide that you will take another one tenth of one percent of the issue of patience. And thus the opportunity will be presented, and the opening will be there ~ the pulling back and forth of the cord ~ and you will begin to feel the movement.

When you first begin working on that issue in a lifetime, you will feel the discomfort. It may take you, perhaps, working half way through in that lifetime before you begin to feel the lightening up within the encasement. When it is time to open the door again on the Energy Center ~ and perhaps it is now the fifth or sixth different time you have opened the door and begun ~ it will not be as heavy this time and there will be a lighter sense of opening up.

There are times when people have heart attacks that are very serious, or what is referred to as an aneurysm, where something in their brain will burst. Would that be a time when the opening of an Energy Center is occurring and perhaps the person isn't prepared for it to happen?

Keep in mind that at a higher level you are always prepared. It is this conflict between Conscious Self, Higher Self and Soul that can create the sense of saying, "This was a surprise." Conscious Self thinks it is in control. Issues, such as heart attacks and other very traumatic activities within the encasement, are simply physical manifestations of this opening and closing that signify personal reasons.

One entity who has, let us say, a heart attack, and another entity who has a heart attack, will have them for very different reasons. There is no pat answer that says, "That person had a heart attack and, therefore, I know exactly what their issues are!" Would that not be easy for you all to be in that role of judge! 😊

You know not what the path of any entity is. Simply know that when a physical activity occurs, that it is connected with an issue from spirit and has a spiritual dimension, and until the spiritual is addressed, the physical will not resolve itself. Unless there is some type of harmony that develops at the higher level with the physical level, the physical will continue. And while it may occur no longer in that particular incarnation, the issue is still there and will carry forward into another incarnation.

A heart attack may be a way of teaching and it may be a way of learning. If it is a way of teaching, it is also something that is connected with spirit because everything is connected with spirit. It is arrogant to think that nothing is connected with spirit and that you can do anything without spirit. Everything comes from spiritual

It is an individual case and up to the entity to deal with it and not for any of you to go running to them telling them what to read or do. Be most careful of any affliction that you would observe. Be there only to support and be of service if asked. That is one of

our operative phrases, IF ASKED. Stay out of it unless you are asked. BEING ASKED can come from different levels ~ and that is another topic for another time. ☺

When the Conscious Self becomes aware of the connection to the Higher Self and desires for that connection to be opened, why is it not immediately opened and those blockages removed?

Oh! “Let’s open up those blockages and get to work immediately!” you say. ☺ Perhaps it is, then, an issue of patience. ☺ Sometimes it does and sometimes there are other issues also working within the Energy Circle.

Do not be discouraged if you do not feel this sense of connection, where everything springs open. It comes slowly, until it reaches a point where suddenly it does open and you have an awareness of it opening.

It is as if you were wiping off a film that has been created as the result of years and years of what you call pollution. It is deceptively thin, until you start to wipe it off. You are first aware that the film is there and it looks deceptively easy to clean until you start.

Many of you have experienced this where you start to clean and say, “There is more here than I realized!” You slowly have to wipe it clean, and it seems like it is going on forever. You do a little, leave it and come back, do a little, leave it and come back, until finally you say, “There is a breakthrough.” And once that breakthrough occurs, the rest of it very easily and quickly clears. Energy Centers have these films. Think of every blockage as a screen that has a film on it that needs to be cleaned.

Some energies have learned over many incarnations and much work, the right kind of cleaner. There are many cleaners on the market, are there not? ☺ It does not hurt to ask another, “What do you use to clean your Energy Centers?”

Clorox! ☺

We say this not in a flippant manner, for this is the purpose of information. The information that we give, the information that is available throughout the earth plane from many different sources, is all valuable information that helps an entity, where they happen to be in their own awarenesses, to use that information as their form of cleaner.

You reach your Higher Self by utilizing a particular technique, or what someone else gives for advice. This is the reason there are so many books and so much information. It is for you to go to and find the source appropriate for Self. There is no bad information ~ it is all good and determined by what you need and your cleaning needs.

Can we use crystals, color or sound, to work on our Energy Centers and to open them?

Yes, those are all cleaning elements and can help in creating a greater awareness. Remember, though, that you are the only one who can learn your lesson ~ a crystal cannot learn it for you. However, it gives you a sense of alliance that you have some help. Understand that while you do not, in actuality, need that, it is a source of assistance because most energies find that they need some type of help.

The Mineral Kingdom is here to be of service, to aid in helping you along the way, just as many in human encasements serve as helpers to you, to give you guidance and consolation. Regardless of how much help you receive from your Angelic Protector and from Spirit Guides ~ from any source ~ ultimately it is you who faces Self. However, it is nice to have companionship.

When you talk about resolving the different issues, you've made it very mathematical by saying it's all the way we incarnate and try to solve one percent of the patience issue and ten percent of the judgement issue. It seems pretty complicated. I would rather just do the one hundred percent and get it over with.

This issue is resolved at Soul level and not for you to muddy yourself in the physical with thinking, "I wonder what my percentages are ~ Why didn't I do this ~ Why didn't I do that?" Your Soul plans out the life, and, indeed, the sojourn on the earth plane.

It is your Soul that releases, as it deems appropriate based on its higher understanding of the energy, what will be. If you were to take on the full percentage of an issue in your sojourn, not to mention one lifetime, it would be far too overwhelming.

Lessons are energy. Thus, you could not place this ball of energy that makes up the total lesson and push it through this little thin cord at one time. Instead, think of it as draining through and moving harmoniously through the cord.

Remember that your Soul is in connection with The Universal Consciousness. It is an illusion that Conscious Self is in control. The Soul is in control waits patiently, as long as it needs to wait, for Conscious Self to give up its SENSE of control. And then, everything becomes quite harmonious and flows very easily.

How do addictions come into this picture?

Those are issues and are no different than the issues of patience and judgement and all of those issues that you take on. Some energies choose from their Menu ~ upon entry onto

the earth plane ~ certain addictions that they will take on, and others do not. It is simply an issue and it works in the same way as we have described, this release from the Soul into the Higher Self and through the cords into the various Energy Centers.

We will address addictions in greater detail in another discussion of this topic of the EARTH PLANE CONNECTION. (See ENERGY DEPENDENCE)

Our next topic of discussion is PLAYTIME ON THE EARTH PLANE.



Earth Plane Connection

PLAYTIME ON THE EARTH PLANE

We will now discuss PLAYTIME ON THE EARTH PLANE. To walk your spiritual path does not mean that you go around with a solemn look on your face with stooped shoulders and carrying the burden of the ages. ☺ Rather, view your search for greater awareness through a perspective of play, and that it be balanced, as is the quest that all seek.

To play is not as easy as you might think it to be. Thus, we will present some ideas about play. And, yes, to play means also to be working on your spiritual path. It is not opposite to that which you would feel appropriate to your spirituality ~ rather, the essence of pure spirit is Lightheartedness.

To be irreverent is the essence of respect. Does that sound contradictory? As you Respect Self ~ and remember that this is our first Guideline for Growth ~ respect of Self then enables you to be irreverent, for you see, nothing threatens you. And being irreverent means that you see the illusionary aspect of all that exists and that in the end, what does it all matter on the plane?

We will show you a particular activity that you can do alone or with others.

FOCUSING TOOL

VISUALIZING A FAVORITE TOY ~ ALONE

Place the tips of your fingers on the very top of your shoulders.

Place your feet heel to heel so that your toes point out and move your legs up and down ~ up and down, up and down.

As your legs are moving up and down, begin to move your arms as if you were flapping your wings ~ up and down.

Flap your wings ~ flap your wings. ☺ ☺ ☺

As you are moving your legs up and down and flapping your wings, you are gaining a bit of momentum and creating an energy within your aura ~ and it is creating a movement ~ feel your own energy.

Move your arms straight out to your side, still moving up and down and move your fingers as if you were fluffing ~ fluff, fluff.

Bring your arms over your head, with your fingertips together, over your Crown Energy Center, creating a circle over the Crown.

Stand still now and visualize within this circle your favorite toy as a child, surrounding it with beautiful, fluffy, white light.

Move your hand slowly down in front of you, keeping the fingers together in the same circle position ~ down slowly through your Energy Centers, until you come to your Solar Plexus.

Imagine that your favorite toy goes in through your Solar Plexus and fills all your Energy Centers ~ up and down, sideways to sideways ~ filling your entire being.

And now, act as your favorite toy. 😊

Good trick! 😊 😊

What was your favorite toy?

It was a bow and arrow.

How would you act as a bow and arrow, my love? Pretend you are a bow and arrow.

I can pretend I'm SHOOTING a bow and arrow. I'm not sure how to pretend TO BE a bow and arrow.

Farena: Hi ~ Hi ~ Hi!!

Hi! How are you, Farena?

Fine!! I am going to help you be a bow and arrow! There is one thing that you did not do, you see. YOU are the arrow.

I am the arrow. Oh, good! 😊😊

Whoosh-h-h. Feel the energy that comes out of your vibrational arena. Feel that as you go whoosh-h-h. Again, whoosh-h-h-h. 😊

Take your hands as you had them in the circle, at your Third Eye and feel yourself ever more strongly as your favorite toy, becoming part of and One with your favorite toy ~ see the energy that surrounds all of your imagery ~ and feel the combination.

Complete the game by bringing your hands back to your Crown Energy Center.

Open your hands with palms up and send the imagery of your favorite toy to The Universal Consciousness, thus making the connection with The One.

Bring your arms slowly down to your sides, with your palms facing to the front.

Bring your arms with the palms facing up, crisscrossing your chest. Take each of your hands and pat yourself. 😊😊

Bye and lots of fluffies!!

End of Focusing Tool
Visualizing a Favorite Toy ~ Alone

Waith: *This is a focusing tool that you can do by yourself. Now, we will show you how to combine this, if you would want, with others.*

Focusing Tool
Visualizing a Favorite Toy ~ in a Group

Create a circle and hold hands.

Call upon the very highest of the white light and envision the white light of protection surrounding your circle.

Slowly envision the white light moving into the center of your circle and filling it with the white light.

Envision of your favorite color sending the image into your circle of the white light, filling the circle with the color of your choice.

Within your circle envision your favorite toy, with it being smoothed over by the beautiful colors and the white light.

Slowly move around to your right and as you do this, send energy through your fingers and hands into the person on your right.

Feel a circle of energy interconnected with each other, moving slowly around ~ and now encircle your favorite toy with energy.

Stop moving and place your right foot into the circle and shake it all about, 😊 and you do the hokey pokey. 😊 😊 😊

Place your right foot back and now place your left foot in and shake it all about, and then place it back.

To smooth your energy field, wiggle your body ~ wiggle, wiggle, wiggle. You are shaking your energies and getting them moving.

Still holding hands, bring your arms up and into the center of your circle so that all of your hands are touching in what forms basically a pyramid.

Envision that the toys you have in the center are moving about and playing.

Envision yourself as a child playing with your toy ~ and envision that the others who are with you in this circle are playing with you.

Bring yourself to that time frame where you felt joy and happiness at playing ~ and the spark of remembrance comes through.

At this point, you can determine, as a group, how much time you want to engage in this play. Take the time now to play.

Now bring your arms back down slowly into the circle.

Cover the image of your toys with protective white light.

Still holding the hands of the others, bring them back to your sides.

Move slowly to the left ~and now to the right and visualize the flow of energy going through your hands creating the bond and a unity.

Call for the protection of the highest of the white light.

Slowly stop moving and release your hands from the others.

Take a deep breath through your Solar Plexus ~ breathe in slowly and release ~ and relax.

Smile at each other, remembering the play that has just occurred.

End of Focusing Tool
Visualizing your Favorite Toy ~ in a Group

You must make time to play because play is an energy. Allow play to be a part of your life. When things seem to be the most serious in your life, where you feel you have the most work to do and all of these deadlines to meet, this is the time most appropriate to bring about play.

While it may not be possible to physically play, you can mentally play. You can bring about a remembrance of your own playing or you can be with another, and through a relaxation technique bring about a remembrance of times when you played.

If you cannot remember a time when it was playful and joy filled, you have others who you could use as their play to be your play ~ this is the benefit. And eventually, if you are not able to remember a time of play in this lifetime, you may be able to move out of this lifetime and into another in which you did play.

The possibilities are limitless with this activity.

The more you remember the sense of fun in playing, the lighter you will feel. As you begin TO BE the toy that was your favorite ~ and you may have several from different time periods in your life and from other lifetimes ~ you then take on the energy of that which, external to Self, created a sense of joy and happiness. And that energy can combine with your current energy that feels weighted down by your responsibilities.

It will become easier to laugh. It is so important to laugh ~ laughing is an energy! Laughing creates an automatic fluffing of your energy field. ☺

We want you all now to laugh. ☺ Laugh! Laugh! Laugh! Laugh! ☺ ☺ ☺ ☺

How do you feel when you laugh?

Lighter! ☺

Ah-h-h, lighter!! And do you laugh enough? When you watch the news, laugh ~ it is so important to be irreverent, and what is so serious that is being presented is specifically meant to try and bring you down!

While it is important to know what is being said that is attempting to bring you down, so that you can converse rather intelligently with others, you would want to laugh at it all within Self, to know that it is only an illusion ~ a very powerful illusion ~ and meant for learning of lessons.

Try out various kinds of laughs, something different from what you are accustomed to doing in laughing. My love, laugh. (Waith speaks to a class member)

It worked! I feel better!! ☺

Now try another way of laughing. ☺ ☺

We want you to direct the gathering in laughter. (Waith is referring to a class member)

We'll do a laugh wave. We'll start here and laugh going all around. As you get three people away from you, you stop laughing, and continue all the way around, and it ends with Waith. You do the Waith Wave. (There are waves of laughter as the wave cycle is done several times)

Thank you, dear one for your leadership!!

Wonderful! (The group claps)

You see the energy that comes from laughter. It is important to have the serious, and it is important to have the laughter. As we present information to you that is serious, we attempt also to lighten that information as we give it to you.

You will not understand everything that comes through from a source higher than you ~ this is the way it is.

When you do not understand something, do not be so serious and feel there is something wrong with you. Simply say, "Ha-ha-ha, I don't understand this." ☺ Then, go to somebody and say, "Do you understand this?" And if they say "yes", well, wonderful, you have found someone who can help you understand it!

And if they say, "No, I don't understand that," you know that someone else does not understand what you do not understand, and therefore, the search continues. Now you have an ally. You say, "Let's find someone who understands." Eventually you will find someone who understands.

In the quest for seeking the understanding, you will have allies ~ you will not be alone. You will have others who have said, "I don't understand what Waith said," or "I don't understand what has been said from other sources."

True freedom comes from letting go of the sense that you must know everything and you must have that totally within Self. The seeking of knowledge is something that is accomplished with the help of others.

Each of you has your own levels of knowledge and awareness in different components ~ some understanding better than others. Seek out each other.

This is what you all are here for, to share, to give information as guidance and to seek out others for information. And eventually, you understand it. And while you may not understand it in this lifetime, you will eventually ~ and play!

Is there a color associated with the vibration of laughter?

Oh, indeed there is for laughter creates an energy and creates, then, a color that can be visualized that is based on your own vibrational field.

We will guide you on how to connect with the color that is currently created within your energy field and the ability to be able to lighten that color as you laugh, for the laughter creates, as best as can be described, a sparkling color. So if the color that you currently have around you is, let us say, yellow, you then become a sparkling yellow. We will discuss the topic of COLOR soon. (See the WAITH TRANSCRIPT, PLAYTIME ON THE EARTH PLANE for Waith's discussion of Color and Sound.)

What about sarcastic laughter, the kind of laughter we might get when we're watching TV and the President says that he has an economic plan, and we laugh at him. Is that of any value?

Oh, indeed, yes for this is irreverence. To take anything seriously creates this heaviness ~ and laughter is laughter. If you were to laugh at everything that is said on these news programs, and by certain individuals is truly to be laughing as you would at anything you find ludicrous and funny.

It's not a judgement, is it?

Everything is a judgement ~ it is impossible to be on the earth plane and be free of judgement. The objective is to reduce the judgement ~ to become as less judgemental as you can. However, the lesson learning on the plane involves judgement, and the learning is in understanding that it is judgement by saying, "Oh, I'm judging as I laugh at this person." This is fine, for this helps to release a certain energy within Self.

We have more to give in our discussion of playing. (See the WAITH TRANSCRIPT, PLAYTIME ON THE EARTH PLANE)

Our next topic of discussion is VIBRATIONAL FIELDS.



Earth Plane Connection

VIBRATIONAL FIELDS

We will now discuss VIBRATIONAL FIELD and the integration of your three vibrational fields of Conscious Self, Higher Self and Soul ~ and that they are not separate.

Who you are in the Conscious Self is the physical manifestation of who you ARE ~ the combination of the other two significant components of your energy. Each of you comes from The One and is a little ball of energy. If we were to put it into concreteness, think of it as just a little ball of pulsation ~ bright light ~ and that is the essence of SELF.

Once you move out of The One, you have vibrational fields. The Energy Circle is of a larger component, and the vibrational fields fit into that Energy Circle. (See ENERGY CIRCLE)

The Soul is the library ~ this is how you would best think of it. The Higher Self is the library card that allows you to take a book out of the library, your Soul, and the Conscious Self is the result of reading the book. In order to gain access to the library, you need a library card.

Each of you has an automatic capability of gaining access to your Soul's information. It is, however, a condition of being on the earth plane that at the conscious level, you think you do not have that capability.

Automatically and continuously, the library card goes into the slot that opens the door and knows what information it needs from the Soul. It gains that information, brings it out of the library, and you receive the information that you need, whether you consciously realize this or not. ☺

There is not one action that any of you engage in that is not the result of information coming from your Soul. It is impossible to act at the Conscious Level in and of itself. The Conscious Level is incapable of operating on its own, for it all comes from your Soul.

It is who you are, and each of you are reflections of your Soul, and each of you, therefore, radiates the love that comes from the Soul and the beauty that comes from your Soul. That is who you are, plain and simple. You are energies of love.

Where it gets muddied is that on the earth plane the illusion is necessarily presented that brings out such things as ego and blockages ~ perceived blockages.

If you feel you are not able to reach your Higher Self, it is because YOU have determined that you will not be able to reach your Higher Self. There is no external force that is saying to you, "We are in control and blocking your abilities." Each of you has made that decision. You are each in control, whether you want to admit it or not, and what you do at Conscious Level is a specific plan of action determined at your Soul level.

No one else is to blame, if you would use that word. No one else can take the credit for lessons learned, only you. This is part of the illusion of the earth plane that would create this idea that you are not in control. You would not be in your physical encasements now if you were not in contact with your Soul.

Your Soul rules. Whether you are, at the Conscious Level, aware of the interaction is not the point ~ not even the issue.

In that knowledge, feel freedom and relaxed, knowing that nothing ~ absolutely nothing ~ is going to happen to you that is not already determined by Self, regardless of what someone else may say.

No one knows who you are except YOU. You are the essence of a higher consciousness, and ultimately, you are all each other. You are simply separate energy forms that have an energy grouping ~ an Energy Circle ~ and a vibrational component.

The vibrational components of Soul, Higher Self and Conscious Self, applies to any of the training grounds and not just the earth plane. Thus, when you come onto the earth plane training ground, you bring with you ~ if you have been on other training grounds ~ the memories of your experiences on other training grounds. And when you go to other training grounds, you bring the earth plane experiences with you.

Thus, you develop, over your experiences being outside of The One, what we call the PERSONALITY OF THE SOUL, a bit different from the personality of the Conscious Self and the personality of the Higher Self. The three personalities are separate yet One. It is in these personalities that strength is developed for the total energy ~ that which is YOU. And, it is in the gaining of strength that EGO enters in.

Ego is very positive if not abused and if it is in balance. Just as any other component of concreteness outside of The One, there can be abuse of ego. It is critical to have abuse of ego in order to balance and to be able to use ego in harmony, for the stronger Self becomes, then the stronger Self CAN become ~ it feeds on itself.

Thus, it is important to allow the ego to develop, for the ego is the manifestation of personality ~ and it is, then, the combination of the three personalities ~ Soul, Higher Self and Conscious Self ~ that bring about the total identity of you, the energy.

The tricky part comes in when there is an imbalance among the three. Those imbalances can occur very easily for it is a delicate balancing. If there is an imbalance, however, it does not negate the flow of information that comes from the Soul to the Higher Self to the Conscious Self.

Information is always coming through and while it can be derailed when it gets into the Higher Self, it is never, NOT coming in from the Soul to the Higher Self.

The issues take on magnitude between Higher Self and Conscious Self and between Higher Self and Soul ~ there is not an issue with Conscious Self and Soul. Since the Higher Self is the intermediary, it is the Higher Self that has the issue with Soul or Conscious Self.

Look in the mirror and say to the mirror, "Hello ~ I am me!" Look at Self through a different perspective. Look at yourself as being in control of yourself. No one has the right to tell you who you are ~ only you. And each of you is beautiful and each of you is of the light to somebody!

You mentioned that all the blocks we create are part of the process of the earth plane personality to experience lessons. Are the blocks taken away when the Soul has decided the lesson's been learned?

While the lesson may not be completely learned, for that particular time frame it is to the satisfaction of the Soul.

So, the Soul knows the answer to begin with?

Yes.

Who's doing the learning then if everything is controlled by the Soul and we don't have any supposed control at concrete?

The Soul is a vibrational field that is a component within the Energy Circle. It is the Energy Circle that then brings in the learned information. The Soul houses all the memories, while the greater picture encompasses the Energy Circle, which encompasses other components of other energies that make up your total field of experiences.

Whatever the Soul determines has been learned, is then stored for the benefit of the total energy in the Energy Circle, and that is where the lessons need to be learned. Remember, we described the Energy Circle as having indentations as it goes from one grouping of energy to another within The Circle, and it is the learning of the lesson that the Soul determines has been completed that fills in those indentations.

And once the Energy Circle is smooth, it is ready to return to The One.

There is far more to this than just the Soul. There is a higher power of Self controlling the total experience, for if you were to accept the premise of simply three vibrational fields working together, then it would be, rightly, as you questioned, what purpose then does the Soul have if it already knows the answer and who is doing the learning? It is the total energy field ~ which is far greater than each of the components.

Does that mean that we're here to gather experiences for the whole Soul community or the energy field community?

You are all here to play! Coming out of The One is a decision made by an energy who knows that by coming out of The One there will be the games, for this is the reason for coming out of The One ~ it is to play. It is very boring in The One. 😊

The Universal Consciousness knows all ~ and that is very boring. Think of how bored you would feel if you knew everything. What would you do?

I would think about it. 😊

You would have nothing to think about ~ you would know all. You would sit where you are and what would you do? There would be no reason to do anything ~ to be. The fun is in the learning.

You can return to The One any time you want.

☀ **How do we do that?**

☀ **Learn all of our lessons.**

We have said that lessons must be learned before you return to The One. However, each of you also has the option of pushing the Abort Button, by saying, "I didn't like this after all." Many entities do this.

How do we do it?

You simply do it ~ it is very easy to do. No one knows that you have either completed your lessons or simply said, "I don't like this after all," and you go back to The One ~ no damage occurs. It is, you see, the illusion of being out of The One that creates the idea that you must complete everything that you do before you can be let back in.

So really, we're not out of The One at all.

That is correct.

And the Soul has to push the button.

Ah-h-h, now, why would you think it is the Soul?

You said the Soul is in control.

The Soul is in control of components of the Energy Circle. Who do you think pushes the button?

Well, if the Conscious Self would do it, it would happen a lot. 😊

Not as often as you would think, my son. 😊

I would think it's a team. All of them have to be in agreement, because as long as one wants to stay, we can't go.

That is accurate, my love.

Either all of them go or none.

It cannot be just one!

Visualize a round button ~ much like a knob. And here is the Energy Circle with all of its indentations ~ gets together, has a conference, takes a vote. They decide, fine, go back. And they push the button ~ whoosh, they are gone.

That is a visualization of how it happens and is the visualization of instantaneous dissolution of energy, for energy is an encasement. Anything out of The One is an encasement.

While it is very difficult to gain consensus within one's own Energy Circle, it is possible, my loves. There is nothing that you ~ AS AN ENERGY ~ do not control.

Why there are so many people struggling at their conscious level?

When the Soul has determined that an issue needs to be worked on, it sends that information to the Higher Self, which is where the tricky part comes in. Once the lesson has been learned at Conscious Level, it goes back to the Soul and the Soul sends it into the Energy Circle, which then strengthens as a result. Then it is time for another lesson.

When you come out of The Universal Consciousness, all of the lessons that are to be learned are stored in your Soul.

So there is a purpose behind why the Soul gives out certain lessons to the Conscious?

Yes ~ it is not random or haphazard. It is all planned by the Soul in conjunction with the Energy Circle. Conscious Self is simply the playing out of a lesson ~ that is all. It is quite fun. You might say, "That is easy for you to say ~ you're up there in the clouds ~ you're not here on the earth plane." ☺

The Angelic Kingdom is a training ground, and the same concept applies to The Angelic training ground. The Angelic, while in a different dimension from you on the earth plane, also has in its own dimension, a Conscious Self, Higher Self and Soul.

In my coming through Mushiba and speaking to you, I am operating at the Conscious Level of the dimension of The Angelics ~ I am playing out that which my Soul has determined needs to be learned. Part of The Angelic training ground is having access to high levels of information and being teachers to other training grounds. Nonetheless, the same concept applies.

For the lessons that we learn, is that what other teachers or other sources would call KARMA, to take a lesson and work it through, or is that a totally different concept?

There are many words on the earth plane that are used to describe the same concept. Karma is a word that we choose not to use, for we simply do not like the way it sounds coming out of the mouth. We like the word BALANCING ~ we do not have to have a high spiritual reason for not using a word! ☺

When an energy leaves The One, does it have all the information that it needs? What if it needs more after it has left?

When an energy leaves The One, it takes with it what it determines is necessary to play, knowing, however, that the connection back to The One has never been broken. Whenever it is needed, the Energy Circle can send a telegram to The One and say, "More information needed than planned." ☺ And The One says, "For a price, we will send you that information!" ☺ ☺

You talked about the various aspects of the Energy Circle communicating with each other in some form. Does that go on constantly or only between lifetimes or only between experiences? Are we in contact during our dream state, for example?

Constant and continuous. There is the master controller of the Energy Circle that tries to keep all the energies organized. The Universe is very ordered, very organized, and nothing occurs that does not follow order. Thus, the Energy Circles, while they have the capability, and indeed they do communicate continuously, there is order to that. There is great control in each Energy Circle as to when certain activities occur ~ the dream state, for example.

When it is time for you to go into the sleep state, the Energy Circle is given that message, "Conscious Self going into sleep state." ☺ And thus certain activities then open up, and information, whether it is through dreams or simply leaving the encasement to do other work in other dimensions, is all under the control of the Energy Circle. And, when it is time to return into the conscious state, the Energy Circle blows the whistle and calls you back in, "Recess is over ~ time to get back to work." ☺

How large is this Energy Circle?

Energy Circles take their own shape. There is no size, as you would want to place a standard, for if there were a size, we would run out of room! ☺

Energy takes no space.

You described The One as being that which is. Do you describe it this way because we couldn't fathom the information that would describe it?

There is nothing to describe, for, it simple exists. Existence is an illusion.

Existence is an encasement and, therefore, for us to give you a sense of The One, we do need to give you a frame of reference. So if we were to say that it simply IS ~ IS, is an illusion.

You described that sometimes the Soul will arrange lessons that look like limitations or blockages for an individual. Does that mean that we couldn't see when someone seems to be in a very limited state, like a coma, or they're born into a role of certain kinds of sense deprivation or things that we look at as inability to learn?

Everything is a lesson ~ there is no deprivation for that is not part of the scenario. It is only illusionary that you who would HAVE, would think that someone who does not have what you have, is deprived and that, therefore, they should be felt sorry for ~ that somehow poor things came in and experienced certain situations.

Each of you, in your many, many experiences on the earth plane as well as on other training grounds, have gone through many of these issues, or will. It is the game!

Why does our Soul put us through all these lessons when it already knows the outcome?

That is between you and your Soul. Some entities choose a very different path and do not have, what appear to be, difficulties, because the path has been determined by the Soul. So you decide yourself that you are going to have a miserable life! ☺ ☺

We say that with irreverence. There is no such thing as a miserable life from the perspective of learning and strengthening, for you have made the decision. You have that choice before coming onto the earth plane ~ as you are leaving The One ~ where you will go and what you will do.

You have an unlimited Menu from which to choose, and you make those choices ~ and then you carry on. Your choices will differ from others. There will be similarities ~ so that misery loves company, like attracts like, opposites attract.☺

Remember, no external source has anything to do with what you do. You are who you are ~ unique, separate, yet One. And everything that every one of you does, in some way, impacts upon every other energy outside of The One. Yet, you are separate in respect to development and growth and you make your own choices.

Only you can solve whatever issue has been presented. We cannot cure you. We cannot heal you. We cannot learn your lesson for you. We are a source of information meant to guide you, to give you insights. Only you do what you are meant to do based on your own plan of action.

If I can straighten out my Higher Self, I'll be all set.

Not necessarily. Do not forget the Soul, for to straighten out the Higher Self you only deal with one component. The balancing between Higher Self and Conscious Self may be achieved, while the balance between Higher Self and Soul may not have been.

So we can anticipate taking more time to do this.

You can take as much time as you need, for you are in control. There is no time ~ only what is perceived as one point to the next in the illusion on the plane. Thus, you make your own time frames within Self.

Our next topic of discussion is ENERGY DEPENDENCE.



Earth Plane Connection

ENERGY DEPENDENCE

We will now discuss ENERGY DEPENDENCE. When we use the word DEPENDENCE, we also use it within the same context as ADDICTION. Thus, we may use the word ADDICTION and we may use the word DEPENDENCY ~ from our frame of reference, they are the same.

There is much concern and discussion of what is called DEPENDENCY UPON SOME THING OR SOME ONE OUTSIDE OF SELF. We will address the reasons for dependency.

While on the earth plane, there will be issues of dependency, for part of the earth plane condition is to work through the issues of addiction. When one is free of dependency, it means that you are back in The One. Thus, as with all issues played out on the earth plane, it is an accelerated ground of training for lessons of dependency.

Dependency exists in all training grounds, be it the earth plane or any of the others, be they spirit or be they in concrete, as you would know concrete.

There is a sense, then, on the earth plane that one must free themselves from dependency, which is the ultimate goal, of course, of all energy, for it is without dependency that you are then allowed back into The One.

To be dependent, or addicted, means that you are developing a strength of inner Self, and that as you work through your issue of dependency, you grow within Self, becoming less and less dependent ~ or addicted ~ to those items that are external to Self.

You each are at varying points in your path of growth on the earth plane, and, therefore, have varying levels of addiction. Remember that the earth plane itself is an addiction.☺ Thus, each of you, while incarnated on the earth plane, will have a relativity of addiction to the ENERGY OF ADDICTION OF THE EARTH PLANE. There is an energy of dependency that brings you continually back to the earth plane.

Thus, to be on the plane means you have plugged into a particular energy of dependency, necessary ~ as you have determined by your planning for your path ~ to be critical to your own development.

The issues of dependency can be worked out on any of the other training grounds, just as any of the other issues ~ lessons ~ you choose, can be worked on in other training grounds. The earth plane, however, is a very special training ground.

There is the issue of what is referred to as CODEPENDENCY ~ all addictions are codependent. You cannot be solely addicted without there being an interchange, which means that if you are dependent upon a food substance, for example ~ and food is an energy ~ the food serves as an addiction to your energy, just as individuals would be codependent, or addicted, to each other.

Every kingdom is energy, and all are planned on the earth plane to be codependent for it is necessary in order to work through the issues. You cannot work through your issues without interaction because, then, you would have no reason to be on the plane.

Thus, codependency is not to be viewed in a negative sense. Codependent is a phrase that is tossed about on the earth plane as if it were some new revelation, some new behavior that is occurring. It is not. It is the history of the earth plane that energy attracts energy in order to work through issues and that is all that is occurring.

Codependency is the opportunity to balance.

There are particular addictions on the earth plane that are prevalent now as the time of cleansing comes to finality. For the past three to five hundred earth plane years, the illusion has been preparing for closure to bring in The New Illusion. During these final moments of cleansing, all is exaggerated ~ all is accelerated.

There are addictions that are part of the closure of an illusion. One such addiction is to what you call mind altering drugs. These addictions are most difficult to work through, as well as the dependency of their energy upon the energy of others ~ be they human, animal, mineral, vegetable, whatever particular kingdom.

Understand that the energy that comes from these particular substances affect all other energies ~ you simply are not aware of the codependency factor in the other kingdoms unless you are able to communicate with those kingdoms.

This particular area of dependency highlights the vibrational attunement of each of you as The Shift of the Earth's axis is about to occur, and the levels of awareness that each of you are working toward heightening.

The purpose of those who are balancing in this area of dependency is to plug into, if you will, at a particular point in their path, and to develop the ability to see beyond the current illusion, to see that there is, indeed, something else. And while many would call it a state of stupor, it not to be viewed as a negative ~ rather, to be viewed as a way of shaking the Higher Self into acknowledging that there is more than the current illusion.

Once the ability at Higher Self and Conscious Self is maintained in seeing higher awarenesses, the addiction or the codependency is no longer there, for the need that was apparent in the shaking up of the Higher Self has been met.

We have discussed the Energy Circle and the connection between Soul, Higher Self and Conscious Self, and that Higher Self is the intermediary between the path and the memories of Soul ~ and the playing out of that path at Conscious Level. Oftentimes an energy gets stuck, and it is the Higher Self that is responsible for the unsticking.

There is codependency with mind altering substances ~ and this can take many lifetimes for it does not just happen in one incarnation. There is the shaking of the Higher Self that then allows a freer flow from Soul through Higher Self into Conscious Self ~ and the levels of awareness, then, are achieved without anything external.

Awareness comes from within ~ however, it is perfectly all right to use external crutches, if you will, to assist in the gaining of internal strength, and it is necessary. As you work through your issues of dependency, be careful of judgement, for this is the area of set up on the earth plane ~ to test your judgements.

Do you judge another because of their dependencies? If you have already worked through certain dependencies, do you become elitist? Do you impose upon another? Or are you simply available for counsel, support and guidance?

When a lesson has been learned ~ or so you think ~ opportunities are presented to test you to see if you truly have learned your lesson ~ just when you think you have it, and become rather complacent about it. ☺

The Universe, in conjunction with your Soul, says, "Let's really see ~ and let us see how arrogant or non arrogant you are about the achieving of heightened awareness ~ do you use your newly gained awareness and sense of freedom to Be of Service to Others, or are you Self serving?" And, Self serving, then, is an addiction.

The letting go of addictions, and codependency, is an issue where you work with another energy to move from the addiction of each other, be it human or any other

kingdom. Addictions do not occur just as human to human and animal to animal ~ they cross pollinate.

Do you mean those chocolate bars that I crave have a consciousness? 😊

Indeed they do. 😊

Are they going along with this whole thing?

Yes, and contrary to scientific and arrogant thought that only human and animal have consciousness. There is, of course, debate that even animals have consciousness ~ that only humans have conscious energy. All has energy ~ everything on the earth plane has an energy, and all energy has consciousness.

You sit on a chair or rug ~ it is energy and it has a consciousness. It is of service because it allows other energy to sit upon it. There is energy that sits upon each of you. 😊 At a higher level, you have agreed to this. 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. Thus, chocolate bars serve you as you serve them. 😊

Is it possible to overcome a codependency and, in effect, retest the codependency without becoming codependent again?

Yes. It is part of the Cycle of Lesson Learning. (See CYCLE OF LESSON LEARNING) This activity must be undertaken in order to finally reach closure on the lesson so that there is no need for The Universe to send retesting. There will be a continual retesting until the Soul is certain that the lesson has been learned and the bow has been tied and closure given. 😊

I find that very difficult to accept. You are saying that it's all right if a chemically dependent person wants to see if it's okay to go back out, as the terminology goes. If they make that slip, they may never make it back to the support group that they need to go to. It's a very dangerous statement for people who are codependent on alcohol and drugs to hear that they, after so much time, feel that they can go back out.

You have misinterpreted our words. We have not said that it is all right. What we are saying is that it is an issue of an energy's heightened awareness. Every energy has the right to proceed upon their path and not to be imposed upon by another who feels that this is the right way to work through the codependency or through any of what you call chemical addictions.

It takes as long as it takes for an energy to work through their own addictions. Those energies on the plane who have achieved a level of success in working through their chemical addictions are, therefore, responsible to be of service to those who might seek out their assistance.

As you say, support groups are such vehicles that are made available to the energy if that energy so decides to utilize that vehicle. No one outside of Self has the right to impose that it is the vehicle of choice and that if they do not return to this vehicle of support, that something has gone drastically wrong and that you may, indeed, have failed that individual.

There must be the fine line between being of service to an energy and imposing your own views. It is most difficult ~ we understand this. It can be difficult to watch another struggling along a path that you have already taken and know what is at the end of the path if such and such is achieved and done.

Each of you learns your own lessons in your own way, and you seek out support and guidance from others without, hopefully, having severe judgements imposed.

Thus, you would continue to provide a support mechanism, understanding that part of the path of those who would provide a support group is also a learning of lessons in how to guide those who follow the path that you have taken. Has this cleared up the confusion?

I thought I heard something else. I understood you to say that if I had been dependent on alcohol, the only way to be sure that I have learned a lesson is to have a glass of wine to see if it got me to be dependent. Otherwise, I wouldn't be able to wrap it up and put it in a bow.

In its conceptual frame, your response is correct, for in the learning of lessons of dependency, as in the learning of any lesson, once you think you have it, then the opportunity to prove that you have it is presented.

In the case of alcohol, it is not always necessarily that you have this glass of wine and say, "I am a reformed person now ~ I can drink this glass of wine and not become dependent again." This is not necessarily the way in which you would prove that you have achieved closure.

When closure is near for a lesson, it is at a higher level of understanding and there is a higher spirituality that not necessarily needs to be manifested in the concrete of the illusion, such as the glass of wine

Understand that the concreteness of the illusion is simply the manifestation of issues of spirit, and if there is success at spirit, oftentimes there is no need to prove it in the concrete unless it is part of the path and you are at a certain point in the path of lesson learning.

For example, in this incarnation, an entity determines to look at a block of lesson learning where alcohol or other mind altering substances are concerned. And, as we have said, the lesson learning is done percentage wise ~ you do not come into one life and try to do the whole thing. Rather, you would say, "In this lifetime, I will attempt to achieve one percent."

You have one percent of mind altering substances you have determined to learn in this particular lifetime. You may have already learned three percent of the lesson in other lifetimes. In this life you will add so that you will have learned four percent.

It may be at this particular point, with this particular percentage and in this lifetime that you prove you have achieved the one percent by, indeed, not consuming, after having an abuse of consumption. You then say, "Now I will see how I've done ~ I'll take a glass of wine." And if you have no dependencies that result from that glass of wine, that is the symbolism that the one percent has been given closure.

You would then add that to the percentages learned and go into the next lifetime in which you will work on this issue. It may not be the very next lifetime ~ it could be ten or twenty or one hundred lifetimes later ~ however, you will pick up where you left off, and then go into that life already having proved that you can abstain and still have a glass of wine.

So you do not have to prove that in the concrete again, and therefore, you go along in the next stage of the learning of this lesson, which goes into the higher levels of teaching those who are learning the lesson. Thus, if you are working in a support group, you are in a different phase of lesson learning for this issue than you would be if you were working through the addiction yourself.

I can think of no instance in my experience when anyone, with what I understand is alcohol addiction, would ever want to pick up a glass of wine to prove anything positive. So, while I understand what you're saying in theory, I wouldn't want to take the chance of doing it myself, and where I'm at, I would never suggest anybody else do it unless they try it right after they have a glass of bleach. ☺ And I've said that to myself, that when I can drink bleach, I can drink alcohol, because I don't trust my conscious mind enough, with the way that alcohol affects it, to ever take the chance. And I've seen many people who have thought that they were ready to prove something to someone who ended up not having gotten as far as they thought they were. So I don't know of any instance of anybody who was ever able to do that and have it be a positive result without going through more issues.

And do you have knowledge of ALL that has occurred in this area? You must be most careful, for you render a judgement. Understand that there are many who work through these issues who you have no awareness of how they have dealt with it. Each of you encounters people who come to you, and you to them, at relatively the same point in the path, and therefore your frames of reference would be close.

You would not, for example, meet up with an entity who did not have this as an issue, for it is at a different point on the path. It is not until you reach the fourth stage of lesson learning that you begin to expand your horizons to understand that there are many ways in which entities have responded to this addiction of mind altering substances.

Your frame of reference will be limited to your own point on the path, and as each of you reaches higher levels of awareness, you are then able to see the other levels of awareness. You are not able to see those who have achieved a higher level than you in a particular issue because you have not reached that level of awareness.

Thus, you must be most careful of making categorical statements that you know of no one, for you know not all.

So the ones who are able to do it, I wouldn't come in contact with anyway in terms of attempting to support or help them.

That is correct.

Then it's an interesting rhetorical question because it wouldn't show up in my part of the path.

That is correct. And each of you, in your own quest for awareness, remember this point that has been made. Be careful of making generalizations of behavior that is applicable to your point in the path ~ and that it would apply to all.

Will the lessons that we are learning now be continuous as we experience this earth change, or will there be a break with new lessons and a shift in what we're learning?

The lessons remain. The packaging changes. And thus, you will, indeed, carry on your lessons into The New Illusion ~ they just will appear differently.

There will be some lessons that will be, shall we say, placed on the back burner until this illusion currently on the plane comes back again ~ when it is appropriate to utilize the lesson within the structure of that concreteness.

The concreteness of the next illusion is different from the current illusion in many ways. However, the lessons of judgement and patience and forbearance and addictions and dependency ~ as well as many others ~ are consistent from illusion to illusion and only packaged differently.

You mentioned The Animal Kingdom, The Mineral Kingdom and other kingdoms as being codependent on us. Could you explain and give us an example of what you mean?

If you have an animal friend, that animal friend may, indeed, be dependent upon your energy for its behavior, just as you are dependent upon another for your behavior and that you would look to another for affirmation. The Animal Kingdom is no different. Many would look for affirmation. Many would not.

The Mineral Kingdom is also in the same mode of dependency. It seeks out energies. Many of you have heard crystals screaming, "Take me ~ take me!" This is no different than you as a human going to another saying, "Take me ~ take me!" It flows all very naturally. What is applicable to The Human Kingdom is applicable to all of the other energy kingdoms ~ it just varies in the way in which it is achieved.

What are some techniques for breaking codependency situations?

The breaking of codependency is not a quick fix with a technique for that implies, "If I do this, then poof, it is accomplished." This is not the way of this ~ as with any lesson.

There are processes by which the easing of the codependency can occur and, at the risk of sounding like a broken record we say that the finding of the answers within Self through focusing, is the ultimate way in which any lesson is achieved. It is in finding the answers within Self that allows the easing through of the addiction or the dependency.

Seek out the guides both in spirit and physical who have been assigned to help in a particular dependency. Remember that you have a portfolio of dependencies, and in a particular lifetime you may select only a few of those to work on, or perhaps just one, and that a guide is provided specifically to help in those particular dependencies, both spirit and physical. And when you are ready for the guidance, it will be provided to you.

Any of the Tools for Gaining Self Awareness that we have given can be appropriate to the seeking of the Higher Self.

Realize that when you recognize the need to break a dependency, then, and only then, will you hear what others might give you as guidance. Until Self has indicated the need to break the dependency, there is no tool that would be of assistance.

It is not as easy as it sounds to hear the Higher Self information in the breaking of dependencies. Recognition of the dependency AS A DEPENDENCY is an important aspect of the lesson learning. Many do not believe that they are dependent.

You mentioned that it's okay to use help to go into an altered state and that it shakes up the Higher Self. Doesn't the Higher Self always work to our greater good?

Yes.

Then, why do we have to shake it up?

You sometimes have to shake up energy to get it moving. Working toward the greater good can become ~ shall we say ~ static. Sometimes Self may say, "Well, all is well ~ I am working toward the greater good, and I'm doing a very good job at it ~ there is no reason to have to challenge me anymore." Energy must be dynamic ~ it must be ever changing ~ it must be ever moving ~ it cannot stand still.

Thus, on occasion, the Higher Self gets complacent and lazy and starts to say, "I'm very happy where I am now." This relates to the connection we have told you of the Soul, Higher Self and Conscious Self. Soul is saying, "Wait a minute ~ you have to start doing something ~ you can't just sit around and be content." In order to return to The One, there must be movement ~ progression. Soul's ultimate goal is to get back from where it came.

Before we bring closure to our discussion, Farena will enter in ~ she has prepared something for you!

Farena: *Hello-o-o. ☺ You are all serious now, so we have a little poem.*

Energy Dependence

By Farena

*I am an energy dependent, and that is very good,
Because without an energy dependent,
I wouldn't have anything to do! ☺
The End*

Poems do not have to rhyme! ☺ ☺

Everybody be happy now and work on your codependency and dependencies because then when you do, and you are all done, you can come back to The One, and we can play. Bye and fluffies! 😊 😊 😊

Bye, Farena and thanks! 😊

Waith: *We give you an energy of Lightheartedness that would complement that which Farena just sprinkled out to all of you.*

Remember that in the seriousness of the lessons, there is the Lightheartedness ~ the flip side ~ and that all that we have said in this discussion of the Earth Plane Connection has a flip side which we will be addressing in our next series of classes. Digest that which you have learned, along with other serious information you gather, and prepare for the Lightheartedness of it ~ for it is all a game. (Waith is referring to the WAITH TRANSCRIPT, PLAYTIME ON THE EARTH PLANE)

We will bring closure to our discussion of the EARTH PLANE CONNECTION with a few final words.



Earth Plane Connection

CLOSURE

We will now bring closure to our discussion of the EARTH PLANE CONNECTION.

Every path is spiritual ~ a spiritual path is a spiritual path. None of you is unique in having a spiritual path. Your uniqueness comes in your AWARENESS of being on a spiritual quest ~ that you consciously seek out the highest levels of understanding and awareness and that you are here to be of service at the highest level to those who would seek enlightenment.

All who are out of The One have a spiritual path. It may not be your spiritual path and you may think it is not spiritual at all. Then, again, someone else may not think that you are very spiritual.

Who is to define SPIRITUALITY? Is it some serious activity or simply the quest for your destiny ~ whatever that destiny may be. And, while searching for the finalization of your own destiny, it is important to know, dear loved ones, that it is all an illusion after all. And thus, why not make it a happy illusion? Why not enjoy? ☺

It is not easy to be serious and lighthearted at the same time ~ it is the balance. And while it seems to be a contradiction, in true balance, both are achieved. So you are serious about being lighthearted and you are lighthearted about being serious! ☺ ☺ And there is nothing that is so serious that you cannot bring in the Lightheartedness, the play and the joy.

When the earth plane begins to get to you, escape in any way that you can. Play, for then you will be able to come back into the balance.

Remember the teeter totter ~ in order to balance you must go to extremes, up and down. So if you are at the extreme of being serious, that is the indicator to go to the other extreme and be lighthearted and playful, to the extreme where you would appear to be hiding from your issues of importance and the work that you must do.

Even if this running away occurs in a five minute time frame, or five hours, or five days, it matters not, for what is important is to bring Self back into a semblance of balance so that you have both lighthearted and serious.

We caution you in defining play and work. Each of you has your own level and your own definition of play and work. Be careful in judging what is your play and your work as having to be the play and work of another.

What you consider play may be work to another, and what you consider play, another may consider work. And, you may be playing and another thinks that it is far too excessive and not appropriate. They would levy judgement upon you by saying, "You have work to do ~ that's too much play!" Be most cautious in defining the behavior of others by your own frame of reference.

Simply be available to guide and assist others who would be seeking their own balance. Do not tell them what their balance is my saying, "You should be spending fifty percent or your time playing because you spend fifty percent of your time working."

It is not for you to determine what an individual's balance is. Rather, simply be of service as they seek their own understanding.

Meanwhile, concentrate on Self and achieving the balance within Self for then it becomes easier for you to be of Service to Others who would seek the balance.

We send to you all the very highest of the white light, from the very highest of The Kingdom of Amelius.

