

Waith Class Transcript

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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

Information Given Interdimensionally By Waith Through Mushiba

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Waith Suggests A Very Nice Way Of Learning To Meditate

(September 17, 1987)

I would make a suggestion to you, and that is for you to begin the process of learning to meditate. One very nice way to do this is to begin walking by yourself each day for a time frame of perhaps thirty minutes. Be with your thoughts and allow your thoughts to begin to dissipate. Try to clear your mind from the day's events and from the events of those other entities around you who make you feel unhappy and insecure. And clear your mind, and call upon the Highest of the White Light for protection. Begin to visualize your guides as balls of energy.

You have three guides. They are very advanced entities. They have been with you since you came onto the earth plane, and they are very protective of you. You need only call upon them and they will help you. They want to soothe your soul from its discordant feeling now, a feeling of being out of place, not fitting on the earth plane. You are most beautiful as an entity. You are of the light, and as I have said earlier, surround yourself with those other entities who are of the light and who can help you in your soul's search and the opening up of the Spiritual Centers.

Waith Suggests To Drink Six Glasses Of Spring Water Every Day ~ A Very Healing Element

(September 17, 1987)

I would suggest that you drink water every day, perhaps six glasses ~ six. And drink the spring water. A physical cleansing will ease somewhat what is going on, on the spiritual level. Water is beneficial to the body in that it helps alleviate the fatigue of the spiritual, a very healing element.

Waith Gives A Meditation Method To Help Achieve Calmness

(October 01, 1987)

What would be of benefit to you, as I say to everyone, is to learn to center yourself and your thoughts and your feelings and your emotions, and to do this by quieting yourself. And when you first begin to do this, to find a time of the day that is best for you, where you are not disturbed by anything or anyone. And you concentrate, and you breathe in rhythmic ways, and allow your thoughts to fly from your head, and allow those spiritual thoughts to enter. Visualize a beam of white light and visualize it surrounding you, filling your very being. And as you do this, day by day, you will begin to feel the calmness from the White Light because it is a protective light. Slowly it will permeate you in such a way that it will become a permanent part of you, and the calmness that you are seeking will come to you. It will not come overnight. You will not one day say, "I am calm now." It will simply happen. One day you will realize that you are calm.

How To Send Light To Negative Energies In A Psychic Attack

(January 07, 1988)

Waith, you said that when we are dealing with these negative entities, in addition to banishing them in whatever way we choose, we are to send them love, positive energy, try to help them. Do you have any more specific way to do that?

One way that you might try is an exercise in visualization. Visualize a round dark spot. Picture it in your mind. And when you have this picture in your mind, then take this round dark spot and visualize it as pulsating. Once you have this visualization, you then begin to visualize White Sparkling Light surrounding this pulsating round black spot. Do this for as long as you are able, or desire, to do.

This is one method, especially when one is beginning this process, to help you send the love. By doing this, you also will begin to genuinely feel the love. Know that this is part of the lesson of learning Unconditional Love, to love the darkness, to love the negativity, for even though the energy is negative, it is a part of The One and is therefore a part of you. It is just that that particular energy is at a very different level of development and needs assistance.

Know that from our perspective, we look at many energies on the earth plane as round black pulsating spots. It does not mean that you are bad. It simply means that you are in the process of evolving from the dark. You have all different levels of darkness. Some, and I have said this before, are brighter, as I feel your vibrations in this gathering. There are all varying levels of vibration and brightness. Some are very shiny and others are less shiny. That is as it is. That is as it was designed to be.

When you say that some were designed to be less shiny, does it mean that their development is at another rate? Or, if we are all part of The One, then we should all ~

You have answered your own question. It is designed that every entity must develop at their own rate. It simply means that if one were, let us say, less shiny than the energy sitting beside them, that is fine. It simply means that one has been working at it longer. It may be that the energy sitting beside you has had more earth plane lives than you have and has therefore had more opportunity to learn lessons and to pass tests. The fact that you are on the earth plane at all is a tribute. Know that not all energies choose the path of the earth plane. Some may never come onto the earth plane. It will take them much longer to learn their lessons.

Earth Plane is an accelerated dimension for tests that can be further accelerated by choosing, as many have during this period of time before The Shift, to have accelerated earth plane lives. So, what it means is that you are at a double rate of acceleration from many other entities and energies on different planets and different dimensions. And so, you must realize that you have undertaken a most difficult path, and it is to your credit that you have done so, each and every one of you. It is why we have such a special interest on the earth plane. Know that I have much responsibility beyond the earth plane. I have many, many other dimensions that I must be

watchful over, but we all become very involved with the earth plane because of the acceleration that occurs here and the marvelous opportunities for growth that all of you take on.

Waith, does it also mean that all the children that are born at this time frame are aware of that?

No. You must be careful about generalizations. Know again, that you have no idea why an entity comes onto the earth plane. We have very specific designs in mind for allowing certain energies to incarnate now. We are in control in many areas as we attempt to prepare for The Shift. There is the hope that still remains at this level that The Shift can be averted. That can only be accomplished by a tremendous vibrational shift among the masses now on the earth plane. Those energies that are incarnating now have varying roles. Some are aware, but not all. There are very specific reasons for this. I would give the same caution to this as I did earlier regarding your judgements of why someone is here.

Waith, may I point out that we are all aware of the major problems such as dope and pornography, etc.? Might I draw the conclusion that this is here as a test on the accelerated plane?

Yes, in a sense, my dear. These physical addictions, as many of them are, are part of the conditions set up on the earth plane to help many learn lessons and pass tests. They are also a part of balancing karmic conditions, if you will. The use of that word is not something that we use at this dimension, but it is done at the earth plane level to understand one of the Laws of The Universe, in that, you meet yourself in order to learn. You set up certain conditions yourself so that you can learn from something that you did in another lifetime that perhaps did not provide growth for you and could have in fact provided a downslide.

And so, what you see on the earth plane now, all of these conditions, fall under the very broad category of lessons and tests. When they occur with you, you know what it is all about because your soul has chosen it. But at the same time, while you may not have to meet yourself where, for example, a drug addiction is concerned, it might be that it is your role you have chosen to help those that are with this drug addiction problem, and it will be an opportunity for growth. You must realize that many energies are not able to fight these problems as they would want to. They are not able to overcome them and they become entrapped on the earth plane because, for whatever their reasons, their soul has not strengthened as it should, and they are not able to overcome a particular problem.

Helping Someone Disperse The Darkness Surrounding Them ~ Waith Gives A Technique (March 08, 1988)

Are you familiar with (Name withheld)? And if so, how can we help? I received a message that three of us should send Light and energy, that she had a very negative force around her.

This entity is being attacked by those of the darkness. They are trying to use her to get to others, as she is a most receptive vehicle and has influences beyond what you might think, and she is much sought after by those of the darkness as a catalyst in the battle that occurs now and will occur in greater intensity as The Shift approaches. I have mentioned in earlier sessions of the battles that occur, and they are waged in many degrees and with as many entities as those of the dark can gather.

There are many entities now on the earth plane who are in this situation that you describe who are going to be targets and could be conductors of negative energy if not protected. It would be wise to have some type of gathering where you bring together all of your positive energies. One very useful technique in dispelling the darkness from an entity who has been targeted as a conductor, is to form a circle and hold hands in the circle and meditate. There is no need for chanting or anything of this nature, but to simply all meditate and focus your energies on a ball of White Light, and as group energies that increase this ball of White Light, so that you envision the Light completely filling the circle in which you have formed. And this will help in the protection and the dispersion of the darkness. You must do this periodically, for those entities who are conductors will be under continual attack and will need assistance. For reasons that I will not go into now, these entities are very vulnerable, and there are reasons why, which relate to the growth and the path of the particular entity and are of no concern to those around except to the entity.

Try this technique and do this for a period of time, perhaps one earth plane year, and by that time it may then be unnecessary to give her the protection. This information is applicable to all who might find themselves in a similar situation, so it is given out as information from The Universe that is readily understandable for the basic levels that exist now among most of you.

Group Meditation To Disperse Mischievous Entities (August 16, 1988)

This a community effort and it will mean a forming of a circle in which you will all hold hands. And the positioning of the physical encasement can be in any way you all determine. You can form a circle and be seated in these chairs. You can form the circle and be standing. You can form the circle and be simply seated on the floor. Or any other option that you might want to come up with. It will be a group decision. The key is that there is an unbroken circle. And it does not have to be a perfect circle. It is simply that you are all in a configuration that is unbroken. Space may not allow a circle, maybe some other configuration. That is quite all right.

When you are in this circle, you will close your eyes, you will begin to visualize, each of you, a very large white ball in the middle of your configuration, and you will begin to breathe in through your nostrils, deeply, and breathe out through your mouth, deeply. And at first, you will find yourselves doing this in a rather disconnected way, from the others. And as you begin to feel comfortable, as time goes on with this, you will find that each of you will become harmonious and will simultaneously be breathing in and breathing out.

And while you do this, you will be visualizing this white ball in the middle, and I will be guiding you in this session now. And as you begin to visualize this ball, it will start very small. And you, each of you, will increase its size, until it fills the circle, and it fills and it actually ~ you can feel it touching you, each of you, feel the warmth from the White Light, the ball. And then, when it is completely filled, each of you will send a vibration into this ball that will create sparks coming out of the ball that will dissolve the ball. The ball will then become sparks ~ it will be sent out into the electromagnetic field and will send out to the darkness, the signal ~ here is the protection ~ here is the vibration of light, and it will shoo them away.

For mischievous entities, the intensity of the ball need not be as great as it would be for a very dark attack. For the time being, you will all be sort of practicing this, and you will be dealing only with mischievous entities. You do not have to be concerned at this time with attacks from the Sons of Darkness on the group. And as you begin to gather together, be they two or three of you, or when the community gatherings will begin, and as time goes on, those will increase in their own numbers, these gatherings ~ that you will simply routinely meditate.

There can be several circles. You may select a group who you would like to meditate with, four or five or six. There may be another group of you who would like to meditate together, four or five or six, or two or three or four, whatever. And this can be done in the same room. There is nothing that says you cannot form several groupings within the same room and have your own little walls generated, for you may find a particular need for alignment with specific entities that perhaps are dealing with similar lessons, testings, any number of things that would be compatible vibrationally with a group meditation. And another group may find themselves to have the same situation, and so rather than have one big group there may be several small groups.

There are many possibilities here. We simply give you the technique and present to you several options and then leave it up to you to start applying it and seeing where you can go with it, for many of you will receive insights through your meditations, your personal meditations, as to what you can do with group meditations.

And of course, we will be here to continually give you some input into this technique and help you with it. Do not expect that you are going to get it down right the first time. This is a beginning, and each time that I enter now, be it the open session, mini-sessions, or the special topic, that we come upon for the pyramids and the crystals ~ we look forward to that one ~ that we will practice it. And while all of you may not be involved each time, there will be a number of you who will have more exposure to the training and will therefore be able to help others and to train them.

This is the purpose, for you are here to help in the spreading of the love and the techniques, so that you can pass this on to others, and others who perhaps are not able to come to the open sessions each time, and maybe can come only once or twice, nonetheless, have, shall we say, even in this session, some who would not be able to come very frequently but are interested in

this technique. Those of you who would get more exposure from me about this could then perhaps help the others. For when the community gatherings occur, I will not be coming in. It is not the purpose of those gatherings. The purpose of those gatherings is to strengthen your own selves without the angelic crutch. ☺ I will be here though! ☺

Waith Leads The Group Meditation For Dispersing Mischievous Entities (August 16, 1988)

So let us try out this technique. Begin first by getting yourselves into the configuration. (Everyone gets into a circle) The best approach would be simply to keep your hands down at your side, and simply hold the hand.

Does it matter which side is up or down?

There is no need to have up or down, they are all to be down at this point. That is a technique that is different from what I am showing you now. So, you will keep your hands all down at your sides, for the time being. And you will begin to center yourselves, focus upon the solar plexus, and begin to place into the middle of the circle a small Light. Your eyes are closed now. And you are attempting to eliminate the sounds of the earth plane. And each of you concentrate on the middle of the circle, and think only of your own concentrations.

And now begin to breathe in, through your nose, breathe in deeply and slowly, and then breathe out through your mouth, slowly, concentrating on your own little ball. And then it is a part of everyone else's white ball. And continue to breathe in through your nose, slowly, deeply, and breathe out through your mouth, slowly. And breathe in slowly through your nose. Breathe out, begin to increase the size of the ball that you have placed in the middle. Just increase it.

Some of you will begin to visualize the total ball. Others will not and this is fine. This will come with time as you begin to practice this. And see the bright ball expanding, it is expanding quite nicely. I will give you this feedback. Some of you are seeing this, and others are not and this is fine. For those of you who are seeing the expansion, you are seeing it at a very rapid rate now, and it fills the configuration. Many of you are feeling the warmth from this huge Energy Force, for each of you have given a part to the whole. Allow the feeling of the sensation of the warmth against you and feel its protectiveness and feel its energy. And feel its gentleness, its pulsation.

And now, we are going to prepare to disperse the ball and to send out the jettison element. I will count, for now, at the beginning of this, and when I reach the number three, visualize the breaking up of the ball into those kinds of energy shots ~ the White Light shooting out, ~ and do not attempt to send it to anything in particular, simply that it is being sent out to the environment. And after all of the Light has been dispersed, stay in the circle touching each other as you are holding the hands, and I will instruct you as to what to do.

Prepare yourselves now, gather your strength of visualization, and I count now, ONE ~ TWO ~ THREE. The ball is dispersing, the Light is going out to those who need it. Visualize the softness of its touch, feel its gentleness. And now begin to feel the residual all around you as many of the sparks fall upon your own vibration. And now you have protected yourselves as well as sending the Light out to those who need it. The fallout residual, that which is left over from that which was sent, now covers you. Feel the gentleness. Feel the protection.

And now take the hand that is in your right hand and raise it to your heart and simply visualize the heart as the symbol of love giving to that entity who is with you, beside you, a part of you, the sending of love as you are all covered with the White Light. And now return the hand to your side. And I will count once again, and when I reach THREE you will very gently release your hands from each other, and keeping your eyes closed, you will breathe in deeply once again through your nose, and as you are breathing in deeply, you will raise your hands and bring them to your chest and cross them. And as you breathe out through your mouth, you will hug yourself, and I will have you hug yourself until I count to THREE again, and then you will gently lower your hands to your side and open your eyes.

So, we begin now. Visualize the love of the entity on each side of you. We count ONE ~ TWO ~ THREE. Gently breathe in through your nose. Bring your hands to your chest and cross them, and hug yourselves now, visualizing all the love that is surrounding you and all the Light that protects you, and you are part of The Universal Consciousness, and when I count to THREE you will gently release your arms and bring them slowly to your side and come from this meditation slowly ONE ~ TWO ~ THREE.

Well done. Now you may return to whatever is comfortable for you. How do you all feel now? You now have the basic technique that you can use. You will not need me to direct you anymore. We will, of course, do more. We will practice, but whenever two or more of you are gathered, you now have the technique. You all did very well. I am so pleased to see such abilities and you will all be very good teachers of this to others. There are many, many different techniques that have been presented for meditation. I have given you one that has not been presented. I have many little tricks up my wings. ☺

This is the beginning of my presenting to you ~ just another option. You see, you will have many presented to you and you will find the one that is best for you. This will not be comfortable for some. You remember that. Do not attempt to force this onto anyone. Know that there are many ways to achieve this. This is simply one in many and for some it will be very comfortable and for others, not. Some other technique will work. Be gentle with those around you where this is concerned, as it is with any knowledge that is given to you. It is not right for everyone and therefore not to be forced upon anyone, just as we would not force anything which we present to you upon any of you. You take it if it is right for you. If it is not, put it aside. Find that which is right for you, for you will find that which is right for you. It is in the seeking that is important. Now, you are all glowing now. Most beautiful to observe from this vantage point.

How are our little mischievous entities?

Oh, they have long ago fled. ☺ When they saw you gathering, they fled. ☺ They were really not a true test market. They saw this about to happen and they just moved away. They were really no challenge. "No, no, no. We leave now!"

A Guided Group Meditation To Help Soothe The Environment (August 30, 1988)

We are very pleased to have so many vibrating energies in the environment, and we would begin this session with a brief sending of the light, for there is, shall we say, stimulation in the environment that may create disturbances in the energy fields. So, we would ask you all to join hands with those around you. You need not get up from that where you find yourself implanted. There is we realize no room for the circle and that is not necessary. For I will give you a technique to envision. So that each of you now should have in each of your hands another.

Now, close your eyes, and envision around you first a circle of White Light. Start envisioning this around your body, your entire body, very close to you. And as you develop the comfort of that picture, allow the Light to begin to move away from you, still maintaining its shape, and envision the circle of White Light around you, connecting with the person who is on your right side. And let the merging occur between your right side of the White Light and that of the person on that side of you so that the right side of you now encompasses and is merged with the Light from the person on your right.

Now do the same for that on your left. Open up the left side of your circle of White Light and connect with that person on your left side. And now connect with the energies that are to the front of you, doing the same technique of allowing the merging of your circle of White Light with that of those in front of you.

For those of you who have energy forms to the back of you, do the same. Connect now with the energy of the White Light that is behind you. And now each of you in your imagery search out to find if there are any disconnected White Light circles in any area of the environment here, and if you should see one then open up your energy field of White Light and allow it to merge.

What we now have is one large interconnecting circle of White Protective Light. And you have now all been a part of helping to quiet the environment. And as you go about in your group meditations when you would be with more than one other person this is a way, one of many techniques available.

Now each of you, as you come out of the semi meditative state, we would want you to hug the person on your right, to hug the person on your left, and to hug those in front of you and in

back of you. And then when that is completed, we will talk about what has just occurred. Slowly now open your eyes and enjoy The Oneness that has been created.

(Everyone is hugging and talking)

You see, it has temporary effects. 😊 (There are sounds of children playing in the street) However, if practiced on a regular basis it can have a more permanent effect upon your own environment.

There are many ways in which the Light can be sent. There are many ways in which you can surround yourself with the Light. It is simply a matter of imagery, being able to center yourself somewhat, to rid yourself of all of the stimuli that you find on a daily basis that will help you build around you the Light that serves as a cushion, an insulation. And while the noise and the darkness that is always around will remain, it will have less of an effect upon you as you begin to practice surrounding yourself.

And it is best to continue this and not to let up in surrounding yourself, for it gives you, shall we say, a warm fuzzy feeling to have the White Light around you and to know that you can do this yourself, and that you can call upon others to add to the energy field of your own White Light to help you when you need it. And it is so critical that you feel that you can call upon others to help you, for that is part of that which is the One.

We are all part of each other and while we operate as individual energy forms in our own paths toward Oneness, we are One and therefore can call upon each other for help. There will be those who will respond and those who will not. This is all part of an individual soul's path. And those who would respond to you are those who simply would respond and who are ready to Be of Service. Those who would not are not to be derided in any way but simply to be recognized as unable to respond at a particular time. Therefore, you call upon someone else to help you. This is the way of the path. But there will always be someone ready to help you along in your path. You need only ask and look around you. The Universe will provide to you that which you need, always.

A Meditation Technique For Sending Light To A Home You Are Moving From (September 20, 1988)

And we thought that it would be appropriate to send a blessing of Light to the environment here as a farewell. This would be a special infusion of energy into the space that has been occupied by Mushiba and Limeria, and it will be a parting gift and will be there waiting for those who would enter into this environment upon Mushiba's departure to, shall we say, help them get off on the right foot, for there is much darkness overhead, and those who would come into this environment now will need a little assistance in adjusting. And this will be before we begin the questions.

We will go through an exercise of Light infusion. This is something that you can all take with you and do to other environments, your own as well as those in which you may find yourself. It is a bit different from the usual sending of the White Light. And so, we will do this first and it will help some of you in this gathering now who are feeling a bit tense and anxious from the events of the day that you have experienced. It will mean that you will focus your own energies. You will not be connecting energies with others in the room. You will be working with your own energies.

This technique, of course, will enable you to infuse Light into an environment without having to have someone there with you to use as energy conduits, and it is something that can be done very inconspicuously. So that if you are, for example, in a room with a good number of people and you feel the room needs a little infusion, you can do this without calling attention to yourself.

We will begin by placing your hands, and I have Mushiba's hands, (Hands at the heart level pointing out with fingertips touching) and you will position your body so that your back is straight, and you will position your feet as you see on the floor beneath you, and you will breathe deeply from the solar plexus. You will breathe in from your nose deeply. Do this now and hold the breath, and now breathe out through the mouth. Do this once more. Breathe in deeply through the solar plexus and your nose, and hold for a moment, and breathe out through your mouth.

And now very slowly close your eyes and think of envisioning what you call a light bulb, a light bulb that is bright. Continue to visualize this light bulb, and it grows more intense as you visualize it, brighter and brighter until it fills your entire being. And now begin to send the vision of this light bulb through your right arm slowly down through your right arm into your fingers starting with that which is called the thumb and fill the thumb with the Light, and fill the next finger with the Light, and fill the third finger with the Light, and the fourth finger with the Light, and the fifth finger with the Light.

And now visualize the Light going slowly down your left arm and slowly going to the thumb and fill the thumb, and now it fills the next finger, and the Light now fills the third finger, and the Light now fills the fourth finger, and the Light now fills the last finger. And now visualize the Light that is filling all ten of your fingers as they touch each other, a fusion into the space around your fingers, that you send out now from your fingers the Light, and it fills the space around your fingers, and it now slowly moves away and fills the room with the Light until all of the Light that was in your fingers has left. And you now visualize the void in your fingers as warm and gentle and having served a purpose and you thank the fingers for providing themselves as energy conductors.

And now the Light infusion has been completed, and the room in which you will find yourself will be gentler. With all of you now in this room together you have filled it with tremendous energy, a very great void, and you have all left your own energies implanted within the environment, and you all work together to form a whole.

And thus, you each now have a very good technique to do by yourself when you are in a room and people will not really look at you very strangely for, they will simply think that you are sitting there with your eyes closed concentrating on something, which you are of course. Now open your eyes and relax. Wasn't that nice? We thank you for helping to present the gift to the environment for departure. You have all contributed toward a positive vibration being left in the environment. We thank you all.

I have a question about the exercise we just did. That is good for a room full of negative people?

Yes, of course. It is an exercise actually that is not aimed at the people. It is not aimed at the energy forms in the room, but rather at the room itself, the environment of the room, that is the summation of the energies that may be in it, for it may be much too difficult to do an energy infusion into the energy forms. They may be much too strong. However, you can begin, shall we say, lighting up the environment by doing this to the room and therefore the room will be the energy conductor after you have finished and would have an effect upon those energy forms in the room. So that is the purpose of that particular exercise.

Remedy To Help Relieve Fatigue Resulting From Psychic Attacks (October 04, 1988)

I have been feeling over fatigued and recognizing this as a possible psychic attack. Is this chronic fatigue a psychic attack? For those of us who feel this way, is there anything other than surrounding with Light and telling negatives to go away?

Jacques: Indeed. Remember also that the fatigue is not always psychic attack. You are beginning to learn the difference between psychic attack and the basic fatigue that the physical encasement will have on occasion. There are precautions that you can take, for those of you who will come under psychic attack, and there are particular remedies that will ease the physical response to the psychic attacks. For example ~ this is a good question.

When you are all feeling fatigued, you have a sense of tiredness, you might take the following ~ a teaspoon of raw honey, take one clove, take one half of a cup of whole milk ~ Place this to be heated. Bring the liquid only to below the boiling point, and then place it into a container that is of a rough ceramic, nothing that is polished. Before consuming this, place your right hand, if you are female, and if you are male, your left hand, over the top. Visualize this mixture going into the solar plexus, the Spiritual Center, and coating the solar plexus. Allow the mixture to warm down to the point where it is easy to consume without sipping, but rather, being able to drink it down. That is one remedy.

I would recommend that you do this in the evening, as you prepare for your meditation. This will help you, for the psychic attacks, understand, come in through the solar plexus, and that as each of you are expanding your awarenesses, the solar plexus opens itself up for entry for all sorts of energies. This will help you. It will help in the fatigue.

For the past two weeks all I want to do is sleep. I spend most of my afternoons sleeping and I am not usually like that. Have I been under attack?

Jacques: Indeed. The fatigue is a residual to the psychic attacks, and it is sometimes healthy for the body to allow the rest to occur for this helps you to gain the strength that you need at the physical level. For if the physical encasement is feeling weakened, then at the mental and spiritual there will be a weakening also. There needs to be a strength all around. So do not feel guilty that you are sleeping. Allow that to occur.

Remedy To Help Relieve Headaches Resulting From Psychic Attacks (October 04, 1988)

We realize also that there are some who have the feeling of the ache in the head. Yes.

We suggest that you take a very large cloth made of a soft material, a cotton perhaps, very soft, and you place for heating a pot with hot water, and in it you place an herb that ~ let me search now for the name that is used on the earth plane now. Aramis. Place Aramis into boiling water, and as the steam comes, place this cloth over the steam until it penetrates and creates a warmth in the cloth. Turn off the heating element. Place the cloth around your head, as in a tent effect, and place your head so that the steam comes in through the nostril area of the head, and be certain that the cloth covers your ears, and breathe in through your nose, and breathe out through your mouth.

Do this as often as you feel necessary to help in the ache. We advise that you not consume any chemicals, such as pills that are available, but rather, this particular remedy. There are many, many remedies. This is one. It is a favorite of mine for the aches. And repeat this as much as you need it in one particular sitting. After the water has cooled and you still feel in need of comfort, repeat the process.

Remedy For Weakening Of The Joints Resulting From Psychic Attacks (October 04, 1988)

There is also a condition that some of you and others in the future will feel that is a physical residual of the psychic attacks, that is a weakening in the joints of the body, a feeling of losing strength. This will manifest itself in several areas of the physical encasement. It will manifest itself

in the area of the hands, in the area of the lower neck, as it connects to the back. There is a way to help.

You are needing this. It is to take the grapefruit juice ~ this is one of our favorite remedies, you know, grapefruit juice. It is to heat the grapefruit juice ~ the warmth is essential in remedies. There should be really nothing cold going into the physical encasement during times of distress. Heat the grapefruit juice, and in the heated grapefruit juice, place the herb that is of licorice family. Anisette, anise, yes. A small portion of this, very small, for it is strong. And we recommend perhaps, one cupful, not boiling, but warm, and to consume this three times each day, at a minimum, and this will help to relieve the pain which is in the joints of the body due to psychic attack.

Jacques, I have a problem with my knees and my elbows. I was wondering if this would relate to this residual effect. It is a weakness in the joints.

Jacques: Yes, indeed, some of it is related to that, my son. You have been under tremendous attack because of your Lightness and also because of your involvement with all of us. They do not like that. There are, however, some other issues that we feel the time to discuss with you is coming close, that we would like to discuss with you. Waith has indicated that there are particular events about to occur, within the community, and that will necessitate then a number of private readings to explain certain things. And there are some connections that you have that are ready to be explained, and it will help you in understanding the issue of the joints, as you refer to it.

We recommend that in the meantime, be careful of the type of shoe that you wear. We see your needing a shoe, especially on the right side, that has a greater support to it. Perhaps something that can be made for this support, to go under that which is the arch that will give you a greater balance. There is a bit of imbalance at the physical level.

Technique To Use In Situations Where You Are Judging Others (October 11, 1988)

There is a very useful technique that you can employ as you find yourself in a situation where you are judging and saying, "This person should not do this ~ it is not right." Therefore, you make the judgement, and therefore you are unable to forgive the entity.

The technique, very simple, very straightforward, is that you envision the letters coming from your alphabet that mean love, and spell out love ~ for the English through which I translate, L-O-V-E, to use as an example, whatever language you are most comfortable with. The letters that spell out L-O-V-E are to be visualized in the mind, and see coming from the visualization of the letters that spell L-O-V-E, you see a white beam of Light coming out of the letters and surrounding the letters L-O-V-E. And this serves as a

reminder to you that if you love, then you can forgive, and that there is no situation, there is no entity, that does not deserve forgiveness, ever, no matter how horrendous it might appear to you.

Remember that all that happens is for a purpose and all part of the grand scheme of things and that many who might appear to be doing things that you do not approve of are doing it for their own lessons, or perhaps even doing it, to teach, to help, for there are many who enter whose sole purpose it is to behave in such a way it will teach and present to you the opportunity to forgive. For remember, all is illusion, and that which you might think is happening, is not, and that in the spirit there must be forgiveness in order for advancement to occur.

It is the most beautiful of that which serves our existence, that of love of each other and complete acceptance of each other's limitations, for they are most manifest in the physical, but they remain in the spirit, for until there is Oneness with The Creative Force there will be imperfections regardless of what dimension you happen to be currently manifesting in.

And so, it becomes an eternal search, the search for Unconditional Love, and it becomes obtainable at the very highest of the advancements, and it is upon the achievement of perfect love that one becomes a part of The Creator once again. Until then, regardless of where you are on your path and where you are in any particular dimension, we each work and struggle toward achieving Unconditional Love.

And so, you are not to feel that you have not achieved anything, that you are not progressing if you find yourself in moments of judgement and being unable to forgive, for it is in the presentation of these issues that you are given the opportunity to work ever so slightly again toward perfecting your love. It is a most beautiful process and one that needs to be looked at in a very positive way, and as you begin each day, that you state in a positive way that you will learn ever so slightly to love a little bit less conditionally, and that is to be the goal for each day. And do not be discouraged if you feel you have not achieved that goal, for at the end of each day forgive yourself, for unless you forgive yourself, you surely cannot forgive another.

The gathering now, for this session, is filled with Light. It is filled with love and beauty. The young entities here have done much to contribute to this, and we have waited anxiously, for they project tremendous love and have a very specific mission ahead of them in working with the community. Truly most beautiful. We also would show to you an example of very beautiful love and that is between two of the community members who celebrate today, this day of connection. We send to you our blessings on the celebration of your connection. For it is a most beautiful connection and one that will begin to show itself in its true purpose, for there is a very high purpose that has been determined by the two of you.

Technique For Sending Light To The Animal Kingdom, In Times Of Their Distress (October 18, 1988)

And thus, we will send to these beautiful souls, the whales, a special energy. What I would like you all to do is to take your hands, your right hand facing up and your left hand facing down, and bring them together now, the left over the right, and concentrate. And within this small circle, as you see the hands of Mushiba, place in there a ball of White Light. And within that White Light visualize these three whales. And as you visualize these three whales, start the ball of White Light pulsating and surrounding them and send them warmth from the Light. And now slowly bring your hands back, keeping the left hand down and right hand up, bring it back into the position straight out from your body and breathe in through the solar plexus, deep, and bring this in through the nostrils and release the breath through the mouth, and do this one more time. Ah-h-h-h.

What we have given you is a technique that is especially significant for The Animal Kingdom, in helping The Animal Kingdom, when they are in times of despair, distress, or need. And so, if you find yourself in the future wanting to send Light to the Soul of one in The Animal Kingdom, this is a particularly helpful technique.

Can this technique be used for the plants as well?

This particular technique has been especially programmed for The Animal Kingdom ~ not for the plants but The Animal Kingdom. There are, remember all of you, so many, many, many techniques that we will begin to show you these techniques. We have given a good number of them already.

Meditation Technique ~ Sending Energy To Help Through The Christmas Season (December 06, 1988)

There are many who are fatigued during this time frame for various reasons and are in need of an energy blast, shall we say ~ rejuvenation.

A shot is the word, an energy shot.

Thank you. Yes, a shot. That is a good word SHOT. What I would like to do first is to send you all some energy ~ this shot. We, of course, in tuning in through Mushiba realize the stressful time that is now part of the earth plane illusion that you call Christmas. We here are amused at it, Amelius especially, ☺ and we feel it would be beneficial to all of you to have a little bit of energy to get you through these next time frames of weeks so that you do not get over stressed and all of the activities that you find yourselves engaged in, this will help you

Hold each other's hands now and close your eyes and visualize the third eye and visualize the White Light surrounding the third eye, and relax yourself and breathe in deeply, and receive from us the energies we are about to transmit to you. Begin now. Slowly breathe out and slowly raise your hands and extend them out facing you toward me with your

fingers stretched apart. And now slowly bring your hands down into the lowered position, and as you bring yourselves from the relaxed state, open your eyes once again. Well! How do you all feel now?

Tonight, for those of you who meditate in the evening, take this energy that you have received and send it to those who are not able to be here who are frequent visitors to the sessions. And those of you who meditate mornings, do this in the morning also to those who are unable to be here and send them the energy.

A Meditation Visualization To Assist One In Passing Over (January 10, 1989)

We would start this session by asking you all to pause for a moment, for the mother of one of our community members has returned to us, and we are in the process of helping the energy form through the earth plane mire that exists, the energy field, and into a freer dimension. There are a number of entities who are assisting in this now and as is the usual, the combined prayer and the sending of love to any entity who is leaving the earth plane is beneficial to the vibration.

And we would ask you all now to hold hands and we will have a bit of the sending of the love and the prayer that will assist the energy form. Concentrate now on the ball of Light. Visualize the ball of Light. Visualize now sending this ball of Light to another ball of Light. And say to your Higher Self, "I send this ball of Light to the entity." This is all that you need to say. And send your love.

And now begin to bring the ball of Light back into your Third Eye, and visualize it surrounding yourself, giving you the warmth and the protection. And now take the ball of Light and send it to all in the room and infuse each other with the love and the protection. And now slowly bring yourself back to the conscious state. And now before you unhand with each other, deeply breathe through the solar plexus three times. In and out through the mouth. A second time, in and out through the mouth. And a third time, in and out through the mouth. And now, hug each other.

A Meditation Technique To Aid In Developing Self-Love (January 17, 1989)

Waith, besides affirmations, is there anything else that we can do, any other exercises perhaps that we can do to help us with Self-love?

Yes, indeed. We will give you a particular technique for you in your quiet time that you spend with yourselves, be it meditation, or any other way of centering yourself.

What you can do to help yourselves to strengthen the core of Self-love is to be certain that you are in a quiet space, and take your hands and place them as such over the head (In a pyramid position, fingers pointing downward, thumbs meeting and forming the base) ~ and breathe in deeply as we have shown you so often ~ in through the nose and out through the mouth, and do this for as many times as it takes for you to attain a level of lightness. For some it is one breath ~ in and out. For others, it could be up to ten. It is completely determined by Self.

And once you have achieved this level of lightness that you feel, a sort of lightheadedness, remembering to keep the hands over the head, as such, once this level of lightness is achieved, bring your hands down and have them open so that they face up to accept the Light, and call upon the Highest of the White Light, and ask the White Light to infuse itself into the palms of your hands. And once you feel the White Light in the palms of your hands, take these two hands as such and bring them over to your heart. And then say, "I send the Light to the Heart Center. Give me the love of Self." And that is all you need to do. And when you are ready, you will know to take the hands away. You will know that the White Light has been infused into the heart.

And do this as many times a day as you need to do in order to feel a development of Self-love. And when you have felt a particular difficulty with the world around you, as attacking your sense of Self, find a quiet spot and do this, and it will help you to keep into perspective the attempts from around you to diminish love of Self. And you will then be able to go back into the world around you with a sense of love, for you will have built your own sense of love, and therefore, you will be able to project it out.

It is the daily chipping away at the Self from others that creates so many of the difficulties. Before you know it, you have lost your sense of Self, and have compromised it to perform up to the expectations of others, rather than to perform the expectations of Soul and Self.

You will be continually tested in this area. This will help you to develop your patience. For when you feel lack of Self-love, you also are impatient. No one does anything right, and you become impatient with yourself, for you feel that you must perform to the expectations of others rather than for yourself, and by centering upon yourself, you will perform to the expectations of Self, and therefore have patience with yourself, and be better able to be patient with others.

A Remedy Is Provided To Someone Struggling With The Effects Of Quitting Smoking (January 31, 1989)

Waith, is it possible for you to give me some special energy? I just quit smoking and I am crawling the walls.

Indeed. We would first say to you that during this transition period, the physical body, understand all of you, reacts and that there is a very simple way to ease that, and that is for you

to drink a great deal of liquid, and that liquid, we have given this before but we will reiterate, drink eight to twelve glasses of water per day, and also we would advise you to drink approximately one gallon of grapefruit juice a day ~ one gallon per day for approximately two weeks of earth plane time.

Oh! I hate grapefruit juice!

We understand the dislike many of you have for this taste.

Orange juice?

No. However, if you speak to those who now drink the grapefruit juice, you will learn from them that when they drink other types of juices, they are not able ~ the taste is very strained ~ the grapefruit juice becomes very, very acceptable.

I will try.

This will help you, dearest one, in the easing of the physical and it also, the grapefruit juice, as we have said before, is a very good cleanser, and is used by many who do day long fasting with the grapefruit juice. We will give you a special energy also that will help you. Yes. (Waith sends the energy)

Jacques Gives A Formula To Alleviate The Problem Of Cats Spraying In The House (March 28, 1989)

Francis, I have a question about my cat, Fluffy. I am trying to let him come upstairs now and then, but after he is upstairs for a while, he likes to spray. I do not know if he is marking his territory or what. Is there anything I can do help him not to spray in the house? He does not do it downstairs where he lives, but when he comes upstairs and he is up for a while ~ it is very hard living with that.

Francis: The energy form is feeling confined and needs to be confined for the time, for its own safety. You ~ I confer with Jacques here. He gives me the information. Jacques will come in to speak with you.

Jacques: I am Jacques. Greetings. You need to ~ I have come in to discuss this with you, for there is a medical answer to this that I was trying to describe to Francis, and it was difficult in the translation of it. And what I will describe will be appropriate for others of you who would have similar problems with animals marking their territory as it is, so this information will be useful to anyone who would read this transcript.

One of the ways, there are many ways to solve or to alleviate this problem, and one of them is to have the animal ingest a particular formula. It is a liquid, so it would make it easy to have the animal consume this. You must take, and I will send you on a little hunt for this ~ take an herb that, the derivative of this herb is very common now and its primary herb, I should say, origination, is in an old-time herb called Yaka, Yaka, Y-A-K-A. It is a sweet-tasting herb. We would find it enjoyable from this end to watch you search for this, and once you have found its modern-day derivative, you will place it onto the record.

How far back was this called Yaka?

Jacques: That will be for you to find out. When you find it in its modern-day form, you will find it to be in a powder. You are to take one tablespoon of this powder and place it into one cup of water from the spring, one cup of a berry juice that has a red color to it.

Raspberry?

Jacques: Raspberry. Raspberry. You are to give the animal one-half cup per day for a period of two weeks. This will eliminate the problem, not permanently but will give you a time of rest and will ~ once it begins again, you simply give this to the animal. It will, with some animals, be an ongoing type of medication. For others, it may only take one application of the two-week time frame. You will know this. (Yaka was later determined to be Yucca, a member of the cactus family which grows in the West)

Do rabbits experience the same thing as male cats?

Jacques: Not in the same way. Any animal that is tormented with this, and it is a torment for the animal, can be given this formula.

A Horse With Hind Leg Issues From A Past Life, And A Remedy Suggested To Help (April 25, 1989)

We have a new family member, a horse. I feel very connected to this horse, and I think I have been in a past life together with him, and he has probably saved my life once. Now, the horse has problems with his hind legs. Can we do something about the horse's pain?

As we had discussed in the last meeting when we spoke of Atlantis, we spoke of the large animals who aided in the surviving entities from the crumbling land mass of Atlantis into the new areas. The entity of whom you speak was in this physical encasement ten thousand years ago, as a very large animal with, as I described it in our last session, reptile-type skin, and there were a significant number of them who saved great numbers of all of you. And this animal that is now in the encasement which you described was what you might call a pet of yours, as much as any of these large animals at that time could be petted. You had a special affinity, for you have had

many, many, lifetimes together. This is true of many of you. This is acknowledged. Mushiba, for example, with Barnabus, has had thousands of experiences with him. And you have a strong connection. You have felt this, and it is correct what you feel.

He now, however, has come in to deal with a balancing, for during the time of transport through the waters he, the entity, damaged his legs. These animals were of such structure that their hind legs were smaller than their front legs, and this was so that they could propel themselves from behind, be it on the land or in the water. And this particular entity became very, very concerned, shall we say ~ the best word to use ~ in his responsibilities to transport and to save entities, and you were helping in this endeavor to gather the people and to get them to come to where the animals were, to move them across the water. And he was very enthusiastic about this, knowing that at the Soul Level what was being accomplished.

And in all of this excitement he damaged his hind legs. And he continued, however, to move through the water and made several trips while injured and finally gave up the quest, shall we say, for saving, and began to rest on the ground. You were with him. He was feeling that he had not completed his task and that he had allowed his physical encasement to overcome him. As a result of that, he left his physical encasement. His spirit left, thinking that he had not finished his mission, even though he had.

He has had a number of incarnations since that time but has dealt in other animal forms to learn other types of lessons and has not come to grips with this lingering feeling, and has decided that, along with many of the other entities who have now come in at this time to rectify and balance those of the human, those of the animal, that he will deal with this now. It is at the same level as you might say, psychological, in The Human Kingdom. He thinks that his legs bother him. There needs to be a healing here, and at the spirit Soul Level he needs to understand that there is no debt to be paid. As far as being in pain ~ as he believes it, it is pain, but it is not of the pain that would require him to leave his physical encasement. You can help him, as many of the community now find, that placing a crystal around the neck of the animal helps in the balancing.

And I should not do any treatment with oil or homeopathic treatment? I started castor oil packs.

Oh, yes. You have moved one step ahead of us. We were going to suggest that, first you find a crystal, and that is of a green shade, and you have it so that it can be around his neck at all times. And then, because of your own developing healing abilities that you have come into to work on and to bring through, this is an opportunity for you to help him, and in combination with the crystal there can be a healing that occurs.

So, it should be a green, clear crystal? And I should continue with the oil packs and search Homeopathic treatment?

Yes.

The Herbal Remedy For The Horse Is Also Beneficial For Humans In Aches Of The Joints (April 25, 1989)

There is a particular herb that you would be able to find. I search the vocabulary here ~ the spelling of it. You would want ~ it is spelled, C-O-L ~ this is a difficult one. C-O-L-L-E-M-Y. This may not be its exact spelling. More than likely, it is not, but ~

(This question, or comment, is inaudible on the tape)

Yes, indeed. It is a leaf that has a bluish tint to it, a bluish tint, and it is found growing in rocky areas. This will help you to, in your research, to describe to those who would know about herbs. Its leaf is small and very delicate. When you find this leaf, you would crumble it and you would give some of this in two different ways ~ you would allow a small portion, perhaps a tablespoon, to be eaten directly, and then, a portion into that which is castor oil, and to mix it in the castor oil, and as the castor oil is on the external portion, it will assist. This particular herb is also very beneficial for The Human Kingdom for aches of the, what are called, the joints. This is an herb that is not widely known, but then that is of no surprise to any of you. (Waith confirmed the herb as Chaparral in a later session)

And Waith, between the castor oil packs, now I also use peanut oil rubs.

We would recommend that once you have found this herb, that you use this with the castor oil only. Until you have this herb, then the ~ that from the peanut will suffice.

And does the horse need exercise, or rest?

Rest.

So, we should not walk him at all?

Very, very limited. Enough just so that there is some movement, perhaps every other day, as measured on the plane.

So only walk him, or also trot?

Not a very hard walking, but very gentle slow ~ very, very slow with your hand on him at all times so that he recognizes that the connection is still there and does not feel so separated from you.

And how long does this take until we can exercise him?

You will know this as he gains strength, for it will become a natural that he will begin to move more rapidly himself.

And so, should we have the veterinarian come out and examine his legs and takes X-rays? People have already criticized me ~ why I bought this horse, and we should sell it again, and how can you work with the horse?

It is the same situation that many of you find when you choose not to go to the customary doctors. It is a judgement that you must make yourself, for the cure can occur from within you and the entity ~ if you believe it.

Is there such a book as this that would have the names of these herbs?

No. If it did, it would be easy now, wouldn't it? There are, you understand ~ that there are many, many herbs that have not been widely known by the current knowledge on the plane, or have been known by select numbers of people, select people. There are also herbs that have had popularity in times past with various cultures and have gone by the wayside, shall we say, the current culture that is now on the plane. It does not mean that it is no longer available. We give you information on particular herbs that have been used within the time frame that would gain reference to the herb. We would not give you an herb that was used, for example, three thousand years ago where there is no modern record of any type. So, there are records of this herb. The spelling may not be entirely accurate, but the description is.

Waith Gives A Remedy To Help Comfort From Hot Flashes During Menopause (May 07, 1989)

There are certain types of earth plane foods and herbs that can be beneficial during this transition time. There is a particular herb that ~ we will not make you search for this one. We will give you a remedy that will be most soothing to the physical as well as the spirit during this time. It is that which is extracted from the berry called cranberry, and it must be taken in its pure form. It must not be that which is commercialized. The cranberry, therefore, must be the juice extracted from the berry and heated to a temperature of seventy-three ~ approximately, seventy-three degrees. We will not be specific and give you points. We will simply say seventy-three degrees plus or minus one or two degrees.

Fahrenheit or Celsius?

Ah! © Indeed. That which we would give as reference would come from that which is known in this environment ~ this geographic environment. Therefore, it would be that known as

Fahrenheit. That was a very good point you made. We tend to discount many times those variations, for we use as our reference point that which is where we find ourselves, you see.

Now, you will take the heating of this, and with each quarter cup of juice will be added three-quarters of a cup of water ~ and it needs to be the purified water. Add to this one teaspoon of juice from the fresh lemon and one teaspoon of purified honey, thus giving you one cup of liquid. This is best consumed prior to the sleep state, and, at a minimum, be consumed three times during an earth plane week for as long as the discomfort prevails.

Now, the issue of menopause is a most interesting one, and we will address some other specific questions relating to it as we sense are in the vibration now.

A Technique For Blocking A Drain On One's Energies By A Lifeline (May 16, 1989)

The technique that you might use that can be very beneficial to you is to place yourself in a seated position and to close the eyes and center your attention upon the Third Eye. Bring your hands up to the Third Eye as such (pyramid position with fingers pointing out from the Third Eye, tips of thumbs meeting and forming the base at the forehead), and what you want to be doing is to connect with the Solar Plexus and the Third Eye, for it is through the Solar Plexus that the energies come and go and it is through the Third Eye that there can be control of the energies, you see.

And so, you will have your hands in this particular position and with your eyes closed and your thoughts centering on the Third Eye and having Whiteness ~ the White Light in the Third Eye, you take this Light and as you move your hands down, you are bringing down a stream of White Light ~ much like a thread, you see. Perhaps visualize something of this thickness. You bring this down, down, down, down like this into the Solar Plexus area, and you visualize this thread actually sewing up your Solar Plexus, thus preventing escape of energy and withdrawing of energy.

This will last for as long as you determine that it is needed, you see. And this is where you will experiment perhaps. You may say that you need this for one earth plane hour and at the end of that time The Universe will know that it is time for the Light to release and it will do so. If the parallel life has not gone its own way in getting its energies, then it will then be able to take energy. If it has finished, then you will know this. So, if you begin to feel an energy drain again, then use the technique once again. It does not take very long for you to do and can be done with a minimum of attention being given to you.

What I have been doing is ~ when I fill myself with the White Light, I try to envision my lifeline and surround her with the Light also. And when I am communicating with her, is she aware of it at Soul Level? Is it getting through?

At Soul Level, yes. Yes, indeed. Understand that each of you in dealing with a parallel life ~ those of you have this to deal with in this manifestation ~ are aware at Soul Level of what you all have to do and what your missions are, and one of you may be more aware at conscious level than the other that the other exists.

What Would Be The Best Way To Get Rid Of A Scar? ~ Jacques Gives A Technique (May 16, 1989)

Jacques: Ah. This is a very complex answer, for a scar is the result of a lesson that has been learned, you see. There are particular remedies available that may lessen a scar's imprint. The imprint, however, will not decrease unless the Soul has given up the issue. In some cases, the scar remains as a reminder to the entity of the lesson that was taken on, and perhaps not learned, and thus the scar remains as evidence of additional learning. On the other hand, it could mean that the lesson has been learned and that all that remains is the physical scar, and the entity can simply heal by way of meditation. Or, if there is need of drama, as is needed many times, then it is possible to use a remedy.

We will give you this remedy. Now, remember that this will work not in all cases. This is not like you would think to be a cure-all, you see. The conditions must be correct. You must use this in conjunction with your meditations. Now, what you do is to take paste of the almond and mix this, you take ~ the proportions would be one tablespoon of the paste of the almond in its pure form mixed with one teaspoon of the oil from the olive. This must be then steamed until it reaches the temperature of 96.34 Fahrenheit.

How does one determine that particular degree of warmth?

Jacques: That is for you to determine from those vehicles available to you now currently on the plane. Once it has reached that temperature, you place it onto the scar. You then place over this a cloth of white that is of cotton, and you wrap this and you allow this to stay for two earth plane hours. During this time, you need to be meditating and sending the White Light to the scar and allowing your Higher Self and your soul to connect. And if it is meant that your soul no longer needs the scar, it will go. If it does not go away this first time and you feel that perhaps by repeating it will, then do so, but do not use this procedure any more than two times, for if at the end of the two times the scar remains it means that it is meant to remain. If it is going to go away it will, between the first and second application.

Is There Something I Can Do To Alleviate My Allergy To Trees Blooming? (May 16, 1989)

Jacques: This is common on the earth plane. Again, it is a soul issue, as everything is a soul issue. Unless the Soul has given up the lesson and has learned it, then the condition will continue. To

alleviate this and to help you through those times when it is irritating to you, you would find comfort in drinking grapefruit juice ~ a very simple remedy. One half gallon per day. ☺ ☺ It is not difficult to consume that, you know, as you may ask any member of those gathered in these sessions. That is not a lot to consume and in fact many in this gathering consume more than that with little difficulty.

What Process Would One Follow To Cleanse Oneself Of Inner Hate For Someone? (May 23, 1989)

There is a particular process that would be of benefit to many who have this particular issue, for it is a common issue that entities encounter a feeling of hatred, as you would call it. Remember that any feeling that you would have toward another is a reflection of what you feel toward Self and that any emotions that you feel, whatever they are, are a reflection of how you feel about yourselves. And thus, if you have a feeling of great love toward entities then this indicates that you have great love of Self. It is a process of continual growth from incarnation to incarnation, and one that is not accomplished in a short period of time. It is what the earth plane experience is set up for ~ to learn.

Now, to answer your question. It is not unusual for any entity to have varying time frames of feeling great love and feeling great hate, you see. This is very common and indeed, as you attempt to grow in your own abilities toward Unconditional Love, you must go through what is called this purging where when you become filled, as you would feel, with a strong and negative emotion that you work on pulling it out of yourself, and when you have done that, you then have a void that could immediately then be filled with love, and this then becomes a continual process, and in a particular incarnation, you would begin to be able to pull this hate, as you would call it, out of yourself more rapidly ~ more rapidly, more and more rapidly.

What occurs is that as you encounter entities from other incarnations where you have had experiences that now need balancing it will trigger a soul memory, and the purpose of incarnating on the plane is to balance from these incarnations and to learn the lessons. You will meet an entity where you will feel great love and you will know that there has been very positive past experiences with the entity. If you feel any other type of emotion when meeting an individual or focusing your attentions upon a group from a particular race or color, understand that it means you have unfinished business, that there is balancing and that this is what it is all about.

Waith Gives A Technique With The Solar Plexus To Help Remove Dark Feelings Toward Another (May 23, 1989)

Now, a very simple technique that will help you is used during the meditative state, and thus you go into your meditative state, whatever that is for you ~ and this again varies from entity to entity ~ go into the meditative state and you focus upon that which is known as the Middle Chakra. It is right in this part of your physical encasement (Solar Plexus), and this is the Chakra in

which energy comes and goes, and you will open this Chakra more and more as you become aware of your own Higher Self. This is true for all of you. This is a technique that all of you can use.

And what you do is to open this Chakra via the White Light, for you want that which is dark to flow out of the Chakra, and you then concentrate through imagery and you visualize this stream of darkness moving out of your body. This will not happen in one sitting. It takes much, much time. For some it will, as the technique is perfected, occur rather rapidly. And as that stream of darkness is moving out, and visualize a hole, you see, and as it is moving out of that hole and the last stream is out, immediately close the hole with Light, you see. Visualize this.

You may have difficulty in the visualization initially and that is part of the learning process that you will find yourself in. Many will not have a difficulty in this type of visualization. And this technique can be used to rid yourself of what might become an instant type of feeling where, for whatever reason, you are feeling suddenly filled with an anxiety, a particular negative emotion toward another entity, and the purpose in growth is to rid yourself of those feelings of negativity toward other entities. And find yourself a quiet spot, and I have said jokingly in the past you can go into a bathroom. If you are in a public place, go into a public bathroom and sit and visualize. It does not take all that long. ☺ And you would ~ you could very quickly begin the process of ridding yourself ~ you do not want to feel these negative feelings. They are ~ they do not feel good.

And so, you begin this process, and if you do this on a daily basis, whatever time of day is good for you, before you begin your day or when you end your day, or both, for a very short period of earth plane time, you will begin to find yourself feeling more and more Light within you. And also, remember that your guides are there to help you and to call upon them to assist you in this process. This is for all of you, and to call upon us also, for we will help you.

Jacques Gives A Remedy For Indigestion (May 23, 1989)

Jacques, a change in my diet during our travels has upset my digestion, and I was wondering if you could recommend a remedy for me.

Jacques: A remedy that would be beneficial for anyone who has found themselves going from one culture to another and encountering differences in that which would be ingested into the body is to take juice from the lime, fresh, one tablespoon of this juice. Combine this with one-half teaspoon of honey ~ and that is all. Do this three times per day. And this will help in the digestion. It is especially helpful if used at time of meditation. Use this prior to meditation and then concentrate on the substance going into the area that is feeling discomfort. We send you love.

Waith Leads With A Meditation Of Lightheartedness

(May 30, 1989)

We would like you, before we begin to speak with you for this session, to take the hand of the one who sits beside you on both sides. And now, as you sit holding the hands of other energy forms ~ and the new energy forms who have just arrived are to please join in ~ you are to take a very deep breath through the nose and hold for a few seconds of earth plane time. And now, breathe out through the mouth. Do this again. Hold, and now breathe out. Now, visualize White Light running from the Crown Chakra down to your shoulders on the left side of your body and through your arm and into the hand that you hold, and send it surging through.

Feel the sensation of Light going through your body into the entity on your left. Now do this on the right side. Visualize the White Light streaming from the Crown Chakra down to your shoulder and now down the right arm into the hand that you are holding and feel the sensation of the Light.

Now, breathe in once more deeply through the nose and now breathe out through the mouth, and as you begin to come back to the reality of this consciousness from which you left, turn to the one on your right and hug and smile. And when you have completed that, turn to the one on your left and hug and smile. Now. ☺ Now hug yourselves.

Most vibrant now, was it not? It is very important that a sense of Lightheartedness prevail, for these are serious times, and it is a serious mission that has been undertaken by the Community of Terra Lux, and all who would come here would feel themselves to have serious issues whether they are a part of the community or not. That is their choice, for all are welcome to be a part of the community.

What we would want any entity who comes into the community to feel is the sense of Lightheartedness along with the sense of seriousness of mission, and for all to learn to balance, and not to be overly lighthearted and not to be concerned about the mission and, at the same time, to not be so overwhelmed by the seriousness of the mission that you forget to even smile. It is most important for you to learn this. It is a most important lesson. Thus, we have a sense of gaiety now. Do we not?

Using The Lightheartedness Technique To Help With Dissolving Negativity

(May 30, 1989)

And the technique that we had you begin the session with is one that would be very beneficial to use with any other entity. You need only one other entity, and you can, shall we say, trick someone else by simply saying, if they are being very negative to you or you are feeling that they need some Light, to simply say, "Take my hand," and take both of their hands, and as you begin

to develop this technique of visualizing the White Light going through your arms, you would be able to do this, and you can zap them some Light.

It would be nice to do this in a business meeting with ~ ☺

It is something that Mushiba has done quite often in these meetings you would call business. Of course, she is able to get away with certain things that we understand the male energies are not able to do. Abalma, of course, is not able to do this, but he, of course, looks to her to do this instead. However, you will find that you will have the female energies available to you in this situation when it is needed, and it is part of the Being of Service to each other that is important, for slowly, step by step, you are able to break down the earth plane stereotypes.

Understand that the example used of Abalma ~ he also, though, has several male entities who he is able to do this with now ~ it becomes acceptable, you see. Not with everyone. You learn to know the difference. You learn to know who to call upon to help you. You are not here alone to do this by yourself. You call upon your mate to help you. You call upon your friends and those who are around you to understand who might be the appropriate entity to transfer White Light energy to another. It might not you, but rather two other people coming together. Nonetheless, the technique is very effective.

Waith Gives A Description Of Mushiba's Necessary Cellular Changes ~ What To Do As Your Body Begins To Change As A Result Of Your Own Vibrational Changes

(June 13, 1989)

We are in on a lower vibration now during these cellular changes and will speak with you briefly. This first segment of the cellular changes are creating tremendous changes in the molecular structure of the physical encasement, and we thought that you might be curious to know what it is all about, why it is occurring, and what it means, not only the process with Mushiba, but also for each of you, for as each of you increases in your own vibration, your physical encasement physically changes to accommodate that which the scientists would say does not exist, and that is spirit. And what we will describe to you in terms of what we do with Mushiba will give you an indication of what you may also do as your body begins to change as a result of your own vibrational changes. It is applicable to you, and also, just the knowledge of the phenomena that we work is of interest to many.

What we do is considered accelerated vibrational change, and it is something that, in agreement with Mushiba, we have taken over certain changes. It is almost as if you would think of it as switches in an electrical box, and they are all being switched on and off, on and off, as the wires are realigned to create a higher energy field. You all experience this in very minor, minor ways, many of you on a continuing basis, but in such minor ways that you do not see immediate impact. You see it over time as your own body adjusts to different patterns. And thus, you are able to accommodate these changes gradually as it is meant to be. We will address this in a bit.

What we do with Mushiba, and what we have been doing with the physical encasement since we began speaking through her, is periodically to change the energy field. Her own spirit energy is exceptionally high in spirit form and is therefore able to accommodate the accelerated changes without there occurring a burnout, as it might be referred to. There is caution that needs to be given, for example, when an entity from a higher vibration would want to speak through you as we speak through Mushiba, that the body that it would speak through is properly aligned vibrationally and energy wise, and if not, burnout, short circuiting, can occur where the energy form literally sparks out, much as you would see a shortage because of an overload of electricity.

What we do now is, in concentrated periods of time, we enter the vibration of Mushiba and work on the circuits. This creates tremendous fatigue in the physical encasement. The necessity for great amounts of fluid going through the body is necessary to prevent shortages or, as you might call, a burning, you see, much as water over a stone soothing. The particular food that we have prescribed over time has also had molecular ramifications for the particular cellular change in which we are working. The fact that when I was on the plane in many incarnations I enjoyed strawberries, does not have anything to do with strawberries being a part of this particular diet.

What each of these cellular changes, however, has enabled us, is to come through in higher frequencies, in stronger vibrations, and it will enable us to present to you our energies in as high a level as is possible through any physical encasement. My energies are of such a vibration that, if they were to come through fully, it would short circuit even Mushiba. There is no physical encasement that could take it. And this is true of most entities who would want to come through and speak and be of guidance. Any entity who would not take precautions with the physical encasement, whether it be for yourselves or for anyone who you would know, is not of the Light, for they would simply want to come in quickly and do whatever they wanted to do and would have no concern for the encasement. Many of you have seen changes over this time frame that we have been speaking, and you have seen the capabilities of myself and the group increase.

This is the third major cellular change, and it will be for some time now the final one. There will be minor cellular changes occurring on a regular basis, but this will be the final major. This major change involves that which is called the central nervous system, and it is related to a vibrational opening that is new to the spirit of Mushiba and is necessary for the advancement beyond the plane when that occurs.

What will occur as a result of this particular cell change is that we will have capabilities of healing through Mushiba when we are in the physical encasement, and we will demonstrate the applicability of healing powers where appropriate. Not all of the group will be doing the healing. Jacques has been able to do this on occasion, through Mushiba, in a very modified manner and was very successful. We will be doing things where it is needed in a very dramatic way.

With this being the final cellular change of a major proportion for some time, we thought it appropriate that you understand, for your own purposes, what you can do for yourselves when

you begin to feel certain symptoms of cellular adjustment within your own encasement. And thus, we have indicated that milk, and it must be the whole milk with the cream in it, the grapefruit juice, and the water ~ this is the flushing out, that the quantities that you would consume would be determined by your own body's reactions, that which you feel appropriate for yourself.

You will on occasion feel a fatigue. A fatigue, remember, is not always a sign of a cell change, so you must be aware that it could simply be that the physical encasement has been overworked, but if you feel a sudden unexplained fatigue that comes on with no explanation, it simply means that you are having vibrational changes in your body, and perhaps, take then a glass of each of the liquids. And they will not, as you would say, curdle in the stomach, for the vibrational adjustment is in such need of those particular fluids that it would absorb them immediately and not allow for them to get together, shall we say ~ would absorb immediately.

When you begin to feel in your body an itching in particular places that come on suddenly, this is for most instances an indication of the energy that is stirring around in your encasement, attempting to get out. What you need to do is to direct that energy into one of the Spiritual Centers, depending on which is the closest one to where the itching is occurring, you see. The Solar Plexus is a favorite exit as it is entry point. Also, the Crown Chakra is another that is appropriate. And what you simply do, is to direct all of the scratching, if you will, and physically on the skin, to move it toward a particular point, that which is closest, so that you do not find yourself going the entire length of your body trying to move the energy out. So, think of it much as you would simply water that has accumulated and needs to be flushed out, and we do not use that analogy in jest of what has occurred in the geographic location now. Understand that has all been planned and necessary. (Refers to recent flooding of Mushiba's and Limer's residence)

What is occurring with Mushiba now is something that she does not discuss or talk to most people about. She encounters a great deal of physical discomfort and pain, for there is pain associated with the changes, which at an accelerated rate that we do them, will occur. It will not occur for the average change or realignment. You might feel a bit of what you might call a pin prick on your skin. You might feel that. In accelerated changes such as we do with Mushiba, it is intensified tremendously. This is done, however, for the mission, and it will be finished in a very short time, this cell change.

What we most want you to understand is that this is what we do with Mushiba, not a particularly unique situation. It has been done over time for particular types of what you would call channelling. It does not occur with all channelling, as you would call it. There are many situations where, for example, your guide comes through and speaks. That does not require cellular changes in the dramatic way in which we demonstrate, for there is an alignment already of energies.

It is in those situations where there will be particular types of work done such as we do, and will plan to do as time progresses, that require very high vibration. Understand that we are simply

taking from the spirit form of Mushiba and placing what is already there in her own spirit form into the physical encasement. We are not putting a higher vibration in from nowhere. It comes from somewhere. Energy does not simply come about without a source. So, we have begun this process with Mushiba. As a result of it, during this time frame there will be a much-lowered energy for us to speak through, and our time in the physical encasement will be shortened so as to not put undue stress. This will be completed in a very short time as the earth plane goes. We would now address questions or observations.

A Question From Someone With Sores Around The Mouth, And An Herbal Remedy (June 27, 1989)

I am still having a problem with sores around my mouth. Am I not drinking enough water?

More water, more grapefruit juice, in combination. It will assist you. Also, there is a particular herb that you might attempt to locate. You have all been waiting to locate another herb, now, haven't you? This will give you something to do until we meet again for Public Session. It is spelled in its root spelling is L-O-M-U-S. It is an herb that is from a root, and it is yellow with green veins. I am giving you a lot of clues.

Would you like to tell me where I can find it? When I find it, do I put it in the grapefruit juice?

Then there would be no fun in the hunt, now would there? When you find it, you let me know, and I will give you part two.

You sound dubious, Waith.

Oh no! I am quite confident in the abilities of the community members to locate herbs.

We have a book on the way. (Referring to a comprehensive herb book)

Indeed. So, my dear, you do not need to look for this alone. It is a group project. It is meant to assist in the eventual work that several in the community will be providing to those who need herb remedies.

Would it be in my book on herbs?

No. That would be much too easy, now. Seek out those who have gone through this exercise in the past, for they have laid much groundwork.

Tunnel Technique To Assist Those Ready To Depart The Earth Plane

(July 11, 1989)

We have now a request from a community member, that the transition of the entity that is her mother be helped with the Light from the Community of Terra Lux. This entity is known on the plane as (Name given), and she has requested that there be Light given and assistance provided, for her mother will be leaving the plane shortly.

Now, you are now going to be given techniques as a group that you will utilize, whether I am in the vibration or not, that will assist entities in their transition, for the Community of Terra Lux is a protector community. Now, what you first will do ~ and this is not mandatory ~ I give the technique. If any of you here would feel not wanting to do this, you are not obligated, you see. You can simply watch or be a part of the environment.

First step is for your hands to be placed in this position, (Pyramid Effect, fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) and you place your hands over your head, over the Crown Chakra. This is the final Spiritual Center, if you will, of the highest order and is the conductor of energy to be sent out. You place now ~ your hands stay over your head. You place your, what is called torso, in a straight position.

You now, before focusing on the Third Eye, will take a breath from deep within the Solar Plexus. I demonstrate to you ~ it comes from here and you breathe in through the nose ~ hold for five ~ ONE TWO THREE FOUR FIVE. Breathe out through the mouth. Good.

Now, you will close your eyes and you will move your pupils, as they are called, to the Third Eye position ~ almost as if you were cross eyed now ~ and now, the breathing once again. Breathe in through the Solar Plexus. Hold ~ ONE TWO THREE FOUR FIVE. Out through the mouth. And now, as you breathe in once again, envision a long tunnel and infuse into this tunnel White Light. Visualize the tunnel.

Now breathe in once again, and as you breathe in, begin to gather the White Light, and as you breathe out, throw the White Light into the tunnel. Do this now, seven times. Breathe in ~ ONE TWO THREE FOUR FIVE, breathe out, throw into the tunnel the White Light. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out into the tunnel the White Light. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light now, into the tunnel. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light into the tunnel. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light into the tunnel. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light into the tunnel. And one final time, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out White Light into the tunnel.

Now, keep your hands above, and now, envision an energy form moving into the tunnel. Envision energy. Imagine it ~ energy coming into the tunnel, and you now, with your loving hands, gently bring the energy through the tunnel. You hold onto the energy softly and lovingly and you bring it through the tunnel. It has reached the end of the tunnel now, and you envision a host of The Angelics waiting to receive the energy form, and with your hands you very gently take the energy form and place into the hands of The Angelics. Your mission is accomplished now and you are ready to return to the conscious state. Return now. Slowly, gently, return to the conscious state.

Well, you now have a technique to utilize individually and as a group. Understand that it is more forceful if there is a group, and the more who gather to perform this technique, the greater the ease in the entity moving through the tunnel. And you simply need to request a gathering of the community for the technique. Question?

Is it meant as a transition from the earth plane into other planes of consciousness, or is it just also through difficult times?

No, this is very specifically for transition from the physical plane, this dimension, into the preliminary dimension. It is the, shall we say, the stagecoach brings then the entity to the beginning of other dimensions. It is the most difficult transition, you must understand, my dear ones. Of all the dimensions that there are, that of the earth plane into the thresholds of other dimensions is the most difficult to move through because of the mire, the muck, as we have described before, that surrounds the energy fields known as the earth plane, purposely designed this way for very accelerated types of learning.

Could an entity continuously use the Light before their departure? Does that make it easier for them going through the transition?

It most assuredly will help in the transition, and the host of Angelics will be awaiting the transition, for there is much joy in the accomplishment of the mission. Dearest entity, we await you. (Refers to one in the room) Now ~

If an entity is appearing ready for the transition, will it hurt to use this technique if the Soul really is not ready to leave?

If the Soul is not ready to leave, it is not time for it to leave, this technique will have no effect. It is only when the entity is ready and is being called, you see. If the entity is not being called, then this will not have a negative effect, as you would say. It will not hurt. It will, however, help in preparation, for when the situation is such that the entity is ready, and this could be, for example, on the plane ~ it may appear that the entity is ready to depart, and it is, let us say, Monday on the plane ~ and you use this technique thinking that it is time. It might be that the entity's time is not until Thursday, and thus, what you would do is to utilize the technique until the time has come.

You will know. It will not be a situation where you would end up doing this for a couple of years, you see. You will know. You will have this understanding. You will have the awarenesses of the fact that it is nearing the time. And what it helps to do, actually, is when the entity sees the Light in the tunnel, it helps to ease some of the fears that many entities have, and this is where the ability to see the Light in the tunnel helps the entity who is preparing to depart. So, it can only do good, it will never hurt. Light never hurts, only soothes. Questions?

Can The Tunnel Technique Also Be Used For Animals That Are Passing (July 11, 1989)

I wonder if this technique can also be used with the animals passing. I had a flash of my dog while we were doing that, and I was curious.

It can be used for any energy form, you see. Remember that energy is energy regardless of the encasement in which it finds itself, a concept many on the earth plane find distasteful.

When Souls Become Entrapped In The Mire And Unable To Make The Transition

I was thinking about entrapped souls such as at Pasco's Restaurant. You did give the suggestion that this is the entity's soul path to have this condition that it finds itself in, and that it is on another level altogether ~ an astral ~ not being earth plane. Right?

It is in the astral plane now, yes. Which is a part of the earth plane, you must understand.

So, would the tunnel technique you gave help this entity?

No, it would not, my dear.

The situation to which our bright light refers, is one that is very common, and that is, entities become entrapped in the mire and are not able to make the transition into the other dimension ~ the doorway into the other dimensions. There is a particular facility, known as a restaurant, in which an entity has been trapped in the vibration of this for some time, and it was suggested perhaps that some type of activity could ensue, in which this entity could be released.

We would make the remark at this point that, much like we have talked of the Ouija board, we would indicate to you all that it is a very dangerous activity to attempt to free an entity from entrapment, without very, very specific protection for yourself, as well as the entity entrapped, and that it is not something that just any entity can do. This is something where there needs to be cooperation with the very Highest of the White Light Forces, for much like the Ouija board, it

draws those mischievous entities into the environment, if there is even beginnings of opening up yourself, your Spiritual Centers, to attempt to communicate with an entity that it is in another dimension.

It is much like when other entities try to channel through some of you without the proper protection and preparation. They are mischievous. It can be very dangerous, for there can become possession by an entity of the mischievous levels, for you would be attempting to communicate by opening all of your Spiritual Centers, and in doing this, without having the right techniques and the right vibration, it is very critical, and you are open ~ you are open for mischievous entities to come right in, quickly, and then we are doing a whole other issue.

There is a great deal involved here in terms of the paths of those.

My best bet is to completely back off right now, and just leave it alone.

Yes. You would find your energies better served by simply projecting protection from your own energy source, as you would to any entity who you felt needed Light to help them. Not to say, "This is what the Light is for, to help you," but simply to send Light with the message that "It is for help in whatever way you need." Do not qualify what that help is for. Simply, "It is sent as help. If you would like it, it is yours to receive. If you would not like it, you are free to reject the White Light," you see. You must remember that in sending the White Light, you must not try to force this upon someone. You send it to them, saying, "Take this, if you will. If you do not want it, reject it."

Can we pray for souls that are entrapped, or even in an act of praying for them, is that going to open us to ~

Yes, and in another session, I will give you the technique. We will work on one technique at a time in these sessions. I think what I gave you at the beginning of this session was a good beginning for your portfolio, and if many of you were to look back through the transcripts, you would find other techniques that have been given over time, for various situations in which utilizing the White Light and projecting that White Light has been given to you.

Another Technique To Help Loved Ones Make The Transition (July 23, 1989)

We sense the fuzziness around the vibrations that comes from the heat currently in the illusion. There is nothing that we can or will do about this, for you all now adjust to the heat for The New Illusion that comes soon. We are here in this session with you all to discuss what has come to be known as parallel lives, multiple lives. This is an advanced session and we have given information of a beginning level prior to this time and if any of you are finding any difficulties in understanding and comprehending it all, what we will be giving you for information this session, then you need to refer to the beginning session where we gave the basic information.

Before we begin, however, we will be giving you another technique as we have done before. (Waith walks toward one in the group) We come to our beautiful child, take my hands, my love, for help for you now is given at the earth plane level as well at the spirit level. We would want you all now to hold hands. We all want you now to direct your eyes to (Name given) and to close your eyes ever so slightly, but nonetheless still seeing the entity and focusing a Light from yourself, your level of Lightness, onto her. And now follow this Lightness through your Heart Chakra and send it as you would send a soft snowflake, soft and gentle Light, fluffy. Surround her with this soft Light. And now connect with the energies that I have, keeping your hands together, and you see the energy that I now place into the hands of her and now flow through her and then to all of you and back again to her. And now slowly look up.

This is a technique, one of the many that we have promised to show to you that will aid you in helping loved ones make the transition, and it can be used in conjunction with the tunnel technique. You do not need to have my energies involved in this, for you are all capable when you are dealing with loved ones to use this technique. Remember that there is tremendous power in circles, and there is tremendous power in circles of energy, such as you just now experienced where the holding of the hands at the physical enables the energy to flow, and it is important that it be an unbroken circle. The circle not literally that it be dimensionally correct, you see, rather ~ knowing so many of you that you would now measure out a circle. You do not need to do this. It can be out of dimension here in terms of shape. What you need to understand, of course, is that it be an unbroken type of circle, you see, that will prove to be very, very effective.

Now, we will begin our discussion of what you know as parallel lives. However, it will become clear to you very soon that there is much more complexity to this than any of you have realized. We will present information as we normally do, giving what we feel is appropriate from the monologue standpoint, and then we will open the session for questions relating to the topic that we want placed on the record.

Is The Tunnel Part Of Our Illusion, Or Something To Visualize In The Tunnel Technique? (July 25, 1989)

Yes, indeed. Of course, it is part of the illusion. It is given as a frame of reference and given as a symbol so that as you are attempting to help your loved ones make the transition. There is no tunnel, per se, you understand. It is simply a merging of energy into energy into energy, and to move through layers of energy can be difficult if not done correctly and with guidance.

Now, the use of the visualization of the tunnel with the White Light is strictly an earth plane phenomenon that enables all of you to concentrate your own energies upon something concrete. Many of you who are at an advanced state of attunement would not need the illusion of a tunnel but simply would send the thoughtform through your meditations with the departing energy as it goes through the layers of energy and is received by the Higher Light. So, it is used as the illusion very effectively.

Would The Tunnel Technique Be Of Assistance To Souls Who Are Entrapped? (July 25, 1989)

That technique of bringing through the tunnel that you refer to would not be effective for those on The Astral Plane, for those on The Astral Plane, once they have reached that point and it brings them into that level, is for very dramatic lessons to be learned and they must work it out themselves without the assistance of those outside the plane.

Waith, in some religions, there are seven planes. Is that just one of those illusions?

That is a frame of reference, yes, given to this particular time frame of illusion on the earth plane from one cleansing to another. That will change once the cleansing occurs, and there will be other frames of reference given and other illusions brought in to create new types of illusions for the next time frame on Planet Earth between cleansings.

But if that is our current illusion, would that have any significance to us?

Indeed, yes.

Then could you explain it a bit?

We will go into that when we go into detail, for that is part of the movement between energy fields.

Waith Gives A Technique To Help Dissolve Fear (August 15, 1989)

Now, when you begin to feel the fear, be it ever so slight, is when it is most appropriate to begin this particular technique. You must take yourselves into an environment that is very, very light and as free of encumbrances as you can possibly do. It is appropriate that you find a spot in the outdoor environment so that you are able to feel the air that is part of the plane and to give yourselves space around you. You would not want to be in the middle of a metropolitan area attempting to utilize this technique where there are the automobiles and the pollution and that sort of situation. However, for many of you, it will be necessary that you have some type of these artifacts around you for it could not be avoided. It would not be possible for you to go into an environment that is environmentally appropriate, you might say.

What you would do is to stand completely erect with your hands by your side with your palms facing inward and to close your eyes and to center your eyes upon the Third Eye and to visualize

a Lightness, a bright Light coming into the Third Eye. As you envision this you would raise your arms above, raise them as you see the arms now moving up, go up straight, and they would go up straight until they were over the Crown Chakra, and you would place The Pyramid Effect over the Crown Chakra remaining completely straight (Pyramid Effect: fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) as you call upon the protective forces of the Higher Light to surround you with Light as you begin this technique.

You would then bring the pyramid down around you as you see my hands now through Mushiba and you would encircle your encasement (Hands retain pyramid shape but separate and go down each side of the body facing each other) and bring the fingers to the front of you, once again forming The Pyramid Shape and bringing The Pyramid Shape now into the Solar Plexus and carrying with you now the White Light.

And now, as you stand in this position, you would envision this fear. You would take this fear and bring it into your imagery and you would allow yourself to feel this fear. And as you begin to feel the fear you then surround this image of the fear with very soft White Light. And you use the imagery of the Light to destroy the fear, to penetrate that image of the fear, so that you have confronted it, and then you surround the fear with the Light and dissolve that fear. And once you have dissolved that fear, you will take your hands as they are still in Pyramid Form and bring them out in front of you once again and you will separate the hands then and return them to The Pyramid Shape above the Crown Chakra. And continuing to call upon the Higher White Light Forces, allow that fear to leave you completely as you bring your hands down around your encasement as you began the technique with the palms facing in to the encasement and returning to your side as you began.

Now, you can do this as many times as you need to. You can, when going through this technique after you have returned to the beginning position, take a deep breath, and if you feel that you need to do it again then you do so. It is useful for as much as you need it. The deeper the fear the more you will need to utilize this technique to help you. But, you see, each time that you do this it will chip away, you see, at that fear, and while you are able to dissolve the fear in your imagery it will take some time for it to be truly gone away, for each time that you would do this technique and imagine the fear and visualize the fear, the fear should be smaller and smaller and there should be less and less to attempt to dissolve until you reach the point where there is no more fear. You understand? Now, we would take questions from you regarding fear.

Waith, has that been the cause of my illness this past week, the blockages from fear?

Without addressing a specific personal question, blockages are a result of fear and fear creates blockages, and you must, when you feel yourself blocked, recognize that there is a fear that is more than likely occurring here. It is not always the case, and blockages may occur for other reasons and not just fear. However, as with all situations, you must seek the answers from your meditations as to what is causing a particular blockage. However, if you feel that the blockage is a result of fear then you must attempt to identify that fear first and then place it into the

technique, and if indeed as you begin to visualize the fear it does manifest itself in your imagery, then it is appropriate for you to continue to unblock the blockage with this technique.

Are you giving this technique to me after the fact, Waith?

We give you this technique as we have felt it appropriate to be given out in Public Session for those who would be here in this session now and also appropriate for those who would read the transcripts in the future, for this is a technique that is of Universal application.

As I understood you, when the Soul decided to progress and the entity tried to have entire control of the progress, then the fear occurs? Is that the way it goes?

This is in its simplistic form what occurs. It is, of course, a far more complex point than we would really discuss at this time, for as we do in our normal course of presentation is to present the beginnings of Universal Concepts and then gradually to elaborate on those as time on the plane progresses. Essentially, what occurs is that in order to progress along the path there must be the tackling of new issues that the Soul has decided it is ready to take on, and the stronger the Soul, the greater the ability to deal with fear, and the only way that the Soul can become strong so that it can deal more easily with fear is to tackle fear. One would say, how do you overcome the initial choking that great fear could bring, but this again is the issue of soul and the reason why the Soul protects itself from taking on more than it can actually deal with.

And so you must realize, as we have indicated so often, and has come through from other sources also, that you will not be confronted with any issue that you are not able to work through, and that includes the degree of fear that would accompany the growth, and thus, if you feel that you are unable to deal with the fear of a particular issue you must dissolve that fear first, the fear of not being able to deal with the fear, you see, to understand that you will, in fact, be able to deal with this fear, for your soul would not bring it about unless you had the ability to do so and that you were truly ready to take on this new growth pattern.

Technique For Sending The Light (September 05, 1989)

What would be a good thing to say when sending the Light? General words to say like, "This Light shall aid you in your soul's mission?"

You need not say anything. You simply send the Light. You simply send it.

Is it easy to describe how to do that? I am not sure I am doing it right.

It is a visualization technique initially as you begin to develop it, and you simply visualize the entity or the situation, and then you visualize a Light, and if you can put this into a ball that has spokes coming out of it, it is vibrating, and it is soft and white, and then you visualize slowly sending that Light to the image that you have presented.

Now, the difficulty for the novice in this is first in any type of imagery, for many will have so much in their mind, you see, that it is difficult to clear it to then create an image. Once that obstacle has been overcome and you are able to visualize, let us say, the person, then you must deal with double imagery for simultaneously you then visualize the Light and then you send the Light, the image of the Light, to the other image, you see. With practice, this is easily achieved, very easily achieved. Once you have achieved this first step, it then becomes a situation where you do not have to visualize, for you have attained the technique at a higher level of consciousness, not just at the conscious earth plane level but at a higher state in which you simply have the thoughtform and it happens instantaneously.

For most on the plane now, and those who would be involved in the community, there will be some degree of visualization necessary. To achieve it in thoughtform comes with great development and attunement of spirit and takes many lifetimes of visualization in order to achieve thoughtform, so that, let us say, in this lifetime you begin this process and you achieve a degree of visualization and it is successful and you would slowly then begin to develop the ability of thoughtform, but you may end this earth plane life not achieving that, but when you come into your next earth plane life, if you so desire, you would pick up where you left off. You may decide to wait several lifetimes before you pick up again, you see, but the point is that whenever you decide to work on it again in another lifetime, it would simply be a matter of picking up where you left off and not having to start from scratch, you see.

Jacques Gives A Remedy For Continual Types Of Ankle Ailments In The Male (November 05, 1989)

There is, of course, much that can be done to go into the physical encasement for the male energy that will assist in the easement of these physical ailments. One of the most popular, shall we say, though not the most tasty, is an elixir of molasses ~ we would say the proportions now ~ I am being told that I have this tendency not to give proportions ~ one tablespoon of raw molasses, with one teaspoon of pure white vinegar, with one teaspoon of pure raw honey, the juice from half of a lemon. This would be an average size lemon. And to use the pulp that is in the lemon.

Now, to place this in one-half cup of water, preferably the spring water, the pure, and to bring this mixture to just below the boiling point, and then to consume this. It will provide an almost immediate release to the imbalance that is a result of the ankle displacement. Generally, also, with the ankle displacement, there will occur simultaneously a connection with the ~ in the right limb, the thumb, and the index finger, and if the ankle is out of alignment, then so too will the weak point be weakened further in this area of the thumb and the index finger.

Those vibrations of the male who are aligned properly and are attempting to work through these weak points in the encasement, while consuming this liquid, would want to place the fingers as I show them ~ the two index fingers and the two thumbs in this position that resembles much like a diamond when the hands are placed together, and to take the hands as they are and maintaining themselves in the diamond position, to bring them down to the Lower Chakra areas, down that tunnel, shall we say, and bring them down to the ankle areas, as you see me doing, spreading apart and surrounding the ankle area coming in the back. And in the back, I place the fingers together again, you see, bringing them into the back and then bringing the fingers back up in this manner, as you see them, to the side of the encasement and then returning to this position of the diamond. This will create an energy field of significance to begin to help in the smoothing out of the weak areas.

Understand that there will be many, many, many incarnations needed for the working out of this particular situation, and that eventually, the male encasement can find itself strengthened completely in these areas of weakness that I have described. And when that occurs, it simply means that they are now ready to do other types of missions and other types of learning on the earth plane. And that while it has been told to you that when you enter the earth plane you have a Menu of Lessons that you are able to choose, this is not on The Menu for choice. This is a given.

Every male entity will have to go through the workings of strengthening the encasement, for it is a spirit issue that is most important, and that there will be many male entities who will be able to accomplish the strengthening while they are, let us say, halfway through their incarnation, their sojourn on the earth plane, and while that they may have completed and strengthened their weak points in the encasement, does not mean that once that is accomplished they are ready to leave the earth plane sojourn. There may be many who, in fact, will in their final life on the plane still have weak issues to deal with, and they will finish it in their final incarnation. Others may have finished it far before their final incarnation. When there is the completion of the issue of the weakness, it enables that energy form then to devote time to true unity with its other energy forms, the other parts of itself, for most energy forms will have other energies to unite, with whether they are a lifeline of another energy form, or they are bringing other lifelines into the dominant energy.

I am now instructed that questions are in order. And Waith and I are here for questions for the record, for understand that this is only the beginning of the discussion. There is much more to the issue than we have given now. We will take questions.

Jacques Gives A Meditation Technique To Help Those In The Opposite Dominant Gender (November 05, 1989)

Jacques, can you give advice to male energies who are incarnated in female form, any specific advice that you can give out to help to resolve the issues?

Jacques: It becomes a very specific situation for each of you. While there may be some general remedies that could help to ease on a temporary basis, the issue becomes that the meditative state is required for an understanding of what it is the dominant energy is needing to learn by being in the other encasement.

One of the remedies that you might find for easement would be to ~ and this would apply to any who are in the opposite of their dominant, so it would not be just for the male dominant in the female encasement, but the other way also ~ would be to place yourself in a very comfortable position, seated in an upright position, but feeling comfortable in that chair, or if you choose to be on the floor, whatever, and that your back be straight, and that you center your focus on the Third Eye and that you visualize the opposite of your encasement.

So, if you are male in female, then you would focus on male, and you would think of male energy, you would focus on the Third Eye, male energy. If you are dominant female in the male body, you would focus female, and you would focus female into the Third Eye. And you would envision yourself in spirit form as that dominant energy form, so that what is accomplished by doing this is a reminder, as well as a returning to a spirit of what you are, as opposed to, what the illusion is, and it will enable you to center yourself somewhat. And when you are beginning to feel the difficulties of being in the opposite encasement, that you will have a returning to your dominant energy form, be it only for a short period of time as measured on the plane.

Nonetheless, it will aid and comfort. There are also techniques that those charged with the mission of healing and the use of crystals may also use for those energy forms who find distress. That would be a topic for another session, for those are very specific techniques and we would perhaps be able to address them at another time soon.

Technique To Understand The Color That Is Best For You (November 14, 1989)

There are ways for you to understand the color that is best for you. We will give you a particular scenario so that you can attune yourselves to those colors that best suit your vibration, and you will be able then to utilize this scenario that we give you as you sense your own vibrations changing. Thus, your colors will change. Now, you must, first of all, get for yourself a chart, if you will ~ I think this is the proper phraseology ~ something, some visualization of the Color Spectrum that is currently in the illusion of the plane known as the rainbow colors. This is, yes, you must go into that which is called the rainbow. This will give you your basic colors. Add to this, the black and the white.

Now, you will have, therefore, in front of you a chart of the colors. You then will take ~ if you are female, your right hand, and if you are male, your left hand ~ and breathing in through the Solar Plexus, breathing in through the nose, breathing out through the mouth ~ you will place

your hand approximately one inch over this color chart, and you will continue this breathing process for twelve breathings. And as you are breathing, you are concentrating your energies now on the Third Eye and bringing into your Third Eye the Light that is yours within, and you will keep your hand steady over this Color Spectrum.

Once you have breathed in twelve times, you will then slowly move your hand over the Color Spectrum, and as you move your hand, you will slowly lower your hand, and you will begin to feel your hand being drawn to a color. Do not be looking at this, for you will be in a semi-altered state of consciousness, hopefully, and you will then allow the energy that is within your hand now, and you do this slowly and allow the energy that is yours ~ do not try to control this. Let go of control.

Allow your hand to gradually fall onto the Color Spectrum, and as it is on the Color Spectrum, allow your fingers to go back and forth slowly, slowly, until you sense a resting spot, and using this which is called the index finger, place upon the spot and the color that this finger is on, then gives you the dominant color that is appropriate for your vibration, at the time that you do this, and you then will take that color and using that as a base for mixture of color. Then you will know the dominant color that you must work with, understanding that you can be utilizing every color, and the black and the white, that is available, but that the dominant color is that which is placed on the ~ that has been placed by the index finger. And when we say dominant color, we would say then that if you chose, let us say, that which is red, you would then use the red in its dominant form in approximately a percentage of 63.2% when you would choose to mix with other colors. Thus it is that we will indicate how you can determine this. Thus it is if you have the red then if you wanted to lighten the red, for example, by using the white, that you would then be able to obtain the color of that which is referred to as pink by utilizing these percentages, you see. Now, you have obtained your dominant color by touching with the index finger.

Finding Your Secondary Color (November 14, 1989)

While you are still engaged in this activity, you will now want to find your secondary color. And you will find your secondary color once you have placed your index finger on that spot. You will then simply place your finger that is the final on the hand, that which is the baby finger. ☺ You will be guided to know in which direction, and as your finger, the index finger, is placed on this chart, you then move your hand in the guidance that is given to you without lifting your index finger, and placing the baby finger, and that will be your secondary color. (Waith illustrates the index finger and baby finger motion and placement) Your secondary color is able also, of course, to have mixture with the other colors and the percentage that it would maintain as a secondary color for you, would be approximately 22.8 percent.

Now, you may laugh when I give you these percentages. However, it is not frivolous, and you will be able to understand how to know that you have the right mixture and the right

percentages by this very simple technique. When you are in the position of bringing color into ~ the proper color into your vibration, and you are serious about doing this. For remember, we have given many techniques, and much that can be done and few have done that which we have given out, for it requires a bit of work and a bit of dedication and commitment. And it is much easier, of course, to not follow certain advice, and we give it only as advice to you.

The technique is very simple. You take before you a plain white paper, and you take that which is a ruler and a pencil ~ and this plain paper should measure in inches, 3.5 inches by 12.4 inches. This is what you will work with. You will take your ruler then with this piece of paper, white, plain, with no lines, and you will measure six, three, point two inches (6, 3,.2) inches in the direction of that which is the longer of the paper, and you will place a point indicating this. You will then draw a line coming from that point to the edge of the paper going to the left. That which is remaining to the right side of the paper, the line on the paper, is to be measured, and you will then take that measurement and you will add to that measurement the number 12. This gives you then that percentage of color to be mixed into either the dominant color or the secondary color.

Now, you might ask, "How do I utilize this if I would want to purchase, let us say, an item of clothing? How would we know if that color of the clothing contains in its mixture the proper percentages?" We will tell you this in our next session. We tell you this now only because the technique that we have given to you ~ for most of you here now, we know that you are completely confused.

What we will do now, you see, is to wait for those of you in the gathering here who like particular challenges of a technical nature, for you to work out this formula that has been given, and when you have worked it out, and it will be by our session of next, that we will then show you how this can be applied, for it is quite simple, but we will want you to have, shall we say, figured it out and give us the answer to the equation.

Could you clarify the part where you said take the ruler ~ you gave us the measurements for the paper, on one side was 12.4 inches and the other 3.5 inches, and take the ruler with this and measure six, three, point two. Is that 6, 3.2 inches?

Six, three point two inches. Six, three, point two inches. Ah, (Name given) would have it, she has.

Six inches, three inches, point two inches.

So, I leave you with the challenge and with the anticipation of continuing our discussion in the session next. A little bit of something to do. We depart now.

A Self Technique To Help Unblock The Issues Relating to Tolerance and Compassion (January 16, 1990)

For individual focusing, as you find yourselves blocked and you are frustrated by this, place yourself in as quiet an environment as you possibly can. Place yourself upright, as you see me. Place the legs apart, as you see, so that you balance yourself. For some the legs will be apart further than others, and so we would not say to you it is an approximation of X amount of inches apart. It is only to balance.

You place your hands first facing out, as you see here, palms to the electromagnetic field. (Palms out as though greeting someone) Bring them in and place them into the Universal sign of The Circle (finger tips meet and heels of hands meet with circle in the center) and close your eyes and bring the Light that is your being into that which is the third eye of the Spiritual Centers and concentrate your light, and as you concentrate your Light, bring your hands up straight and allow the fingers then to form the triangle over the Crown Chakra, as it is referred to, and breathe in through the nose and out through the mouth, and do this seven times.

As you do this, further imagine the Light in the Third Eye growing stronger and stronger. Bring your hands, then, after the seventh breathing, out as you see them to accept then the Light and the love from your guides, and then invoke the following, "Assist me, guides, in my quest for Self Love. Help me through the blockage that occurs in The Cycle, wherever that blockage may be. Help me through. Please give the guidance that is necessary to assist in breaking through the blockage."

As you bring then your hands back into the triangle position and bring your hands down into the position of the Universal sign, say then to your guides, "Thank you." If you know their names, say their names. Bring your hands down through the Spiritual Centers of the encasement, as you see, and at the base now, bring your hands up, breathe in once again seven times. And as you are breathing, release the Light that you have envisioned in the Third Eye throughout your body and your spirit, and feel the Light going out of those that are called the fingers, and as you come back into the conscious state shake your hands of the Light so that your environment will receive your Light also. That is one technique. That is for Self when you are alone.

A Group Technique To Help Unblock The Issues Relating to Tolerance and Compassion (January 16, 1990)

Now, if that does not work and you are still having difficulties, you see, you are going to use this now. You then may call upon the group if you are having an exceptionally difficult time. This could be any of the community, you see. It could be as few as three. We would say to you that three would constitute a group, for we knew that that question was in one's mind.

Now, what you will do in this group ~ first of all, the grouping should be used when there is difficulty at such a point that you are feeling that your mission is being hindered and that your work is being hindered by the blockage. Understand that this Cycle will have periodic blockages

that are normal and natural, and that for the most part, you should be able to break through those blockages by utilizing the Self Technique, but for those occasions when there may be great difficulty, or when a group of you feel that there may be a major attack occurring in which you need the strength of group, then this technique would be utilized.

You form a circle, and you want to have below you something that is white. I leave it to you to find that. You would want to be seated on this white cloth, if you will, and to be in a circle. You would want your circle to have proportion. If there are three of you, it would be in this way so that there would be an individual North, West, East. As you add to the circle you add South first. You then would add in this order ~ I will place numbers here for the order. One, two, three, or it could be one, two, three, or one, two, three. (Waith indicates that the one, two and three can be in any order, i.e., number one may be North, West, or East and the same for number two and number three.) These are the pivotal positions. This must always be in a group technique.

Now, this then would become the next point which would be there, (Waith puts number four at South position in circle) would then follow in this way, and this way only, (Number five goes halfway between North and West). And if you have only five, then this is the order in which it would be. If you have six, you would place the sixth one here, the seventh, the eighth. Notice the ninth, the tenth, the eleventh, the twelfth, the thirteenth. No more than thirteen in any given circle. You may find to have two groups or three groups. There should be no more than thirteen and no fewer than three. There would be a time when you would have the space available. You would be in a field, for example, and you would form the circles, you see. There is to always be openness in the circle.

Now, in the circle you will be standing, (Waith later clarified that although the group is seated initially, the members stand to perform the technique) and you will all hold hands in this circle, and you will take your hands and they will begin at the base here, and you will move your hands held together up in this manner so that they are parallel with the Heart Chakra. (Hands begin at sides and raise up to chest level while extending into center of circle) Your legs will be balanced as in the Self Technique. And very simply, you will call upon the very Highest of the White Light, you will breathe in seven times, as you have been instructed ~ remember to call upon the Highest of the White Light first ~ breathe in seven times. While breathing in, visualize the White Light at the Third Eye Center, your White Light. As you visualize your being, your White Light that is you, say the following: "We call upon the Highest Forces of the Light. Come to our aid. And come specifically to the aid of (Give name)." And then you would insert the name of the entity who has requested the group technique.

If it is a group technique for the group and not just one individual, you would then say, "Come to the aid of our group." And name each who are in the circle in the order in which they are placed in this circle, so you would all know before you begin this technique, the order of the names in which they would be given, and you would all as a group say these names. So, "Come to the aid of (Give names). Help in the attack that is currently waged against us." Or against this individual who is so named. "Help us". The blockage of The Cycle of Self Love needs assistance in being broken. Remember that your hands are out like this being held together. (Extended into the

circle) *Continue with the following ~ "We send our White Light that is our being into the Universal Forces and ask for connection. We thank you, Universal Forces, for your assistance".*

Now, begin to breathe seven times once again, and as you do so, you bring your hands down to your sides and infuse your encasement with your White Light, and at the very end, release your hands, shake out the White Light, turn to the entity on your right and rub the back seven times in a circle. Turn to your left and rub the back seven times in a circle going, as you would call it, clockwise. And when you are finished, place both hands by your side. Breathe in seven times once again as you bring yourself back into the conscious state, and then look to each other and smile.

And thus it is that these techniques will aid you if you approach this with a purity of heart and a confidence in knowing that you will be helped, not only from the very Highest of the White Light, but also from your guides, and also from those around who you would call upon for assistance. Trust that the assistance will be given to you and it will.

Questions About The Self And Group Techniques For Compassion And Tolerance ~ 01.16.1990 (From Transcript January 23, 1990)

Why Did You Give The Maximum Number Of Thirteen In The Group Protection Technique?

The number thirteen in The Universe has significance as it is currently presented in the illusion on the plane. There have been a number of what are perceived now in your time frame from advanced cultures, one specifically being that which is named the Mayan culture, where they were able to take the significance of numbers and to place them into certain geometric configurations that relate to the balance of energies. And the thirteen, while on the plane currently, has surrounding it what you would call this superstition of thirteen being bad luck. It is actually quite contrary. Thirteen in the Universal Flow of activity, as related to the electromagnetic field of the energy forms who work with it. produce the flow of negative and positive energies and enable the negative energies to be disbursed and replaced with positive energies.

And thus it is that when a circle is formed and there are thirteen energy forms in that circle, it presents then the maximum distribution of energy flowing left to right as it would be on the plane, left to right. This goes in ~ in the opposite ~ let me illustrate this. (Waith walks to the easel. The illustration of the circle with placement of the thirteen people is still there from last week) You may leave the diagram here.

We indicated that the flow would go in this direction, from the right to the left, or as you would refer to it in time, clockwise, with the flow, and using thirteen as the symbol, the flow goes in this direction, you see. We will use this to show that the flow goes counterclockwise. And thus, there is an interconnection, an interlocking of the electromagnetic field that works when the

progression of energy within this circle of energy forms is flowing clockwise, and the connection then becomes fused at the spot of thirteen, where that particular energy form is located, you see. And thus it is that while this Group Meditation Technique that we described can utilize yet less than thirteen and still be effective, the ultimate maximization utilized is thirteen, you see. There is more to this, but this is the basic, my son, and it is very good that you have asked this.

If There Is A Leader, Where Would The Leader Stand, Or Is It All Community?

Ah, indeed! ☺ Yes, I knew you were going to ask that. I should not have said. In terms of what you would call a leader, you see ~ you have the beginnings. Remember that we have indicated that ~ that it would be over here, this one, this two, and this three, you see. Now if you look at this configuration you will see a pyramid. Now the current structures on the plane that generate the electromagnetic field and control all of this are what you all know as the pyramids, you see. What occurs is that the actual leader then is centralized in the middle of this space, and it is a thoughtform that is generated from the three entities in this position. This thoughtform, being in the middle, is then projected to the base, and the energy that is found at the base of this so-called imaginary pyramid structure is then generated out and connects with the energy that is projected from the main pyramid structure designated for this geographic area.

When this technique is used in other geographic areas, and it is being presented around the earth now in other groupings, the pyramid that is responsible, shall we say, for the particular geographic area in which a grouping finds themselves is ~ is the pyramid in which the connection is made. So, for example, if you were to go into another, as it is called, continent and were to form this group, the energy field coming from this configuration would connect with a different pyramid than the pyramid that connects with this geographic area. Nonetheless, it is powerful and just as effective. They are all able to perform in precisely the same manner. So, there is no leader, per se, but rather energy that projects itself into one focus.

What Is The Purpose Of The Thoughtform, Though?

Ah. This is where the field of energy will center itself ~ will form so that that energy is then able to be projected downward into this pivotal point in the pyramid imagery and this pivotal point connects with the pivotal point in the pyramid responsible for the geographic area. This then enables the flow of energy to, shall we say, zoom into the center of the circle that is made up of these entities. Now, the greater the number of entities in the circle leading up to thirteen, the stronger the force.

Is There An Inverse To The Pyramid Imagery On The Bottom?

Is there an inverse to that pyramid on the bottom since that takes up the top half of circle? Is there also an inverse on the bottom between one, four and two?

What would occur, my love, is that as the number increases, you see, so too do the configurations, and they are designed in such a way that as you add entities to the circle they form pyramids, and thus it is that all would then focus ~ center of their own pyramid ~ and all would eventually go to this point here. (The center of each entity's pyramid)

A very instrumental point.

Yes indeed. And thus it is that there is strength in numbers, ☺ but you do not need an Archangel to tell you that.

If There Are More Than Thirteen, Will That Weaken It?

There will not be more than thirteen. That is in the transcripts.

There would be a second group?

Indeed. Thirteen is the number.

Will This Eventually Get To The Point Where There Will Be Thirteen Groupings?

Will this eventually get to the point where there will be thirteen groupings, and then that thirteen will be by itself, and then another purpose eventually would be ~

It could be. It could conceivably be that.

What Will Be The Main Purpose Of This Group, Other Than Developing Compassion?

And what will be the main purpose of this group other than developing compassion? There must be some other ~

For the time being that is all you need to know, and it is to develop compassion.

In The Center Of This Group, Should There Be Specific Crystals?

No. At this time we would say to you that it is not necessary.

This Thoughtform Is Immediately Disbursed After We Leave?

Yes, indeed. It is formed by the group, remains while the group is intact, and then dissipates upon the breaking up of the group. And so, it is a combination of the group, and thus, the thoughtform reflects the group, and when another group would gather with different entities in it, it would have a different energy to it ~ this thoughtform.

The issue of patience weighs on my spirit during this session. We will in the next session present to you more information regarding this topic area, for you have not brought out that which was needed to be, all of it, only this part ~ part of what we wanted to bring to you.

A Focusing Technique For Your Energies As You Begin To Meditate (January 30, 1990)

We are most delighted for this session to address a particular area that ~ for we have waited for the right timing and (Name given) has presented it now and will help in direction. It concerns the focusing of all of your energies before we enter in for discussion, and the timing is as it is for this to occur and we will show to you now that which you each will do prior to Mushiba leaving for us to enter, and thus it is that you will all stand. (The group stands)

Now you will place your feet thus so that you feel balanced (Feet apart) and you will place your hands directly across from the heart, you see, and it will be in the form of the Universal circle that we enter and depart using, as you see here. (Hands forming a circle with tips of fingers meeting, heels of hands meeting, and thumbs together in the center.) Now, you will close your eyes, and in the circle that your hands form, you will envision that it is filled with the White Light. It is the White Light of protection, and you will now envision that coming from your Heart Center is your own being, your spirit, that which is the essence of you, and it enters into the White Light of protection and is surrounded by the White Light of protection.

You then will raise your hands in this position that you currently have them in, over your head which is the Crown Chakra, and you will now move your hands down through all of the Chakras, as they are referred to, visualizing what is inside the circle, and you will go down until your hands are straight, keeping the circle formed at all times. You will then move back up the same way that you came down so that you will return, and you will bring your hands up to the top over the Crown Chakra.

You will then, slowly, open your hands and envision that the Light, and the essence of your being that is in the circle goes in through the Crown Chakra and fills your entire being. You then will bring your hands down around your head as if you are stroking your aura, and bring your hands down, down, on each side of your body until they are straight at your side. You will then open your eyes and be prepared for the session.

Great!

Indeed. This is yet another technique, my loved ones, that you can utilize on your own. It need not be reserved exclusively and only for the beginnings of our sessions, but rather anytime that you, yourself will like to begin to meditate, this is a good technique. It is a good technique to focus, and as you see, it is rather simple and does not take much time and could assist you if you find yourself during a day being scattered, and it would take a very brief amount of time for you to do this little technique to help bring back your energies into the focus that they need to be, without actually asking for the focus. Yet another technique that we add to the ever-growing portfolio of techniques to be used when it is needed.

The technique that you gave for focusing, would that be a good technique to use for strengthening?

Yes, indeed. Any technique that we have presented is appropriate, for you call upon that technique as you yourself as an entity feel a need for it, and any technique is a strengthening technique, for as you are able to bring yourself back into a focus, it strengthens you.

Actually, we would have to try to keep ourselves continually in the Light.

Continually. Continually surrounded by the Light.

Clarification On The Group Technique (01.16.1990) Utilizing The Circle And Thirteen (March 27, 1990)

We understand that there is a bit of confusion ~ yes Limeria? In the instructions that we gave for the group technique utilizing the circle and thirteen positions. We neglected to include in that, one minor instruction, for we indicated that it would be all seated in the circle and then as we elaborated on the technique, we indicated that you would be standing. What we failed to give to you in this instruction was that you would begin seated and you would have your hands grasped together, and once you were settled in you would then stand, and as you stood your arms would be placed in front, you see. This answers the question.

Waith Discusses Techniques That Have Been Given That Can Be Chosen To Protect Self (April 17, 1990)

Is there any technique to use to protect ourselves when we are in the sleep state?

The techniques that we have been giving to you all along are beneficial. You can choose from any number of those techniques to protect Self. Simply refer back to them.

So, to use one before you went into the sleep state?

Any of the techniques that we have given to you for protection of Self. Simply refer back in the transcripts. We will not give new techniques until the ones we have given have been absorbed and understood. It would simply be repetition.

So, if we use them in a waking state, they will carry over?

Indeed, and protect yourself against the darkness.

I just was not sure of the length of time that it would.

It matters not. The length of time relates in any dimension as it does on the earth plane, and it is for you, the entity, to determine what length of time you need, how strong a technique is. It is you who determines whether you have protected yourself sufficiently. And remember, we have said so often, that the protection truly must be continuous, not spotted, not thinking that you can protect yourself for four and a half hours that is all you need. ☺

Yes. You realize that when you let it down.

Indeed. And when you let it down, it takes longer to build it up again. Any one technique is useful for all protection, you see. You do not need to know five hundred different techniques. We simply have given various techniques so that you would see that one may be more comfortable for you, one may be more easily used than another, but protection is protection.

So, the effect of using the techniques for a long period of time kind of accumulates.

Yes, it does.

Clarification, Technique given 01.16.1990 About The Meditation Circle Of Thirteen (April 17, 1990)

Limera: Relating to the drawing that is on the easel of the meditation circle on the thirteen, a question was asked ~ is there an inverse to that pyramid on the bottom since that takes up the top half of the circle? Is there also an inverse on the bottom one between one, four and two? And you responded: "What would occur, my love, is that as the number increases, you see, so too do the configurations, and they are designed in such a way that as you add entities to the circle, they form pyramids. And thus it is, that all would then focus, center of their own pyramid, and all would eventually go to this point here." **What point where?**

To the center of the pyramid ~ of each entity's pyramid.

Technique For Helping And Soothing Planet Earth

(June 05, 1990)

It is a very easy response for each of you who would feel the earth. Many of you have a greater sense of connection with the earth, and it is a very easy response, and that is simply to picture the Planet Earth within your Heart Chakra and surround the planet itself with the love that comes from heart and give it the Whitest of Light that you are able to give. And as you surround the planet with the White Light of your love and Self being, then begin to visualize a Pink Light surrounding that White Light, and then begin to visualize around that Pink Light a Purple Light so that you have in essence three layers of Light.

This will give a sense of connection with the earth that your vibration is wanting to help its vibration, and at the same time it will give you a smoothing out sense so that any of the anxieties of your vibration will not be felt quite as strongly. You will be able to go through your daily lives on the plane in a better way, you see. The earth does not want to have this effect upon all of you, and thus, anything that you are able to do to assist it in its own vibrational attunement will be most appreciated by the planet.

We would take questions in this session regarding the vibrational changes of the earth, the planet itself, and any questions you would have relating to the total subject of The Shift from a physical sense.

A Question About Adding Cayenne Pepper To Grapefruit Juice As An Energizer

(June 05, 1990)

I have a question with changing our diet a little bit. Do you feel it is right to add a little cayenne pepper to the grapefruit juice to help as a stimulant, energizer?

As with all substances consumed by the physical encasement, it becomes situational. It is not an area where you would in a categorical way indicate that this is beneficial. There is a very easy way, however, to determine if it is beneficial, for this could be beneficial for some encasements. You would wait approximately three- point-five earth plane hours after consumption for the first time, and if what is called a rash develops on either of the inside of the hands, that which is called the palms, on either one of the palms, then the encasement does not find this particular combination beneficial.

Waith Guides A Special Meditation Focusing To One Who Is In Need Of Light

(July 03, 1990)

We are most pleased to have Been of Service to you all. And as we prepare to depart, there is an entity who is in need of your Light, and many of you were in her vibration during our last time.

The entity has taken the name Sabrina in this incarnation, and for lessons to be learned and taught by many, many. As we take you into a meditative state, we will help you in sending a particular energy to Sabrina.

And so, all of you now, center yourselves and breathe in deeply, and breathe out. And now, visualize at the Heart Center the Light that is you, the beauty and the love that is you as an entity, and now allow this Light to begin spreading in a circle around the heart. And now, visualize, if you have met her, Sabrina, and if you have not, simply place her name in visualization. And now, fill the vibration of Sabrina with your love and Light. And now, visualize the Light moving directly from the Heart Center out of the encasement and send this love and Light forward to where Mushiba sits to receive the energy field of us.

We have received all of your energies with Sabrina. And now, take your remaining energy that reflects the beauty of love of Self and surround each other with each other and hug each other with each other's energy, intermingling and giving to each other Self. You are all most beautiful and most loving. And as we depart now, we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Helping A Terminally Ill Person Have A Smoother Departure From The Physical (July 15, 1990)

I have a friend who has just been diagnosed as terminally ill, and I am searching for the best way I can serve her, as well as myself, and get the most out of this experience, and in terms of rejoicing in what we have, as well as helping prepare for which will be. I would appreciate some advice.

Indeed. You and this entity have shared many experiences in other incarnations and have what is referred to as a soul mate bonding. This entity has achieved the finalization of the earth plane sojourn, and it is allowable for me to give this information. There is much rejoicing to have at spirit level, even though at physical level it is difficult so often to rejoice in the departure of an entity, for you feel the connection with the energy, and with the physical manifestation you are able to touch the energy, whereas in spirit is a different situation. What occurs now is a readiness at spirit level for the return into a particular dimension from which this energy comes, for completion of a particular training ground is always cause for celebration at spirit level.

What you can do during the time of preparation for departure from the physical, is to spend what you would call physical time together. And there is a particular technique that we would suggest to you so that the passage from physical back into spirit will be set up, shall we say, as entry through the dimensions of the earth plane and the electromagnetic field will be easily achieved.

What you might do, my love ~ if you would stand before me, please, for we would show you a technique to use with this entity. And you would place ~ I am the entity ~ place this hand on

top of this hand, face down, face down ~ that is correct. Now place your other hand palm up, you see. And have this entity do this (She places her left hand face down on Waith's right hand which is palm up and Waith places his left hand face down on her right hand which is palm up) and then you are to visualize Light and energy going through each other so that the hand that is face down by you is sending an energy into the hand of the other energy, and the other energy is sending energy to you, visualizing it, through the left hand. You see? And thus, there is this imagery initially, and then you will begin to feel the energy. And we are doing this now and you feel it.

I feel it.

Of course. And thus it is that there will be the energy connection that will be maintained between you and the entity. And at that point, it then gives a very strong energy to the departing entity and allows that entity then to have within its energy field a particular energy that will allow the awaiting Angelic who is in charge of bringing her through to pull on the energy, and it will be a much smoother passage. Plus, we have also given to your energy field a very special energy.

I feel it.

Indeed. Did you all get that? We sensed a flurry of the what you call paper and pencil. ☺

Does the person have to be aware that you are sending them energy when you are doing this? What if you are doing this with someone that ~

For this particular technique to work, both entities need to be aware. It cannot be done with only one entity, for there is a sending and a receiving, you see.

Instruction For Plugging Into Special Energy, If You Know The Exact Moment Of Your Birth (August 28, 1990)

Well. What we thought you might find interesting is an understanding of what occurs during a time frame that is known as the twenty-four hours of this anniversary of entry into the plane. Very significant vibrational occurrences prevail during this time frame, and for those entities who would first know what their exact time of entrance into the incarnation is, as well as having the knowledge of what you are able to do with your own energy field during this twenty-four-hour time frame, as measured on the plane.

It is a time of renewal for those who would be tuned to the possibility. It is a time of rejoicing, this day. And while it has been referred to as birthday, it is very significant from a vibrational standpoint, you see, for if you were to take this time and use it to work with your own energy field, through meditation and other techniques which we will present to you in this session, it

enables you to attune your vibration, to attune your own energy, and to help you in the time frame of the coming year, as you would call it, before the anniversary comes around again.

The way to begin this, you see, is to be fully awake and without distraction, approximately, as you would call it on the plane, five minutes before the time of entry. So, if you were entering in at 1:00 a.m., for example, then you would be fully awake and without distraction at 12:55, you see. Now, what this does is prepare the vibration for a meditative state, for you would then begin to focus your thoughts into the Higher Realm and begin to bring yourself into a meditative state, and imagine what your energy was feeling like as you were about to enter into the plane, be it through the birth state or if those who would read this in the future, or hear it now, were to walk-in, you see. Just prior to that entrance into the vibration, there is a sensation that every energy experiences, and during this time frame of the anniversary just prior to the entry is the one time in each of the earth plane years that you have that you are able to, as you would say, plug into that particular vibration, that particular sensation.

There are other times when, of course, you would be able to have a sense of the entry into the plane through your meditations, through that which is called regression, through that which is called rebirthing, and many other techniques that many have experienced, but this particular time frame is available with a particular energy at this one moment each year, as you call it. And if you are able to bring yourself to that time frame just prior to your entry and focus your meditation upon that experience of what your energy felt just before jumping in, you see, for that is pretty accurate a description.

It is ~ here you are, and you see the waves of energy are moving, and they are preparing, and the exact moment approaches at which you have been given permission, and you have been chosen to move in a certain direction with the energy flow. You are moving, and you are moving, and you approach it, and the encasement is ready to burst onto the earth plane. And at that moment, your energy fuses with the encasement at exactly the determined time, and you burst onto the earth plane. That very moment is a moment of extreme joy and happiness for The Universe. What occurs after that, of course, is another story, ☺ for then, of course, you must take on your path.

However, we are all around reveling in the joy that another energy has done it once again and burst into the plane. The energy is very vibrant. It is that very energy that is essential for you to get a sense of ~ to remember ~ and you are given that opportunity once every earth plane year to connect with that energy, that sense of joy, that sense of beauty and love, and the sense of total Oneness. It is an instant. It is why many energies enjoy coming back onto the plane so often, for they remember that instant, and they want to continue that feeling. For many, the remembrance is very strong. For others, it is not. However, now that you know that it exists ~ many of you did already but did not perhaps realize it. This time of birth, this birthday, is to be celebrated, for it is your opportunity to renew your sense of Oneness with The Universe, a sense of Oneness with the world around you.

And as you develop this ability to meditate at this time frame prior to that moment of entry ~ for many it would take numbers and numbers of years on the plane, and some may not be able to make that connection exactly in this incarnation but begin to work on it for future times ~ you are able then to grab hold of an energy that will help to renew you and to help you to work toward your path in the coming year. And at that exact moment of entry, you would envision the sense of it. You would envision the bursting through into the vibration and the energy, and you would feel the joy. And for many entities, you see, it is this yearly renewal that enables them to carry on from year to year. It is the celebration and the tradition of having friends and those who are loved by an entity surrounding during this day of celebration is significant, you see. It does just not come from nowhere. It was a pattern that was implanted into the Soul memories of all, this day of celebration.

It is not to be looked upon as a day to get older, you see, for it is a day to celebrate growth. It is a day to celebrate expansion, for each year you move along your path and you move that much closer back to The One, back to The Universal Consciousness. It is not to be thought of as being old, for it should be embraced. You should rejoice and gather all around who are near and dear to you, and you would sing to increase the vibration of your own energy field, and you would dance and you would laugh. And, if you played your cards right, you could do this every day! ☺

Three hundred sixty-five friends.

Yes, you would have ~ you would know someone whose birthday occurred every day and you could therefore revel in the joy of life on the plane. And thus it is, you see, that in the Community of Terra Lux, we have so often emphasized the lightening of Self and the joy and the music and the laughter, the celebrating of Self. And it is so appropriate that you would each embrace each other's anniversary of entry onto the plane and create from this concept a greater celebration that could be shown to those around you that you rejoiced and you brought greater happiness to the vibration, for you celebrated an entity's entry onto the plane.

It is not necessary, this exchanging of gifts as you would do. This is an earth plane tradition. And, as many of you know, Mushiba has in actuality begged that you not give her things, for she wants no material items, but, of course, the majority of you do not heed her request. You do not listen. Understand that it is realized that it is an expression of love, the giving of material items. However, the emphasis must be on the giving of Self and the giving of love to another entity, and the sharing of the joy of the vibration and the community atmosphere.

It is far better to embrace an entity on the day of entry anniversary and exchange energies. This is a far greater gift than any material item that could be given, but rather, simply say to another entity, "I rejoice in the celebration of your entry onto the plane," and that you are all here to assist each other in your journey in this incarnation. You are here to assist each other. That is the greatest gift that you can give to Self and to others, to assist others in their journey. That is the greatest gift.

Now, as this twenty-four-hour period goes along, once that moment of entry has passed, that anniversary, for many entities who have perfected this particular time frame availability of energy resource, they remain, as you would say, awake for the twenty-four-hour period, you see. It is appropriate for us to say, for example, that Mushiba's time was 3:17 a.m. This is what she has given to us at earth plane time. And so, from this time frame, she has been in the, what you would call, conscious state, though meditative frequently throughout this day, and will not go into the sleep state until this time frame has elapsed. And as a result of working through this day, there has been an attunement to the vibration that is available, you see, to all who are able to do this on their birthday. And it simply is an adjustment ~ it is a lightening of the energy.

And you have available to you during this time an energy field that you ~ if you could visualize it, you see, you could grab the energy. You could grab the energy with your hands like this, for it is your very special memory energy, and you could visualize this going into the Soul and rejuvenating the appropriate soul memories that are necessary to help you in this sojourn you currently find yourself in. It is no small energy that is given to you. It is a rather significant energy, and it is available to all, but not all that many utilize what is available to them, for they dread this birthday and they send the dark around them. "Do not pay attention to this day. Ignore this day." And when this is done, you see, the very blockage occurs of the energy, this special energy, that could in actuality assist the energy. The entity is blocking this very vibration, you see.

So, you must now look at this day, for each of you that you have, as very special, and you would want to have a gathering on that day of special entities in your life, even if it is one other entity, for it is in the gathering of the entities that stimulates this special energy. It is not to say that this energy is not available if you do not bring others into your vibration during this twenty-four-hour period, for some entities find that they would want this twenty-four hours to be completely alone and meditative, but the attitude is of celebration, you see. It is not to be an attitude of ignoring the day, but rather to revel in it. For some entities, it is more appropriate that they be alone during the twenty-four-hour period, but in doing so, they rejuvenate their own energies.

Does that mean that people born on February 29th can only do this once every four years?

*We always enjoy these, as you would say, off-the-wall questions. ☺ However, they, what may appear to be, are not, you see, for that is a very appropriate question. In actuality, you see, yes is the answer. Those entities who would choose, or be chosen, for it can be either case, to come in on a particular time frame that in *The Spectrum of the earth plane* occurs once every four years, have chosen, or been chosen, for a very specific vibrational situation. And yes, is the answer. While there may be the celebration of the birth, either the day before or the day after, as measured on the plane, this vibrational attunement of which we speak is available to them only on that exact time.*

A Technique To Attune With Someone You Are Attempting To Heal (October 02, 1990)

There is a young girl in town who is quite sick with cancer. I offered my help, along with Jacques, providing her parents agree. My question is, do I have that healing ability?

Well, there is a far greater situation here, for there must be permission of the entity for this, and it must be at Soul Level. Understand that only each of you heals yourself ultimately. However, in this process of healing, you are able to call upon healers who will assist you in the healing process. And there must be, first and foremost, a meditation that is done with this entity, you and the entity, in which you would connect vibrationally. You would place your hands in this position down and ask the entity to place her hands facing down to yours, and simply ask her to quiet herself and to close the eyes and to visualize and sense energy coming up from your hands. And as you begin to feel this energy in this meditative state, you yourself would then slowly turn the hands so that yours are then sending energy down through her hands.

This is not, however, the process of healing. It is simply the process of connecting at the Soul Level with the entity to determine if at Soul Level the entity is ready for help, you see. You will know, for you do have the ability, and then when you know the answer, meditate upon that answer for your next step.

Technique For Any Who Sense Their Soul Mate Or Twin Flame Is Having Difficulties (October 02, 1990)

I believe my soul mate is having trouble reaching me. Is there any way to help their path become easier?

It is a very easy technique actually for any who sense that either the soul mate or the twin flame are having difficulties, be they currently incarnated, or not, on the plane, and that is simply to envision in your meditation the energy form. And envision that it is, for example, we would say the soul mate, the particular soul mate who you have felt a connection with, and you would want to send a concrete thought pattern into the image of the Light of this energy, that it is this particular energy form whom you concentrate on, and you send then the beginnings of the soft waves of the Light that will envelop the form that you have imagined of the energy. Very gently. And as you are doing this, you simply say in your thoughts, "Here is my Light. Take what you need for assistance." And continue to do this as frequently as you feel you need to, for only you will know the effectiveness of it and how much needs to be done.

Health Remedy For Pain In The Toes (November 06, 1990)

Can you give me any health remedies for pains in the joints? Specifically, the toes.

Ah, pain in the toes. There are so many reasons why there can be pain in the toes. However, there is, interestingly enough, a particular remedy. It will help ease the pain. Understand, of course, it is like any other remedy that only eases, and the pain will not go away until the issue at Soul Level has been dealt with, but it certainly is helpful to have remedies that can help you along the way. We would indicate, then, that a rather general remedy for the easing of pain in the toes, and this would include that which is called cramping in the toes, where they curl all up, that a particular remedy would be ~ you may have some fun in searching out this particular herb ~ we have not given you a challenge in a while, now have we, Terra Lux? There is an herb that has as its root name, larda, l-a-r-d-a, larda, larda. Now, that is not how it known currently on the plane. However, it is on the plane and it is existing in a different name, but you will only be able to trace it through its root name which is easily done if you find the right source.

Now, once you have found larda, you would take this and bring it to a Public Session and we will then give you the formula for its usage and it will be most beneficial from now until the end of the illusion. And thus, you would seek this out, and in the short term you will continue to have pain in your toes, but if it is of value enough to you, you will find this. And perhaps others in the Community of Terra Lux will assist you. And it will then become a remedy that can be placed in the book of remedies.

Technique To Filter Out Inharmonious Colors And Sounds (January 01, 1991)

When you find yourself with a color that is inharmonious, you begin to visualize a filtering of that color, and you gradually see this color move from whatever the point is that its magnitude has presented. If it is a dark color or medium range of The Spectrum, you would go to that point in your visualization and you would begin to imagine that it is filtering itself out to its lightest point, until it is no longer. And thus, you have presented the illusion to your electromagnetic field that the color is no longer, even though you are surrounded with this color. And it is a very quick and easy technique to utilize once you have practiced this, and one that many entities have achieved already, and do instinctively, so that they are able to block out inharmonious colors. This is the first step in your own control of the effects of color within your own vibration.

The same type of situation exists where sound is concerned. Sound, of course, is something that most on the plane have no control over, being within. Unless you hibernated or stayed within your own home area you would find it impossible to control the sound around you. And thus, when you find yourself in an inharmonious sound situation you simply begin to filter out that sound, and you visualize that it goes from the depth that you are in with it. If it is a high sound, you move it all the way back to its lowest sound so that it becomes nonexistent. And if it is at a very low sound, you move it all the way back to its highest sound. And if it is anywhere in between, as you would imagine it on The Spectrum of sound, you simply choose to move it either to its lowest or to its highest sound. By moving in your visualization, the sound to either one of The Spectrums then enables it to go to that which the electromagnetic field would not recognize, and therefore you have protected yourself with the sound that is inharmonious to you, and you would then be able to filter out the sound, you see.

Now. You must be able to do this type of filtering if truly the colors that you find yourself surrounded with, and the sound you are surrounded with, are going to be effective in helping to increase your vibration.

When the time is appropriate, and it will be soon, we will go into greater details on the formula, but understand that this formula in which entities will be able to determine their vibrational color will only be effective as a tool for an entity to a certain point of harmony. And unless an entity is able to utilize the total Spectrum here, simply wearing or surrounding oneself with the correct color, and the correct sound, will not be sufficient, for there must be the protection as we have indicated.

So, as we begin to put together the information, there will be this packaging, if you will, of the information on protection that we have just given, that would go along with the formula that will be used or the correct color attunements for an entity, and given as a total package so that you would not be negligent in the information given as being incomplete, but rather, from internal and from external sources, color and sound will be harmonious.

We, in indicating in our time spent with you last evening, we spoke of music as being so very important in maintaining harmony and that the Community of Terra Lux now will begin to have more music, and the sound of singing will begin to present itself, and also, you will find yourself creating a color environment, and you would want to have combinations of color that are reflective of the community vibration, and that is another little task that we will work on with you as the time is appropriate.

Technique To Be Utilized When You Sense That All Around You Is In Disarray Or Turmoil (February 26, 1991)

Now. There is a very specific technique that you can bring about to help you in The Flow of The Universe. This is a very specific technique that can be ~ I will give to you now, and it therefore goes onto the public record and is available for all who would want to utilize this technique. It is to be utilized, my loves, when you sense that all around you is in disarray, that you see no sense to what is going on. You do not understand how you can be in the middle of so much that you would call helter-skelter ~ you see, all of this flurry around you, this.

Now. What you will then do, and you will need to find a quiet spot where there is no other entity who would create a disturbance, and if you find yourself in your work place, then there are many spots that you could go to, to bring in this technique, for it will take a very limited amount of time to do this. And you would watch now, and we will describe this technique so that if one is reading the technique, they will have an understanding of what it is that they need do.

You would want to be standing, and you would place your feet apart approximately, as we would do here, oh, perhaps six inches. Now. You would then stand very, very straight with your head straight and held very high. You would then relax your body and you would place your arms at the side of you. And you would then breathe in very deeply through the mouth, and you would hold it for a count of perhaps five, and you would let the breath out through the nose. And as you are doing this, you would bring your arms up from the side of your body, and you would have them then directly across from your chest area, and you would be breathing during this time.

And as you then continue to breathe, you will very slowly bring your arms up, up over your head until your fingers touch, and your fingers then will naturally form a Universal Circle over the Crown Chakra. And you will stand, and as you finish your breathing, you will then envision that which is creating the turmoil inside this Universal Circle that you have created with your hands. And as you envision this turmoil that you feel is disrupting your flow, you will then fill this circle with Light. You will fill it with the White Light of Self, the beauty that is Self, and you will feel the diffusion that the White Light gives to the turmoil that you have encompassed in the Universal Circle. And you will maintain this position until you feel that you have effectively diffused that which is the turmoil, even if it is a bit of a diffusion, and not the total ~ for your arms could get quite tired.

Now. Once you have kept the Light in with the issue, for as long as you feel it appropriate, you then very slowly open the hands so that the palms face upward, and by doing this, you send out into the electromagnetic field, that turmoil. And think of it as you would a ball being bounced, and place your hands in that position of bouncing the turmoil away, for it is encompassed now with Light. The Light fully encompasses this turmoil, and it has become a ball, and you bounce it away. It is no longer.

And once this has been completed, you begin breathing as you did before. Slowly, bringing your arms down so that they are parallel to the chest, and then finally back down to your side. And then you simply shake both hands, for they will be filled with energy that is Self, as well as that which has come from The Universe to help you. And you will feel the energy. Shake this so that it does not remain in simply one spot in your limbs, but rather, then, moves through you, you see. And when you feel that the energy has effectively moved through you, then you are complete. And that is a technique for you. Would you have questions of this technique?

Would that technique be helpful when we have an issue of not having enough time, and then we end up being rushed, and we lose the sense of relaxing.

Yes.

Would this technique be helpful to start our day before going to work, or to start our weekend?

Well, most appropriate, for the issue of time as measured on the plane is very much a part of this Flow of The Universe, for it is on the earth plane that this illusion is presented of time, and it creates perhaps for most entities a sense of loss of control when they view time as controlling and not having enough time. Understand that if one allows the flow properly, that all will be accomplished that is needed to be accomplished. And that, yes, as you tighten with this sense that you have not enough time, then you surely will not have enough time, for you will worry so much about not having enough time that you will not do what you need to do in order to have enough time. A simple enough concept, but in its implementation not quite as easy.

And thus, if you were then perhaps, in dealing with the issue of time, to envision what you call a clock, you see, as the turmoil, and simply envision that in the circle, and use that as your focus point. And what you would want to do is have control over that clock, and once you feel that you have surrounded it with your own White Light and you can, you see, bounce it away, then the clock will not control you, but rather, that if you go at the pace that is appropriate for you, that all will be accomplished ~ maybe not what you felt should be accomplished.

You see, therein is a major difficulty, for understand that in this flow there is exactly that, a flow, and there is a time, if you will, for all things to occur, and it may not be that it is appropriate for you to have accomplished a particular item during the time frame that you indicate, but rather something other than that. And when you begin to feel blockages for that which you feel must be done, it is best to step back from this rather than attempting to force it. And this is where you let go of the clock. You throw this away, and you let go and you step back and you say, "Why is this happening? Why is it not going as I think it should?"

It is a matter of trusting, isn't it? That we trust all will be done that needs to be?

The Flow of The Universe does have strong elements of trust that go with it. It also must be understood that one must not simply say, "Well, I will just let Universe take care of it. I will not take the responsibility for it." Herein is a very fine line, you see, between the responsibility one has for one's own path and Flowing with The Universe, you see. The Universe is not there to solve your problems. It is there to help you move along your path, you see.

If one is at work, can they visualize doing that exercise without having to do it?

There will reach a point, my son, when you would be able to do that without having to go through all of the motions. We give the entire technique for the beginners, if you will, who would need to perhaps pull themselves away from a situation and go through the motions and a centering of it. There are many who are able, even within a very chaotic environment, to center themselves and pull themselves out of the environment even though they are still in the environment. If that be the case with your particular abilities, then by all means all you would need to do is to visualize this entire technique. One can be in the middle of a meeting, shall we say, and be able to do this if you have achieved that particular technique, to do so.

Is this same technique effective when you made a decision at work, and then later thought maybe it was not the right decision? Is it effective in somehow changing the results of that?

The technique would be effective and appropriate for any issue that disrupts the flow of what you feel is appropriate for your own path. Thus, if you were to have made a decision and then doubted that decision, it would be appropriate, yes, my love, to use this technique to help you in coming to a safety zone, if you will, of your own decision. For when there is doubt of one's behavior, then there is a disruption in The Flow of The Universe, for to go with The Flow of The Universe means that you know that what you have done is appropriate for that time. And, yes, that was a very good question to pose.

So, accept the decision that you made at that time and just relax with it.

Unless, of course, the decision that you made was not appropriate. And if there is a nagging, if you will, at that which is Self, that what you made was not the right decision, then it was probable that it was not, that the decision was not in accordance with what was appropriate for your own flow, and then that becomes another issue upon which one would meditate to determine perhaps where one needs to better understand their own behavior, you see. Wherever there is doubt within Self means that the flow has been disrupted in some way.

In making a decision, sometimes you feel right about the decision, but someone else can then plant doubts about it.

That is very, very common, my love, and it is also where strengthening of Self comes in, for this becomes a very tricky area, you see, for to make a decision and feel that it is right, regardless of what others think, and not to allow Self-doubt to then creep in is indeed the essence of Self growth and strengthening, for you then would feel, "Yes, I am in harmony with my own flow, and what I have done is correct," and that nothing that anyone around you would say would cause you to doubt that.

So, the technique would be effective then in it.

Yes. Yes, it would, my love.

In this technique, what is the reason once you breathe in through the mouth for breathing out through the nose instead?

It is a cleansing of that particular Energy Center as you move in through these Energy Centers that are affected. So, you are bringing breath in through that which is called the Solar Plexus, and that is bringing it in through the mouth, you see, but it is forcing it to come in through that particular center. And when you hold it, it enables it to focus itself within that which is called the Heart Center. And once that has focused, it then comes out through the nose, which is the passageway

for the Crown Chakra. And thus, what has occurred is that there has been sort of a cleansing, if you will, this is the best way to describe it. But it also allows, then, the energies that are a part of those three centers to open up and allow the energy of Self to rise to the level of the Crown Chakra. Is that clear, my love?

A Guided Exercise To Help Fluff Up Your Aura (March 05, 1991)

We would want to end our time with you in this session with a perhaps a sense of Lightheartedness for, you know, the information that we provide can be rather difficult to comprehend for some, or at least a feeling of heaviness would be there. We would want you all now to perhaps fluff up your auras. We would help you in this exercise. You would all please stand.

And you would begin by placing your feet apart somewhat as you would see here, and you would place your arms as you see mine parallel to that which is the chest. Now, you would breathe in very deeply through the mouth and let out through the mouth. Do this once more. And now, slowly place both of your arms up, up around the head and the Crown Chakra, and now send energy up through your encasement to your very fingertips. Feel your own energy going up, up to the fingertips. And send energy from one set of fingers to the other set of fingers, you know, and wiggle your fingers as you do this so that it encourages the energy that is Self to do this. Yes. And at the same time, you see, your aura is beginning to be petted, you see.

And now, continuing with your fingers, doing this, move down around your encasement. Yes, you see, and your aura is being fluffed, you see. And now, very carefully, you would bend the encasement so that your fingers can go down to that which is the lower extremities. Yes. And now, move back up. Yes. And now, move around in the front. Yes, you see, very gently your energies are fluffing.

And now, turn to one near you and fluff the back of their aura. ☺ Find an entity ~fluff each other now. Fluff each other. Indeed.

An Individual Technique To Help With Feelings of Anxiety (May 07, 1991)

The technique is very, very simple, for you would simply sit very straight, either in a chair, as you would call, or simply in a way in which the back is very straight, you see. Now. You would then place your hands as you see mine in the Universal Circle, as you see here. (Waith makes a circle with his hands, fingertips and thumbs touching) And then you would place your hands over the Crown Chakra, and you would simply, then, infuse a ball of Light into the Crown Chakra area within the hands, and now concentrate very, very slowly and peacefully upon that which creates the

anxiety. If it is a fear of being with others, place that fear of being with others in the Circle of the Light. If it is the fear of judging another, place it in the Circle of Light.

And now, very slowly take this Circle of Light, you see, and bring it down in front of you through the Energy Centers so that all of the Energy Centers are connecting and feeling the image that you have projected. And as you come to the bottom level of the Energy Center, open your hands, as you see me doing here, facing outward so that all that is of anxiety is then ready to be gently pushed and pushed out into the energy field at large and absorbed. And you have now very quickly been able to at least center yourselves a bit and focus upon the issues. This is something that you may continue to do over a short time frame within the day, as you would call it, and you may continue to do it over and over again. If the first time you go through this you do not feel any relief, immediately go back and return and repeat it. And do this several times until you feel that you have relieved that which creates the anxiety.

Technique With Another Individual To Help With Feelings Of Anxiety (May 07, 1991)

This can also be done with another entity, working together. And you would do this in the very same way, except that this time you would place your hands over the other's Crown Chakra, and you would, in attempting to help the entity heal, have the entity, then, do the envisioning, as you would do it yourself, except now it is your hands that are over the entity. And then you very slowly will bring your hands down in the same manner. This is a way for those who are here to work on assisting others to heal themselves, to make an energy connection.

Technique Within A Group To Help With Feelings Of Anxiety (May 07, 1991)

Not all are here to do this, and thus, do not feel, any of you, that you must do this technique with another. It is for yourself first and then for others. As groups, when you begin to feel the tension and the anxiety that would create the stress with you as a group, any gathering of three or more entities, you would each ~ you would all come together, you see, and you would place your hands all together in this circle.

Let us illustrate this, perhaps. We will take those entities who gather around here. We would use this to illustrate. Now, you would ~ closing up the circle, and we will serve as the close in the circle. Now, you then place your hands all together. Closer, my love, close ~ that is correct, you see. (The group members form a close circle and extend their arms into the circle, hands touching each other, palms down)

And now, you envision what the group has as an issue of anxiety or fear that needs to be healed so that the group may then proceed. And now, you move your hands around this way ~ that is correct ~ around, and then you move around again in this direction. Yes, that is correct. (The

group moves its arms to the right and then to the left, ending in the center again) *And now, bring your hands up as you see my hands moving up* (palms facing up), *for you have joined energies as a group now. And now, bring your hands up through the Energy Centers, and up through to the Crown Chakra. Envision now that which is about to be let go, and now bring your hands down through the Energy Centers once again, down, slowly down through the Energy Centers. And now move your hands into the center as you began, meeting.*

And now, open your hands to the center of the circle, ~ that is correct, that is correct ~ and gently envision that you push into the center that which is to be let go of. (Arms extended, palms facing toward the center of the circle, pushing the image into the circle) *And now, bring your arms around as you would see me and hold each other and hug.* (The group members end with their arms around each other, hugging as a circle) *Yes. A very good group healing. And we know that the group needs healing.*

For the remainder of our session until we give you one final technique for the earth, we would take questions of the topic so that they can be placed on the record, and we will then be able to allow others to know that there are questions that they too might have but perhaps would not think to ask, or want to ask.

A Technique For The Earth, To Assist In The Healing Of The Earth (May 07, 1991)

We would give you a technique for the earth, to assist in the healing of the earth. It must heal itself, of course, but the love that you would send to the earth is very important now, and there is never, you know, enough Light that can be sent to any energy, and it will be at the discretion of the earth itself as to how much Light it will take for its own healing but send it there as a reservoir. It will be most, most important.

For this to work best you would want to have placed in your hands a part of the earth. When you do this, you would want to be outside, as it is called, and to ~ not to worry about the type of weather that is occurring, for if you feel that you must connect with the earth, you would do this under any of the conditions that the planet has in finding its path toward growth.

So, you would place any part of the earth, it does not matter, it could be a blade of grass. It could be some of the dirt. It could be a flower. It could be a pebble that has been a part of the earth. You would place it then into your hand, into your right hand, and you would cover it with your left hand, and you would simply visualize warmth filling that where the earth sits in your hand. You would just visualize warmth.

And as you begin to feel the warmth that is filling this space, you then begin to send into it the visualization of White Light, and the visualization of the White Light will then fill that which is the space. And then you very gently will open your hands, as you see here illustrated, and they

will be cupped, and you will then very gently place that part of the earth that you had in your hand back down onto the earth, and as you do this, you will place your right hand over that piece of the earth, continuing to keep it warm and Light. And you will then envision that it takes that warmth and Light and spreads it, as best it can, throughout the energy of the earth in which it finds itself.

The technique for the earth, will that help people who feel the pain of the earth also?

It will ease the pain a bit, my love. We will be giving soon a very specific technique for that which you refer to.

A Technique For The Earth, In A General Sense, To Assist In The Healing Of The Earth (May 07, 1991)

This is a very specific technique that you would be able to utilize for the earth in which you find yourself most often surrounded by. A technique of healing that you could use for the general sense of the earth, for places much in distance from where you find yourselves, would be simply to hold your hands with the tips as you see here, (Waith's hands form a circle with the thumbs and fingertips touching) and in front of that which is the Solar Plexus, encircling as you would see here, and envision the planet. Envision that which is the earth, that you are holding this planet, and the Solar Plexus sends out the loving energy from Self and infuses itself into the planet that you hold so gently, and you fill this image of the planet with the love and the Light that is yours, that comes from your Solar Plexus.

And do this for as long as you feel you want to, as long as you need to send the Light into the planet. And when you have finished, you envision very gently placing the planet down and resting the planet on gentleness and love. This technique can be done in private, of course, and it can be done as a group, and the more of you who gather and do this technique in a group, the stronger the energy will be given to the planet.

Could you tell us how to do it as a group?

You would simply, my love, be in a group setting, and you would use the same technique as you would individually, except now you would all be together concentrating at the very same time. Now, this technique also could work if, as many of you do in sending the pool of Light to the reservoir, the technique of knowing you can send Light into a reservoir, you could determine that at a particular time on the plane, no matter where you all were geographically situated, that you would at one particular time stop what you are doing and do this technique, and that would also have the same effect. It is the point being all at the same time doing the technique. It has much greater strength when it is done that way.

A Protection Technique To Use When Going To The Pyramids In Your Meditation

(June 04, 1991)

We will give you a particular technique that would be beneficial to use when going to the pyramids in your meditation to assist you in protection. This is a technique in which you would call upon Amelius directly. No intermediary required in this technique. And it is a very simple technique, and if you are then going to call upon the knowledge in the pyramids you would plan your meditation session for just this type of situation, so that you would sit in your normal meditative position, or if you are perhaps walking and doing your meditation, or any way in which you find best to meditate. As we have said, your best way is the way and not that which another would tell you.

You would then envision a White Light all around that which is the Crown Chakra. You would envision a White Light that is much like what you would call a halo, that which has become synonymous in this illusion with The Angelics, but it has a very distinct purpose, for you would envision this circle around your Crown Chakra and it would be a vibrant White Light Circle. And you would then, as you are envisioning this circle around your Crown Chakra, say, "I call upon Amelius, the very Highest of the White Light, to give me protection as I seek the knowledge that is needed for Self and for growth of Self. And as I seek the knowledge from the pyramid structures, Amelius and all the Forces of the Light, protect me." And this is all that is needed for your initial session. Then you would meditate as you best do, that situation in which you are able, then, to connect with your Higher Self.

Technique For Healing Assistance From The Pyramids And Energy Center Colors

(June 04, 1991)

Yes. Now. What you are envisioning, you see, is a part of a technique for a healing assistance that can be given to another entity. It is to be used, as all assistance, only to be presented and not imposed upon another, but to be available if another entity who is in need of the assistance would seek it. Much like the sending of the White Light, you do not push it onto another but rather provide it if needed.

Now, what you do, you see, the colors that you envisioned, my love, related to those particular Energy Centers, or as you call them sometimes on the plane, the Chakras. Those Energy Centers have each been given a particular color in which they are represented, and others before me have given you out that information, and it is all available, as you all know.

Now, when there is a need for a particular healing with the ~ a particular Energy Center or any number of Energy Centers, you then envision, first of all, a pyramid shape. This is all that you need to do. And then you begin to envision the color of the particular Energy Center or Centers that you wish to work with. And by doing this, you then begin to see it in the form of a Light, and the form sometimes, perhaps, as you would think of smoke coming out of a chimney, you would think of the colors streaming out of the top part of the pyramid.

Now, this next step is where the healing aspect comes in and the seeking of the knowledge, for you then would say, and there does not need to be a script that you would use here, but rather in your basic request, "With the help of Amelius and my Spirit Guides, I call upon the knowledge from the pyramid that relates to ~" and then you would name the Energy Center.

If it relates to the Heart Center, then you would indicate the Heart Center. If it indicates any of the centers, the throat, you see, or whatever. And as you are envisioning the color that corresponds to it, you say then that you would call upon the knowledge that the pyramid has to give to you and to the entity to whom you would want to give healing assistance. And as you are calling upon this knowledge, you focus very, very intently upon the colors that stream out of the top of the pyramid. And you focus for as long as you need for that which you feel is the appropriate time.

Now, you know, as we have said before, you will not be hit with a lightning bolt that says to you, "Here's the knowledge!" There may be some of you who will immediately hear the information. You will sense it. There will be others of you who will say, "I do not know anything more now than I did when I started." This is fine, you see, for the next step in this process takes care of any of the lack of hearing the information, for it matters not if you, yourself, are aware of the information.

For now, you will say that you first will envision the White ~ the smoke, if you will, the colors, moving into the vision of the entity to whom you are sending this help, and as you are envisioning this, you are envisioning that the knowledge is moving with that Light. And you then bring it over to that entity to whom you wish to send it, surrounding the entity with the Light and surrounding the entity with the knowledge, trusting that the knowledge is there in the energy that is being sent, you see. At that point you then have released to the energy to whom you send the healing your part in this assistance.

You, then, after you have sent this energy and the color, then bring yourself in imagery back to the Crown Chakra where the Circle of White Light over the Crown Chakra has presented itself, and you then thank Amelius and you thank your Spirit Guides for protection and for assistance, and you return back into the conscious state. Now. This particular technique can take, oh, a very short amount of time, or it can last for quite a long time. It will be dependent upon your own abilities to connect with the knowledge that the pyramid will give to you.

Now. You would always want to meditate with a crystal in this particular situation. We know that the majority of entities who meditate use crystals. Some do not, however, and this is fine. There is no rule that says you must meditate with a crystal. However, for this particular type of connection with the pyramids, you would want to have a clear crystal with you, for the clarity represents ability to fill in information. Many of you have these crystals already in your possession. Those who would hear these words through other sources or would read our words would simply find a clear crystal. It does not need to be one that costs money, as you would call

it on the plane, but one that is very, very small and very minor in its expense, and you may indeed find one out in the environment simply by looking around, for the clear crystals present themselves as they are needed to Be of Service.

And thus, this is a particular technique that we wanted to give to you as it relates to gaining information from the pyramids. Before we continue, are there any questions from any of you beloved ones regarding this technique or anything relating to what we have just given you?

Could this technique be used for Self healing?

Yes. Yes, you could, my love, and you would envision then Self.

With this technique, must the other entity be present?

You may do this whether the entity is in your physical environment or not. The trick, if you will, is in the envisioning of the entity, so that if the entity is with you in your physical environment, you would be meditating, and this other entity does not necessarily have to be meditating, understand this. But you would be in a state of meditation and you would then, through your meditative state, envision the entity. You would not use the technique looking directly at the entity. This is all a part of sending energy through an altered state of consciousness. Thus, you could obviously, then, do this with those who would not be in your physical environment.

It is simply one more technique, my love, in a very large portfolio, if you will, of techniques that can be used to assist others in their quest for healing, you see. Or shall I say Quest for Wholeness? ☺ I had best get the words the right way! (Waith is referring to the Quest for Wholeness seminar sponsored by the Community of Terra Lux)

Would it be beneficial to keep the clear crystals that you use for this meditation stored in a small replica of a pyramid?

It is not necessary, my love. Crystals have a very strong love, if you will, of The Pyramid Shape, and certainly enjoy being in a pyramid shape when they are in those structures, for this is where the crystals currently in this illusion have their prime energy source, is from the pyramids. However, if they are not in these pyramid shapes, they are able to function quite, quite easily and quite well. It is much like, on the plane, you refer to returning to the womb for a sense of safety and security. This is much like the crystals feel when they return to the shape of the pyramid, it is that security and safety. But they know they are out on the earth plane to do what they are here to do, just as each of you are on the earth plane to do what you need to do.

I have some stones from the pyramid. Is that too strong to use?

No, my love. We sense what you refer to, and they are appropriate. They are appropriate.

Does this technique in some way deplete your own energy when you do this?

It could, my love, and this is why there is such an emphasis upon the Circle of White Light over the Crown Chakra and the calling upon assistance directly from Amelius so that there will not be that depletion. The depletion could come in the form of the energies of the dark coming in, and it is because you place yourself in a very vulnerable position by going to the knowledge sources from the pyramids. It also can be a very powerful energy transference that occurs between yourself and giving energy to another. So, yes, there can be, if the proper protection techniques are not utilized.

There is more than one pyramid.

Understand that this a very elementary technique that we give to you, and we indicate that you only focus on the shape of a pyramid, and the knowledge that is needed will come to you from the appropriate pyramid that has the information. You are not, on the plane, at this point, ready to connect with the appropriate pyramid. That will come as the time nears for the illusion change when there will be a greater awareness of what structures house what information and energy. Thus, a part of the power of the pyramids is their ability to know when the knowledge is needed, first of all, and from where that knowledge will be obtained and directly given to you. This is done through an energy transference that is instantaneous in its transmission. A very good question, though.

A gentlemen named Paul Horn has played a musical instrument within the pyramids. Would it be of any advantage to a person to listen to this music that was recorded within the Great Pyramid?

It is certainly beneficial to hear this particular entity's contribution to the vibrational energy field of the greater earth plane as it has been transferred to him through the master pyramid. It is not necessary, however, in order for this technique to be effective, to hear this music.

Technique ~ If You Determine You Are Working On Patience At Spirit While Incarnated (July 21, 1991)

Now, if you as an energy, in your meditations, determine that you are working on patience at spirit while incarnated, there is a particular technique that we would give to you to give you a greater degree of understanding as you go about your earth plane incarnation, and that is, in your meditations, to take the protective White Light, and as you call upon the very Highest of the White Light, you would envision yourself standing in the midst of other bouncing balls of energy, other energy forms like yourself, and as you find yourself protected by the White Light and surrounded by other bright balls of energy, you then envision, simply, as an earth plane reference, the word PATIENCE. And it becomes a part of this envisioning that you have, and this

word PATIENCE then is covered in White Light and it begins to intermingle with the other bright balls of White Light.

And you call then upon your guides to aid you in working with the energies who also work on patience at spirit, for these are special lessons that you take on. So, you have now connected with other energies working on patience at spirit while incarnated on the plane, and not working on patience on the plane. This gives you, then, at spirit a very strong connection that, if then brought in through the meditative state into the conscious state in your day-to-day activities, will give you a far greater understanding and a greater sense of peace when meeting up with others who may have very strong issues of patience that they work on while on the plane.

Now. As we have so often indicated, you must be very careful, my loved ones, that if you determine that you are working on patience at spirit, and not in this particular lifetime working on it, that you do not flaunt this. You would not go to an energy and say to them, "I am able to know that I work on patience at spirit, and you work on patience at earth plane." Just because you work on it at spirit does not mean that it is any easier. It does not mean that you are any better. It simply means that you have chosen to do it this way in this particular combination of expression of your energy.

A Technique To Use In Your Meditations For Self-Patience (July 21, 1991)

However, the technique that you would utilize in your meditations for Self patience would be, first, of course, to call upon the Highest of the White Light for protection, and then to visualize yourself feeling very calm and feeling the color pink as a symbol of love on the plane, and to envision yourself surrounded by pulsating Pink Light and feeling a sense of love of Self, and simply imagining this and letting it fill your entire encasement. This will help you to calm yourself when you feel this lack of patience with Self, and also to help you to understand that it is all right to feel lack of patience with Self, for it is in the feeling of lack of patience that patience evolves. You are not to reprimand yourself, but rather, simply to forgive yourself if you have behaved in a manner that showed less patience than you would want, you see.

Question ~ Working On Patience At Earth Plane Or Spirit ~ It Seems Like It Would Follow You

Ah, my love, but it does. Understand, and perhaps this ~ it has not been fully comprehended, that only a very small portion of your total energy incarnates on the plane, and therefore, your total energy is always working on patience. And thus, if, let us say, five percent of your total energy has encased itself on the plane, and you have decided that that particular five percent will not work on patience, the other ninety five percent will be, you see. And thus, it is always with you. It never leaves the energy form.

Technique For Meditation

(July 21, 1991)

And each of you, then, would draw into yourselves now, as we speak, to you deep within that which is referred to as the Solar Plexus. Draw deep a breath. Draw it in deeply, and now hold this and envision the beauty of the White Light that is Self. And now, bring this up through the Energy Centers and out through the nose, and out through the nose.

Now. This exercise is a technique for you to begin to focus without sitting in that which is the lotus position. You do not need to do this. You can be sitting, as we sense energies with the legs crossed, for it begins to bring into your energy a focus and a quietness, and it allows each of you then to build the White Light of Self within your own energy field. And as you do this several times, you find yourself the point of relaxation and focus. And at that particular point, you then are able to gain access to that which the Higher Self has determined is necessary for you to know, for you work at conscious level in harmony with Higher Self.

Now. Most important for you each to know is that when you focus Self, you allow the energy from the Higher Self to flow through, and what might appear to be an activity or a thought or a behavior that, in wondering where it came from, "How was I able to solve this problem that I have? How was I able to make this poster?" A most beautiful energy form making posters for this event found this to be true, that it came through during the focus, and the Higher Self simply gave the information. For my loves, all that you need to know is within Self.

Meditation Is An Activity That Gives You A Sense Of Detachment From Concreteness

We are here not to give you answers. We are here to assist you in reaching your Higher Self, for only you as an energy form are able to find the answers, and if you do this, then nothing outside of your own energy can control you. And meditation then becomes most significant for daily practice, whether it is in the form of concentrated altered-state behavior such as the most beautiful loved one projected with you earlier, or whether you simply would walk out into that which is nature on the plane and feel a sense of detachment from the illusion, for meditation is simply that, my loved ones. It is detachment from the concreteness of the illusion on the plane and is available to all. It is not some activity that only highly advanced, as you might refer to it, energies are capable of.

And you would be careful of allowing other energies to say to you, "That is not the way to meditate. This is the right way to meditate." There is no right way that is specific to large groups of entities. There is only your right way. Remember that, my loved ones.

Technique That Works In Conjunction With The Connector Planet

(September 03, 1991)

As you are surrounding yourself with the protective White Light, as you go into your meditations, as you feel yourself protected, and as you are connecting at that level of consciousness, now bring into that a silver sparkling Light that surrounds the protective White Light. And as you bring in this silver, you begin to allow it to move all around your vibrational field, which is often referred to as the aura. Allow that infiltration of silver to occur, and as the silver occurs, it will bring you very softly and gently into that experience of a particular time in Atlantis, rather than simply jumpstarting and going and falling into it, you see. This now becomes very graceful, and you slowly move in, and you have this silver around you now, and this silver will say to those with whom you have connected that you do this gently and from a soft spirit. And that will be an elegance, my love.

This technique is available, understand, to only at this time of, on the plane, during illusion changes, and that it works in conjunction with the connector planet, Atlantis. It can be most lucrative in terms of knowledge gained that brings you into The New Illusion with a far greater insight into what actually occurred in the current illusion as it relates to The Atlantean Illusion, and gives you a far greater stronghold of knowledge to assist in the setting up of The New Illusion, for it will take some time for The New Illusion to be set up properly.

Farena Gives The Group A Technique For Making A Basket Of Beauty (April 07, 1992)

(Farena instructs the group to repeat phrases, along with her. All are repeated as given.)

- *Everyone say I AM BEAUTIFUL.*
- *Again.*
- *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? ☺ Let us say I AM BEAUTIFUL.*
- *Ah, I am not convinced. ☺ Say it again.*
- *Ah, now, all the female encasements.*
- *Now, all together, again.*
- *Now, take your hands and crisscross so that the palms touch the shoulders and the middle intersection is at the Heart Center, and say I LOVE ME.*
- *Now, go to the person on your right. The person on your right. It is not so hard! ☺ The person on your right. Look at that person, ☺ that beautiful person, and say to that person, I SEE YOUR BEAUTY.*
- *Now, to the person on your left. Look at the person on your left and now say I SEE YOUR BEAUTY.*
- *This energy that is here now moves so that you form the circle temporarily. Move over so that you all see each other. I form in the middle.*

- *I have formed an Energy Basket. It is the composite of the basket of energy from each in The Company. We even let Waith participate. 😊 We would like each of you to send into the basket from your very inner Self a small portion of the beauty of Self. We would begin with (Name given) and proceed around the circle, each in your own turn sending a small part of the Self beauty. Begin, my love. And as I move around, send your part of your love.*
- *Now, we have a Basket of Beauty. Now, we give back to you, to each of you, a Basket of Beauty in miniature form. Each of you now will have your own Basket of Beauty that is filled with the beauty of all in the room, to take with you, to call upon when you hug yourself.*

This technique can be used even when I am not here. You may take this technique and go into your private lives with others you know and form a circle and envision a basket in the middle, and as we have done now, you take the beauty of Self and place it into the basket. When it is complete, the basket will automatically disperse itself to those in the Energy Circle. And you can do this over and over again, and it will give you Lightness ~ it will give you joy, for you will feel the beauty. And if you call upon Farena while you do this, I will give to you an aroma. You will smell Farena. Now. I am allowed to stay for a while longer to answer any questions.

How are things in spirit these days?

Farena: How are things in spirit these days? How are things on the earth plane? 😊

Very earthy.

Farena: It is very spirity then. 😊

Do you like that skirt?

Farena: Yes. I was supposed to be the one to find it, but we did have to call on Waith. We are learning. 😊

You have expensive taste.

Farena: So, does Waith, but we have learned how to get the bargains.

Farena Gives A Technique To Help Relieve Burdens By Fluffing Your Aura (April 07, 1992)

Farena, it is very hard to maintain lightness and a joyful feeling on the earth plane.

Farena: I remember.

Is there a way when someone is faced with something that is getting them very upset?

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

In the middle of the office?

Farena: 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! (Group laughter as Farena speaks in an exaggerated low voice) Just for 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, but, oh, my loved ones, does that not become the issue after a while? The responsibility of having responsibility, and you Lighten yourself by doing this.

If you are not quite ready to do this with others, simply relax in a chair and go like this. As you bring your arms into the resting position that is a common position and is acceptable, you would first bring your arms to the shoulders and simply go like this, ☺ pet yourself ever so inconspicuously. It can be done. You must 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! ☺ 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 you 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 total ability for Light within. It is a progression.

Some of you would 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. It is the responsibility of your Angelic Protector to immediately come running into your vibration and Lighten you up, but you must ask, and you must be willing to receive from The Angelic Protector. If you block The Angelic Protector's attempt to help you Lighten, then you will not. Next?

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

Farena: It is at this Center that 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, and then the Higher Self says, "Alert. Alert. Alert. Calling all soul memories! Calling all soul memories!" Goes into the Soul memory. Unlocks the little door. "Yoo-hoo!" Brings out the Soul memory. 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, whish, it comes down, but when it comes down into the conscious, it comes through that murky stuff that surrounds the earth plane vibration, and just like all of you, you get stuck.

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

(There is a pause) Do you like my toes? (Group laughter as Farena lifts her feet and wiggles her toes) Oh, you are all so serious! And you are all saying ~ well, not all, but some would say, "Who is this spook?!" 😊 "We are here to learn serious stuff! Let me hear serious information. None of this fluffy."

A Technique Is Given For Learning The Ability To Manifest (June 02, 1992)

There are, however, certain guidelines for manifestation that can be easily followed, and it is these guidelines that we will give to you now.

- *The first guideline, Number One, is that you focus your energies upon that which is referred to as the Third Eye. The Third Eye, you understand, sees the Soul, sees the spirit.*
- *Number Two ~ you bring the Third Eye into a position of looking down into that which is referred to as the Solar Plexus, that Energy Center which is the point of receiving in, from the spirit, information. It is the receptacle that is open for energy to move in and out. The Third Eye, then, looks down into that particular Energy Center.*
- *Number Three ~ the Higher Self is given attention by the Energy Centers that come from that which are the fingers by the fingers being placed, as you see I have done now, around the head or that which is referred to as the Crown Chakra, placed downward, sending*

energy. (The hands form an inverted pyramid with the fingertips touching and pointing towards the top of the head) The energy that is coming from the finger area comes from the entire energy field that makes up your particular vibration. As the fingers are placed upon this part of the energy field, without touching the physical encasement, you are ready for step Number Four.

- *You now begin to visualize that which you want to manifest. You visualize this item with a very bright White Light surrounding it, soft and fluffy, and you spend as much of your time as you need to, to visualize, with the hands remaining in the position, as in the step previous to this one. When you feel that the visualization has been saturated with the White Light, you then bring the hands down with the fingers pointing toward that which is the front of the encasement (still forming a pyramid), and you are bringing the visualization down with the hands, and you bring it down, down, down, into that which is the Solar Plexus area. You then place your hands facing each other at the Heart Center area.*
- *The next step is that now the Third Eye sees very clearly what you intend to manifest, and you allow yourself to have the Third Eye connect with that which is the Solar Plexus, continuing to keep your hands facing each other. This is containing the energy. When you feel that the Third Eye has seen enough, you are ready for the next step.*
- *The next step is to bring your hands closer together, still palms facing, and bringing them to the area of the Solar Plexus and gently smoothing over the entry way to this Energy Center, closing it, thus allowing the visualization to remain within the Solar Plexus. You then bring your hands up beside you, with the palms facing up, to receive the Light from the higher sources, and you raise your hands slowly, slowly with the palms up, and as you do this, you call upon the very Highest of the White Light and the guidance from those spirits who guide you and protect you, and you slowly bring your hands together, fingers together, to form the circle.*
- *Once you have completed these steps and your hands are in the form of the circle, you then would move into a state of altered consciousness as you are able to ~ meditation or simply to relax ~ and to feel that which you have manifested and to send out to The Universe, through your own energy and vibration, the belief that you trust in the manifestation coming about.*
- *That 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 is the beginning of the ability to manifest, and wherever you are in your abilities to manifest consciously, this process will guide you. If at all, it will 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.*

Now. It is quite easy to have a technique. That is the easy part. What now happens is that when you have the power, you must learn, each of you, how to use that power, for the temptations to abuse are great, for once you have achieved a certain level of manifestation where you see it happen immediately, "Oh. This is what I have envisioned and suddenly, there it is ~ that can be quite heady, as you might say. And this is where your spiritual path and your calling upon the Higher Light helps you to keep things in perspective.

If indeed you have determined that you need one thousand dollars, fine. You would be able to manifest that. But if indeed you learned that you could then simply have money where there is no need for it in your own life, but 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. 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 simply a natural occurrence, and they have, however, had other lifetimes in which they abused the power; for remember, as we have said so often, balancing requires going up and down as you would on a teeter totter, and that in order to achieve a balance, there must be behavior in a direction that is opposite to ~ you go up and you go down. And thus, in order to achieve balance, there must be abuse.

This is a given, and, it is also why we caution so often this judgement upon another, for if you see what appears to be abuse of a power, it is none of your business, first of all, what that entity does. It is that entity's point on a path, and that you do not know whether that entity is learning or teaching, for there are many who would appear on the plane to teach, and therefore, would give the illusion of abuse in order for another to understand what abuse is. 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.

That is a topic of continuing discussion at another time. We would take questions from any of you relating to manifestation.

Is the point of the ritual merely to keep us focused on the Soul path, or is there a significance about the Energy Centers that are involved?

The key word you have given, my son, is ritual, and for many, many on the plane, it is important to have that which you call ritual, or a physical symbolism of an activity that many do not need to use. Many of you here, and those who would read our words would find that they do not need to go through that ritual, for they have already, in another lifetime, done a similar type of ritual to achieve that which is a vibrational accomplishment. And thus, the answer really is YES to the entire question, you see.

In The Manifesting Technique, Is There A Nonabusive Object That We Can Practice With?

(June 02, 1992)

In the practicing of the perfection of this manifesting process, is there a nonabusive object that we can practice with? The need would be merely to have verification that the process is working and not necessarily something to eat or drink or something like that?

Oh, very, very good question. We have waited ~ we have remained in the vibration for this question to come, for what you would do to verify is to manifest that who is your Angelic Protector. Remember, each entity has an Angelic Protector different from, and separate from, any of the guides that you might have, and you simply need to manifest or envision, shall we say, the word ANGELIC PROTECTOR, and surround with the White Light and call upon The Angelic Protector. Now. What will happen, if you are on the right track, you will feel yourself filled with White Light. You will feel this, many of you for the first time, but you will feel it. If you need to work on this technique and you are not going in the direction that is appropriate, there will not be the sense of being filled with the White Light. It is very simple.

Now that that question has come onto the record, we are prepared to depart, and we, in our preparation for departure, would send to you all an energy of guidance and protection, for your Energy Centers, as you have been in this gathering, have opened, and we now, in group, close those Energy Centers so that those mischievous entities would not be able to enter in. We smooth all of your Energy Centers.

Continually do this yourselves, my love, as you find your Energy Centers responding in your spiritual path. Smooth your Energy Centers and protect yourself from those who would want to disrupt your Centers. Remember to always call upon the Highest of the White Light and to call upon your guides and your Angelic Protector.

Technique For Calling Upon The Energy Of Lightheartedness

(July 07, 1992)

- *Now. We will show to you a very easy technique and one in itself that is quite lighthearted. What you will do when you are needing to go to the core of your gift that we have given that has come from The Universal Consciousness, you would stand and you would place your feet shoulder length apart so that you maintain a balance.*
- *Now. You would place your hands in ~ as if you were an airplane. ☺ These are your airplane wings, you see, and then you would take the palms of the hand and you would face them outward, and then you would draw in a breath from that which is the Solar Plexus, and you would breathe it in through the mouth and you would hold this breath to the count of five. Slow five ~ ONE, TWO, THREE, FOUR, FIVE, and you would let the breath*

out through the nose, closing the mouth while doing this. This is so that the breath does not escape through the mouth, you see. A most important component.

- *Now. If you draw in and you let out, and then you bring your hands slowly up over your head, over that which is the Crown Chakra, and you place the fingertips together so that they form that which is The Pyramid Shape. And you bring your hands down slowly so that they are close to the Crown Chakra without actually touching the head, and you now have your eyes closed and you envision within this pyramid a little ball of fuzzy White Light. It must be fuzzy. This is not your standard White Light ball. This is your fuzzy White Light ball. ☺ ☺ Think of a little fuzzy. There are fuzzies on the earth plane that you could equate this, you see, this fuzzy white ball.*

- *And now, you envision the calling upon the very Highest of the White Light to bring into your pyramid, protection. And now, you envision this fuzzy white ball moving through the tunnel of the Energy Centers, moving down through the seven Energy Centers and coming down, down, down, until you envision the little white ball at the very base of your encasement. And then you split the little white fuzzy ball, in your imagery, and you place one on the tippy, tippy, tips of your toes ☺ so that you have, then, this position of standing with The Pyramid Shape and the two fuzzy little White Light balls on the tips of your feet.*

- *Now. you take your right foot and you place it forward to the front of you, remembering not to lose these little fuzzy white balls, and then you bring the foot back to its position and you do the same with the left foot, the left foot forward, remembering about the little fuzzy white ball, and then you bring the foot back. And then you wiggle your toes simultaneously, and the fuzzy little white balls stay there, you see, as you wiggle them. And then, you bring your feet together as you stand forward, straight, with your feet together, and the two fuzzy little white balls become one again at the base of your encasement on the toes.*

- *And now, as you feel these little fuzzy white balls, you say the following, remembering that your position, then, is The Pyramid Shape over the Crown Chakra, the fuzzy white ball now at the base of the toes, and you say, "I call upon the memory from the Soul that gives me the Lightheartedness that The Universal Consciousness has gifted to me as an energy."*

- *And now envision the fuzzy white ball moving back up through the seven Energy Centers, and as it moves through the Energy Centers, you envision the fuzziness spreading throughout the encasement, throughout your energy within. And you move it all the way through and back into that which is the pyramid. And you fill the pyramid with the Light from the fuzzy white ball.*

- *And then you say, "Thank you, Universal Consciousness, for the gift and for your protection." And as you say this, you open your hands so that now the fuzzy white ball can move up and out and back into that which is the Highest of the Protective White Light. You then bring your hands back into The Pyramid Shape, and slowly bring your hands back into the position in which you began in the airplane and the palms facing out. And then, very slowly, you bring your hands together, palms facing each other. As you bring them together, you then ~ (Waith claps) and you release the Lightness.*

Do you have questions about this technique?

Can we do it at work? 😊

There would be times when you could do this at work, and, in fact, the final stage of this clapping, you know, could bring the attention of others around 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? Perhaps a bit of Lightheartedness at the same time.

Can You Do This Technique Also With Someone Else? And How Would You Do That?

Oh, indeed. The more the merrier, you see. You would simply, as it was done now in this gathering, as many entities as would want to participate, and you simply all gather around. There are many variations. You could do this in a circle. You could do this ~ in the circle you could almost take off, you know, flying, you see, as your hands touch. Or you could simply have a few people ~ or you might be with one other, and you would work with that one other person, and you would show them the technique, and you would guide them through it and work with them in the technique as I did with you, and use the same type of procedure in which you say "And repeat after me ~ " and you say the words and they repeat after you, and to the conclusion of clapping the hands.

Can This Technique Be Done To Help Those In Other Kingdoms Who Are Unable To Do This?

You can do it in their vibration, and that would help in the vibration of that particular entity, be it an animal or even in The Plant Kingdom, you know, for as you do this, you are bringing in an energy of Lightheartedness, that if you are bonded already with an energy from one of the other ~ Animal, Mineral, Vegetable Kingdom ~ even the Air, you see. At times the air becomes very dense, and it is also in its own heaviness of its mission. And for some, you have a connection with the elements that are part of the earth plane and Earth Mother, and you could use this technique, simply visualizing that you would lighten up your own surroundings, and the vibration naturally will assist those with whom you are bonded.

Can You Do This With Just Visualizing Without Doing The Physical Airplane Part Of It?

Yes, you could, my love, and many do this almost instinctively, for they know that they have this gift from The Universal Consciousness. And for many, however, it is a technique that in its own physical movement is a symbol that assists in bringing into focus that gift. Many find, even though they are able to instantly bring in the gift from the Soul memory without going through all of the motions, that, in fact, they would want to go through the motions on occasions, for it simply helps the encasement, the movement of it. And then there is an actual release of energy as you move, and the clapping of the hands and the movement of the toes, you see. It gives you a sense of gaiety and fun, but, you know, you can simply visualize it. It has the same effect, ultimately the end result. The effects are different, of course, from the feeling, the clapping of the hands and wiggling the toes.

What Can We Do To Help Clear The Blockages In Our Energy Centers?

(August 04, 1992)

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! "Immediately, let us open up those blockages and get to work!" Yes. Perhaps it is then an issue of patience. ☺ Sometimes it does, my son, and sometimes there are other issues also working within the Energy Circle in which you have surrounded yourself, and that there are reasons for this, and you must not be discouraged if the first time you feel this sense of connection, everything springs open, "Oh, yes. I see now. I have a far greater awareness." It comes slowly, until it reaches a point where suddenly it does burst open.

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 on the plane, and it is very thin, but deceptively thin, until you start to wipe it off. And you are first aware that that film is there, you see, and it looks deceptively easy to get through until you start to clean it. Many of you have experienced this. You start to clean it, and "Oh, my, my! There is more here than we realized," and that you slowly have to wipe it clean, and it seems like it is going on forever and ever.

You do it, and then you leave it, and you come back, and then you leave it and come back, and finally, ah! There is a breakthrough. And once that breakthrough occurs, then the rest of it very easily and quickly, indeed, clears. And this is what occurs as you begin to work through the film. Energy Centers have these films, and the blockages. Every blockage you can think of as a screen that has a film on it, needs to be cleaned. And 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? ☺ And so, you see, it does not hurt to ask another, "What do you use to clean your Energy Centers?"

And we say this not really in a flippant manner, but this is the purpose for information that comes through. The information that we give, the information that is available throughout the earth plane from many, 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. This is how we reach our Higher Self, by utilizing this technique, or this is what someone else says. This is why you look around you, and you see so many books and so much information. It is for you to go to, to find the source appropriate for yourself. There is no bad information. It is all good. It is determined by that which is your need and your cleaning, if you will, you see.

A Technique Game To Help One, Or A Group, Become Playful (September 01, 1992)

Now, we will first do this little activity individually, and then we will have another, so that you will do this together. (Waith seeks out a male volunteer to assist)

Now. The first thing that you do is to place your hands on your shoulders with the tips of your fingers ~ so the tips of the fingers on the very top of the shoulders, you see. And now, you take your feet and you place them heel to heel so that your toes point out. Yes. And now, you move your legs up and down like this. Up and down, up and down. Up and down, up and down, up and down. And you also will be able to learn the sense of balance. Yes, you see. Now. As you are moving up and down a few times, you then begin to move your arms as if you were flapping your wings. You see, so, up and down, up and down, up and down. Yes, you see, up and down. Flap your wings, flap your wings.

Now, as you are moving up and down and flapping your wings, after you have gained a bit of momentum, shall we say, and what this is doing is creating an energy within your what-you-call aura, and it is creating a movement. Now. You move up and down, up and down, and now, you will begin to know ~ you will feel your own energy, and you now move your arms out straight to the side, still moving up and down and fluffing your fingers, you know, as if you were fluffing. Fluff, fluff. Fluff, fluff. And now, you bring your arms up over your head, over the Crown Chakra, the fingertips together over the Crown Chakra, creating the essential Circle over the Crown Chakra.

You have now stopped moving up and down, and you stand now, and you visualize within this Circle your favorite toy as a child. What was your favorite toy as a child? Visualize this within the Circle, surrounding it with Light, beautiful, fluffy, White Light.

And you visualize, and now you move your hand slowly down in front of you, keeping the fingers together in the same position, down through the Energy Centers, down slowly through the Energy Centers until you come to that which is the Solar Plexus, that area, and you then take the image of the favorite toy and imagine that it goes in through the Solar Plexus and fills, now, the Energy Centers up and down, sideways to sideways, filling the entire being. And now, you act as your favorite toy.

What was your favorite toy?

A bow and arrow.

A bow and arrow. Ooo-hoo. Now. How would you act as a bow and arrow, my love? Turn and face. And now, pretend you are a bow and arrow.

I can pretend I am shooting a bow and arrow. But I am not sure how I would pretend to be a bow and arrow.

Farena: Guess who-o-o! I am Farena! 😊 I am one of The Company. Hello-o-o. I am going to help you be a bow and arrow. Yes? Now. There is one thing that you did not do, you see. You are the arrow.

I am the arrow. Oh, good!

Farena: Whoosh-h-h. Whoosh-h-h-h. Feel the energy that comes out of your vibrational arena. Feel that as you go whoosh-h-h, whoosh-h-h. Again, whoosh-h-h-h. Ah-h! And now, take your hands like this, as you had them before, and you place them now directly where you call the Third Eye. That is right. And now, feel yourself ever more strongly as your favorite toy, becoming part of and one with your favorite toy. See this now and see the energy that surrounds all of the imagery and feel the combination. Ah, yes.

And now, you complete the game by bringing your hands back up to the Crown Chakra. The Crown Chakra. And now, open your hands so they face palms up. That is right. And send the imagery to The Universal Consciousness, making the connection with The One, of that which was your favorite toy. And thus, it is.

And now, bring your arms slowly down to your sides, slowly down, with the palms facing to the front. And now, bring your arms with the palms facing up over crisscross your chest. And now, take your hands, each of them, and pat yourself. (There is a patting noise and then group laughter)

Waith: Now, you see, I am back. This is an activity that one can do by themselves. Yes. But now, let us show you how you can combine this if you would want another, or two or three others, to assist you. (Waith seeks out volunteers to assist)

Now. All hold hands. (The three volunteers) Yes. Now. First, you call upon the very Highest of the White Light and envision the White Light of protection surrounding your Circle. And slowly, envision the White Light moving into the center of the Circle and filling the Circle with the White Light. And now, each of you envision an energy of color ~ your favorite color. And envision that going into the Circle of the White Light, filling the Circle with the color of your choice.

Now. We utilize this toy once again. And each of you envision your favorite toy, inside the circle, being smoothed over by the beautiful colors and the White Light, and the toy now is in the circle. And now you have envisioned that it is in the circle with the others.

And now, slowly begin to move around to your right ~ they almost did not get it! ~ slowly moving around to the right. And as you do this, you have an energy that moves through your fingers and hands into that who is on your right, and you begin to feel a circle of energy that is interconnected with each other, moving slowly around. And you encircle now your favorite toy with energy.

And now, you stop moving and you place your right foot into the circle and you shake it all about, ☺ and you do the hokey-pokey ~ ☺ no, you do not do the hokey-pokey ~ you shake it all about, and then you place it back and you place your left foot in and you shake that all about, and you place that back. And now, you, in an attempt to smooth out your energy field, you all now wiggle your body. Wiggle. You wiggle. That is right! Wiggle, wiggle, wiggle. Yes. And you are now shaking your energies and getting them going, you see. That is very ~

Spiritual hokey pokey.

Yes. Spiritual hokey pokey. Wiggle, wiggle, wiggle. This is very good. And now, you take your arms ~ and we will assist you here ~ you take your arms, placing them up, still holding on, and now, bring them into the center of the circle so that all of your hands are touching in what forms basically a pyramid.

And now, envision the toys that you have in the center, moving about and playing, and you envision yourself as a child playing with this toy. And you now envision that those others who are with you in this circle are playing with you, and you bring yourself back to that time frame in which you felt joy and happiness at playing. And the spark of remembrance comes through in that time frame. At this point, you can determine yourselves how much time you would want to engage in this play. That will be determined as a grouping. For purposes of this demonstration, we will continue with the demonstration rather than spend the time as they go off into their own playtime and the rest of you sit here, wishing that you were also playing.

Now you have completed this portion of the game, and you now bring your arms back down slowly into the circle, into the circle, into the circle. You cover, now, the toys, the image of the toys, and they are protected as you give White Light to the playing, for it is an energy. And you now bring your hands back to your sides, still holding onto the hands, as they were originally. And now, you move to the left. Move to the left, to the left, imagining the flow of energy going through your hands creating the bond, creating a unity.

And now, you invoke the protection of the Highest of the White Light, and you slowly stop moving. Slowly bring your hands to your sides, releasing from the other, relaxing. A deep breath

up through the Solar Plexus. Breathe in through the mouth and out through the nose. And slowly now, return. And as you return, as you see each other, you smile at each other, remembering the play that has just occurred.

Ah! Indeed. We are most pleased that you participated in this game. You are released now. ☺

A Visualization To Help To Cool The Energy Centers During The Heat (February 02, 1992)

Now, as each of you is changing in your own vibration and moving into a more circular energy flow, this is what would be beneficial for you to visualize. You would visualize in the very center of your encasement ~ do not be concerned about it being in the center of energy but rather the center of your encasement, for that will be the center of your energy, and it is easier to visualize the center of the encasement.

So, you would find your own spot equidistant north/south, east/west, and you would take in that center the visualization of a giant ice cube ~ cold, wet ice cube that is about to melt. Water is a most appropriate visualization for the soothing of the energy field, just as water physically taken into the encasement is a soother of energy. When you are feeling out of balance, the intake of water is the most beneficial of anything currently available to you on the earth plane. It is the equalizer. It is the balancer.

Thus, to have the visualization of a very large ice cube in the center of your encasement, you would then, in your visualization ~ and there are some of you who could do this with your eyes open going about your regular business, and there are others who would need in some way to center and meditate and be in a quiet spot. Wherever you each are in your own ways of meditation and focusing, it is appropriate for you to continue in that. We would not say to you that you would sit cross-legged with a candle in front of you, for the candle would melt the ice cube much too quickly. ☺

So, what you do then is, in your own way, to visualize that this ice cube is filling, now, your entire encasement as it begins to melt ever so slowly. You feel the coolness of this melting process filling your encasement. Visualize it moving through the extremities, those of the fingers and the toes, and completely filling the vibration. As you do this, you call upon the very Highest of the White Light, for you are opening your Energy Centers and you must remember that when you do any type of meditation, activity or any type of movement out of the current consciousness, that you must protect yourself from those forces, mischievous or very dark, who would want to jump in and create a bit of havoc. And thus, you call upon the very Highest of the White Light. You bring in the assistance of your guides and of your Angelic Protector.

And as you do this, and this is all occurring simultaneously, as you are bringing in the Highest of the White Light, and you are filling your encasement with the coolness of the melting ice cube,

you are also filling your encasement with bright, bright Light and beginning to feel the lightness that will accompany this. For as you feel your vibration being soothed, any pain that you feel within the encasement will ease somewhat, and that in itself will bring about the sense of relief and Lightheartedness.

Now, as this is all occurring simultaneously, you are envisioning at the Heart Center that which is associated with love. You are envisioning a very fluffy white feather filling that Energy Center, and it tickles you, and it activates the love that you would feel for Self, and you would laugh at the tickling sensation. And as you begin to feel the tickling within the Love Center, it begins now to fill the entire vibration and intermingles with that which is the White Light and that which is the cooling of the ice cube. And you will then feel, overall, a sense of lightness. Now, the trick to this in its finalization is that you very quickly, as soon as you are able, you find another entity, and you go to that entity, and you say to the entity, "I send you love and Lightheartedness," and then hand them an ice cube ☺ ~ a pretend ice cube.

The idea, you know, is to be light and happy and to be able to understand that all of the changes that occur now, you can flow with those changes. There will be much vibrational disruption as The New Illusion moves in. You all have experienced this in one way or another now. We give to you ways in which you can work with it, rather than to complain about it. To complain serves no purpose. It is negative energy. It is happening. There is nothing that you can do about the fact that it is happening. It is a positive activity, for you now flow with the new vibration of the earth plane.

Would you have questions regarding this technique which we have given to you? (There is a Silence) Do you understand this fully?

What are we going to do when all the ice cubes walk in, in March?

When all of the ice cubes walk in, in March. You know, my love ~ ☺

You did not figure it out, did you?

Always, you provide a rather interesting perspective.

Now. An ice cube is an ice cube. By any name, it is an ice cube. In The New Illusion there will be symbolism for water that is cold and water that is warm. And the vibration of The New Illusion for human encasements will have more water than currently you each have, and indeed you will have opportunities to feel like you are a walking ice cube, for you will have more water. There are many already who have brought in more of the water energy into their vibration, and many of you now about to do so, for this is part of the component of the illusion of encasement in the new energy about to occur. You see, it was an appropriate question, my love.

Technique For Sending Love And Light To A Space You Are Moving From
(February 02, 1993)

Now. When the departure of all of the energies from this space occurs, and it is what you say empty, there will be filled, however, in this space, a beautiful sparkling energy. It is an energy of protection and an energy of love and gentleness. You need not move from where you are seated. We would like, however, for you to connect with hands. You need not form a circle, but to be certain that your hands, both of your hands, are touching the hands of another. There can be more than one touching. And you would want ~ oh, dearest one, perhaps you could touch this hand. Indeed. All are touching.

Breathe from deep within the Heart Energy Center. Breathe in through the mouth, pull in the breath through the mouth, and let the breath out through the nose, keeping the mouth closed as you do this. Do this one more time ~ and out through the nose. And now visualize, coming from the very center of your being, from the very center of your energy, a vibrant ball of White, Fluffy Light. It is light and fluffy, and it begins to move out of that which is the highest of the Energy Centers, that is, the Crown Energy, and it moves out. Visualize it bouncing. And now, all of the balls of White Fluffy Light are united, and there now forms one very large White Light, a ball of Fluffy White Light. Envision it filling the space, filling the space and touching all of the physical aspects of the space, and filling all of the space that is not physical, but simply is. It is slowly filling, going into every corner, all of the space. And now, as a group say after me ~ (the group repeats each line as Waith has spoken)

*WE SEND TO YOU, SPACE
THE VERY HIGHEST OF THE WHITE LIGHT
AND THE LOVE AND THE BEAUTY
THAT COMES FROM EACH OF US
FOR YOU TO USE AS YOU NEED
AS YOU FIND YOUR SPACE FILLED ONCE AGAIN WITH A NEW ENERGY
YOU ARE LOVED
AND YOU ARE RESPECTED*

Slowly now, bring yourselves back into the Heart Energy Center, renewing the love energy of Self and strengthening that love energy. And when you have completed this, squeeze the hand and release.

We are most appreciative of your participation in this Energy Centering, and you will be able to adapt this to meet the needs of your individual Self, for you need not have a group of others to form this energy ball, but simply to bring your own energy ball of White Light to fill the space. As always, the more the merrier. There is strength in the numbers of energies who would participate in any type of activity that brings together, that unites energy.

A Technique, Visualizing Color ~ To Lighten The Spirit (June 01, 1993)

Now. First, color. What you do is visualize your very, very favorite color. This toy can be used with any color at all, and, you can also use it with not just your favorite color. You may use any color that you happen to be attracted to at the time that you are using this technique. So, you have your color now. You would find some item that is this color. It does not matter what it is. Something. And in your mind now you are holding this item. So, here is your item. Item. (Waith writes the word ITEM on the paper) Here is your item.

First, you visualize your item. You have not gone to your item yet. Visualize it. You are putting it into a nonconcrete form. This is an important first step, a nonconcrete form. Once you have the nonconcrete form, and as you are visualizing it, you envision that there is fluffy White Light all around it. Now, once you have this visualized, you go to the concrete item, and you will find yourself in a position with your encasement that is the most comfortable, whether you would want to sit or stand or walk, any form of movement or nonmovement with the encasement is appropriate.

Now, you have this item, then, that has this color. We will indicate that it is color. That is the key here, not the item but the color that this item is. Now, you have visualized the item. You now are holding the item. And now, you begin ~ you may be walking, whatever, so what I am about to tell you, remember that some of you have a higher comfort level with others observing you than others might have. So, what you do then is, you are walking, perhaps, and you have your item, and you have your item right at what you refer to as the Solar Plexus. This is the entry Energy Center for vibration. And so, you would be appropriately walking, or if you are sitting, it would be like this. And you begin, then, to pet your item. You are petting your item. Now. There is something very significant with the petting, for what you do now is that you connect vibrationally with this color, for color, and especially if you are working with a favorite color, is going to soothe the energy field. Remember, if you will, some of you, that we have spoken of color as the soother of the energy field, and if you surround yourself with the appropriate color, you will lighten your vibration.

What this does, this little technique, is to take your mind, this earth plane mind, off of the difficulties. It is to lighten up, and it is better, even, if you do this with others. Many of you have found yourself now with energies who have become very accustomed to you doing strange things. This will not make any difference to many of them. They will just say, "Oh, there she, or he, goes again!" And if not, this will be a way to get them to not really think too much of what you do, but rather, to be intrigued by this activity, that you soothe. You are ~ in petting, you are soothing, you see. You will not just take this item and go hard like I do with this writing utensil. You would be soothing its vibrational field, and at the same time, you are bringing the color into your vibration.

Now. Color that is your favorite will be useful, then, at three levels of awareness. You will have your level of nonconcrete where you have visualized the item, and as you are visualizing this item, the color is also in there and it is seeping through into the level that becomes concrete, where you have the item. And once you have the item, and the color then begins to, in a concrete manner, filter into your greater vibrational field, you then have the third level. This is what we would refer to as Interdimensional ~ so that all three levels are now taking the vibration from the color. And the color, then, on its own, has a way of connecting with your vibration where it is needed.

Now. The length of time that you would be petting and soothing would be dependent upon the amount of time that you need to do it. I would not say to you, five earth plane minutes, thirty earth plane minutes, but rather, as much as you need, or as little as you need. Once you have felt the connection, and once you have felt that all the levels of which we speak have been touched, you would then take the item, and you would place it under a white light, much like the lights that are available, but it would not be one of these ~

Fluorescent lights.

Fluorescent. Yes, we were searching the memory banks. Mushiba has an aversion to this kind of lighting. So, you would find a very soft white light and you would place the item, then, under this, the glow of this light. And you would then take the image of what you see, this light shining upon your item, the light ~ (Waith writes LIGHT on the paper)

It is drying out. (The marker)

We will talk! You will envision now the light shining upon the item. You will take that image in your mind and you will then envision it as you did the item originally at the beginning, the first step. So, you have now the concrete and you see the white light. Need I tell you it is symbolic of protection, the white light shining upon your item? And you then bring it back into that level of mental and nonconcrete, and that gives the closure to this technique.

And once you have done this, you may put your toy away into the Soul memory until it is time to bring it back to play with. And it is a toy in the sense of playing and not a toy in the sense of a lesson to be learned. We refer back to the reference of Toy Box that is on the record. So, we then now give you this use of color. What will be appropriate, as we give further information relating to color and how you will be able to use it to smooth out and soothe your vibration, this will also fall very nicely into this.

Now, as you begin to utilize this technique and the color, you would want to begin adding sparkle to the color. Now, you may use this with black, even though on the plane there is this sense that black is not to be thought of in this way. You would not be able to use this with white, for you would not be able to visualize white in the sense of its application into your vibration,

and also visualizing white light onto white creates a difficulty, at the earth plane level only, however.

Now, what you would want to do then is, let us say, that you chose orange as your favorite color, and the first time that you did this little play toy, whatever it was that you were envisioning, would have any degree of sparkle to it. It could in fact be very, very, very, very dull, at the very far end of The Spectrum of subdued, and of course at the other end of The Spectrum is complete sparkle, non-subdued, and everywhere in between ~ so that wherever you find yourself relating to the color and its sparkle aspect, you then would progress each time you used this technique to envision more sparkle ~ so, to sparkle. (Waith draws sparkles around ITEM) We often refer to it as Farena's word, the fluff or fluffy. It may mean that for you the item will change, then, or it may mean that you are able to add sparkle to the item, or it may mean that you simply envision more sparkle until you reach the point where the concrete matches the nonconcrete. So, this is for color.

Now. We will give you one for sound and then we will take questions about both of the toys. Now, sound. Sound. You have your job to do. (Addressed to the person who is turning the paper) We sensed that you did a very fine job.

A Technique, Visualizing Sound ~ To Lighten The Spirit (June 01, 1993)

Now, sound. This one is a bit different. Sound is not just music. Music is a result of combinations of sound. So, when we say sound, we mean anything. And for those who, at concrete, at earth plane, do not hear sound, they can still utilize this technique, for it is a visualization as well as a concrete, and we will explain this. Sound ~ you would choose any sound. It matters not. It would be a favorite sound. It would be a favorite sound. It could be the click click of a pen. It could be the tick tock of a clock. It could be the sound of this (The marker) trying to make impressions after it has dried out a bit. (Waith tries to write with the marker) Sound. We sense this not to be right. Sound. This one is very simple and quick and can be done without anyone noticing, unlike color, even though color can be done alone. Sound can be very easily done, for it is the recognition of an impression.

Now, those who on the earth plane are not able to hear as each of you in this session are hearing, still have a sense of sound, for vibration is sound. And even if one is not able to see and hear, perhaps they have taken on that path of not seeing and not hearing, there is still the ability to sense sound. And there is still the ability to visualize. Even if one does not see, one is able to visualize within, for that is the spirit dimension. That is the Soul's ability to connect with the Higher Self.

Now. What you would do, then, with the sound ~ and again, view sound as an item. Simple. So, you take the sound ~ and let us say that it is the sound of meow, from a kitty cat, meow. That is the sound that you hear, and you do not have to actually hear the sound. You know,

many of you who live with the cat encasement are well aware of what the sound is like and probably would hear it as you would be visualizing. So, you have the meow, and you visualize the meow, the sound, the item, as if it were in a cloud. This is different from visualizing the fluffy White Light. This is a white cloud. (Waith draws a cloud around MEOW) This has density a bit. You know, cloud has substance. We use substance with this, for you will not be bringing it into the concrete as you do with the color. You will be keeping it in the nonconcrete, and therefore, you will be visualizing it, and at the same time that it is nonconcrete, it will be concrete. You see? This takes a bit of practice. It will not happen the first time that you do this.

However, what you will then begin to feel is a lightness about you as you are visualizing nonconcrete and concrete simultaneously, and what this, in effect, can do is bring you off the earth plane ~ for many of you this is an added benefit to this particular technique ~ for momentarily ~ and you could be doing this visualization, once you have practiced it, for what you call seconds on the earth plane.

So, for example, let us say that you need ~ you are making a telephone call, and you have been put on hold, and this makes you a bit upset. We know that most of you this never happens to! But for those who might feel a bit upset at times when you have been put on hold, while you are on hold, and rather than listening to the sound that often comes through when this occurs, you could automatically go into your favorite sound visualization, and by doing that, momentarily, it blocks, and therefore you are able to lighten yourself considerably. Now. Are there any questions?

Can you change the color or sound depending on what you are trying to ~ like depending on the mood maybe?

Oh, indeed. This is not something that once you have chosen a color or a sound, it becomes permanent for you for eternity. It can change each time that you would do this. We indicated that you would choose your favorite color or your favorite sound only as a frame of reference to yourself. It could be any color any time. It could be any sound any time. And indeed, at a particular point you may feel that red is your favorite color and you visualize the red, and then another time you think that a combination of colors, polka dots ~ you could visualize polka dots. It is color. They have to be colored polka dots, but again, you can do this, and the same with sound, depending upon what you call your mood. Yes.

Do you have to have the item in hand or can you visualize it?

For this particular technique, my love, you need to have the item in hand. It is a part of the interdimensional aspect of this. If you find that there is a particular color that you would like to work with and you are not able to find an item, then it means you must go search for that item, and then the search itself could be fun and playful. Generally, you know, you would not make this difficult. Generally, the color that you visualize, something that you would want to visualize, you have something in that color, unless, like many of you, you try to, shall we say, make this mountain out of a mole hill, make it more difficult. However, if you do, as your question

indicates, find yourself in this position, then go for the search, for the Soul has in some way seeped its way through to bring this about.

When you were talking about it, I just wanted to piece it together if I could. I pictured my sneaker because I like the color. And so, when you were saying visualize something, visualize the item and the color that you want and put a lot of light around it and you hold the item and you pet it, and then ~ what do you do after that? 😊 How did you do it?

You must have taken the item and placed it into the Solar Plexus area. You must remember that, so that if it is on the foot, 😊 to bring that foot up to that area, it would be a bit difficult. But the next step is to place that item under the white light. Now, if you are, again, if you are able to bring the light to the foot, then you could indeed do this without taking the item off the foot. You could use a portable light, you know, what you call this flashlight. And it is at this step that closure occurs, for then ~ you look, you physically look at the sneaker, as you would call it, under the white light and you would bring it into the visualization, the first step that you, in the nonconcrete, envisioned the item, but now you are envisioning it after it has gone through the dimensional aspects, now brings it back into nonconcrete.

What do you think of these two toys we have provided?

It is great.

Some of you would attempt the techniques to lighten the spirit, and also remember that it is not a frivolous activity, for it serves a purpose, and that is, that it helps to soothe the vibration. Some of you have found ways that are appropriate for yourself to soothe your vibration, and others need, perhaps, a new infusion of ideas to help soothe the vibration.

It is most important that whatever it is you use to soothe your vibrations, when it is needed, that you have something to soothe your vibration, for it is part of the earth plane journey to go through the ups and the downs, and when you are up and feeling Light, there is no need to soothe the vibration, but when you are in one of the lows, all must come from within Self, and only Self can soothe the vibration permanently. External assistance may be given to help soothe the vibration, but that is at the concrete level. It is only in the combination of the concrete and the nonconcrete that real soothing occurs that is appropriate for your individual vibration, for there are many standard external soothers that only work part way.

You know, think of how certain conditions on the earth plane that are used for soothing work for some people and for others have no effect. And what applies to one person may not apply to another because of the nonconcrete, the internal response to the external, the concrete and the nonconcrete. You begin now to look at it in those terms rather than simply to say spiritual and physical, for spiritual, as you know it, is a component of nonconcrete, and physical is a component of concrete. And we will have more to say on that at another time, for it takes us out

of the discussion of Playtime on the Earth Plane, but leaves you with anticipation of expansion in understanding that there is much more to this than what we call spiritual and physical.

When we are in a room that is a certain color and we feel that we really enjoy the colors, is that also coming into our Inner Self? Is that helping inside of us?

Yes, it would be. And also, if there is a color that is inharmonious, unless you are able to block the effects of the inharmonious color, it too would have an effect. But we will have more to discuss on that when we go into the color formula. We will revisit the color formula soon.

I need some additional explanation about how you define the nonmatter sound. I understand the matter sound. That is what we are hearing with our hearing device. That could mean a certain frequency, but what is the nonmatter sound? Is that what connects us, for example, to the Higher Self or Flow of Energy? Is this what you call the no-matter sound?

What you describe is the phenomena of nonsound as it relates to the earth plane, and when one is attempting to visualize sound, for example, without the ability to hear, as you would call it on the plane, there is a compensation that occurs in an entity who has taken on the path of not hearing earth plane wise, and the compensation allows a tuning into a different frequency, and that each entity on the plane has the ability to tune into the frequency that is its energy.

It is just that many either have chosen not to do this, or have not developed their abilities to do this, for it takes an awareness and a discipline to tune into one's own sound, and ultimately, this is what you would do in your meditations, is to tune into your own sound. When we have indicated that you find the answers within Self, this is a minor component to the tuning into your own sound.

And yes, there is a connection vibrationally between the Conscious Self, as you find now, the Higher Self and the Soul, and as we have spoken of the three being ultimately in harmony with each other, there is, as best as can be described, a very fine thin thread that goes through from Conscious Self, to the Higher Self, to the Soul, and it is this same fine thread that then goes into The Universal Consciousness that connects all, and it is a finetuned sound. Many who are not able to hear on the earth plane level have a higher ability to hear into The Universal Consciousness. It is one of the tradeoffs that occurs when entities take on the path of hearing inability at earth plane level.

So, all can play, regardless of the senses as they are exhibited on the earth plane, and all can hear. It is just the level of hearing that one would have. Not being able to hear at an earth plane level is not a negative, usually, by that entity who has taken on the path, for far greater abilities are being developed when the senses are different with one than they are with the NORMAL earth plane senses.

We are about to depart now and have been most pleased to have shared with you toys to play and to have fun with, and you will find that there are variations on this theme. As you yourself utilize and play with the toy, you may find new uses for these two toys that we have given to you, just as any toy that you have in your environment may have uses that were not part of the way it was put together. Feel free to share those new uses with others and not to be afraid to try new uses. Once you have come up with the way to use it, then play with the play toy in new ways.

Visualizing One Of Your Toy Box Menu Items As A Favorite Toy ~ Demonstration (August 03, 1993)

Now, you would want to visualize your favorite toy. My love, would you step up here with us? You see, now, she was given some encouragement to adorn her encasement for this session in ~ face around, my love ~ to adorn her encasement in that which could be perceived by many as playtime. (She is wearing a pink and black playsuit, with little straps and puffy knee length pants)

We want you, please, my love, to face the others now, and we will demonstrate a very small technique for the visualizing of the favorite toy. What do you think, my love, is your favorite toy?

I have several favorite toys, Waith.

What would be the favorite of your favorite? We place her on the spot, as you call it, now, for ~ what issue do you feel you work on the most, my love? (There is a silence) Go within Self. Think of the topics you talk to Mushiba about the most. It does not have to be the exact right answer. One of your favorites will do for this exercise, my love.

Self-confidence?

Ah, confidence of Self. Yes.

Yes, whatever. There was a blockage. This is, again, the blockage.

Indeed, it is. And in the GUIDELINES FOR GROWTH, what is the very first guideline that we give?

To Respect Self.

To Respect Self. You should all have these memorized. ☺ Now. Respect of Self. It is the most common play toy. So, I want you now, my love, as you face the gathering, to place your hands out in front of you. For descriptive, how would you best describe this for the written word?

Palms are up, arms extended in front at a ninety-degree angle. Ninety degrees. And it is placed comfortably in front, not too high and not too low, but that which is comfortable for Self. Now. You then take into the right hand and visualize the word SELF. You do this now, my love, SELF. And into the left hand you visualize the word RESPECT. So, this technique allows you to use two words.

Now, you slowly bring your hands together, and as you are doing this, you are surrounding the area with the White Light, and you bring your hands together so that you have cupped the two hands, and you are now holding SELF RESPECT. And you bring Self Respect, now, into that which is the Heart Energy Center, and you place, then, your hands palm down onto that which is the Heart Center, so that you now visualize the words of SELF RESPECT going into that which is the Heart Center. And now, you take your hands and you extend them out in front of you, in front with palms up and the hands touching, the left side of the right hand and the right side of the left hand touching.

What you now have is the White Light remaining that has imprinted upon it SELF RESPECT, and you now take this White Light of Self Respect and bring it over to that which is the Crown Energy Center, and you sprinkle it all on top of your head. And then you bring your arms down around your energy field as you sprinkle the aura of your energy with Self Respect. And you let out a breath, for you have been holding the breath. And then you just feel the residual of the fluffy White Light sparkles. They all flow around you. And that is one way to play with your favorite toy.

Thank you.

Thank you, my love. Now. You see, you take that which is the serious, learning Self Respect, and you make it a part of the lightness of your energy field, and you do this as often as you need to. Some may find it appropriate to actually go through this technique, to do the motions of it. Others of you may simply visualize the toy, in whatever form, and surround it with the sparkling light. It can be done in an instant. Perhaps place it into a little red truck and carry it along behind you ~ whatever works. Acknowledge that this is your favorite toy. And the more that you acknowledge and want it, the more it will come to you.

We will be giving further discussion in this ~ on this particular topic soon, as we elaborate more on The Toy Box, and for you to think about what your favorite toy is. Think about that which you work on the most. Perhaps some of you have not really thought much about it. You have thought only of all of these issues that you are working on, and it can be so overwhelming, so overburdening, that you would look at everything and not be able to do anything.

Remember that The Universe is very ordered, and The Universe attempts to help each energy to maintain order in their incarnations. And we know that it is a difficulty for many to maintain order, but that is what the plane is all about, to help you to learn order. And again, remember that order, learning about order, may be a favorite toy for one of you and not even in The Toy

Box for another. Remember this. Some of you are thinking that it is not, but it is wrong! ☺ We know what you are thinking. Mushiba will not let you out of that one. It is more than just in your Toy Box.

It must have been pretty loud from a few of us.

We hear all. Now. Would there be questions about The Toy Box or what we might be able to give you for guidance in determining your toys, your favorite toy?

Farena Presents A Technique That Enables You To Gradually Become Very Lighthearted And To See Beyond That Which You Are Focused On

(September 21, 1993)

Farena: I attempt to achieve the balance, just as each of you do. Now, I have this little game that you can play with yourself. Notice the way I phrased that than from the way Waith phrased "playing with yourself." Just a little note, to keep that in mind. Now, this is a game to play with yourself to help you to find the courage to do something different. This is what we did with Frank, for he was so serious about being serious. Now, his mission has not changed. In fact, his mission has become stronger, and his mission has become more defined because of the ability to laugh and the ability to be carefree.

Now, this is what you do. You are in your meditation. You have begun to meditate, in whatever way it is that you meditate. at to do. You are in your meditations, and you begin now to breathe slowly to fill all of the Energy Centers, starting with the Lower Energy Centers and moving all the way up to the very tippy top Energy Center. And as you are slowly breathing up, you have your energy peeking out of this tunnel. You know, this tunnel where the Energy Centers are? And usually, when you are meditating and you are focusing on your Energy Centers, you are very, very serious and you are going right up through, and you are going right up through your Energy Centers, very, very focused, very serious about getting to your Higher Self, not thinking to peek out along the way. Peek out and see what is there at each Energy Center. You will find all kinds of opportunities that are hiding away within Self that have been placed there by you. And they all relate to your favorite toy.

When you are too focused, you do not see beyond that which is right straight ahead of you. And the Higher Self is the goal, but along the way, there are little playgrounds all along the Energy Centers, little diversions, little places to go, new little friends to meet, but it takes courage to veer off the straight and narrow path and to trust that all of this comes from within Self, nothing external.

And as you are meditating and focusing and breathing, and say, "I am at the Heart Energy Center. I think this is where I am going to peek out and see what opportunities there might be to play at the Heart Center." And you will receive the message because the Heart Center is connected to the

Higher Self. And you take that little message, and it is going to mean doing something you were not planning on doing or giving you the energy to do something different. And then you take that new little bit of information and you continue in your meditations to the Higher Self and you bring that information into concrete form now.

As you connect with your Higher Self, you envision your favorite toy. And how does this little peekaboo activity that you now have connect with your favorite toy, and what nasty little thing, and we say that in a frivolous way, what nasty little thing are you able to do now? Not destructive, but frivolous. Oh, something totally out of character for you!

What is the use of it?

Farena: The use of this is to enable you to gradually become very lighthearted and to see beyond that which you are focused on, to see the other possibilities, for in seeing beyond the focal point, seeing all around, enables you to strengthen and to know that there are other options open to you along your path, that you have not just this straight, narrow path.

Isn't this way disrespecting the meditation itself?

Farena: No, my love. You must understand that meditation, as we have presented it through all of our time, is meant to be a connection with Self to Higher Self, and if you speak with Higher Self, then you are not degrading Self, for you are speaking with Self, and any way that you are able to learn greater awarenesses is not at all degrading. It is only degrading if you think it is, but that is true of anything that you would do. If you view this to be wrong, then it is. If you view this as part of your expansion and your growth as it is, then that is the perspective that you would have, you see.

Well, how can we reach that point of meditation where we speak to the Higher Self unless we are focused and eliminate all the thoughts in our mind?

Farena: Ah, indeed, but you are not eliminating that with this game, for it is the progress through the first stages of meditation, you see, that you are peeking out and pulling in other information as you travel up to the focal point of the Higher Self. And when you reach the Higher Self, you then are in your deep meditation.

How do you reach the Higher Self?

Farena: Ah, the eternal question of how to reach the Higher Self. There are no magic answers, and we are not in this session to give a discussion on how to reach the Higher Self. That has been given by Waith before and will be discussed at another time, I believe, when Waith is going to speak on MEDITATION YOUR WAY. And you would perhaps, my son, be interested in that discussion when it does come.

This technique we have given to you, for many of you, you can begin to use. It is a plaything ~ it is a toy, to help you. It is not the answer, by any means, to all of your questions. And for some, this may not work. You may find that you already know how to exaggerate. For some, there would be no perceivable difference to the outside world that there was exaggeration occurring. We would say that of Mushiba, the ability to exaggerate. No one pays attention to certain entities as they go about doing their exaggerations, for the fact that some go about in flamboyant, exaggerated ways is normal for them, and therefore, no one notices. But they are not the ones who this is designed to help. This is designed to help those who feel very close within themselves, who want to begin to feel the ability to do something exaggerated, to do something different. That is the way toward Lightheartedness.

We have been instructed to leave now so that Waith may conclude the time with all of you, and we will be back many times to help you with this technique. We would want you to try it and then perhaps during the time when Waith talks of MEDITATION YOUR WAY, I will come back and can address specific questions that you have regarding the technique. Yes. Farewell to all of you.

Waith: And now, my dear ones, we have much that we would want to relay to you in the issues of playing, and each spiritual issue that you have has the flipside of playing. It is essential. One time you are on one side of the coin, and another time, you are on the other side of the coin and you are very flippant about the spiritual issue, and another time, you are very serious about the spiritual issue, until finally, the coin stands in balance and all is in harmony. This is what you seek to achieve, you see. Would there be any questions before we depart?

Visualization For The Technique To Keep You Warm (November 02, 1993)

Waith: We bring into you the very Highest of the White Light. We are aware through the vibration of Mushiba of the cold that many of you now are becoming sensitive to in your own vibrations. And just as we gave you a technique during the heat to help you to stay cool, we thought it appropriate to simply give you the visualization for the technique to keep you warm. Many of you could figure this out yourself. You do not need an Archangel to tell you how to visualize warmth. But for those who would find it appropriate, we would indicate to you that it not be what you might think, and that is the flame, the fire, for we are not a proponent of the visualization of fire.

We would have you, rather, visualize a furry animal. Very furry. It could be any shape, any size, and you would visualize the furry animal covering that which is the Solar Plexus, for that is the Energy Center that would be affected by the transference of temperature, and that you would simply visualize this furry animal pressed firmly into the opening of this Energy Center. And that is all. Not elaborate at all. And if you have a furry animal, it is even better to hug the furry animal close to the Solar Plexus area when there is the sense of cold, and that will help. Many of you in this gathering were once furry animals. Indeed.

Waith Gives A Visualization To Use For Planet Earth's Healing

(December 31, 1993)

Can you please suggest any visualization or focusing techniques that we could use if we recognize a part of the earth that seems to need healing or special attention?

Indeed. You would take that part of the earth into your complete Energy Center, and it would be appropriate to visualize as Jacques had indicated, the color green, throughout the entire Energy Center as a healing, not only for the earth but for Self, for if you recognize in another ~ be it the earth or any other energy ~ that there is a healing needed. It is indicative that you also would need the healing that would accompany it, and thus, there would be then the harmonious healing, so that it is very simple to visualize within the entire Energy Center, moving up and moving down, as it would be on a slide of water ~ soothing, up and down, a comforting ~ and that it would also then comfort Self and enable Self to visualize the hugging of that particular component.

Why are you emphasizing that the earth needs specific attention, because we are under the impression that the earth will go through a cleansing period, so why is specific attention necessary from our side in this particular time frame now?

Now, my love, how long have you been listening to our words? How long have you been hearing that it is critical that attention be given to the earth? This is not a new idea that we present. This is simply now an acceleration as the earth goes through its final stages that we had indicated very early in our time, when we first began speaking, that the earth needed attention. And it has now reached the point where the earth now is about to go into its final stages and needs as much help as it can get. It must, of course, do its own cleansing by itself, just as each entity must, but it can be helped through its pain as it cleans and rejuvenates and becomes whole once again and clean. So, we do not present any new ideas here. We simply are elaborating on that which has been presented.

We near the ending of our time with you in this session and, you know, this session was designed primarily to give you an uplifting of that which is about to occur and the earth is in now greater need of assistance. And the update is, that all is going as it needs to be going, of course, and that The New Illusion is already presenting itself. There is much already around you that is part of The New Illusion, for it comes now in waves overlapping. And there will be times when you will see the sky, for example, in a way that is different from what you are accustomed to. It is an indication of that illusion of the sky for The New Illusion as the cleaning occurs.

And we will be focusing much of our discussions in the coming year to your questions in our Public Sessions. We will devote much of our time with you to your very specific questions rather than to a particular topic. And thus, we would welcome the opportunity then to delve further into those questions which are of greatest concern as you seek the Light within yourself and seek the Light within others. We are here to give guidance. Your answers will not come from us. And

that is perhaps one of the most difficult issues to accept often, that you are responsible for your own behavior and your own answers.

A Technique Of The Use Of Herbs To Help Those Finding Difficulty In Travel

(April 19, 1994)

There is a particular herb that has proved to be helpful to those who find difficulty in traveling in short amounts of time from one time zone to another. It is actually a combination of herbs. The use of that which is the fennel seed and that which is the chamomile seed, and to combine them into simple liquid form, taken as hot as possible into the encasement as you are moving from one time zone to another. This has proved to be an equalizer of the energy.

There are other techniques which we will actually be rather pleased to share with you when we have our discussion on the interdimensional travel and its connection with time travel. As we move you now into The New Illusion and the upcoming shifting of the earth's axis, there will be much travel occurring, physical and nonphysical. We will leave our answer at that particular point and pick up that discussion when the appropriate time presents itself for the continuance of this discussion.

A Technique To Use, In The Short Term, When You Have Absorbed Negativity From Another

(September 20, 1994)

I tend to absorb my co-worker's insecure or negative emotions. Is there a technique that I could use to help me with that?

Yes. The concern, for those who may not have heard, is the absorption that many of you may find yourself taking on by those who would be negative toward you. This is a very common type of situation, and regardless of how much meditation you do, and protection that you do, on occasion you will be, what you call, zapped. You will find your protection perhaps not adequate, or you will be feeling fatigued physically and at other levels, and therefore, the absorption is more easily undertaken by the energy field.

There is, of course, the long-term solution to that, and that entails the meditative state and the continual strengthening of the protection around your vibration. The short-term response to that ~ and you will each on occasion need a short-term response ~ is very, very simple, and can be done without those around you knowing that you have done this. It can be done as soon as you are feeling that you have absorbed negativity or absorbed verbal attacks toward you. And they do not even need to be verbal attacks, my love. They could thoughtforms from the other entity who would be sending them toward you.

You would quiet yourself very, very easily. You would simply take a very long deep breath that is from very deep within what we refer to as the Solar Plexus. And you bring the breath up and you carry it up through the Tunnel of the Energy Centers up into that which is the nose and the mouth and the entire lung area. And you hold onto that breath and count to five. Simple. Count to five. Slow five. Not 1 2 3 4 5! (Waith counts fast). Slow. Bring it in. And then release it through the mouth.

When you have done that, then you envision a shield of very soft, soft white fabric. Use something concrete. And you have this soft, soft fabric that drapes around your shoulders, and the fabric comes down the front of you and comes just to that which is the Solar Plexus and covers the Solar Plexus.

And then, actually, you can take your arms and fold them as you would ~ crisscross, so that you are feeling the white fabric. And you can do this very, very easily. It does not need to be a big deal where you would be, (Waith takes a deep breath) focusing and all this sort of meditative appearance. But rather, you draw in your breath. Then, as you let out your breath, you are then envisioning very quickly this white fabric around you, and it is soft, and you feel comforted, and you feel safe.

And the white, representing the Light, will help to draw out that negativity that has been given to you. And you keep your arms crisscrossed for just a very short period of time. If you are in an environment where it can be unnoticed, then as long as you want to. Otherwise, a very short time, just so that you bring it across. Even if there are many, many people around, you can do this without being considered strange. But, then again, what is strange?

That is one effective technique, my love.

A Technique To Use When You Are Feeling Scattered And Pulled In Different Directions (September 20, 1994)

Would that work for someone who has been giving me a lot of different directions, and sometimes starting in one direction and then going off into another direction, and then into another direction? I find after a while I become very confused and start making mistakes because I am trying to follow so many different ways. Is there a way of diffusing that and calming down a bit?

Yes, indeed. Many of you will find yourself in those situations that give you a sense of being out of control of the environment around you. As much as you try to focus within Self, the external environment, then, attempts to keep you out of focus. Remember, of course, that there are many in your environment who are not doing a meditative form of behavior that would help them to focus. Therefore, they are scattered and they bring that scatteredness into your own attempts to center yourself.

It is a very common lesson that entities take on in the walk, to learn how to focus in the midst of chaos. And when that chaos occurs in your work environment, you must attempt to bring the energy around you, as well as your own energy, into a quietness. Now, we would tell you at a theoretical perspective that you would simply try to take control of this scatteredness by saying to an individual who is attempting to scatter you, "Excuse me, but you are scattering me and I must not allow that." You would very quickly find yourself in a position you would perhaps not want, for it would antagonize the entity.

Rather, what you would do is first to, again, draw the breath. When one is starting to feel any confusion ~ whether it is that which has just been described, or if it is when negativity is coming toward you, you must quickly. First, bring yourself into a focus, and that means to draw in the breath. Quickly draw in the breath as we have described. Then, in order to bring in your own sense of scatteredness into focus, which you must do first, you would then feel yourself being in the middle of a wheel that is moving around and around, and you are feeling the motion of the wheel moving around and around, and you are in the middle of this wheel. And you feel it moving you around and around and then you begin to slowly have it stop, and you begin to feel then that you are standing straight and without motion. You have now centered yourselves.

It then becomes your part to bring in the pieces that are being scattered. If someone is saying to you, "Do this and do that," take all of those pieces and bring them into your own center. Say then to the entity who is doing this, "Please help me to put this into the right priority," so that you are taking part of the control yourself. But you are also then asking the other, who is also scattered, to take some of the responsibility and the control and work together.

When you are in a balancing situation, you must work together. A technique will work only if it is in harmony with another who is also working with you, when it is that type of scattered situation that has been described. This will take working on, of course, for you are in the situation to begin with to learn lessons and to learn also to help others focus. Learning to focus and to bring order out of chaos is a very difficult lesson. There are many on the plane currently who understand this and do this very effectively. And when they find themselves in environments where there is great scatteredness, they are able to very quickly bring it into focus. There are others, however, who are here to learn that lesson, and therefore, they will find themselves in situations where scatteredness is always occurring. Once you have developed an ability to bring focus to scatteredness, you will find yourself less and less in those situations. It is the way that lesson learning occurs.

A Technique To Use When You Need To Keep Your Mouth Shut, And Not Say Something (September 20, 1994)

There are times when I know I should not say something because it really would be better to just shut up. And at times I succeed, and at other times, it is just like it seems I have to say it. Can you help me with something on how my ratio is increasing with being able to just shut up about it?

Indeed. This is also another very common situation. And, you know, it is one of the issues that brings many of you to think that you have failed in your spiritual path, because you have said something, either to someone or about someone. As we emphasize to you over and over again, you must go through this. You must do this to learn so that, as you have said, my love, the ratio of doing this changes, until you reach the point where there is not even the thoughtform. You have developed your levels of understanding and patience and Unconditional Love so that the thoughtform does not even present itself. All who are on the earth plane are seeking those levels of understanding. You must not chastise yourself when you have said something or done something. But rather, you must take that within your meditative state and determine what that meant in terms of your path.

A very useful way of short circuiting ~ when the words ~ let us use that first as an example ~ you feel you are about to say to another are forming in your throat and you know that you should not be saying it. Before it has a chance to get up onto the tongue, while it is still in the throat, cough. A nice hearty cough. You see, that gets it out of the throat and off of the tongue and out into the vibration, and it also allows you to momentarily stop yourself. Now, it may not work. And sometimes it will not stop you, and you simply have coughed and it is still congealed in your throat, and now it is moving its way up and ready to be presented to the situation.

Once it has reached that point and you are not able to stop it, then it is going to come out, but that is part of the lesson to learn, for then you will feel it coming out. And if you visualize a burning sensation in your mouth ~ visualize that your mouth is very hot as you are saying this ~ and you are feeling the emotion of it all, and yes, this time it may come out. But the next time, when it looks like it is going to come out, you will remember the burning sensation and you will say, "This is not what I really want."

This is not an issue that is easily and quickly, as you would say, overnight, overcome. You will gradually, if you stop yourself consciously, and that in itself is a lesson, to stop yourself consciously from saying something, even if you are feeling it. There are times, however, when, what you call, venting is just as critical to the releasing of energy as holding it in would be detrimental. And only you as an entity will know that fine line of venting and not saying anything, for sometimes the venting is what is needed. Other times, as you all have found that venting was not what you thought you needed.

Remember that each behavior that is exhibited by any entity is appropriate behavior even though it may appear to be, in someone else's eyes, negative, or even in your own eyes, negative. The lessons to be learned and the issues to be dealt with are what are discussed here. And if you do something you feel after the fact was not appropriate, well then you learn from that. You take it and you say, "I will not do this again. I will not do this again."

Some behaviors have much more of an impact, then, on others than other behaviors. Remember that each behavior that you exhibit you must take responsibility for, and you must therefore say within Self, "I take responsibility for my own behavior and its impact upon those around me."

Each of us does not operate in isolation, who can merrily go on our way and say, "I will do what I want to do for it is my path." That, my loved ones, is being irresponsible. That is not taking responsibility for the impact that your behavior has on another. That is what you must take into account. And that is what you do, as you feel you want to say something, or you want to respond in a particular way. It will have an impact, but you say to Self, "I bear the responsibility of that impact on another."

And thus, if you say something that you know you should not be saying, and you know you cannot stop it, and you say it anyway, you must be ready to take that which is the consequence of that action upon another. And that is fine, for it is part of the balancing. It may bring about a response then from the entity to whom you directed the remark, for if there was not an issue between you and that other entity, the situation would not be presenting itself. It is as simple as that. If there is harmony between you and another, there is no issue. It is only when there is balancing to be done that there is an issue, and therefore each must take responsibility for the behavior toward each other. Indeed.

(There is a long silence)

I can stand here until the tape runs out and you can all simply feel my energy, or I can simply leave now if there are no other questions.

A Technique To Use When You Feel An Addiction Is Taking More Control Over You (September 20, 1994)

A technique that you can utilize, as you are feeling an addiction taking more control over you than you want it to, is simply to visualize a flushing out within the Tunnel of the Energy Centers that starts at the Solar Plexus and moves all the way up through and out the Crown Chakra. That is all you need to do to help relieve it.

However, addictions are addictions. And there are many entities who are rather well along in their path who are using what you call controlled substances. We do not advocate that in order to reach a higher level of consciousness that you would take a particular substance, but we do not say that if you do, that it is wrong. What each of you does is appropriate to what you must be doing in your spiritual path, and that you must also respect all those around you who also have their spiritual path. Whether you like it or not, whether you agree with it, or disagree with it, you have no right to judge. You have no right to say, "That person is not doing the right thing." They are doing the right thing that is pertinent to their path.

No entity has the right to judge another. And you do not know when you meet another where they are on their path and what their lessons are. And if you observe their behavior and make judgement on their behavior, you would perhaps be proved quite wrong. And if you are not, it

is simply a way of testing your own abilities to be accepting of another. You do not have to be friends with them. You do not have to associate with them. You do not have to like them.

A Simple And Quick Technique That You Can Use To Connect With The Planet (February 07, 1995)

We have for you a particular technique, very easy, very simple, very quick technique that you can use to connect with the planet. In its simplicity, it is meant simply to tell the planet that you are a basket of light. As we had indicated at the beginning of this year, it is the gold light that we focus this earth plane year. You are a basket of gold light. If you envision yourself in this way, you will then also project the vision of gold light to those around you. You will feel the lightness that the gold light brings to an energy. It is quite easy. You simply pretend that you are seated within a basket that has a very big handle on it. It goes around, and it is gold, and it is light, and you are seated in this gold light filled basket. You emanate the gold light to the planet.

You say to the planet "This basket of gold light from me will always be filled, and you may take from it whenever you need it. You do not have to request it." Simply make it available now for the planet. Do not require the planet to ask you. Give the Unconditional Love to earth, and provide that basket of gold light for whenever it is needed. That is the highest essence of Unconditional Love ~ not requiring that another ask you, and not requiring that another thank you. Simply, that you are there as needed, without any strings attached.

This is what the planet needs now, for The Human Kingdom's existence on the planet has been so conditional. It has attempted to rule the planet, and of course, has realized that that is not possible. But in its attempts to do so, The Human Kingdom has tried to place conditions on the planet. It is time to recognize that that is not the case, and to give away that idea that you, as a human, control the planet. Flow with the earth and you will find yourself much better able to live on the earth. So, are you all little baskets of gold light now. It can be as big as you want it to be, or as small, depending on how long your arms are.

Would you have any questions now? It does not have to address specifically what we have just given you for information. It can address the general discussion of Light to the Earth.

Would it be a good idea to also picture ourselves as gold and light filled baskets and project that to our friends and family, too?

Oh, indeed. It would be a most delightful vision to have, my love. There is enough gold light baskets around. If you were to do that with all who you encounter, how truly beautiful and light filled the planet would be. Indeed, the more baskets that you can fill, and be in, and project, the much better your own life will be. You could actually have a little supply of baskets that you would envision that as you meet someone new, or new at least at the earth plane level, that you would give them a little gold basket. You visualize this. All those who you have been in

relationships with, whatever the degree of harmony in those relationships, that you would visualize going around and giving them all a little basket of gold light. You could even tie a little purple bow on the top.

Someone Shared Their Idea Of How To Have More Joy In Their Life

(April 18, 1995)

I just want to share with you what really helped me. A few weeks ago. I declared this year to be the year of joy. In my intention to have it more joyous, there is also more joy in my life. I made a nice poster of things that bring me joy, and I have it posted up on my wall. I love looking at it. I even see it when I am not consciously looking at it. Somehow, since then, things seem to be working easier and lighter. So, I like my idea.

Indeed. That is a most beautiful idea, to have something that can visualize those activities or other entities who bring joy. What greater joy now than who sits with you. Indeed. (Her young child) His destiny awaits him. (He is covering his eyes) He knows this, of course, and is trying to avoid it. ☺ He knows. He is allowed to be like this for a bit more time.

Waith Facilitates A Technique For Meditation, Going Into Higher Levels ~ From Concrete To Abstract, And Back ~ And Saying That This Exercise Is Something That You Can Utilize Yourself, And Will Help Relieve Stressful Times

(January 16, 1996)

Thus, we would want you to do very, very particular movement now, my loves. We would want you to position yourselves anywhere in the upper level here, in The Harmony Room, if you would want, or in the Meeting Area here. You can sit. You can stand. You can lay down. You can do whatever you want. When you have positioned yourselves, we will then speak to wherever you are. We will be maintaining our energy field where we currently are, but will move about a little bit. We will give you an example of meditation your own way, but within parameters that we set in this particular gathering. So now, my loved ones, move about and find a spot where you would like to be and be in a position that you would like to be. Fill the space with your energies ~ into The Harmony Room, give your energies to The Harmony Room. Are we now in The Harmony Room, comfortable?

Each of you now take a nice deep breath in a way that feels good for you, but do this slowly ~ deep breath and hold the breath, and gently let out the breath now. Ah, another breath, deep within Self, and let out the breath. You are relaxing and you are feeling protection from your Angelic Protector and your spirit guides. Call upon them now and bring them into your energy field. Call them ~ Angelic Protectors, spirit guides.

It is time to journey into that which is the Soul. You begin your journey at the very bottom of your encasement where the energy fields are meant for grounding ~ and you release the groundedness of the energy field. You feel the release now moving through the energy field,

upward, filling your encasement. As you move upward, release the groundedness ~ release ~ moving upward. When you reach the middle of your encasement, you will be at the point of separation of groundedness and abstractness.

You move further up now into more abstract, leaving behind the groundedness. Feel the clicking of release upward into that which is the Heart. Slowly, moving upward, you move more and more into abstract as you reach the Crown Energy Center. All of your groundedness is released. Feel your energy swirling about on the Crown Energy Center. Feel the energy moving around and around, around and around ~ rapidly moving now. You are preparing to move out of the dimension of concrete and into the dimension of abstract. This dimension will bring you to the dimension known as Higher Self.

You are swirling now, swirling ~ your energy gains momentum. Your energy rapidly moves, around and around. You are moving interdimensionally, around and around and around and around. Feel yourself moving into your dimension of Higher Self. It is a greater awareness. You are now in the dimension of Higher Self. Relax. Say hello to Self.

You stop swirling, and you rest. You are in the Higher Self Dimension. Higher Self now shows you the dimension of Soul. You see that dimension where your soul is. We open that dimension for you now. It is open. You need have no effort to move into it. We facilitate. Move now into the dimension of Soul. Your Angelic Protector guides you. You are safe. Relax in the dimension of your soul. Your soul has something to say to you. Listen. Do not ask questions of Soul ~ only listen.

Soul has given you information about your journey. You know now where the dimension of Soul is located. You move now back into the dimension of Higher Self, filled with understanding given to you by your soul. We close the dimension of Soul now, and it is time to return back into concrete. You return in the way that you left. Begin your energy movement swirling around and around, feeling the energy. You are strong. You are strong. Feel the movement bringing you back to the Crown Energy Center. Slowly now, unwind your energy ~ resting on the Crown Energy Center. You are still abstract, but you are back in the concrete dimension. Experience the difference ~ the sensation of being abstract within the concrete.

Bring yourself now, slowly, back into groundedness. Move your energy downward as you did when you were upward, slowly moving down to the Heart, bringing your energy to fill the Heart, moving to the middle point of your encasement ~ stopping for a moment ~ for the transition now of groundedness and abstract occurs. Take with you the abstractness and merge it now with the groundedness, slowly moving downward, downward through the encasement until you reach the very bottom of your encasement, and bring the merging of the abstract with the groundedness into the feet and feel your entire encasement now filled with the merging of groundedness and abstract. It is the balance. You experience what the balance feels like.

Slowly, bring yourselves back, fully, into the concrete illusion, staying relaxed and comfortable within Self and the space that you occupy in this gathering. Allow your sound to come through and move a bit as you acclimate back into the concrete illusion in which you are rooted. We sprinkle you all with energy. Come back, come back, wherever you are!

Ah, a much better flow of energy now than when you all first began this. Much better. This exercise, my loved ones, is something that you can utilize yourselves. The process of moving from groundedness into abstract is most useful, especially in times during the day when you might feel very stressful. Simply take a few moments for yourself ~ find a spot. It could be the bathroom. For most of you, you would not be interrupted if you were in the bathroom. Use this as a way of bringing back a sense of balance into your energy field, for you will quickly now begin to have a diffusion of the merging of the energy. That is normal.

Jenjura Gives A Technique ~ To Help You Get Through Your Own Webbing Of Self (February 20, 1996)

Jenjura: Blessings to all of you. It is with great pleasure we return in this session after our last session, and it will be one of the last times that we gather in such a grouping, for our work keeps us in the stacks, so to speak, of the library. We are most pleased now, then, to continue in our discussions of the webbing energy that surrounds each of you ~ each of us.

In our last time with you, we presented to you the complexity of the webbing effect. It is not as complex as it appears to be, however. It is quite easy to work through your own web. We will now, in this gathering, give you a very particular meditation technique to help you get through that web. We do not guarantee overnight success. Do not be looking for what you call a quick fix. This technique, for many of you, will need to be worked through, and in some cases, many earth plane years before you are able to adequately smooth out your web. However, this technique is designed to help you to move into one of the Way Stations along the way in your journey to find Self.

It is important that you be seated for this technique. To stand for this technique is not appropriate. The seating position enables the webbing effect to truly take on its own identity. By seating your encasement, you allow all of the nooks and crannies, as you call it, in your physical encasement to expand and allow all of the nooks and crannies of your energy field to fill all the nooks and crannies, as you would call it. If you were to stand straight, it would actually be disruptive to the webbing. Thus, it is important, then, that as we begin this technique, you are, first of all, seated, and that secondly, you have your legs in a relaxed, open position so that the ankles, as you call them, are not crossed. You may have your feet flat on the floor, or you may have your feet stretched out, as many of you have.

You would now place your hands in a very relaxed position beside you ~ yes, beside you. It is time now to slow down your vibration. You begin first by calling upon the very Highest of the White Light.

Repeat after me. (Repeated)

- *I call upon the very Highest of the White Light.*
- *And I call upon my Angelic Protector.*
- *I call upon my spirit guides.*
- *I ask you all to gather now.*
- *And surround my energy field.*
- *With your protective and guiding white light.*

And now, breathe in slowly. Breathing in through the mouth, take a very slow and deep breath and hold it, and breathe out through the nose. Allow the breath out through the nose ~ in through the mouth and out through the nose. Slowly, once again, in through the mouth and out through the nose. Slowly again, in through the mouth and out through the nose. You are relaxed. Your hands are by your side. Remember to keep your hands by your side. You are relaxed. You are clearing your mind. You are now beginning to visualize a long pathway free from any obstacles. The pathway is straight. It is your pathway. It is wide open. You are able to walk easily on this path. The path you see is your beginning journey. You begin to walk on the path, and as you walk, you are seeing your energy swirling around you.

Repeat after me ~ (Repeated)

- *I see my energy swirling around me.*
- *Again. I see my energy swirling around me.*

Enjoy the feel of your energy as it swirls around you. You are feeling covered by your own swirling energy. Allow yourself to feel the swirling. Enjoy the feel of your own energy surrounding you.

Repeat after me ~ (Repeated)

- *I love my energy.*
- *I send my energy all the love.*
- *All my love from all my levels.*

For a moment now, feel the love of Self ~ feel the love of Self. It is time now to begin working out of the swirling energy. Visualize a net in front of you as you begin to walk down your path. You walk into the net, and the net surrounds you. It is very light. It is white. It is filled with energy. It is filled with knowledge. It is your knowledge. It is your net. It protects you. It guides you. It contains all of the knowledge of your path. Feel it surrounding you. Envision yourself now, placing your hand onto the net and touching a very small part of the net.

Repeat after me ~ (Repeated)

- *I call upon my own knowledge to give me enlightenment of my own path.*

Feel the energy transferring from the net where your hand is placed and running through your energy field and through your encasement. The energy contains a very small piece of information about you. Allow the energy to flow into your Heart Energy Center and feel the energy focusing within the Heart Energy Center, surrounded by love of Self. Allow now that energy to flow slowly upward to the Crown Energy Center. It slowly moves up to the Crown and rests on the Crown Energy Center.

You are now able to access the information contained in this energy that comes from your net. It is information that only you will know and it will guide you in what to do next. Listen now to the knowledge. It takes only a moment for the information to be infused into that which is your Conscious Self. You have now been guided for the journey. You will slowly and very calmly relax to a much deeper level and receive greater information now. (There is a pause)

We bring you back to the Crown Energy Center ~ slowly returning to the Crown Energy Center ~ filled with new information. You slowly now, begin to envision the net that surrounds you, and you return your hand to the spot on the net from which you gained the energy and the information, and you close that spot with your own energy field. The net is smoother now, for you have taken the knowledge and placed it into your own vibration. Now it is time to return back into the Conscious Self, knowing that the knowledge you have gained is in your conscious awareness level, and you slowly return to conscious level ~ slowly return ~ knowing that you have gained knowledge of Self. Return ~ return.

Breathe deeply, this time breathing through the nose and out through the mouth. Again, slowly breathing through the nose and out through the mouth, releasing the energy. Thank your spirit guides.

Repeat after me ~ (Repeated)

- *Thank you, spirit guides.*
- *Thank you, Angelic Protector.*
- *Thank you, Universal Consciousness.*

Relax.

This is the technique. We will explain to you how you utilize this now. First of all, the technique of going to the net is one that can be repeated over and over and over again. Each time that you go to the net, you take out a piece of the webbing effect. That is the knowledge. And you bring it into Conscious Self. And when you return to the net to place your hand on the spot from which you have taken the energy, you are essentially, then, smoothing out the net. As you do this over and over again, eventually, you will have a straight line that used to be a net, for you

will have taken the holes and the nooks and crannies out of the net. All of those envisions are knowledge of Self.

Some of you have a very, very wide net, meaning that not much smoothing out needs to occur. As you would look at a web, you would see wide distances between the threads. Some of you have very tight nets. The closer the threads are to each other in the forming of this net ~ or the web ~ the greater your challenge to smooth out the net. As we had said in our last time with you, some entities on the plane are just now beginning to work on smoothing out their own web, and others are close to the smoothing out.

It matters not where you are in this process. You do not go to another and indicate that you have envisioned a very wide net, and therefore, are highly evolved. The moment that you do some behavior like that, your net will close in around you and you will be back where you started from. Be most careful of boasting of your accomplishments. It is not important to talk with others of your net ~ your web. Talk only of what you, perhaps, learn from going to your own web.

We have one final comment. What we gave to you was a guided meditation. For you to utilize this technique, you could try a number of ways of implementing what we have given to you. You could have someone read the words for you onto a tape that you could use to guide yourself, and also to have the timing. We shortened the time frame. For example, when you go into the lowest levels of contemplation, we kept you there for a very short time. You could time this so that you stayed for many earth plane minutes.

You could do the tape yourself. You could record yourself, using your own voice to bring you into the meditative state. You could also simply know what the words are that we have given to you, and bring yourself into that visualization without the use of an external voice, but rather, to utilize your own voice. Or you may find another way to be easiest for you. This is a technique that could very easily be used in group meditations where you have a facilitator ~ such as when Mushiba conducts group meditations ~ in which you would then participate in a longer meditation.

We have given you the technique. This is the beginning. As each of the others in The Company come through to give you the SEARCH FOR SELF from their perspective, it will add to your meditation portfolio, as you would call it. For if you are to truly learn how to balance within a group, which is the responsibility of Teetee ~ and she will give you concept and technique ~ you must also have the ability to go to your net.

Going to the web is an integral part of the journey within Self. It is an advanced meditation technique, that when properly utilized, allows you to truly go into the depths of Self. That is the technique.

We have been most pleased to have served you. You now have a connection to Jenjura that has not been there before. It is quite easy to reach us in your meditations. You go to the web of Self and envision your hand holding onto the web, shaking the web and saying, "Jenjura, help me." And we will respond, if not personally and directly, we will send an emissary to help you as you go to your web. We are here to Be of Service. We send to you the Highest of the White Light. Waith will return now. Farewell.

Waith: Well, you are all quite fluffy now. We would indicate to you that in this particular technique, you would want to be as relaxed as you can be and also to not have pressing matters ahead of you, "We must be going out in one hour." Do not have those types of constraints upon yourself, especially when you first begin using this technique. This is a very simple technique and yet takes practice and can be most enjoyable.

We would recommend to you in the initial timing of the usage of this technique that you take the words that Jenjura gave to you and make a recording using your own voice so that you can pace yourself. Try this several times. In fact, you could have several timings, for the journey into the depths of your vibration, as you take the knowledge from your web, could be five earth plane minutes or twenty-five or thirty or fifty or sixty earth plane minutes. It is that particular component of the meditation that has the flexibility of relaxation.

So, you might then make several recordings that allow you to stay in the meditation for shorter or longer periods of time, depending upon where your own energy field is. You would use this also as a prelude to other types of focusing. Being able to go to your own web is the challenge here. Many will not be able, initially, to even visualize their own web. And if you find that to be a problem, it is quite simple to solve. Simply find yourself a web.

The World Wide Web?

Yes, indeed, we are most familiar with the terminology. Mushiba's vocabulary has begun adding, thanks very much to the bright energy beside you, my love.

Now then, when we say, "Find a web," you can go and find these bags that look like nets. Yes, we are aware on the plane of these types of devices. That may, indeed, help you to visualize as you try to focus and relax. Remember to relax, and if you are not able to sense your web, do not tense up and say, "I cannot visualize. Where's my web? Where's my web?"

You must be most calm in this arena. You may find that it takes many attempts to reach that point where you feel comfortable in going to the web that surrounds you. Once you have gone to the web ~ to actually place your own energy field on yourself ~ is an expanded concept of understanding the meditative process. It brings much more complexity and far greater dimension into the SEARCH FOR SELF, for you are capable now, through this technique, to truly search out all

of the paths that you have traveled on and not just a simplistic journey into one dimension of Self. You have the technique. What you do with this technique is up to you.

We will build on this technique now in each of the sessions in which we devote time to meditation. So, in our next gathering it will be Francis who comes in to speak of the sense of community and the bringing in of other kingdoms. He has been charged with the caretaking of The Animal Kingdom. However, his focus is also more importantly placed on the gathering of as many other kingdoms into your community ~ your own life ~ to bring as much diversity into your environment as possible. The Mineral Kingdom, The Plant Kingdom, The Rug Kingdom ~ all that have energy, all that surround you ~ all is part of some kingdom, and thus, forms a community.

Your next part of the journey into Self is an understanding of where you are in the development of your own community within Self and what surrounds you and how to bring that about in a harmonious way. There will be a journey once again into the Self. So, it will be Francis who will give you the concept in the next gathering, and then in the gathering after that, as in this gathering, the technique. His time with you will be not as long as Jenjura. Each of The Company members will have shorter time frames with you than Jenjura, for Jenjura's job, and a fine one he did, was to lay the groundwork for the journey for this topic of meditation this earth plane year.

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

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

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

You are peaceful now, and you feel the sense of community with all the energy that surrounds you. You can do this in any spot you find yourself. Become one with the air and then bring in your breath to become one with the air. This will give you a sense of centeredness in any hostile

environment you may feel, for you send out respect and love to The Kingdom of the Air and it will return that respect and love to you. As we return to our realm now, relax. Enjoy the sense of Oneness, and we will be with you again soon. We return now and we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Waith Guides In A Meditation Technique To Give Light To The Earth For The Spring Equinox (March 19, 1996)

We would ask you to breathe very slowly now, and we bring in the very Highest of the White Light as a protection as we send Light to the earth, as it prepares for its seasonal changing. The axis of the earth will move ever so slightly and it will have an effect upon the weather patterns about to come. Remember our words, the axis shifts ever, ever so slightly at the moment that is known as the Spring Equinox, and the patterns then will be affected for a short time thereafter ~ a mini shift, you might say.

So, visualize, my loved ones, the earth. Visualize a spot on the earth that is favorite for you, that you love. Surround that spot with White Light. Call upon your Angelic Protector. Call upon your spirit guides to all join you in hugging the spot that you love. Visualize pink light ~ the light of love ~ surrounding your earth spot. And out loud, now, say in unison ~ Earth spot, I love you. (Repeated) Say it again.

Now, for a moment hug your spot of earth, loving it, petting it, thanking the earth spot for its very being. Now visualize the planet earth ~ a ball of Light. Surround it with your love and your Light and send it your love and say now out loud ~ Dearest Earth, I send you love and Light. Thank you for allowing me to live within your energy field. (Repeated) And now, breathe slowly and gently and return back into the gathering.

Most beneficial. In this session we will continue with our focus on Meditation Concepts and Techniques. As you know, we have completed one round of Concepts and Techniques ~ The Webbing Effect ~ which my understanding is that that information has been transcribed and is available. Is that correct my ~ there are Metagers all around me ~ Oh, and Limera has one to show. That is quite good, love. This is what you can expect for each of the meditation topics.

The topic for this time frame is community and I have given a great deal of information in the last gathering. Francis will come in and will primarily be here to give you a meditation technique that is to be used as a reinforcement of the concepts that we have discussed regarding community. There will be, since it is also the spring changing time, a focus on the conditions of the community of energies as the earth moves through its changes. So, we will allow Francis to enter in and speak with you and we will return when he has completed and give you the closing blessing. Enjoy Francis.

Francis Gives A Meditation Technique To Be Used As A Reinforcement Of The Concepts Given In The Last Session Regarding Community

(March 19, 1996)

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

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

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

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

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

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

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

Look to your right in the Energy Circle and see the member of your Energy Circle. And look to your left and see the member of your Energy Circle. It is time now to communicate with the others in your Energy Circle. This is your Energy Circle. You can go to your Energy Circle

whenever you want to and stay for as long as you want to. You simply form the Energy Circle and go into it.

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

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

Teetee's Lighthearted Technique For Group Balancing (April 16, 1996)

First, we will rearrange you. Rest assured that when we have completed this balancing technique, you may return to your little spots. You each have your little spots, and this is very appropriate. So, my loved ones, please stand first at where you are situated and come in. All come and form a circle and hold hands. I will be outside the circle.

Now then, we would begin this technique by an instruction. When you do group balancing using this technique, you will appoint one in the group to be the leader. This must be for this technique. You will have all of the words when you leave this gathering, and that one person will lead the group in the technique. So, I, then, will be the leader, and whatever it is that I say, and the direction that I give, is that which your leader would be responsible for.

The leader ~ then. I am the leader. I am the leader! I jiggle my hips ~ (Repeated several times), Now, all of you jiggle your hips., jiggle your hips, jiggle your hips. And I am the leader! Follow me, follow me! Jiggle ~ (Repeated several times). Move your little feet. Move your little feet. Jiggle ~ (Repeated several times). Move your little feet, move your little feet. Move your little hand, move your little hand. Hold onto your little hands. Hold onto your little hands. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle.

Move your little hands around and around and jiggle, jiggle, jiggle. Now we laugh. Laugh ~ (Repeated several times). Now, we laugh ~ laugh, laugh. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh. Ha-ha-ha! (Repeated several times). We are balancing, we are balancing, we are balancing! Say it now!

We are balancing, we are balancing, we are balancing! Ha-ha-ha! Hee-hee-hee! Jiggle, jiggle, jiggle. Wiggle, wiggle, wiggle. We are balancing, we are balancing!

Now, we slow down. Now, we slow down. Slow down ~ slow down ~ slow down. Quiet ~ quiet. Take a very deep breath. Ah! Another very deep breath. Ah! One more very deep breath! Ah! Squeeze the hand of the person on your right. Squeeze the hand of the person on your left. Squeeze both hands. Squeeze.

As you squeeze, you send beautiful White Light. It is a shot of energy that you send to each on the side of you. Hold on tightly to each other. You are bound by some Universal Force that has brought you together. Be joyful in the reunion, if only for a short time. Feel the White Light now, surrounding your encasement. It is the beautiful White Light of protection. It surrounds you and comforts you. Slowly, it begins to move to your right and mingle with the White Light of the one next to you. Now, on the left you send your White Light to mingle with the White Light of the one next to you. Feel the circle filled with the mingling of protective White Light, for the group becomes one.

Repeat after me now. (Repeated)

- *I call upon my Angelic Protector ~*
- *to enter into my vibrational field ~*
- *to provide harmony and peacefulness ~*
- *to my energy field ~*
- *and to all of those in the group.*
- *I call upon my spirit guides ~*
- *to enter into my vibrational field ~*
- *to give me the guidance and the help ~*
- *necessary to learn why we are all together.*

For a moment now, relax and envision your spirit guides and your Angelic Protector surrounding you, comforting you, guiding you. (A time of silence)

And now, the leader will enter into the circle. Do not break the circle. Hold on. The leader will enter the circle. And the leader, with hand extended outward, will move around the circle, smoothing the energy that comes from the Angelic Protector and the spirit guides. It is the

leader's responsibility to keep the energy smooth. You are all part of a group. You acknowledge the leader for this meditation as the one to keep you together for the meditation.

Breathe in deeply now, in through the mouth and out through the nose. One more time, in through the mouth and out through the nose. Visualize a very beautiful White Light filled with purple and gold. It is a ball. It is round, it is soft, it is fluffy. Visualize that at the Crown Energy Center, resting on the Crown. It now begins to pulsate. Feel its energy at your Crown Energy Center. It moves around the flat surface. Feel it moving around.

As the leader, I have my hand placed over my Crown Energy Center, encircling, as a way of directing the energy of each of you. Around and around, you feel the energy moving. You have spread the purple, the gold, and the white energy Light all around your Crown Energy Center. I bring my hand now down to my Heart Energy Center. Visualize the color pink at the Heart Energy Center.

This is a technique to give love to those with whom you balance. Feel the pink Light of love filling your encasement, and feel now the purple, the gold, and the white at the Crown Center, seeping in through your encasement and mingling with the pink Light of love. The higher powers of purple, gold, and white now combine with the love energy of pink from the Heart Energy Center. You are filled with the higher power of love now. It is what you use to love each other, unconditionally. It is this combination of White Light that fills your being with nonjudgemental, Unconditional Love.

We will form an Energy Circle of the purple, gold, white, and pink Light. We will begin with this entity, known as (Name given). She will be the pivotal point in the circle, and it will begin with the right hand moving the infusion of Light through the hand and up through the hand on the left. It moves up. And I will follow it around for this demonstration. It moves down now, the left, down into the right and up to the left, going around and down, and up and down, all the while merging with each energy, (This is done to each in the circle), to the source. You are all connected, and the leader now goes around and smooths the energy thread, for now it runs through you. You are all connected with the higher powers of love. You are connected with the higher powers of love. Feel the connection. It is joyful. It is peaceful.

It is at this point that the leader determines how much time you stand ~ or you can be sitting ~ for the meditation. We will keep you in this state for a few moments. Relax, close your eyes, and feel the connection that you have with each other. Relax and enjoy the feeling of the higher powers of love. (A time of silence)

The leader will bring you out now, at whatever time is appropriate. The leader has been standing quietly in the middle of the circle. Now it is time to keep the bond together, while separating. You have an energy bonding now that will keep you bonded until it is time for that bond to no longer be. Breathe in slowly now through the mouth and out through the nose, through the

mouth and out through the nose. This is the way to return back into the conscious state, keeping your hands together.

Now, it is time to sway in the circle, back and forth movement, back and forth, to feel the bond, to move it back and forth, back and forth. Wiggle ~ (Repeats several times). Wiggle your hips. Wiggle ~ (Repeats several times). Move your feet. Move your feet. Move your feet. Wiggle ~ (Repeats several times). Move your hands around. Move your hands. Wiggle, wiggle, wiggle. Ha-ha-ha! (Repeats several times) Hee-hee-hee! Ho-ho-ho! Ha-ha-ha! Wiggle ~ (Repeats several times). Move, move, move. Ha-ha-ha! Move your hands. Wiggle ~ (Repeats several times). Ha-ha-ha! Hee-hee-hee! Ha-ha-ha! And now, everybody hug everyone else. Hug! Do not miss anyone! Hug! (Chit-chat and laughter as everyone hugs) I am not fragile. (As someone hugs her carefully)

I did not miss you. I have just been waiting.

Teetee: Thank you!

Thank you for the meditation.

Teetee: You are welcome. Thank you. You may return to your favorite spots now. Yes, thank you. Ah! How beautiful! How do you all feel?

Great. Uplifted!

Teetee: Uplifted! You see, group balancing should be thought of as a happy occasion, not as one of duty and horrible feelings. "Oh, we are together now again. We must work out these issues." This is not the attitude to have. The attitude is to embrace each other, to love and to laugh. That is how we all get through group balancing, for we are all, in part, balancing. Waith and Company have group balancing. We group balance with every session that we meet with each of you.

Group balance is the way of The Universe. It is not unique to any one entity. It is what makes up the game outside of The One. It is the group balance. It is to be heralded with great happiness. It is the opportunity to share experiences. That is the joy, to share with each other, if only in one gathering. For now, you have reinforced in this gathering your group. And in other times, in other lifetimes, you will meet again and you will have a soul memory of this meditation, and it will be a joyful memory. It will be a happy, fun-filled memory. It is the joy-filled memories that we seek to bring into our vibration. Cherish it. Hold onto it. Love each other. Would there be any questions of me?

When We Are In A Group And Do Not Have This Kind Of Cooperation, Where Do We Begin?

Teetee: First you shake them very hard and say, "Pay attention, pay attention! I want your cooperation. I want your cooperation! Cooperate, or else!" (Teetee giggles while she speaks these words) We say this in a joking manner. But actually, the concept is quite real ~ to be lighthearted among those who might not want to cooperate. And, you can use this technique in a modified way. You do not have to use it in its totality if you find that others are a bit hesitant. You could take a part of the group, you and one other, or you and two others, and simply say, "Let us sit and smile at each other." Or, you start the process. Smile at someone in your group who might not be fully cooperating. It will drive them nuts! 😊

There is always one, at a minimum, who needs to be the leader in bringing the group together, when there is difficulty in bringing the group together. Some groups come together very easily and would say, "Yes, let us do this technique in its totality." The purpose is to bring a sense of Lightheartedness into the group. The concept of this technique is laughter and smiling and joyfulness.

For some groups, you may need to work on that a bit before you can even hold hands, and that is all right. You begin with a concept of reaching out when you know that it is a group balance issue. And, if you have the wisdom and the insight to know that, then it is you who reaches out to bring harmony into the group, if only by going initially to the person, and saying, "Hello, my name is (Name)!" and smiling, and ever so gently, touching ~ if not the encasement, smoothing the energy field ever so slightly. Group balancing in some cases is done by step, by step, by step, until finally the steps bring you together into a circle, and you are able to do this technique. It is based upon your own styles as entities as to how you bring harmony into a group balancing.

What Is The Significance Of Breathing In Through The Mouth And Out Through The Nose? (April 16, 1996)

As I break down this technique for future use in applying it to different situations, I would like to know the significance of breathing in through the mouth and out through the nose, as opposed to a different kind of breath.

Teetee: Ah, very good, very good question. In some of the techniques that Waith gives, he does not say to breathe in a particular way. It is left to the entity. In this particular technique, and in many of the techniques that we do give, breathing in through the mouth brings in the energy from outside the force field. You catch your breath from outside, you bring it in and you synthesize it within your energy field, and you breathe it out through the nose ~ the nose being an energy field of expulsion of unwanted energy.

So, it is a way, actually, of filtering the energy that is around you as you try to center your own energies. You bring in that which is appropriate from the outside into the vibrational field. It immediately becomes synthesized, and that which is not needed, is automatically cleaned and put out, back into the outer energy field. Does that answer your question?

In part, it does.

Teetee: And what part does it not?

Why wouldn't you breathe in through the nose and synthesize it before it went in the body, take the parts that you wanted first?

Teetee: Indeed. By the use of the mouth, you are able to get more than through the nose. In some energy fields, the entity is able to breathe it in through the nose and out through the mouth. But, for the masses, it is recommended that you breathe in through the mouth, for most are accustomed to gulping for breath ~ thus, it gives that sense that they are actually gulping for breath. It is easier on the novice who is doing breathing techniques to utilize it in that way than to breathe in through the nose and out through the mouth. For advanced energies, certainly, breathe in through the nose and out through the mouth. With other energies they simply breathe in completely and let out completely, for they have perfected the breathing techniques.

Remember always, my loved ones, your audience ~ and always, until you know differently, think that those in your audience do not know how to use breathing techniques. If you find that they can do advanced breathing techniques, then bring that in, instead of the elementary technique that we have given to you. Does that answer your question?

Yes, thank you.

Teetee: You are all so beautiful. We look forward to being with some of you for our Meditation Weekend. We will have a very nice group balance meditation where we will keep you into that meditative state for some time, and not put you in and pull you out, as we did in this gathering. Waith will return now. We send to you all bright, fluffy, purple, gold, white and pink Light of Unconditional Love.

Waith Leads The Group Into A Time Of Relaxation (April 27, 1996)

Now then, you would all now just feel the relaxation. Bring yourself into slow breathing, slowly breathing in the way that is comfortable for you. Slowly, in and out, you breathe. It is quiet. You are hearing no sound except that which is from within. You surround yourself with the brilliant White Light. It is your protective White Light. You are in a cloud of White Light now, soft, comforting and sparkling. It is the creative White Light. It fills your encasement now. You feel sparkly inside. Your vibration now inside of the encasement connects with the sparkly White Light. You open yourselves now to receive your own creativity. Your guides and your Angelic

Protector are with you. Call upon them. You are all fluffy. You are all beautiful. You are all joyful.

We have smoothed out your vibration with our own energy. You are smooth and soft and sparkly and creative. And now, you have found your spot within. It is the well of creativity. Visualize the well of creativity. It is filled with sparkling White Light. You will go to this well whenever you need assistance to play. The well will always be filled with white sparkling Light. And now, it is time to return back into the dimension. Slowly, bring yourselves back into the dimension ~ time to play, time to play. Wake up. Wake up. Wake up.

Now then, my dear ones, as we are returning into our realm, to have a bit of refreshment during the break, we direct you then into the operations center. Perhaps my loves, you could direct everyone into the creative corner and begin the activities, and Mushiba will return and join you. So, be off with you and we will see you again very soon! (Waith leaves and returns later)

Specific Plans For Everyone To Meet Up With Their Angelic Protector (April 27, 1996)

The blessings to all of you! We have very specific plans for you to meet up with your Angelic Protector. However, it is time that you each now recognize your own Angelicness. Good word, eh, Limeria?

Spellcheck will pick it up.

Indeed. We enjoy coining, as you call it, new words ~ Angelicness. You are all angels in the making in some degree. All energies, actually, have that type of potential. Some simply choose to go in other directions. Being an angel, as Farena has said, is simply being gentle and loving. So, you are going to bring out your Angelhood ~ Angelhood and Angelicness ~ yes, we have new words for you.

This is to remind you to be happy and playful ~ this Tweety Bird hand puppet, as it is called.

Now then, Farena is going to give you the direction for the next activity. Then we will return and fluffy you up a bit more and we will carry on.

Farena And Waith Give Instructions For The First Activity ~ Making Your Own Wings (April 27, 1996)

Farena: Hi! Hi! Do you like my hat?

We love it!

Now then, I fluff you all up. Fluffy, fluffy. You are all angels. You have to show what kind of an angel you are. Now, angels are very abstract, but we come into concrete in any way we want to ~ but we always have wings! We hide them sometimes underneath. You cannot see them sometimes, but they are here. But when it is time for the wings to come out, the wings reflect who we are. They reflect our personality, and they reflect our vibration and our energy level and everything else.

Now then, it is time for all of you to show your wings. That means you are going to MAKE wings! And the wings are going to be used all during our time with you this weekend. They will be reflective of everything we do ~ all the meditations we do, and when you are in quiet time you are going to have your wings. You can wear your wings, or you can hold your wings, or you can let your wings walk behind you. You can do whatever you want with your wings. They can look however you want them to look, because wings do not have to look a certain way. Just because we have put it out here in the illusion that they look a certain way, they do not necessarily look that way. (Farena talks about how to make the wings and work together)

This is free-flowing time. This is a way you are going to get to connect with your Angelic Protector, because by making your wings, you are sending out to the Universe the call for your Angelic Protector to come and play with you. You have to call "Hello! Yoo-Hoo, Angelic Protector! Come and play! Come and play!"

So, what we want you to do while you are making your wings, spontaneously say, "Yoo-hoo! Angelic Protector, come in and play!" And the more you say that, the more energy will come and the more fluffiness and the more you will be guided from your Angelic Protector. Your wings will be YOU! (Fluffing up by Farena) We will return later. Waith is coming back now. Bye! Have fun!

Waith: Well now, you have your instructions from The Fluff Ball. It is very important that you be fluff balls, you see. While you might think that this is a bit frivolous for a Meditation Weekend, you will see how it unfolds as we go through this with you. You will have your wings as a symbol and projection of Self, and perhaps what you would want Self to be, you see ~ not just what you think Self is now ~ but rather, what you can project yourself to become.

So, we will discuss further the wings, for they will be evolutionary, and you will add to them in tomorrow's session. So, begin your wing fun and we will be back in the one-hour time frame that has been allocated to you. Have fun! The blessings to all of you ~ and Yoo-Hoo to the Angelic Protector. You are all fluffy. Farewell, loved ones, and get on with it once again.

An Illustration Of Dimensional Grids ~ That Flows From One Point To Another (April 27, 1996)

(Waith returns and draws on the easel) *This illustrates a dimension that flows from one point to another point. It is one dimension. This is another dimension. This is another dimension. It overlaps this dimension. It started over here as opposed to starting over here. It ends over here as opposed to ending over here. It begins and ends, however. This is a new component being added to the discussion of dimensions. Dimensions begin and end. Just as illusions begin and end, so too, do dimensions. They are not set in stone for eternity. Dimensions are defined by the illusions in which they exist ~ makes sense.*

Let us look further at dimensions. Dimensions are going in this direction, as you see. Dimensions also, of course, go in this direction, and they would go in this direction. As you can see ~ even though this marker is less than we would desire, it is all right ~ they begin and end in different spots. Yet, what do they form now?

A grid.

Yes, they are forming a grid. Think of yourself in the midst of a grid. How does one find one's essence in the midst of a grid? This is the question. It is an easy answer. Since dimensions have beginnings and endings, you simply bring yourself into a point of beginning. It can be where you are rooted in this dimension, or in the dream state, or in the meditative state, in some other way other than dreaming. You say, "I want to find a beginning point." Let us say that we go to this point, this dot. Someone else may find a point some other place. It is not at issue where you find your point. There would be some elitists who would say that their point is better than another point ~ it is a higher dimension ~ or much more aware ~ or whatever. And you know how we respond to elitists.

An Exercise For Helping One In Finding Their Own Essence (April 27, 1996)

Now today, we are going to give you a little assistance in finding your own sound. We are going to give you an exercise to do while we speak with individuals in private. When we have finished, we will return and see how you did in that exercise. First, we would want to speak in this order, perhaps, with (Names given), and with the G of A ~ Goddess of Accessories. This is the nickname.

She's here to show us how to dress.

Well, we are on the record as indicating that the way in which one dresses is a direct result in the way in which you feel about yourself ~ and also the colors that you represent. In finding the color that is appropriate for you and hearing your sound, you then are able to project yourself vibrationally. And yes, most definitely the way in which you dress the encasement is a very important and spiritual activity, for it projects to the world what you think of yourself. And what you think of yourself obviously must come from within, and as our Guidelines for Growth

indicate, Respect for Self is the most important achievement. We will help you to gain Respect for Self by helping you to find your sound.

You have the time frame that would go with three individual sessions to work on this. First, you would stay in a spot that is comfortable for you, and you would visualize the color that you really want to focus on. Is this really your favorite color? You must come up with one that is your favorite ~ not a blend. That would come at another time. It may not be the color that you currently embrace, but feel that you would like to, for you have admired the color, you would like to have it be part of you. You will practice this exercise that we have given you of putting your hand out into the open, grabbing the ball of that color, bringing it into the Solar Plexus area, and releasing it and pushing it in. You would do this a number of times ~ not rapidly, one after the other like this ~ come on, come on ~ in, in. The energy disruption ~

And the stomachache! 😊

We must be mindful of the encasement's problems. You would do this slowly over a period of several minutes ~ bring it in and focus on it, and you take deep breaths and concentrate on this. Then we want you ~ you do not have to go as a group, but when you are ready to do this, to go into the operations center and try to put in concrete what you feel this essence looks like. It does not have to be a round type of thing. It does not need to be a circle. It does not need to be any shape that is definable by earth plane standards, but begin to put into concrete what you feel that essence looks like, using the color that you have selected, or what you think comes closest to that color. You may have to use several colors to bring in the particular color that you are looking at ~ if it is not already mixed for you.

Once you have done that, we want you to go out into the earth. There is much open space around Terra Lux. Go outside, carrying with you this drawing that you have, and slowly, simply, walk. Walk and feel the earth. Be quiet with yourself and your thoughts. You could walk with another, but you are not allowed to talk to each other. This is quiet time again, where you are with your own thoughts. Being with Self can be very difficult, can it not? The tendency to want to interact with someone else is always there ~ so this is quiet time.

When this activity is completed, then we will resume our positions here and finish up the activity that we began with you at the very beginning as a way of closure to this first day. We have given you all that we have planned to in this day for note-taking information ~ hardcore. Tomorrow's session with you will have a bit more discussion of other types of meditation techniques, and we will give you some techniques to further enhance your ability to find the sound within Self. This is the beginning, to get you into the concept of finding sound and identifying it as Self.

Remember, just as you designed your own wings and designed your own cover, you design your own essence.

Waith And Farena Present An Activity To Help Participants Sense An Understanding About Imposing Upon Another

(April 27, 1996)

Waith: We will give to you an activity. Actually, it is Farena who is going to give you the activity. She wants to come in and play with you a bit. The activity then will be explained by Farena. We will explain the parameters of it, however, once she has given the activity. It will involve Tweety, this puppet! So, we will have Farena come in and explain the activity to you and I will return and give you the parameters and we will go from there.

Farena: Hi! Hi! Hi! Fluffy, fluffy, fluffy. Pink!!

There are little things inside each of these packages. Your job, each of you, will be, one, to come up and pick one of these, and then you will not unwrap it until it's time to go down to the operation center. When you unwrap it, you will find something in there. You are then going to design a story about what you have. and you are going to use all the creative resources downstairs. You are going to build on what you have here. It will be some kind of life that you are creating for what you find. It is an energy ~ each item ~ and it has a path, and you are going to pretend that you are writing the story of the path of that energy using anything. It is not necessarily writing things, but using things to represent the path that you think is the story.

Now, Waith will give you the one restriction. I get to do the fun part ~ he gets to do the non-fun part. Hee-hee-hee! So, while I am here, you get to each pick whatever it is you want. Everybody come up and get a sense of what you want, and play, and pick one. (The participants each choose a package) You all did such a good job! I told Waith that you would do a good job, because I believe in you. There. All right. I will be back later. Have fun!

(Later on in the session, waith returns)

Waith: Now then, you all have your item. This is the situation. While we are in this session time of individual discussion, you will all be free to do this activity. However, there can be no talking. No one is to talk to anyone else. The only way that that can happen is if someone is holding Tweety Bird. However, it cannot be that you talk to the group. You can only talk to one other person. And if that other person does not want to talk, then that person will not take Tweety Bird. The only way that anyone can talk is if they are holding Tweety Bird.

So, if, for example, our love here puts Tweety Bird into her fingers here and would go over to someone and say, "I want to talk to you." Now, she cannot say anything unless she is holding Tweety Bird. So, our love here may try to impose Tweety Bird upon her. She can simply shake her head. You cannot even say, "No, I do not want to talk," unless you take Tweety Bird. So, you could take Tweety Bird and say, "No, I do not want to talk!" ☺ Do you understand?

So Tweety Bird will be going around the room waiting to be picked up.

Oh, Tweety Bird will simply sit. So then, you see what the idea of this activity is about. It is to bring a sense of understanding about imposing upon another, and it also is bringing an understanding that another who is being perhaps imposed upon has the right to say, "No, I need to be with my thoughts," ~ by simply, very politely, when Tweety is handed to you, to shake your head in a No fashion, or to extend your hand and take Tweety. This is a very important lesson to learn in your journey on the earth plane, for there is a fine line that is often crossed with entities when working in groups. When we return after you have had your luncheon break, Teetee will come in. Teetee is charged with group balancing, and she will give you some insights into this activity that you have engaged in. Do you understand?

What you also will be able to do during this time is to change your wings, if you so desire. You may add onto, or delete, because you will be finding yourself thinking differently, and perhaps, then, your wings will change a bit. They may not, but the creative corner has been replenished and you have new items to play with. Thus, you may find yourself coming up with new and improved versions of Self.

(Waith gives instructions to take Tweety downstairs. He also asks the participants to fill in the banner downstairs and sets the time for the return from the activities)

So now that we are back from individual sessions, what exactly did you experience? Did any of you take on Tweety? (Participants discuss their experiences)

Tweety was laying on the table with his face down.

Face down?

I just felt like he wanted to sit up and see what was going on.

Indeed.

So, I picked him up and put him on a cup so that he could hold his head up and check out what was happening.

That was very good, my love. That was a very good response to what you might consider an inanimate object, not having any feelings. But, in actuality, you sensed that the energy that makes up this encasement wanted to be part of what was being done. It is a showing of respect to everything ~ not that the Tweety Bird would, when not being used, simply be thrown some place, but rather, that it be included as part of what is occurring.

There is a greater connection, then, that occurs with all energy when there is respect shown. For the path of everything ~ the plant, the pillow, the rug, the clothes that you wear, are all part of that connection of energy ~ the harmony, the different consciousness that exists in everything. This Tweety Bird has a different consciousness than the human encasement. Nonetheless, it is a consciousness that can communicate if you are listening. By going within Self, you are able to communicate first with Self, but then to be better able to communicate with other energy forms ~ not hearing words, necessarily, but simply sensing, knowing. Tweety thanks you.

Now then, let us hear a few of the stories. Then we will break and when we come back from our break, we will pick up where we left off. First, begin by saying what the focal point was. What did you find when you unwrapped your gift? And then, carry on to what you produced as a result of it.

(Participants tell their stories. In the process, one says that he enjoys telling stories because it provides a chance to show off. Another says they didn't feel that way. It was a chance to share with everybody, as opposed to showing off)

It can be both. Showing off is a form of sharing, and just to highlight this, the concept of showing off on the earth plane gets negative press, for there are many who abuse it. They indeed want to dominate and control or get attention in a way that annoys another. However, showing off as a concept is a form of Being of Service ~ if it is used in a spiritual context. That means what you just did, my love, was sharing, but you were also showing off what you were able to do to bring a story line. You brought humor and a sense of playfulness and compassion into the Energy Circle that makes up this meditation group. And so, it was a very GOOD activity. Be not turned away from the words SHOWING OFF, but rather, look at the source who uses those words or who may, in fact, exhibit that behavior to then make your evaluation of how you will receive that information.

(Waith departs at this point for the group to have a lunch break)

The blessings to all of you. Well now, we will continue with our stories. (The stories continue) We are most pleased with all of your creativity, but more importantly, the search within Self for something to relate in some way to something completely unexpected, and to give it life, to give it consciousness, and at the same time to play with it, to give it a sense of being ~ for each item that you did receive had its own being. It has a purpose. For some, it may be called junk. For others, it is a gift.

And it certainly can be transformed into something different than what it appears to be, and that is what each of you are here for on the earth plane. It is to transform yourselves, to become something other than what you started off as. That is what the path, multicolored as it might be, is all about. You each in your own way have talked about your own path. You have talked about your recognition of your path and the way that you project yourselves to those around you. It is an ongoing process.

We spoke yesterday of the dimensional grid. You are all part of your own grid, but you each are multifaceted. You do not know who you are. You cannot possibly know who you are. You can only know a small part of who you are. You cannot know the totality of it. First of all, if you did, it would mean that you, at Conscious Self, had all the memories of soul available to you in an instant. That, as you know, would be an overwhelming type of situation.

It is enough for some to receive a one-minute informational piece from the soul in any particular time frame. It is enough to deal with. "Oh, what am I learning now? Oh, my goodness, where did this all come from? What do I do with it now? How do I integrate it within my concrete life?" If the floodgates opened and all of the information came pouring in, you would drown. You would not know what to do. The Soul being the wisdom of Self, controls the information that comes into the concrete level.

Jacques Gives A Technique For The Healing Of Self, The Forgiveness Of Self (May 21, 1996)

We are ready now to go on with the technique phase of The Healing of Self, as Jacques has referred to it. He prefers, as we all do actually, the use of the phrase The Healing of Self rather than Self-Healing. Let us begin then. We will have Jacques enter in, and he will give you the technique and then there will be discussion of that technique after he has given it. We shall return in a short time.

Jacques: We bring you all the blessings. In our last discussion we spoke of The Healing of Self and we spoke of The Neverending Circle and the SEARCH FOR SELF, going truly to the core of your being. We also spoke of the very, very important fact that you should forgive yourself for needing to be healed. It is that focus of forgiveness of Self that this technique will provide to you a tool in your SEARCH FOR SELF.

The Healing of Self is an individual process. You have been given the information for the Balancing of a Group. You have been given the information about the finding of Self within The Community of all energy. And you have been given the information of The Webbing Effect. Now it is time to take all of that information and to utilize a technique ~ very simple, very easy ~ to help you to focus on forgiving yourself, first and foremost, for needing to be healed. We would refer you to our discussion in the last session, in which we gave the information, the concept, regarding the technique that we now present to you.

It is the concept that you need to understand and appreciate in order for you then to apply the technique in its most useful form. In order to heal physical ailments, you must first heal within. You must first heal the issue that creates the physical ailment. Remember, in discussions that Waith has given over many, many sessions, that you each take on a percentage of issues when you come into the earth plane, in general, and in particular, when you take on a particular life.

(See transcript 04.17.1990 The Four Phases of Lesson Learning) *It is that percentage that you focus on in The Healing of Self.*

It is not the entire issue of patience, for example, that you would try to heal in one lifetime. It would be a very minute part of that issue that you have taken on in this lifetime. This technique will help you to gain the awareness, from the Higher Self and Soul, of the percentage of the issue. How much do you actually have to work on in this lifetime? What exactly must you work on? There is no technique that categorically says, "Heal me! I want to be healed in all aspects." It simply does not happen that way. Parts of each of us are healed at moments in time, as we measure on the plane ~ moments within your own Energy Circle.

This technique, then, is a very individual and private technique, one in which, while you may certainly do it within a group, would do it silently. They are not words that would be spoken in the group.

The first activity that you must now do is to find a spot that is comfortable for you. (Jacques directs people to move about) This row of energies now must reconfigure. Find a spot where you have a bit of room. Move away from this line, please, my loved ones. You may lay on your back. You may simply sit against the wall. You may lay on your stomachs. There! We have some who are getting the idea of this ~ relaxing, yes. Much better. Relax. Relax. Relax.

You see, this is the issue. Forgive yourself for needing to be healed. "I do not have to stand at attention. I will relax within the greater environment." Now then, breathe in a way that feels comfortable for you. Slowly, start to breathe and relax. Breathe in and breathe out, breathe in and breathe out.

I will give you words that you will say silently to Self. You will not repeat them out loud. These are words that you will simply integrate within your own mind, breathing slowly in and letting out the breath ~ slowly breathing in and letting out the breath. You are relaxing now, and as you relax, you are calling upon the very Highest of the White Light. So, as you relax, say within Self, "I call upon the very Highest of the White Light." Breathing slowly in and out now, call upon your Angelic Protector, saying, "I call upon my Angelic Protector." Allow yourself to relax more as your Angelic Protector comes into your immediate vibration.

Now, call upon all of your spirit guides, saying, "I call upon my spirit guides. Come into my vibration, please." You are slowly breathing and relaxing. Now you say the words, "I forgive myself for needing to be healed ~ I forgive myself for needing to be healed ~ I respect myself ~ I love myself ~ I forgive myself for needing to be healed."

You are feeling very relaxed. You feel the presence of your Angelic Protector and your spirit guides. Now, you visualize the issue that you want to work on. Perhaps you are stubborn. You are judgemental. You have no patience. You have a mean-spirited streak that you want to soften.

There is someone with whom you interact who you do not get along with. Whatever it is, you would visualize, and you would surround that vision with fluffy White Light. The Light surrounds the issue, whether it is a person, an event, or simply a behavior.

Now, visualize your physical being approaching this visualization ~ this person, this event, this behavior. As you approach this visualization, you hold out your hands in Unconditional Love to that which needs to be healed. You surround your arms around that which needs to be healed, and you take it within the physical Self. You accept it. You respect it. You give it Unconditional Love.

What you will begin to do as you use this technique is to dissolve then the visualization. Visualize it melting within your embrace. It becomes a part of your physical Self. It is the merging of the physical and the nonphysical. You will feel the issue dissolving and dissolving. With this technique, you are able to spend as much time in this meditation as you need ~ hugging the issue, attempting to dissolve the issue, and always making it a part of who you are at the physical.

Spend a few moments now, trying out this technique. (There is silence for several moments) The return back into the conscious state will be easy and can be done at your own leisure. We will give you the technique for returning now. You have been hugging the issue, and now you take your arms away from the issue and hold up your hands with the palms facing outward and toward the issue. You can do this physically with your hands or you can do this with your mind. Send the issue now the very Highest of your White Light from your Angelic Protector and your spirit guides, and say, "I will return to love you again."

Slowly now, back away from the visualization until your physical encasement is no longer part of your visualization. You are feeling The Essence of Self now, and you slowly begin to bring yourself back into the conscious state. As you do this, you thank your Angelic Protector, and you thank your spirit guides, and you slowly return ~ slowly return ~ to the conscious state.

Move about a bit. It is important to move the encasement a bit when you have been in a meditation. Move about. Stretch your arms up and over ~ your legs, stretch out. Take a deep breath. We ask you all now to stand. And now, simply move your bodies in whatever way feels comfortable for you. Move your arms. Move your upper body. Move your lower body. Move your legs. This is a form of relaxation that will help you in The Healing of Self. It must be motion that is comfortable for you. Ah, very good! You have the idea. Do this when you return from your meditation. It will bring your vibration back into a sense of connectedness with the concrete dimension in which you find yourselves. Ah, very good! Very good. You may be seated again.

This technique that we have given to you is one that can be adapted in different ways for different issues. You may devote a block of time to one particular issue and use the technique for, let us say, months at a time. Or you may decide that you want to use several issues ~ one each day. You would say, "I have seven issues that I will focus on. On day one, I will focus on this

particular issue. On day two, I will focus on this particular issue." And each week on that particular day, you would devote your meditation to focusing on that particular issue. And you would develop the visualization that is most appropriate.

It may simply be the word, or a phrase, or a sentence. You may simply visualize the words, "I do not like the way I respond to people who question my beliefs." That could be an issue that you would visualize. Visualize those words as if they were in a little block form on a piece of paper. You may even find it helpful to write out those words on a piece of paper and be holding them as you go into your meditation. Or, instead of closing your eyes, to focus very clearly on those words.

You may draw a picture that will help you to visualize. You may have an object that represents an issue. You may, for example, have difficulty in being patient with a child who is part of your life. You could take a toy that the child uses and receive the energy from that to help you to visualize the gaining of patience with a particular child. You want to be specific. To simply say, "I want to be patient," could take quite a bit of time in visualizing and in focusing. Rather, be as specific as you can be. Take the issues that you deal with every moment of your life ~ every day. Do not make this some type of abstract situation. You could say, "I keep getting headaches. I must visualize this headache and how I will heal this headache. What is causing this headache? What is the energy blockage? What is the issue in the larger picture?"

*This technique is a way for you to meld the abstract and the concrete. You have cut your finger. That is not simply a random act. There was a reason why you cut your finger. It may have appeared to have been an accident, but upon further reflection, you would come to understand the behavior that brought about the cutting of the finger. Visualize the finger being cut. Visualize whatever happened when the finger was cut. This is your visualization. This is your technique for *The Healing of Self*.*

*When you begin to understand the issues that you are dealing with, you may then decide you need to seek out a facilitator, one who is a tool on the earth plane, who can help you to further heal yourself, someone or something that may enable you to relax more about the healing of the issue, who may be able to give you insight or relief. Taking an aspirin is a facilitator and is all right to do. You do not have to visualize that you are taking an aspirin. You can actually do it. Do not dismiss the doctors currently on the plane. Analyze their ability to be a tool for you. As with anything, you do not wholeheartedly embrace someone or something simply because they say they want to be. You must analyze their ability to be facilitators for you in *The Healing of Self*.*

*Those who work with energy only can do so because you allow them to work with your energy. Your energy has said, "I go to you as someone who can help me to heal myself. It is not you who will do the healing. *The Healing of Self* will come from within." You must be honest with yourselves. This technique forces you to look at yourself and to be blunt with Self about those*

issues that nag at you, that gnaw away at your inner being, that create a disruption in the flow of your own lives.

No one is going to know what you are visualizing. This is private. This is individual. And while you may do this meditation when there are others around ~ in a group meditation ~ no one will know what you are visualizing. No one will know that you are taking on a Healing of Self meditation.

The most difficult thing that any energy has in its path is facing Self. That is why we have called this year the SEARCH FOR SELF. Yes, you can go to all of these people and things that claim they can bring you enlightenment, that claim that they can help you to find the way. They are facilitators. Do not give them any more power than that, however. Do not give power to anything outside of yourself. Be careful of anyone or anything that claims to be the miracle cure that claims to be able to do it for you. Give it only the power that it is a facilitator, not the cure. Facilitators can ease and bring about what appears to be a cure. But be careful of the empowerment that you give to anything and anyone outside of Self.

You have Self to acknowledge. You have Self to blame, for no one and nothing outside of yourself is responsible for anything that is what you are all about. You are it. Face that. Take a particular issue, a behavior perhaps that you exhibit with another, and write it out on a piece of paper. Write out all the ugly details ~ he said, she said ~ I felt, she felt ~ all of the things that were a part of the interaction. Write it out. Use that as a tool for The Healing of Self. Visualize it. Embrace it. Love it. For with love, everything dissolves. Love Self. Love Others. Two of the GUIDELINES FOR GROWTH.

Love Self. The love of Self will enable you then to love the issue. Put your arms around it and embrace the issue. When you do that, you take away the power that the issue has over you, for you have embraced it and said, "I respect you and I love you, unconditionally." And then, gradually, it dissolves.

It will not happen the first time you use this technique. Do not expect instantaneous cures here of issues. But over time, as you visualize the words, or the activity, or the behavior ~ as you hug it each time ~ it becomes smaller and smaller and dissolves, until eventually, there is nothing left to visualize. You have let go of it. By your very embracing of it, you have let go of it. That is all there is to it, my loved ones. It is as simple as that. The power belongs to each of you. Only you can heal Self. Would there be any questions?

**Waith Guides The Group With One Of The Techniques For Interdimensional Travel And Communication Through Meditation ~ Critical Emphasis Is Given On Complete Protection With This Technique
(September 17, 1996)**

So, we would say to you, then, in this gathering ~ we will stand up and move about with you ~ that this is a time of focusing yourselves, and we will not be the focus. Rather, you will be the focus within yourselves in this gathering, and our time with you will be spent in your actually moving into an interdimensional arena. So, first and foremost, relax. (The group gets comfortable) It is not night-night time. ☺ All that apparently is missing from this grouping are the "blankies". When one relaxes for meditation of an interdimensional aspect, it is more critical than ever that you be in a way that you feel relaxed. Be in relaxed type of clothing.

The first and most important step is to calm yourself by relaxing. Now, the first movement ~ envision the very Highest of the White Light. Envision a White Ball that hovers over your head. It is soft and fluffy. In this White Ball, now, envision your Angelic Protector. Call upon your Angelic Protector to enter the White Ball of Light. It is your Angelic Protector who is assigned to help you travel and communicate interdimensionally.

Your Angelic Protector fills the White Ball of Light that hovers over your head. Envision now, that slowly the White Ball of Light moves onto the top of your head. Feel that White Ball of Light touch the top of your head. It is warm ~ it is comforting ~ it is safe.

Envision, now, that White Ball of Light dispersing throughout your encasement. It moves downward and covers your entire body ~ covering your shoulders ~ moving down to your arms ~ moving down to your fingers ~ to your legs ~ to the very bottom of your feet.

You are now inside this Ball of White Light. You are safe in the Ball of White Light. Your Angelic Protector is beside you now, within the Ball of White Light. Call upon the very Highest of the White Light for protection. Invoke the very Highest of the White Light within your thoughts now by saying, "White Light of Protection, come into my White Ball of Light ~ protect me and protect my Angelic Protector ~ fill the Ball of White Light with the very Highest of the White Light." You are safe and you are protected.

Now it is time to determine who you want to communicate with. Envision who you want to communicate with. It may simply be your Angelic Protector. It may be a guide. It may be an energy form that has left the earth plane, or an energy form that is in another part of the earth plane. Concentrate your thoughts. Envision that you walk up to an energy form. It does not have to look like the energy you want to communicate with. It simply is the form of energy ~ however you would envision it.

Now we are going to journey into the arena known as the Soul. This will be your first stage of interdimensional travel, and when you reach the Soul, you will then have the ability to communicate with the energy form.

Envision yourself held by your Angelic Protector now. Keep the thoughtform you want to communicate with in your Conscious Self ~ for you will carry that thoughtform with you and

your Angelic Protector as you journey to your soul. You are held by your Angelic Protector ~ feel the warmth of the Angelic Protector.

Feel now, the White Light Bubble that you are in beginning to move upward. You are moving slowly upward. You are encased in the White Bubble of Protective Light. Your Angelic Protector holds you. Feel yourself moving upward ~ upward ~ upward ~ moving upward. Feel yourself moving out of the earth plane dimension. You are moving up ~ up ~ up ~ out of the concrete earth plane. Look down now and see the earth plane. It is a flat dimension that you can look at from above. You are hovering over the earth plane ~ you are free of the earth plane.

You are protected with the White Bubble. Move upward ~ upward ~ upward. You slowly move further and further away from the earth plane dimension. You are holding the energy form you want to communicate with ~ upward. Now look above you and see a brilliant Yellow Light ~ it is an opening into another dimension. You are moving upward into the Yellow Light ~ it is safe. It is the dimension of the Soul ~ it is your soul ~ it is the Soul of The Universal Consciousness. You are with all that exists ~ it is peaceful ~ it is gentle. You move fully into the Yellow Light and you feel the Yellow Light close around your White Protective Ball of Light ~ further protecting you.

You are completely covered with the Light of your soul. You are now in your soul. You have traveled out of the dimension of the earth plane into the dimension of your soul. You are ready to communicate with any dimension you need to. You are ready to travel to any dimension you need to. You are protected by your soul.

It is time now for you to be with your own thoughts. Simply hold the thoughtform you wish to communicate with and feel yourself walking out into the Yellow Light. And now, travel ~ your Angelic Protector is holding your hand ~ travel now. I will return to bring you back. (The group is now in Communication Mode)

Return back to the Yellow Light. Gradually now, bring yourself back from wherever you are, into the Yellow Light. Move toward the Yellow Light ~ move toward the Yellow Light. As you move toward the Yellow Light, you are in your White Protective Ball now. Your Angelic Protector holds you once again. You hold the energy form you wanted to communicate with. You are ready to begin your journey back to the earth plane dimension. Thank your soul for allowing you to be with it in totality.

And now the Yellow Light begins to spread itself so that the opening is present, and the journey begins downward ~ downward ~ out of the Yellow Light into openness. You are protected by the White Ball of Light. You slowly move downward ~ downward a bit. Look up and see the Yellow Light. It is your soul bidding you farewell ~ for now. Slowly now, you begin to move downward ~ downward. You are moving closer and closer to the earth plane dimension. You begin to see the earth plane dimension now ~ you are still hovering above it. You see fully the earth plane dimension.

And now, stop your movement downward and hover over the earth plane and imprint into your memories the look of the earth plane as flat, as concrete, and that you are hovering above it. You are not on it or part of it while you hover ~ you are free in another dimension. Take that memory with you as you now begin your journey back down into the earth plane. Begin to feel yourself moving through the concreteness, coming closer and closer. Feel yourself moving on to the plane now.

Visualize your physical encasement that you have been out of. You are moving slowly now back into the physical encasement ~ you are returning. You are still in your White Ball of Protective Light. You are still being held by your Angelic Protector. You are still holding the energy form you wanted to communicate with. Feel yourself settling into your encasement. As you settle, release the energy form you have been holding. Your Angelic Protector now stands by your side.

Now visualize the White Ball of Light slowly moving away from your encasement and upward ~ up through the legs ~ and up and up and up. It is at your shoulders now ~ it moves upward and goes to rest on the top of your head. It is a White Ball that contains your Angelic Protector. Thank your Angelic Protector now for the journey and for the protection. And slowly now, envision the White Ball moving off the top of your head ~ upward.

Release your Angelic Protector from the White Ball. Envision now the White Ball simply dissolving and spreading the White Light of Protection from the very Highest of the White Light all over your encasement. Feel the sparkling, soft, fluffy White Light of Protection.

And slowly now, bring yourself back into the conscious state ~ slowly returning. Remain as you are, comfortable, slowly returning back to the conscious state ~ slowly returning back to the conscious state ~ slowly returning back to the conscious state. It is at this stage of returning back that you would have the immediate memory of the journey and the communication. It is at this stage that you would begin to record your memories ~ have a written journal.

We did not give you that as part of this technique, for it would simply have created too much chaos. But you are remembering ~ many of you now ~ what you experienced. It is at this point that you would write down whatever you remember. It will give you the beginnings of The Journal of Recollection. It is your journal of interdimensional activity.

You have the technique. You can stay in your COMMUNICATION MODE for as long as you need to. We allowed you to stay, for purposes of demonstration, for only a short period of time. You are able to stay for as long as you want before returning back to the Soul. You have the technique to move into the Yellow Light ~ to visualize that as the Soul dimension ~ and how to be fully protected in that journey.

Do not eliminate any of those protective steps. Interdimensional travel, especially, is not a parlor game. It is not something that you would play with. It can be quite serious. You can be caught when you travel interdimensionally if you do not protect yourselves ~ and sometimes abducted by those of the dark. You certainly do not want to be abducted by those of the dark. The Angelic Protector is a critical component of that journey interdimensionally.

As you begin to develop this technique, you will not need to focus on each of the steps. You will have implanted it into the process where it would become an automatic situation. There are many who travel interdimensionally who simply do it, for that process is built into their energy. This technique enables you to have that tool available to you. Some do not need this type of tool, for they are already at the point of automatic movement interdimensionally.

Most, however, need assistance, and this is one of many, many tools. Use it to your advantage. Take the journey. You can visualize communication with a specific energy form, as we have given to you, or with a nonspecific energy form. The nonspecific energy form can simply be visualized as a White Ball of Light that you hold, and you have said, "I wish to communicate with who my soul believes I should be communicating with." When you enter the Soul, holding this ball of White Light as an energy form, the Soul, then, will direct you on the journey. So, it can be both specific and nonspecific. It is flexible.

When you return from the journey, it is equally important to keep yourself protected, to follow the steps of moving back into the Yellow, which is the Soul ~ for you have been out of the dimension of the Soul in your travels. Come back into the Soul, into the White Ball. The Angelic Protector holds you. You hold the energy form, and you slowly move downward ~ protected ~ back into the earth plane dimension, releasing your Angelic at the appropriate time, and then allowing all of The White Protective Light to fall around you.

For, at any stage of this traveling, up or down, or even while you are traveling. you can be taken or disrupted in your journey by those forces of the dark. We do not focus on the forces of the dark as a general rule, but in interdimensional activity, we do. It is paramount. This is not a game that you play. This is a tool for enlightenment, as you call it on the plane.

We gave you a great deal of protection during this technique, for we were the ones giving the technique, and therefore, interdimensionally you were not at risk, for you were associated with us. This will not be the case when you do this on your own. You will have only the forces of dark that are at your level, and not the forces of dark that are at the level at which we operate. So, you are safe.

Thus, you are all feeling warm and fuzzy now? Would there be any questions or any comments about the experience?

Boopsie Guides The Group With A Meditation Technique For Gender Harmony

(October 15, 1996)

Boopsie: Hello. This meditation is the first time being presented at an earth plane level. It is exclusively my design, so I must then take full responsibility for its effectiveness. It has proved to be very effective at the guide school level, and many of the guides have begun to communicate through meditations of many on the plane to help bring about this concept that is being presented in this meditation.

GENDER HARMONY. It is essential, not only on the earth plane, but in all of The Universe. On the earth plane it takes a very different dimension, for there are only the two genders on the earth plane ~ not much to work with. Other training grounds have many other genders.

So, then, we will be rearranging you ever so slightly ~ not quite to the degree that Farena rearranges for her meditations. We would want there to be a spreading out. You would place yourself in the appropriate positioning.

Take now a deep breath, as deep as you are able that feels comfortable for you. Slowly now, breathe in and out. Breathe in and hold it a bit, and breathe out. Breathing in, breathing out, using your nose and your mouth in whatever way feels comfortable for you. Breathing in and breathing out and relaxing ~ relaxing ~ relaxing. And now, you call upon the very Highest of the White Light to surround you with protection. Envision the White Light surrounding you ~ you are fully protected with the White Light.

Now, you call upon those who guide you in spirit. If you know their names, call them by name. If you know them only as spirit guides, call them by spirit guide, "Come into the vibration, spirit guide." Feel the presence of the guides. Ask the guides to encircle your vibration now, so you are in the middle of your spirit guides ~ you are surrounded by your spirit guides. And now, you call upon your Angelic Protector ~ and the Angelic Protector surrounds the circle of spirit guides with an energy of safety and protection. You are insulated now ~ your spirit guides surround you in a circle and your Angelic Protector has infused a protective energy around the spirit guides. You are in the middle ~ you are the center of attention.

Now, visualize the encasement that you have taken on in this lifetime. Visualize whether it is female or male ~ look at your encasement. Sense all of the parts of your encasement ~ visualize your head and your face ~ visualize your hair ~ recognize the gender type of your face and your hair. Move downward in your visualizations and visualize the top part of your body. Is it male? Is it female? Does it bear resemblance to components of both male and female? Is it strictly male or female in its composition?

Embrace your upper body with the Light of Self ~ you are hugging the upper body and accepting its composition for this lifetime. Slowly, move your visualization downward, downward to that which are the hips of the body ~ and between the hips ~ and the knees. Visualize the

composition of your body. Is it female? Is it male? Does it contain components of both male and female?

Visualize yourself embracing the area between the hips and the knees ~ sending the love and the Light of Self ~ accepting the composition of the body as it appears in this lifetime. Visualize now your body from the knees to the feet. Is the body female? Is the body male? Does it have components of both male and female?

Visualize that you are embracing the encasement between the knees and the feet ~ sending it the love and the Light of Self ~ accepting the composition the encasement has taken on for the lifetime. You have now embraced your entire encasement and accepted each part of the encasement for whatever the gender composition it has taken on. Some of you are completely female through each of the components. Some of you are completely male through each of the components. Some of you will have mixtures through each of the components. It is in this examination that you bring yourself into understanding your dominant gender ~ you now have connected with your physical encasement a sense of concreteness.

With the help of the encircling guides and Angelic Protector, you will now visualize moving into a higher realm of Self. Visualize that your energy is floating. It is moving out of the physical encasement. It is protected by the spirit guides and the Angelic Protector. As you float out of the encasement, you look at the physical encasement and you see so very clearly the components of male and female that make up your encasement.

Envision a very fine thread of Light and energy connecting your floating energy to your physical encasement. You now will take your physical encasement on a journey as you travel into the realm of your Higher Self. You move out of the vibration of the earth plane. Envision yourself floating, and this thin thread connects you to your physical encasement and travels with you without being part of you. Travel slowly now. Take your time as you move away from the earth plane dimension. You are spirit and you are concrete encasement traveling together. Take the journey now.

You are now slowly approaching the Higher Self vibration. You move into the Higher Self vibration now, carrying with you the thread of connection to the physical encasement. You enter the Higher Self vibrational field. Feel the vibrational field hugging you ~ accepting ~ loving. You pull on the string now and bring the physical encasement into the Higher Self ~ gently pull on the string, bringing the physical encasement into the Higher Self.

The Higher Self, now, looks at the physical encasement. Envision the Higher Self hugging the physical encasement ~ loving and accepting of the physical encasement. You are female ~ you are male ~ you are both ~ you come into harmony with the physical encasement within the realm of the Higher Self. The Higher Self accepts the physical encasement.

It is time now to ask the Higher Self to help in understanding the dominant energy that you are, for Conscious Self has no control. It is the Higher Self that understands the dominant gender. Ask the Higher Self for Gender Harmony within Self. It is time to listen to the Higher Self give you information about Self's gender.

Whether you are dominant female in a male encasement or dominant male in a female encasement or dominant in the same encasement is not the concern. The issue is to understand the differences and to bring harmony within the Self for your own gender and to accept the gender you have taken on for the encasement's life. Dwell now with the Higher Self and hear the answers as they are ready to be given to you. (The group is now in communication mode)

It is time to journey back. Thank Self for providing answers for this visit. Feel the vibration of the Higher Self opening and allowing the concrete to move out of the higher vibration. As you move out, you have the string, the very thin cord attached to the encasement. Gently pull this cord and bring the encasement out with you. Close now the vibration to the Higher Self with your love and your Light.

Feel yourself floating, floating away from the Higher Self, carrying with you the thin thread, and the encasement coming behind you. You slowly begin to move back into the earth plane vibration. You begin to feel the concreteness of the vibration. It begins to surround you slowly and gently.

You are still holding the thread that connects you to your physical encasement, but you are still in spirit form. You move slowly, slowly back into the concrete illusion. You are surrounded by your spirit guides and you are surrounded by your Angelic Protector. Look at your physical encasement now as it positions itself next to you, ready to merge back. Love your physical encasement. Accept your physical encasement.

Your Angelic Protector now opens a pathway for the merging. Feel yourself moving back into the physical encasement. You are merged back to the physical. Rest for a moment. Your Angelic Protector now protects and soothes the vibration. Thank your Angelic Protector and release the Angelic back to its position. Thank your spirit guides and release them back into their position. You are surrounded by the protection of White Light.

Visualize wholeness and GENDER HARMONY within Self. Accept the realization that you are female and you are male, separate but one, and you now have more knowledge to help you in gender harmony. It is time to return back into the concrete illusion of the earth plane. As you return, say the words GENDER HARMONY, and as you come into the concrete, verbalize the words GENDER HARMONY. Hear yourself say the words GENDER HARMONY as you return into the concrete ~ GENDER HARMONY ~ GENDER HARMONY. Say the words GENDER HARMONY ~ GENDER HARMONY ~ GENDER HARMONY.

If you do this meditation within a group, it is appropriate then for all of you now to stand and hug each one in the group and be joyful and laugh. Go to each. (The group members hug one another) When you have finished, bring yourselves back into a close gathering and be seated.

This can be used, as you know, just within Self, without any prompting, and you may stay in the Higher Self for discussion for as long as you need. We have given you the technique. You will learn many wonderful things in this type of meditation about Self and gender harmony. Remember to call upon us when you have issues of gender harmony. View it as gender harmony and not as gender differences, for it is truly not a difference ~ it is a harmony.

We send you all the very Highest of the White Light from our realm. Waith will return to close out the energy. We thank you for allowing us to Be of Service to you. We will spend much time with you in the future on the earth plane, for our work is just beginning. Farewell.

Waith: So, are you all harmonious now? Just what some of you wanted ~ your physical encasement trailing behind you in a meditation. You thought that was one way to get rid of that physical encasement when you went to meditate. You did not have to take that encasement with you in the meditation. But as you do this meditation, you will find the benefits that it is providing in the area of gender harmony.

We close out our discussion of gender harmony by emphasizing to you once again, as Boopsie did, to focus on harmony and not differences, for the differences are meant to be harmonious and that is the journey. Farewell, my loved ones, and we send to you the very Highest of the White Light from the very Highest of the Kingdom of Amelius.

Farena Guides The Group With A Focusing Technique ~ Finding A Prop In Another Environment Which Gives You Lightheartedness (November 05, 1996)

So, we are going to have you do a practice. You are in an environment that has many, many props in it. This environment of Terra Lux is specifically designed to be a haven, to give you a sense of safety and Lightheartedness. What we want you to do, now, is first to stand. For any who would be reading this transcript, we would say to you, find an environment other than your own, in which you are comfortable, and then follow the steps that we are about to give.

Each of you now put your hands by your sides. Entities over there, bring yourselves in closer so that you are a part ~ very nice. With your hands by your sides now, simply move your body, slowly, feeling comfortable. In an attempt to loosen, move your shoulders, move your fingers, move your body ~ just to loosen your energy field. And, now, as you are doing this movement, look around the environment ~ look around first ~ look at things. Now we want you to move around the environment ~ walk around, feeling light and free, and touch ~ touch the plants, touch the lamps, touch the tables, touch the piano, touch the windows, touch the doors, touch

the doorknobs, touch the railings, touch anything you can find ~ energy forms ~ touch anything you can find. Move about, feeling a sense of the environment.

What you are doing is attempting to connect with an energy that will call out to you, for wherever you find yourself, in whatever environment, there will be a Lightheartedness. There will be an energy that will call out to you. You simply need to call out to it and to open yourself ~ touch, touch. Touch is so important in the concrete illusion of the earth plane ~ touch. And as you are touching, when something calls out to you, pick it up and bring it with you. Claim it for the time being. Find a Lighthearted energy ~ find anything that calls out to your name. When you have found your Lighthearted Connection, return back into the gathering.

Ah! You all have found something. Now, it is time to take this Lighthearted entity ~ and it is an entity, for it has energy ~ that you have selected and hug it, hug it and, say to this entity ~ (These are all repeated)

- *You are Lighthearted"*
- *Help me to be Lighthearted.*
- *Hug again. Say ~ You are wonderful!*
- *Oh, that is the spirit! ~ You are wonderful!*
- *You are wonderful!*

And now, move around the environment, and since there are others here, introduce your Lighthearted friend to some of the others in this environment. Go to others and say, "This is pillow!" That is the idea. (Group chatter as "friends" are introduced)

Everybody gather around. Gather around now. Everyone gather around and find your seat. Gather and find your seat. It is time to sit now. Oh, wonderful! Wonderful! So much Lightheartedness!

If you are in an environment where you feel yourself beginning to be blue, this is what you do. You find something and you identify with it. You may be able to pick it up, and you may, in fact, be in with other people who are able to help you to lighten up. But, if you find yourself in a grumpy environment, you must consider that those entities could bring you down even further ~ and it is your obligation to Self to not allow that.

Thus, you can exaggerate your own fluffiness. You can find something in the environment, and where they are so serious and perhaps dragging you down, you exaggerate your fluffiness ~ where you say, "Look at my new friend. Come, say hello to my new friend," to these grumpies. And they would say to you, "You are foolish." And you would say, "Yes, I am," for you take control of your own Self, my loved ones, when you are in an environment where you feel blue almost to the point of dragged down where the darkness can come in.

Only you can control that, and if it takes something exaggerated, like this exercise, then so be it. For what is better, to exaggerate your Lightheartedness and have others think that perhaps you are a bit wacky ~ which is not a bad thing ~ or to be brought into the mire of the darkness, with much more difficulty to pull yourself out. It is your decision.

Some would view this exercise we have given as frivolous, and that is fine. Eventually, you all will need to be frivolous. Whether it is in this lifetime or in another lifetime to come, or a series of lifetimes, it is important if all you learn in this lifetime is the concept of frivolous ~ frivolousness? Frivolousness? For it then becomes a soul memory and is implanted into your soul. You can use this technique concretely where you go specifically to an object. You pick it up ~ you hug it ~ you proclaim its Lightheartedness. You have a symbol, a prop that will remind you to bring yourself back into your Lightheartedness.

Or, you can simply take the concept of what we have presented and be in an environment and connect, energy-wise, with something in that environment that makes you feel Lighthearted, and through imaging and visualization, you bring that into form within your own mind. And in your own mind, you are hugging this energy that has caught your attention. For you may find yourself to be uncomfortable being frivolous and Lighthearted. in certain situations, in a visible way.

The concept is what we present to you. It is critical that you have something always at your disposal to bring yourself back into Lightheartedness. Most of the time when you begin to feel yourself being dragged down, you will not be in the safety of your own environs. You will, indeed, be in the environs of something other than your home. That is generally when these types of emotions kick in. It is deliberately planned that way. You must then make whatever environment you are in comfortable for you, your safety zone within what might be a hostile environment. You are able to do this very easily, and it brings in the Lightheartedness.

In our next gathering with you, we will give you the meditation, in the SEARCH FOR SELF that will allow you to utilize this tool, this prop, to bring you into your Higher Self. There will be two forms to this meditation. There will be the long version, in which you will be able to really focus when you have the time. There will be the short version ~ when you find yourself in an environment where you need immediately to connect with your sense of Lightheartedness. We will give you the quick version, then we will give you the long version. It will be a focusing technique that will work in harmony with the finding of a Lighthearted energy form in your environment.

Wherever you go, there is always a Lighthearted energy form waiting to be your friend, if only for a brief moment. Remember that The Universal Consciousness never leaves us alone. We have everything that we need, wherever we are, to keep us balanced. We simply need to recognize it and to seek it out. And sometimes props are necessary ~ and fun!

Find something in your environment that you are happy with and use that to carry with you as a prop. It might be one thing or it might be several things ~ pick and choose, depending upon your mood. It could be something that you wear purposely when you know that you need a bit of a boost to be Lighthearted. It could be simply certain items that you select ~ such as the representation of a halo.

Do not be afraid of what others will say, for it is your Lightheartedness that is at stake. It is also your influence, for if you are able to make someone stop thinking, even momentarily, about the seriousness of their own job, and focus on how silly you are, you have brought Lightheartedness into the heart of another. Do not be afraid to show Lightheartedness.

Lightheartedness is not, IS NOT ~ and we repeat this very, very strongly ~ IS NOT a luxury ~ it is not a luxury ~ it is a necessity. Lightheartedness is a necessity ~ necessary for the balance, necessary for closing the loop, for closing The Circle, for infusing everything that you do on your path. Find your own ways of being Lighthearted. Being Lighthearted does not mean you are not serious about your mission, for you take your mission seriously, but you do not take yourself seriously. You take yourself Lighthearted and everything flows as a result of that.

That is what we have to present in this gathering, the Concept of Lightheartedness, the tool by which you can bring yourself under control to be Lighthearted. And in our next gathering ~ oh, the focusing techniques ~ short term and long term. What more can you ask for? Would you have any questions, my loved ones? (Silence) So serious.

Should a prop always be something external?

Farena: It does not need to be external. We present it as an external in this exercise so as to give you something concrete to hold onto, but it can very well be abstract ~ internal, something that you feel ~ a moment that you remember as being joyful ~ a day splashing in the waves of the ocean, remembering. So, it can be internal. When we give you the focusing technique, there will be the internal component. We give externals because many on the plane need something very concrete before they can move into the abstract. Other questions?

Is there a way we can we send fluffiness to entities who seem to be stuck in funky environments?

Farena: Fluffy, fluffy, fluffy, fluffy. You must remember that sending fluffy falls in the same realm as sending Light. You cannot impose Light ~ you can simply send it unconditionally, without imposing it onto the energy field. So, you send fluffiness in the same way. And you can visualize simply fluffy. You can use something very concrete like cotton, white fluffy cotton, fluffy clouds. Or, simply envision Lightheartedness in whatever way you envision Lightheartedness, and send it along to someone who you think needs it, without imposing it, and sending it right to the edge of the energy field of that form ~ very easy.

We depart now so that Waith may return. We will see you in our next gathering. Fluffy, fluffy, fluffy, fluffy, fluffy ~ bye!

Waith: Well, now!

Send Waith fluffies.

Send Waith fluffies. Send Waith fluffies. Yes, indeed.

If you want them.

Oh, unconditional fluffies, yes indeed.

We send you all the very Highest of the White Light as we are about to depart ~ for Farena, of course, as usually happens, gets into fluffiness, and it is time for us to bid farewell to you all. We will see you in our next gathering. You are all quite beautifully fluffed now. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you.

**Farena Guides The Group With A Technique For Lightheartedness ~ A Meditation That Can Be Used Individually Or In A Group
(November 19, 1996)**

We give a group meditation to help you focus on one item of very extreme, fluffy Lightheartedness. To do this meditation as an individual, you simply will focus on your own symbol of fluffy Lightheartedness. If you were here in the last gathering where we discussed the Concept of Lighthearted, and you found your item of Lightheartedness and fluffiness, that was to show you the concept of how to hold and hug your item ~ your symbol of fluffiness and Lightheartedness. In this group gathering, we bring the concept into group application, which can very easily be applied to you individually, or to you with one other energy form ~ be it human, mineral, animal, fiber, whatever. And so, let the games begin! ☺

Halo Wearer ~ come to me, my love. Sit facing the others ~ very good ~ fluffy up her halo. When doing meditations to bring out Lightheartedness and fluffiness, you must go to the extreme. The extreme means extreme for you. For remember, what is extreme for one may be normal ~ whatever that is ~ to another. You find what is comfortable for you in being Lighthearted and fluffy, and stretch yourself by deliberately finding something or visualizing something very, very fluffy and Lighthearted.

For those of you who will take this meditation technique with you from this gathering, you have the image, first, of this lovely energy form wearing this very fluffy halo, sitting next to a fluffy duck, looking across at two male encasements wearing a white feather boa that links them, for purposes of this meditation, together as an energy unit. Visualize this setting. And there is purple netting on the floor ~ surely, an exaggeration of Lightheartedness and fluffiness ~ for who would place netting on the floor, sit on it, with a netting-based halo, next to a purple, fluffy duck, looking across at two male encasements bonded with a white feather boa. Now, that is an image. And, as you would say on the plane today, it is a look! Visualize it.

Understand the ability that you each have to create your own exaggeration of fluffiness and Lightheartedness. It is essential to the progression of the Soul to have Lightheartedness and fluffiness. The only way that you can move forward in the growth of your own Lightheartedness is to fling yourself into an exaggerated arena ~ if only for a brief time of visualization, of meditation.

It is safe, for you visualize it. Eventually, what you visualize you may find the courage to manifest. And our two male encasements may, at some point in the future, feel comfortable in going outside of this safety zone of Terra Lux, bonded with their white feather boa, or something similar. And our Angel, sitting on the netting next to Farena Junior, may indeed, at some point, feel comfortable outside wearing this halo.

Mushiba has worn this outside. She has worn it to where she works ~ outside of Terra Lux. No one really noticed! They come to expect that type of thing. And thus, this is not an exaggeration for Mushiba. For others, it would be. Thus, you find your own level of exaggeration and send the Light of Self to that exaggeration of lightness and fluffiness that is appropriate for Self. And so, my loved ones, we begin our meditation.

Now then, relax. Relax. Move your shoulders a bit ~ hold onto your feather boa and move your shoulders a bit. Move your shoulders. Then, go Ah-ha-a-a! Again, Ah-ha-a-a! Eventually, you do not have to do the physical breathing. You simply visualize the releasing of the energy. And now, just close your eyes a bit ~ not tightly, but gently ~ and move your head a bit. Then go, Ah-ha-a-a!

And now, say after me ~ (All are repeated)

- *I call upon the very Highest of the fluffy White Light.*
- *Descend upon me and cover me with your fluffiness.*
- *I feel your fluffiness.*
- *I call upon my very Highest Angelic Protector.*
- *Come into my fluffiness and surround me with your wings.*
- *I call upon all of my guides.*

- *Please enter into my fluffiness and encircle my fluffiness.*

Your inner being is now protected with the Highest of the fluffy White Light and the Highest of your Angelic Protector. Your guides are outside of this circle, helping to bring in additional fluffiness. And now, we go on a journey ~ a journey of Lightheartedness. As you begin your journey, visualize the image that we have presented to you in this gathering, the image of fluffiness and Lightheartedness. If you are doing this by yourself, visualize as fluffy and Lighthearted an image as you can bring yourself to do. Exaggerate it ~ fluffiness and Lightheartedness ~ fluffy, fluffy.

Envision yourself surrounded by fluffy, fluffy White Light. You are protected by the fluffy wings of your Angelic Protector. You are hugged and protected by your Angelic Protector. Your guides surround you to learn of your desire for fluffy, Lighthearted exaggeration. You take a journey now, a journey into one part of your soul reserved for exaggerated Lightheartedness. Every soul has one very small compartment only for exaggerated Lightheartedness. We will show you the way to that spot. It is the gift that has been given by The Universal Consciousness to all energies who take on the earth plane as a training ground.

Visualize the exaggerated image being surrounded now with a ball of fluffy White Light. Encircle the image of exaggerated Lightheartedness with fluffy White Light ~ encircling, encircling, and protecting. Bring that exaggerated image, surrounded by the fluffy White Light, into that which you call the Third Eye Energy Center in the middle of the forehead. Feel the image moving into that Energy Center. You are seeing exaggerated Lightheartedness as you bring the image into the Third Eye. The Third Eye Energy Center sees the higher purpose, sees the totality of your mission. It moves in, then, through the Third Eye and rests. Let it rest in the Third Eye.

Now, it is time to take the image, surrounded by fluffy White Light, and lift it out of your energy field. Allow it to drift out of the physical encasement ~ moving out of all structure. Envision it floating free, carefree, and happy. It is dancing. It is bouncing. It is out of the physical encasement. It dances around you. It looks down at your physical encasement and it laughs. It is free. It bounces.

The image is connected to your energy field with the very thin cord and now moves out of the dimension of the earth plane ~ rapidly. Feel it flowing rapidly out of all the dimensions of the earth plane, still attached to your conscious energy. It flies rapidly now into the dimensions of the Higher Self, and it moves quickly through Higher Self, for the Soul calls to it. Feel yourself looking at its movement through all of the dimensions of Higher Self.

It moves, now, to the Dimension of Soul. Hear the call coming from Soul ~ the Lighthearted, exaggerated part of Soul calls out to the image. Enter the image into the Soul now. It is connected to the spot of Lighthearted exaggeration. There are no worries. You are carefree. You are happy. You are joy-filled. You have only peace and contentment. You feel light and free as you look at this image of exaggerated Lightheartedness and fluffiness. And now, in the quiet of

your soul, listen to what Soul tells you about Lightheartedness for Self. We will bring you back soon ~ quiet now.

It is time to return. Now say thank you to the Soul. Thank your soul for opening up the spot of exaggerated Lightheartedness and giving you a message. You will take this message with you now as you bring back the image of exaggerated Lightheartedness. Slowly, move out of the Dimension of the Soul. You are drifting slowly, feeling very comfortable, very free ~ filled with joy and Lightheartedness, for you embrace the message from Soul. Move, now, back slowly, into the dimension of Higher Self. Feel yourself moving through the dimensions ~ the many dimensions ~ of your Higher Self. Feel Higher Self stroking you and hugging you and loving you. You move through the dimensions of Higher Self.

Slowly, now, you begin to see the dimensions of the earth plane. You are moving back, back to the earth plane ~ slowly. Feel yourself coming closer and closer to your physical encasement. Feel yourself moving into the physical encasement. It is the image of Lightheartedness and fluffiness, exaggerated, that you hold onto. Place the exaggerated image into the Third Eye again, remembering the image, implanting the image. Add to that image now any information you have received from the Soul in this journey.

Slowly now, slowly, allow the image to dissolve within the Energy Center of the Third Eye. Feel it seeping through your energy field. All of your Energy Centers now have the energy of exaggerated Lightheartedness and fluffiness and the special message from your soul. You are filled with your own image of Lightheartedness and fluffiness.

Thank your guides for being with you and release them into their own dimensions. Thank your Angelic Protector, and release your Angelic Protector back into the dimension from which it comes. Feel yourself still surrounded by fluffy White Light, and as you return into the conscious, current, concrete dimension, bring with you the soft, fluffy White Light that surrounds you. And slowly now, return ~ slowly now, return. Come back. Come back.

We, of course, gave you an abbreviated technique, for this technique can take as long as you want it to. The length of your own movement out of the dimensions into Soul can take as long as you want it to. You spend as much time as you want to in your soul's spot. You take as much time returning as you want to. You take as much time allowing the image to sit in the Third Eye. You take as much time as you want to allow the seeping of that energy throughout your Energy Centers.

We have given to you the technique. It is an individual technique and it is also a group technique. You can have as much fun with a group gathering, as we have done with you in this session, as you would want.

Gather as many ~ play with this, enjoy it, create your own exaggerated fluffiness. Bring energies together like we have done in this gathering ~ our Angel with her pretty halo sitting next to a fluffy purple duck with two male encasements bonded with a white feather boa. Only your imagination would limit the exaggerations that you could bring before a group meditation. And play with each other in the group through the use of some exaggerated fluffiness and Lightheartedness. And you can do this by yourselves. The same technique applies in either case. Now release yourselves. (Farena takes several quick breaths, then dances around)

Now then, are there any questions about what we have given to you?

It was very different.

Farena: In what way?

Just the presentation ~ how to do it ~ different than just closing our eyes and doing things.

Farena: And did you like it?

Mm-hmm.

Farena: You better say that! And remember that I still hear things even when I am not in this dimension.

I had a feeling that my bird, that is in my vibration, was dancing all around, too, kind of wondering about that fluffy stuff.

Farena: Little bird prints all around your energy field. You could put little sparkly gold balls on the tips of the little bird feet and watch it dance around. And then you could hold one of its wings and walk with it. It could be an exaggeration. It is very important to exaggerate. That is the only way to grow ~ whether you exaggerate in Lightheartedness or you exaggerate in seriousness. The only way to grow is to exaggerate, for then it brings you back into the balance, brings you into the middle.

It is time to go. I have to go. Waith has to come back, and say bye-bye. But I will be with you again. Fluffy, fluffy, fluffy. Bye!

Waith: Well, now, I am quite a shock to have returning. We are most pleased with what Farena has given to you. It has been a most Lighthearted and joy-filled meditation and a most appropriate way to end the series that we have presented in this earth plane year of the SEARCH FOR SELF through meditation.

Each of you enjoy your SEARCH FOR SELF. You have six different approaches to the finding of Self that we have given to you, with each of The Company members presenting their assistance to you. Enjoy your search. We will be with you as you continue in your journey. Be brave ~ Be Lighthearted ~ Be Serious ~ Be Balanced.

An Exercise To Bring Closure To The Energy Of The Final Official Public Session (December 03, 1996)

We will give the closure now to our energy force field. It is a very, very simple thing. It is something that would be done through us for our particular closing. You are here simply to observe and to understand what the technique is. We would bring into our own closing, The Metagers ~ they may stay where they are, for this is not where you have to be in close proximity.

What you will remember from this is the technique and how you can easily, then, apply it to your own situation. So, this is our situation that we apply this to.

Now then, Metagers, focus as best as you can with us. You bring yourself into a very relaxed position, whether you are sitting or standing or laying down ~ you could even be walking. You could be moving, as long as it is relaxed. You could be in water, swimming. You could be driving in your automobile. The essential component is that you simply relax your entire being.

You take in a deep breath and you bring into your energy field the very Highest of the White Light. For us, we bring in the very Highest of the White Light from Amelius, who brings in the very Highest of the White Light from his sources, for it is his mission that we are here for.

Breathe and envision the mission that you have just completed. And what we envision now is our FIRST PHASE OF PUBLIC SESSIONS ~ not our First Phase completely, but our FIRST PHASE OF PUBLIC SESSIONS. We envision the format. Originally, we met once a week and then we moved that format to twice a month. We envision the consistency of it and we envision the swirling around, now, in our energy field. It is swirling around the PUBLIC SESSIONS. It is moving now into a circle. There is no beginning and there is no end. The public sessions have no beginning and no end.

This is not the end of our public sessions, for it links into the beginning ~ the very first public session. The very first of anything that is done, and the very end of anything that is done, is now visualized as a swirling energy that is in the form of a circle. It moves around and around and it becomes One. There is no breakage in this force field. There is no beginning ~ there is no end. It is closed completely ~ it has been completed.

Fill the circle that you envision, with White Light ~ it fills the circle. And you see the circle now melding into the White Light. It is absorbed by the White Light. It returns back into The Universal Consciousness, for it has been completed. Visualize it moving back into The Universal Consciousness ~ all completed. And now say, "Yay!"

Yay!

Bravo, well done!

Bravo, well done!

Shake the energy from your bodies. And that is all there is to it.

So, you see, the concept is quite easy. You take that activity and you bring it into a circle, a swirling circle, and then it is absorbed into the White Light and it returns into The Universal Consciousness ~ quite easy. And then you cheer ~ bravo! Any type of thing that you would want to do.

It is one of many techniques that you can utilize. The concept is that you have completed something. You bring it into a circle, which is the eternal circle, and you eliminate any beginnings and endings so that it has become One. Then you send it into the White Light ~ you send it back into The Universal Consciousness. It is done, it is over with ~ let go. That is what it is about ~ let go. The public sessions and their format are gone.

Closing Out The Energy Of The First Phase And Opening The Energy Of The Second Phase (December 31, 1996)

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

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

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

You all are so comfortable, we sense, in this gathering, sort of stretched out or simply mellowed out. We are going to ask for volunteers. The volunteers who we would have participate in this energy of closure would move into this arena of white that our love here has developed ~ white, soft, peanut shaped. (Waith assembles some members of the group around the peanut-shaped rug in the center of the room)

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

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

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

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

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

Fill it and enlarge it. Now, visualize this pyramid growing bigger and bigger. It begins to move out of your circle, and it moves upward. It is growing larger and larger, and it is filled with the very Highest of the White Light. It moves higher and higher, filled with the White Light. As it moves higher and higher, you are helping it to expand and become larger and larger and larger.

See it begin to disappear ~ it is moving out into other dimensions ~ it moves, it moves. Envision its movement. It begins to disperse now, and its energy is scattering.

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

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

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

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

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

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

It could be that also, my love.

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

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