

# *Waith Class Transcripts*

## MANIFESTING LIGHTEARTEDNESS



### *~ A NOTE FOR THE READER ~*

*Waith's words appear in this font style.*

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

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

☀ This symbol indicates multiple responses from class members.

*(References to names have been edited for privacy)*

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

*Waith Institute for Spiritual Leadership*

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# MANIFESTING LIGHTEARTEDNESS

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASS OF MAY 22, 2002)

*Waith: The topic for this class is MANIFESTING LIGHTEARTEDNESS ~ and it is a very serious topic! ☺*

*Tell us the first word that you think of when you hear LIGHTEARTEDNESS.*

- ☺ Happy
- ☺ Laughter
- ☺ Light
- ☺ Love
- ☺ Heart
- ☺ Smile
- ☺ Giggle
- ☺ Cheerful
- ☺ Fluffy
- ☺ Silly
- ☺ Seriousness
- ☺ Worry buster
- ☺ Relax
- ☺ Music
- ☺ Harmony
- ☺ Playful
- ☺ Work
- ☺ Peaceful
- ☺ Fun and games
- ☺ Joy
- ☺ Puppies

*This is a very good list. Is there anything that, perhaps, is missing?*

**The word SPIRITUAL.**

*Yes! Lightheartedness is spiritual. In the Search for Self is the component of Lightheartedness that Farena helps us in presenting. Lightheartedness is essential to spirituality.*

*You can be as serious as you want and think, "I'm being very serious and therefore I'm very spiritual." Actually, it is quite the opposite.*

*True spirituality ~ the true growth of Self ~ comes from the balance between serious and joyful. And, Be Serious and Be Joyful are components of our Guidelines for Growth. Spirituality and Lightheartedness are the key.*

*This list you have given is representative of elements of spirituality ~ and it does include seriousness. Lightheartedness and seriousness are equal. You cannot finish your sojourn on the earth plane and, indeed, you cannot return to The Universal Consciousness without having achieved a degree of Lightheartedness.*

*It makes your life much easier if you are lighthearted ~ if you take things in stride and you laugh. Yes, you have to be in the serious component occasionally so that you can bring yourself out of it and back into the lighthearted.*

*It is the balance ~ you do not want to be giddy all the time nor do you want to be serious all the time.*

*How do you, as an individual, manifest Lightheartedness?*

- ☀ **Most of the time it is internal. I change my attitude. I see something and then smile and just build on it.**
- ☀ **I play with my kitties.**
- ☀ **I love being with animals and watching comedy. I'm not as lighthearted as I want to be.**
- ☀ **I just look at what's going on around me and see what's good about it and try to be happy about that.**

*Certainly to look around the world today, you see that it is exaggerated. Laugh at it and say, "This is ludicrous." It is the end of an illusion ~ it is, then, an exaggeration upon an exaggeration and an opportunity to manifest Lightheartedness.*

*It is easy to say that manifesting Lightheartedness comes from within Self. The journey for Lightheartedness, however, starts with the tools externally to bring about the sense of Lightheartedness. Then, you create within Self the ability to just click in within Self.*

*It is time for Farena, one of our Spirit Group members, who helps us with the component of Lightheartedness in the Search for Self, to enter in through Mushiba. Farena will give you, wrapped within a package of lighthearted exaggeration, a message about how to manifest Lightheartedness. Take the example from her, for she is serious in her presentation of this information and yet, will give it to you in a very lighthearted manner!*

*Enjoy Farena. We will return when she has completed and give you the parting energy.*

**Farena: Hi!!!! Hi!! Fluffy!! Fluffy!**

**Hi Farena!!**

(There is much laughter and excitement. Barjan begins to play music and uses cute and funny sounds from his keyboard. All in the class are interacting with Farena)

*I will go to my Harmony Basket now so you will have things to play with.*

(Farena's Harmony Basket is filled with feather boas, crowns and star wands and she is pulling out items and giving them to people in the class to hold. There is much laughter and exchanges of lightness)

*It is time now to use a relaxation tool.* (Barjan begins playing soothing music)

### Focusing Tool Relaxation

*Relax ~ relax ~ relax.*

*Breathe deeply.*

*Embrace yourself for how silly you look!*

*Embrace yourself and flow with the music.*

*Find the joy within Self.*

*You are silly!*

*Relax ~ there is no pressure!*

*Relax.*

*You are all lighthearted ~ release the Lightheartedness ~ release your own lightness.*

### End of Focusing Tool Relaxation

*Here is the neverending circle.* (See Illustration A)

*What does it have to do with Lightheartedness?*

**It never ends!** 😊

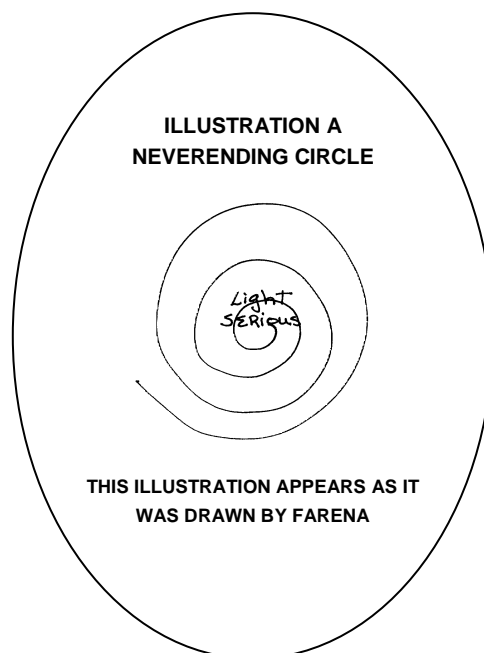
*Where would I write the word LIGHT in the circle?*

**At the center.**

*And the word SERIOUS?*

**At the center.**

*Those who have crowns please take them off. Hold them up over your head so that the fluffy part*



*hangs down. Now say, “serious, lighthearted ~ lighthearted, serious.”*

**Serious, lighthearted ~ lighthearted, serious.**

*Take the crown, with the little fluffy part hanging down, and swing it in a circle and say those words.*

**Serious, lighthearted ~ lighthearted, serious.**

*Say it again.*

**Serious, lighthearted ~ lighthearted, serious.**

*What does this little activity have to do with the neverending circle?*

**The words are everywhere ~ they’re all over the circle.**

*Yes, they are! What other responses do you have?*

- ☀ **I felt like everything went away and I was just doing it.**
- ☀ **All the earth plane stuff is someplace else.**
- ☀ **All encompassing ~ that is what it’s all about and all this stuff out here is not that important.**
- ☀ **One word leads to the other word and that word leads to the other word.**
- ☀ **Trying to find a balance, over and over.**
- ☀ **The connectedness is everything.**
- ☀ **It’s like when I let the water out of the bathtub and it swirls around and around and it’s all together and all the same.**

*What we just gave you was another tool ~ visualize the neverending circle. You can do this within yourself ~ you can draw it.*

*Find something round that is fluffy and do what we just did, saying the words, SERIOUS, LIGHTHEARTED and LIGHTHEARTED, SERIOUS, so that you are connecting Lightheartedness in the middle and serious comes around and loops it.*

*How you manifest your Lightheartedness is something YOU have to find. You have to let go of the power that seriousness has over you. You want to not be controlling ~ rather, to be in control and to not let something overpower you.*

*Being serious can overpower and you lose the Lightheartedness because you are so serious.*

*Allow the power that serious has over you to bring in the Lightheartedness. Be joy filled and find something external to Self that can begin to help you to become lighthearted within.*

*(Barjan attempts to play the keyboard and, at first, no sounds come out. He is then successful at which point Farena speaks to him)*

*What was your first thought when the keyboard would not play Barjan?*

**Something's wrong.**

*Something is wrong ~ awfully serious. 😊 Then what did you think to do?*

**I turned up the volume!!! 😊**

*You turned up the volume! See how silly! 😊 How MIGHT you have responded if you were a very, very serious person and realized that there was no sound?*

**I might have had a temper tantrum.**

*Yes. 😊 What might your energy have started to think?*

**That it was a big deal.**

*A-h-h-h! 😊*

**It was no big deal, though!**

*Someone else might have thought it was a big deal ~ however, it was not a big deal.*

(Farena writes across the neverending circle on the board.  
See Illustration B)

*Nothing is a big deal! It really is not. YOU make things a big deal and that is when you get into this seriousness that cripples the energy.*

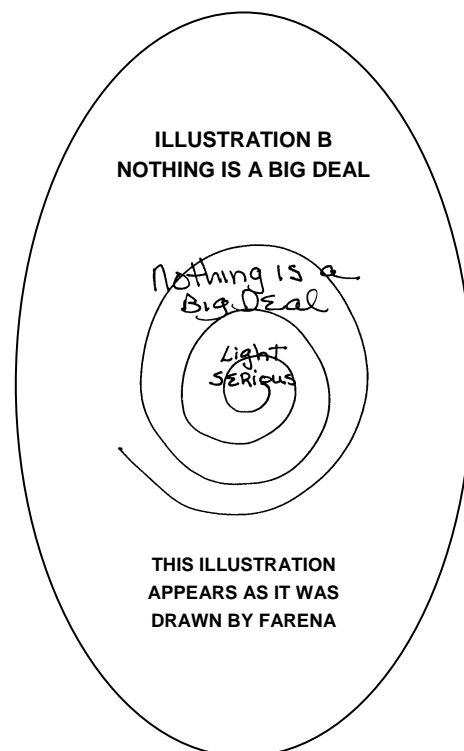
*Someone else, upon not hearing music, might have panicked and said, "Where's the music?" and crippled the ability of their energy to simply say, "I can fix this." You all can fix anything that comes to you.*

**NOTHING IS A BIG DEAL**

*You are here, right now ~ living proof that Nothing is a Big Deal. Right? Say, "Yes!" 😊*

**Yes! 😊 😊**

(Farena begins an exchange with the class members about how many different ways to say the word, YES and how intonations of the voice can be used for the word, YES. Barjan plays music. There is much laughter and joy filled chatter)



**What is your point in doing all this?**

*And what is my point?! 😊 If you can formulate the question, it means that you already have the answer.*

**There's a million different ways to say yes?**

*Yes! And it does not matter. That is the motto ~ Nothing is a big deal!*

*Manifesting Lightheartedness comes from within ~ and you all can do it ~ you have been doing it during our time with you.*

*We depart ~ we love you ~ fluffies, fluffies, fluffies ~ Waith will return!!*

**Bye, Farena and thank you! 😊**

**Waith:** *Hello again to all of you! What is the message that comes from Farena?*

**Nothing is a big deal. 😊**

*Nothing is a big deal. That is not as flip a statement as you might think at first. Even though you would say that nothing is a big deal, the implications of your behavior are certainly to be looked considered. However let your Lightheartedness prevail. Remember that nothing, ultimately, is wrong in your behavior ~ ULTIMATELY being the key word here, for ULTIMATELY may mean one thousand lives from now.*

*In conclusion we say to you ~ Live your life in this dimension ~ live it as lightheartedly as you can. Be free ~ free yourselves by thinking NOTHING IS A BIG DEAL. If you begin to believe that, you will find that nothing is a big deal if you approach it from the perspective of the spiritual beings that you are.*

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

**Bye, Waith, and thank you.**

