

Waith Class Transcripts

WORKSHOP ON LIGHTEARTEDNESS

FEATURING FARENA

WITH MUSIC BY BARJAN



~ *A NOTE FOR THE READER* ~

Waith's words appear in this font style.

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

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

☀ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

Waith Institute for Spiritual Leadership

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**WORKSHOP ON LIGHTEARTEDNESS
FEATURING FARENA
WITH MUSIC BY BARJAN**

(THIS TRANSCRIPT IS AN EDITED VERSION OF THE WAITH CLASS OF NOVEMBER 12, 2003)

Waith: The blessings to all of you! Greetings!

Hi Waith!

What a joy filled gathering this is! And Barjan, once again we are thankful for the vibration that you give to the gathering ~ beautiful sounds.

Thank you, Waith, it is my pleasure! 😊

We are most pleased at this marvelous gathering of energies ~ beautiful and light filled. You will have quite the entertainment, is the best way that we can describe when Farena enters in through Mushiba to fluff up everyone.

Welcome to Lightheartedness!

Why are we having this gathering to talk about Lightheartedness?

☀️ **To be friendly!**

☀️ **Because people are not lighthearted.**

People are not lighthearted.

There's so much exaggeration of things going on. In people's lives things happen and there's change. Keeping lighthearted helps from sinking down.

Indeed. Why did you all decide that you needed to be here for this gathering?

☀️ **Fun!**

☀️ **We take it very seriously!**

You take being lighthearted very seriously! 😊😊 Why did you come, my son?

I have many challenges going on in my life and I knew I needed some Lightheartedness!

Why are you here, my love?

Initially it was because I knew I need more Lightheartedness. Then, specifically, this week my husband is home and he's driving me nuts! 😊 So I have to come here to be lighthearted. 😊

We are not insulted in any way by that ulterior motive of yours! ☺

My love, why are you here?

Because I wanted to do something with my son and Lightheartedness is always something I can improve on!

Really! Is she the only one who feels this way

No!

Does everyone here feel that you can improve upon your Lightheartedness?

Yes! Very much so! ☺

Even we can become very serious, as some of you have experienced in other classes when the material becomes very intense ~ we can become very serious. And then, of course, when that begins to happen, we have Farena enter and fluff up things.

We gather all of you in this time frame because on the earth plane, currently, there is much distress. There is much negativity that SEEMS to envelop the world. Many feel that the light is not there and you feel sometimes dragged down by the events of the world as well as the events of your own life.

This is not the case. The light is winning! THE LIGHT ALWAYS WINS! That is one of our famous statements. THE LIGHT ALWAYS WINS! And the only way that you can continue to absorb that positive energy is to keep saying that THE LIGHT ALWAYS WINS!

The moment that you begin to focus on the darkness, it will descend upon you and consume you. It is very easy for that darkness to consume you ~ to descend upon you.

It takes tools, oftentimes, to bring you out of that darkness ~ to bring you back into your own light. Each of you deals with the dark in two ways, my loved ones.

First is the dark that is within Self. Every energy is a SPECTRUM OF LIGHT ~ Not a Spectrum of Dark. And each of you is at a different point in your own lightness within Self. The lighter you feel the more the responsibility it is that you help others to bring out their own lightness.

Part of the growth of all energies, however, is to deal with the darkness WITHIN ~ to gradually diffuse the darkness of Self with the lightness of Self. When you hear about the demons within, it is the battle within Self.

You knew, my love, that you needed to be here. You are battling with this perception of Farena being so lighthearted and the exaggeration of Lightheartedness and you know

within Self because you have said, "I know I need it." And so you take the courage and bring yourself into an environment where she will pick on you! Not too badly this time, my love! ☺

The other force of darkness comes from the external. You are internal in Self with darkness and that is projected to an external energy. Each of you is, then, subjected to the darkness that comes from another who is also struggling within Self to diffuse the darkness within Self and to bring out the light.

Believe us when we say THE LIGHT IS WINNING! And it wins in small ways, my loved ones. It wins when gatherings like this occur where the focus is on Lightheartedness. And if only for this short period of time you concentrate only on the lightness, that will have diffused a tremendous amount of darkness ~ within Self and then also externally. When you are light and project it, it then affects others around you and those who are struggling with their own issues of darkness.

We come, now, to the focus of Lightheartedness. Color and sound are very important in the focusing of Lightheartedness. We have spoken volumes about this in all of our Manuscripts on the Search for Self. In this particular gathering we are focusing on sound ~ which is why Barjan is here.

Barjan and Farena are connected at an energy level. Try as he might to get away from her ~ it simply does not work! ☺ The first song that Barjan created for Terra Lux so many years ago was entitled FARENA'S DANCE. We have not been able to keep her under control since then! ☺

We will now allow Farena to enter in. She will play with you and when she has completed her time with you, we will return to give closing remarks. Before we turn over the stage to Farena, would there be any questions, comments or concerns?

Can you tell me how many Earth years it will be before light is the majority of The Universe?
That question comes up very frequently in which we simply say that The New Illusion ~ which is our frame of reference for the time after the shifting of the Earth's axis ~ will be that time when the light will prevail. That shifting of the Earth's axis is imminent. We are here in the second phase of our mission of a four part phase to bring all the energies into The New Illusion.

At the beginning of our second phase we indicated that we would begin our second phase in the current illusion and end our second phase in The New Illusion. So, it is very soon. We have volumes actually written about what we have said regarding The New Illusion.

Thank you.

Yes, my son?

Is this the end of the world and will that be like the darkness age?

There will not be an end of any world, my love. It does not end ~ it simply transitions into a different vibration and when it does, it will be brighter and lighter. If you want to think of the end of the world as an analogy ~ you are living in it right now.

The end of this current illusion is an exaggeration of all that is dark ~ and all that is light actually. However, it is an exaggeration and so it seems as if everything is imploding ~ and it is ~ and as it implodes, it is doing a rebuilding with a better energy.

How do I help someone be light when I don't know how to help them or they don't want my help?

*Perhaps by the time Farena finishes with you there will be an answer to that question! ☺
If not, pose it again when we return.*

How would you suggest protecting one's light from darkness?

You will be learning some of that with Farena, and it is the topic of most every class that we have ~ there is a component of how to protect Self from the dark within as well as the external dark to keep the lightness manifesting. Sometimes it is as simple as saying, "Go away dark!" It does not take much yet, concrete tools sometimes are very valuable ~ and you will have some of that in this gathering.

Well then, enjoy Farena. For those of you who have not experienced Farena you are in for a difference. ☺ Farena is one of six others who work with us in our Spirit Group and is the one who enters most frequently because of her role as the Ambassador of Lightheartedness.

Farena: *Hi!! I'm here! ☺ ☺*

Hi, Farena!!! ☺ ☺ (There is much music, laughter and dancing! Feather boas are passed out)

It is time now to go within Self. Find a spot and relax!

Being light is about doing something! The dark comes in when you are not doing anything ~ it comes in and starts to play with your mind!

How about sleeping?

*Even when you are sleeping ~ especially when you are sleeping ~ you need to protect yourself with light. The first thing that you have learned in this gathering is the exaggeration of Lightheartedness ~ fluffy! Very nice with the feather behind the ear! ☺
Now would you wear that to work? ☺*

I don't think so! ☺

Why not? Why would you not wear it to work?

I'd be too embarrassed.

Why would you be embarrassed?

Because I'm not lighthearted enough!

Oh-h-h! Would any of you wear what you have on right now to work?

I would. (Several class members say they would)

Would you wear a feather boa and your crown?

☀ **Yes!**

☀ **I'd be the laughingstock of the school!**

And why would you care?

Because that hurts!

Why? You would be making people laugh!

At me!

No ~ WITH you!

I wouldn't be laughing at all!

Well, you see, Lightheartedness comes from where?

Within!

Within! First and foremost it comes from within and then you project it outwardly ~ and it bounces off others and they bounce it back to you. Maybe they do not want that Lightheartedness so they throw it back to you ~ and you get it back.

If they want it, then they hold onto it ~ and you have given that to someone. You then go back within Self and get what more because you all have an endless reservoir of Lightheartedness ~ you just have to let it come out.

Although I am the exaggeration of Lightheartedness, I am not all the time. I would wear these wings. I do! I have wings in The Angelic Kingdom ~ not purple! ☺ (Farena is referring to the purple feather wings she is wearing that Mushiba found)

What color are they?

They are polka dot.☺

Oh, okay! 😊

You like that answer?

Yes!

It works for me too! You believe that?

Do you believe in Santa Claus?

Who's that?

He's a big jolly guy!

Oh-h-h! Santa Claus is a physical manifestation of Lightheartedness that is used as a symbol of lightness and freedom. He is a symbol of what?

Christmas?

Besides Christmas, what is he a symbol of?

Jolliness!

And that jolliness ~ that Lightheartedness ~ comes from within and you each need to have your own symbols to keep reminding you of Lightheartedness.

One of the ways you can find your own symbol is by going within Self to find the answer. We can give many tools.

One way that we help others to find their lightheartedness is with the symbols of feather boas and fluffy angel wings ~ these are tools and may not work for you.

So, now, we are going to do a guided focusing, where you can gently relax with beautiful harmony music ~ relax and go within Self to find your Lightheartedness.

(Farena guides the class members into a focusing as Barjan plays beautiful, relaxing music)

Lightheartedness comes from peace within and the way that you achieve peace and Lightheartedness within is what you have all experienced in this short time ~ very concrete ~ moving about and fluffy symbols to make you happy ~ and abstract where you go within to find your Lightheartedness.

The combination of the two ~ concrete and abstract ~ is what you are looking for. This comes from practice and doing it every day ~ not just once a week on Sundays. 😊

Everyday find something that is exaggerated in Lightheartedness ~ a feather boa, a crown, a wand, a fan, a bow! Anything! Take it with you ~ it is your companion! And at the same time, quiet Self for at least five minutes every day.

Start with five minutes of fluff and five minutes of quietness. And while they may seem at the extremes, as you begin to live it, they become One ~ separate yet One. And remember to call upon the highest of the white light for protection.

It is now time for Waith to return.

I love you all! Take the fluffies with you within Self. There is so much to know about being lighthearted and this time has been a brief break in the mundane of the earth plane. Take it with you and hold onto it! Bye! 😊 😊

Bye, Farena, and thank you! 😊

Waith: *Well! You are all quite the fluffed up group ~ a very different energy now! 😊 This is always the case when Farena comes in and brings about the exaggeration of Lightheartedness and fluffiness.*

To us, what she projects is not an exaggeration ~ and to many on the earth plane this is not an exaggeration. She projects what many feel is normal. Of course they live in their own little universe! 😊 However, this is what you need to do, my loved ones!

You need to find your Lightheartedness ~ no one else can do that for you. Others can send you Lightheartedness and you can receive it rather than push it away. Receive the Lightheartedness that others project rather than scorn it or view it as silly or negative or to say, "Who does that person think they are?" Relish it and embrace your own Lightheartedness, for that is what keeps the darkness away ~ the Lightheartedness of Self.

Thank you, Barjan ~ it was most delightful. Enjoy the Lightheartedness upon our departure. Remember that nothing is so serious that it cannot be framed in Lightheartedness and the love of Self.

Remember this above all ~ YOU ARE BEAUTIFUL ENERGIES AND YOU ARE ENERGIES OF LOVE. Project that to everyone and eventually it will come back to you. We love you all.

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

Goodbye, Waith, and thank you!

