

Waith Class Transcripts, Excerpts

ENERGY CENTERS (SPIRITUAL CENTERS AND CHAKRAS)

FROM TRANSCRIPTS 1987-1996

(Topics Include Crown Chakra, Heart Chakra, Kundalini, Lower Chakra, Solar Plexus, Third Eye)

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*Waith's Words, and the Spirit Group's Words, appear in this font style
(If a Spirit Group Member speaks, they will be identified)*

**Class Member Questions/Comments appear in this font style
(Multiple responses from the class are preceded with this symbol ⚙)**

Waith Elaborates On The Dramatic Opening Of Someone's Spiritual Centers

(October 18, 1987)

Recently, after a discussion with you, I had a headache in the center of my forehead and was feeling nauseous and lightheaded. I sat down with a terrible buzzing all through my body with my legs ~ it was like when your legs fall asleep with a tingling sensation. It was so strong that I could not feel the bottom of my feet on the floor. I got very frightened because it was almost like an energy running all through my whole body. I have never felt anything like that, and just as I started to get very nervous about it, it went away.

I had been told that I had a spirit guide, and that when I wanted to speak to her, or I wanted her to be there, that I would feel a tingling sensation in my fingertips. However, this was not a tingling sensation in my fingertips. This was strong, through my entire body, I tended to think of it as a very strong energy that maybe I could not handle right at that moment. Nonetheless, that is what I wanted to ask you. What was that?

Remember that we do not give anything you cannot handle, and you of course know that it was an energy you were feeling. What it was representing, my dear, was the opening up of the sudden awareness of things after our discussion, that these issues you had been dealing with during this lifetime were beginning to make sense to you, and you were seeing patterns, you were seeing things fall into place. And on the one hand, it was exciting you, and on the other hand, it was a bit frightening for you. What happened was that because you had opened your Spiritual Centers during that meeting, you were very vulnerable to outside influences, and in an attempt to give you protection from those outside influences, we had to do some energy charging, if you will. And it was a way of introducing your guide to you in a way that you would pay attention.

What you were feeling covers many different areas. Your vibrational harmony with the geographic area in which you and I met is very strong. When you left the geographical area and came out of the vibrational harmony that you had been feeling, your own energies and your own vibrations reacted to that. It is a geographic area that is one of several that is harmonious for you, and you will, as time progresses, and the Flow of The Universe exists, of course, you will select a geographic area that is harmonious to you as The Shift approaches. You will want to be there, and this is one of those areas. Where you are now geographically is not completely harmonious for your vibration, which is not to say that you should leave. It is just to say that there are other areas, which, as the time approaches, you will feel more comfortable in being in that vibration.

You must be aware that as each of you as entities open up your Spiritual Centers, you become very vulnerable and very susceptible to those of a lower vibration that exist in these other dimensions ~ we call them the mischievous entities. They like to play havoc sometimes with these vibrations of higher levels on the earth plane, though still of a lower vibration than those mischievous entities. As you open your Spiritual Centers, the need for some type of protection

becomes very important, whether you do this through a very formal type of meditation, or through a way in which you have learned yourself to center yourself and ask for the White Light.

For you, my dear, it is such an overwhelming opening. It happened so very rapidly. And we felt that we needed to protect you. All of the physical that you were feeling was related to what might be described as a shaking of all the centers of your physical being because of your sudden opening, moving of things that had been dormant for so many thousands of years. You now have the protection of your guides. You need to be aware of the darkness that can come from environmental forces that could affect you. And when you begin to feel this, is when you simply call upon your guides. And you will feel the tingling that we have described to you, and you will have safety. So, this major upheaval that you felt should be a one-time occurrence. You may have some minor upheavals as you go through levels of awareness. You become comfortable at one level, and are able to assimilate what you are being given for information, and then, you will go to a new level where much more information will be given to you, and you may feel a sensation of a shock to the body. That will pass very quickly. Do not fear it.

The Opening Up Of The Spiritual Centers Must Be Done Slowly (April 19, 1988)

In working with a woman in our crystal class, my associate and I feel we released one of these negative spirits. She was telling me that she was going to a psychic class. My feeling is that people seem to be going to these classes and being taught impartial understanding of working with the psychic area. They open themselves up to this sort of thing. I do not know if there is anything we can do other than just be aware of it ourselves. I know Cayce recommended the study group process for people to work together as a group and meditate together rather than seek these psychic gifts, per se, so that they would develop themselves along the way.

You are correct in many areas. There needs to be much caution in the opening of the psychic centers. It is not something that should be done quickly, nor can it be done quickly without vulnerability to attack. There needs to be a complete understanding of what is occurring at the psychic level and also the responsibility that you take on as you open your psychic centers. It is not a game. There are many who think this to be some type of plaything and do not view it in the spiritual context in which it needs to be placed. It is not something to be played with, and if one goes about trying to develop their psychic abilities in a play manner, or the latest fad, there is tremendous risk of being taken over by the energy form of a mischievous entity at any number of varying levels.

You must be very careful when seeking help through another who claims to be a psychic, that the process the psychic tells you will be done is a long process and cannot be done in one or two quick sessions, and also provides you with information about the responsibilities of opening up your Spiritual Centers and how to protect yourself. To simply go to a psychic for one or two sessions is dangerous. There are psychics who have not taken on their own responsibilities. You must be aware of them. They are energy forms who, as you might say, have given bad press to the issues of the spiritual, not only in this time frame, but throughout the millions of years of

development that the Planet Earth has gone through. It is an ongoing situation, one that will occur continually so that lessons are learned by all those around, by the psychic, by those who seek out the psychic.

You must develop your psychic abilities slowly over time, listening to your inner selves, gaining through your meditations, being able to communicate with your Higher Self so that it becomes, therefore, a natural process for you to have your psychic abilities blossom. Be very wary if your psychic abilities suddenly come into being, for you will not be able to protect yourselves. You will be open to attack, and there will be not much that any of us can do, for it is a lesson for you to learn.

A Brief Discussion Of The Chakras

(May 19, 1988)

I was wondering if you could discuss Chakras and feelings that accompany the opening up of Chakras, the significance of it, how to work with it.

We would like very much to have a discussion of Chakras. Our time for this session is drawing to an end, and this is a subject that we would like to discuss in an entire meeting and perhaps, my son, you might address this at the next session at the beginning so that we are able to discuss it. In fact, we may just put it on the agenda to talk about. We will tell you though, that one of the feelings that you receive as a Chakra opens up is almost a whooshing sensation within the body, almost as if there is air flowing out of the body, a release of what might feel like bodily tension. It is difficult to describe it, but it is a sensation that when you experience it you will know what I mean. You have experienced it. You know what I mean.

The Significance Of The Chakras, Part I

(May 24, 1988)

What is the significance of opening up the Chakras, how to work with the Chakras, and what feelings to expect that accompany it?

The significance of the Chakras, Part I. ☺ For purposes of our beginning discussion, let us look at what a Chakra is, first of all. Chakra, as it is referred to on the earth plane, is of course something viewed differently from other dimensions, but it is most commonly referred to as a Spiritual Center in which the physical encasement known as the body has certain entry and exit points, but it is far more complex than that, for it serves, these Spiritual Centers, as safety valves for the Soul and for the energy field that each of you has.

The opening up of Chakras is not something to be taken lightly or to be thought of as a game. Ooh, let us see if we can open up a Chakra today! 'Tis not what it is all about. It is something that needs to be viewed from a standpoint of meditation and centering, for the opening of a

Chakra signifies a certain vulnerability to the forces around you. It is an indicator that you are prepared for growth at a spiritual level, but at the same time it signifies that there is also a sense of responsibility that you as an entity must take upon the opening of a Chakra.

Now when we say that a Spiritual Center opens, remember that it is not something that is completely closed and then suddenly is wide open, closed today open tomorrow kind of attitude. It is not that at all. Rather, it is a gradual breaking away of what might be referred to as a film, a membrane film over certain key areas in the physical encasement, and there is a breaking away of it, a peeling off of layers is perhaps a very good way of describing it, and as a layer is peeled off, the more one becomes open.

Now as a layer is peeled off there is a reaction at both the spirit level and at the physical level. You will physically feel a pulling in some cases. For some individuals there will be, I think as I described earlier, a whooshing type of situation where, because of the peeling and the closer you are getting to cleaning the Spiritual Center of its membrane, the more relief there is of actual energies.

All of your energy forms, your energy fields, are controlled by these Chakras, these Spiritual Centers, and there is a coming and going of electromagnetic forces that make up all of us as energy forms. When in the physical body, of course, the electromagnetic energy is encased, which is why we refer to it as an encasement, and it therefore has a binding of the energy field. And there is a desire on the part of the Soul to have these releases, and if an energy is not able to begin healing process, then there develops almost what you might call a combustion situation where the energy field is vibrating and needing to release itself, for it is so highly active. When we say an energy form, we mean there is an energetic reaction, and so it is not without its very profound ramifications. And as you, as an energy form, begin to consciously open up your Spiritual Centers, there becomes a greater awareness of the electromagnetic component of others around you.

These Spiritual Centers can begin to be opened at an unconscious level. There are many, for example, on the earth plane now who you would not classify as being aware, for example, and they are not consciously trying to open their Spiritual Centers, but as they begin to follow their soul's mission, even if it is at an unconscious level, and they are doing their very best to do what they came in to do. Even by not acknowledging the existence of multiple lives and all of this that we speak of, they are peeling away at their Chakras, though not in as dramatic a way, in very subtle ways, and the peeling away is enough for the release of the electromagnetic field necessary for their particular growth and advancement.

Difficulties arise when we have an energy form that is not following its path, and whether consciously or unconsciously, and when this begins to occur, there is actually a thickening of the membrane of these Spiritual Centers, and there is a tighter and tighter encasement that begins to develop. Thus, you will see individuals who seem to have everything go wrong for them, they are unhappy energies, and they are at the point sometimes you might refer to them as ready to

explode. This is true, and that eventually without the release of their electromagnetic field they will in fact have to leave their bodies and leave this incarnation that they have taken on.

Does everyone know where the Chakras are located in the body? Most likely not.

Visualization Of Opening Up The Crown Chakra (May 24, 1988)

I have a question about the crown Chakra. It is the one that is right at the top of your head. It is said, or I have been taught, that this is where The Universal Consciousness connects to us or where that information flows in and out of our energy form. Is this correct?

That is basically correct, yes. For simplification purposes we will keep this at this level. Think of the top Chakra as the controlling element, and to concentrate in your energy field upon that very pinnacle of your physical encasement. And think of it as you might think of a trap door that has a string upon it that can be opened and closed, and you can do this with your hand. And as you are trying to receive information from The Universe, concentrate your visualization upon this string that is attached to a trap door and you pull upon it. You control it and pull upon it and it opens somewhat even though there is a film, this membrane which I speak of, metaphorically of course, allowing certain information to seep in, to penetrate through.

You will not be able to do this unless other Chakras have had basic cleansing. There is no need to clean completely the lower Chakras in order to advance. There is a misconception that in order to utilize and to go through to the top Chakra that the lower ones have to be completely open. This is incorrect. What it means is that percentagewise there needs to be an alignment so that as you begin to clean your lower Chakra ~ you may not get it all cleaned, which most do not in one particular incarnation. It takes many, many incarnations, manifestations, in order to do this. But whatever percentage, if you have cleaned away one tenth of one percent of infinitesimal type of percentage, then that will follow through the entire Chakra formation. So, you are then able to receive at the top Chakra information from The Universe that will be given to you in the degree to which the percentages of your Chakras are cleaned. How is this all sounding to you? A little confusing? Yes.

Relationship Between Chakras And Illness (May 24, 1988)

The Chakras, because they are located in central parts of the body where, when we become ill, we tend to become ill in the head, the throat, the stomach, or in the heart. Is there any relationship between the Chakras and illness?

Of course.

Does it have to do with negative energy that may be blocked in there, or something?

Yes. The issue of negative energy is not as simple. Nothing of course is as simple as it might appear to be. But many times, what will occur is an energy that is counterproductive. We might not even refer to it as a negative energy, but rather a counterproductive energy that has not been released for a number of situations and reasons that can occur. We can cite Mushiba as a very perfect example of some counterproductive energies that became trapped, and as a result of this, her soul brought on the injury with the back. And once that was resolved and taken care of, all was fine.

Know that this can happen to the most cleaned out Chakras. This is just part of being encased on the earth plane that there will on occasion be a trapping of energies that relate to one or many of the Spiritual Centers, and the more aware you are as an energy form to when an imbalance occurs in the total energy that you are, the easier it will be for you to balance with it and to recognize that whatever counterproductive energy has been trapped, to analyze this as for reasons why and what to do about it, at the same time experiencing it for all of its pain and agony and distress, knowing that as long as you are able to meditate and to seek the balance, that in fact it will, for many of you have very great track records in getting rid of these counterproductive energies.

Okay. I wish it was simpler than it is.

It is even more complex than that. As you begin to understand certain things yourself, and your own Chakras begin to be cleansed, more of the complexities will be revealed to you through your own abilities to reach The Universal Consciousness, and that which appears complex then becomes quite simple.

Does Raising The Kundalini Cleanse The Chakras?

(May 24, 1988)

The kundalini is a very specific energy. There is again some misunderstanding about the purpose, the significance and purpose, of what is referred to as the kundalini energy, and it is misunderstood. It does have a function in helping you to become better able at the Soul Level to pull away these membranes. It gives a very particular energy. When brought on in a less than serious manner, as many, many souls are doing now on the earth plane, it can be actually a counterproductive energy form. It needs to be utilized within the context of a spiritual responsibility, for it does give tremendous power once it is brought on.

Many abuse this particular energy. It is a byproduct of the electromagnetic energy field that each of you has. And you each develop your abilities to bring in this very, very strong energy field. It must be used with caution and certainly not in a game playing situation, as we see with too much evidence now. And it is one of the reasons why many energy forms are receiving psychic attacks,

for they have used the kundalini to open up a Spiritual Center dramatically when they are not prepared for it at a spiritual level, and they have physically done this without being prepared at a spiritual level to take on what will occur from those energy forms that are less than pleasant. Then you open yourself up to psychic attack with an inability to protect yourself immediately, and therefore there could be in some cases actual physical harm, and certainly for the opportunity for those of lesser Light to come in and perhaps appear to be giving you information as a guide when in actuality they are not, as we have discussed before.

And of course, those who use the kundalini in the incorrect way are not even aware that if some new information begins to come through from what appears to be a new source that a challenge needs to be given to that voice. And so, you see, the problem that develops is that those who would use the kundalini in the correct manner would not be susceptible to this condition that I have just described, but those who would not, would be, and therefore tremendous problems occur.

My dear, do you have any issues specifically relating to kundalini?

You brought up a couple of points just now that I can relate to, especially with hearing new spirit and thinking it was a guide, and here it turned against me, so to speak, but I was not really aware that perhaps that was kundalini. I do at times raise it up a little bit but I have never raised it all the way.

Be careful with it, especially for yourself, for you are a very strong energy and the kundalini for you is very, very strong and you must, before attempting to bring it, meditate and call upon all of the protective forces with you. We see you being able to utilize kundalini in a very positive way as time progresses.

Meditating On The Chakras By Colors, And Abilities To Visualize Colors (May 24, 1988)

Some of us were given a meditation to use that had to do with the Chakras, concentrating on starting from the lower one up, the Chakra and the color, and moving up through the seven, with each color as a meditation. Would you recommend that for everyone or some people?

For some people it does work, especially those who are just beginning to become aware of their own Chakras and the opening up on the Chakras. There are many energy forms who have advanced beyond that need. It is a very good technique in visualization for those energies who are new at this and need to have a visualization in order to center their energies. It is very recommended, for of course, color has a very significant impact upon all vibrations and has very significant importance in the total energy that each of you has, depending of course on where your energy field happens to be in your development determines the kinds of color that are most harmonious.

So yes, my dear, we are most supportive of any technique, and we are aware of the information coming through from this end in prior times and that the use of color to clear through the Chakras does indeed work at the earth plane level. There may be many of you who do not feel if you are not using color that you are not clearing your Chakras. Some of you may have gone beyond that need. Recognize that. And at the other end of the scale there may be many of you who are not ready for that particular point and not able to visualize color, to go through each of the centers.

Remember that all happens as you are ready, and as I have said so very often, do not compare yourself with what another is doing. Be aware of those aids that can be used by you, and be aware of what others are doing. However, you must find what is right for yourself. You must not put pressure on yourself to do anything simply because you see someone else doing it, or you hear about something being done, and you say, "Oh, I wish I could do that. I want to be like that." You must remember that you each have your own soul's path and you progress on it at the level at which you are progressing. Period.

If, rather than visualize the colors yourself, during meditation, they manifest themselves, does this have any significance?

It can. For some, visualization then brings on what that is being visualized, so that you may in fact see a color in what appears to be concrete form rather than simply imagining it, and the significance of it really is an indicator of your own abilities to visualize and indicates that you have an advancement in the area of visualization.

I would caution you, if this is beginning to happen to you, or has, and I say this to the general audience, for we know, my dear, that it is happening to you, that you view this much in the way that I have discussed the kundalini. It is very powerful to realize that that which you visualize is coming into manifestation and it is a tremendous spiritual responsibility that goes along with this, and part of the problems that have been over the eons of earth plane manifestation has been the Souls who have developed certain powers without the spiritual responsibility that goes along with it.

In referencing back to Atlantis during the final destructions of ten thousand years ago as the most recent point of reference for all of you, the last cleansing, that this was part of the problem, these powers, these visualization powers were realized and they began to visualize without spiritual responsibility. The kundalini was brought in without spiritual responsibility.

You see, this is a very powerful energy, very, very powerful in its truest form, and it can cause transgressions upon the Soul of another and therefore can be potentially regressive for your own soul's growth, so as you begin to realize certain powers that you have, it becomes even more critical to seek the guidance from The Universal Consciousness, to go to The Creator and ask for the wisdom and the ability to use it in a spiritual context.

How Many Chakras Are There?

(May 24, 1988)

For simplistic purposes, there are what are called seven Spiritual Centers, major ones. There are offshoots which we will not discuss at this point for it becomes then very complex. Know that some of you are about to become aware of the offshoots, and I only mention this as a subtopic right now so that those of you who, as you experience this, will know that it is valid, that which you experience, and we will address this topic in greater detail at another time, perhaps in a mini-session where those who will understand it the most will be in attendance. And we hesitate to discuss very complex issues in open sessions when there are so many levels of development present, and we do not want to scare off or intimidate significant numbers of you by giving information that is really too complex for the masses, but rather would be fine in transcribed form from a mini-session.

When I indicate Part I of Chakras, it is information for the masses. Then we will, when we have the opportunity to discuss the offshoots of the Chakras, my dear, I direct this comment to you for you are about to experience some awarenesses that you may doubt. And know that what you are experiencing, while entirely new to you, is in fact legitimate.

I have seen a lot of beauty and a lot of negativities lately in the last few weeks. The negativity is sort of knocking me off stride to some degree.

Yes, you have a very sensitive reaction and it is connected to that which will begin to occur with you in a short time. Do not be fearful of it. Trust in The Universe. Trust in your own soul. Trust in knowing that that which you are about to experience is brought on by the Soul, for you are ready for it, and you may call upon us for help.

The Energy Of Three Crystals Placed In A Triangle ~ Pyramids ~ Kundalini ~ Healing

(July 10, 1988)

Can you tell us about how we are affected by the energy from three crystals placed in a triangle?

Yes, we know you have been wanting the answer to this question for some time. Three crystals placed on a triangle. A triangle represents energy, and connected with two pyramids, and as I have said before, which some of you understand and some of you do not, not necessarily in this gathering but from others, the pyramids are conductors of energy designed specifically for the coming cleansing, and that the energy that emanates from these pyramids are directly related to healing energy, for there will be a healing that occurs for Planet Earth.

There is a symbolism in The Universe for the number three. There is a symbolism of three being a connector, and when you place the three crystals upon that which you call the triangle in pyramid, what you receive is a direct and very forceful connection to the kundalini, and it is very

powerful, as I have addressed to you in the past, and one which needs to be done with responsibility. It will be accomplished as you develop your own ability to bring it about, and it will enable you to call upon the kundalini whenever you need it in a responsible manner and in a way that will not frighten you or others around you. And it is an indicator for you that your healing abilities have reached a certain level, a level where you will be tested in a very dramatic way to your spiritual context, for there will be tremendous power that you will have.

Not all who would do as you do with the crystals would have this ability, for you have a certain level of power and healing that you bring with you from the time of the pyramids, which we have not even begun to discuss with you. And you are ready to take on this particular test, and you have been preparing for it, and it is simply then a matter of your permission for the test to begin.

The Experience Of Great Sensitivity In Recognizing That You Have Known Others (September 20, 1988)

I work and interact with lots of people. Currently I am finding that when I am interacting with a group, after a few seconds, I discover that I know the people. It starts at almost a physical familiarity. I can almost connect it, and then it becomes something quite different. It is a little scary sometimes, and I say I am not going to tell anybody this. Can you share with me what that might be about?

You know this already, my love, that your own Spiritual Centers are opening and becoming more heightened and therefore presenting to you a higher level of sensitivity in recognizing entities who you have shared experiences with. This is something that many, many, many, many entities now are experiencing. And when it first begins to occur, there is a sense of fright, fear, fear that you perhaps are imagining this and losing your mind, and there is nobody to talk to about this, and surely you are going crazy, and this cannot really be happening.

But what is also at the base of this is knowing that you are now grasping onto a particular kind of power. The issues of power and control now begin to surround you, for you realize that you know something about this person that could in fact impact upon your relationship with that person. And part of the learning that goes with this type of awareness is how to use the power within the spiritual context.

You must meditate on this and seek the guidance from those who guide you. Seek your Higher Self. Call upon all of the Light and those of the White Light to help you when you encounter those who you know you have had experiences with, for you will begin to recognize that some of them owe you something, and in that knowledge comes tremendous power. And you must learn the wisdom that goes with the knowledge and that someone at the Soul Level owes you something and needs to balance with you, for if used improperly it could manipulate and gain for yourself rather than helping that individual to rid themselves of that which they owe you, and to grow in the Light.

Thus, it is an opportunity being presented to you ~ you and many others of you ~ for you will, most of you gathered here, experience this in a more accelerated form than you have already been experiencing. You will be bombarded by it at times and you must learn how to deal with it, for unless you say to The Universe STOP IT, it will continue. It is something to view as a tremendous opportunity for yourself, as well as the entities with whom you come in contact.

There is much that can be said about this, and we feel that it is best that we leave it for another time where perhaps we can present to you some rather specific ways of dealing with it. I have sent this issue to Jenjura to do some research on that which appears to be important for you to know, and thus we will discuss this at another time in detail.

Advice To Someone With A Picture Of An Interpretation Of A Chakra (September 27, 1988)

Waith, I brought a picture with me and wonder if you could look at it, a picture of a Chakra.

We would advise caution. It is not completely accurate, but rather is an interpretation of a particular entity's view of the Spiritual Centers which, while not completely inaccurate, could cause confusion to many who believe that the seven centers have become gospel, are all that there is. There is much more. So, it is recommended that this ~ that caution be given here. It is not something that the majority should be viewing and using as information, and we feel however, that you have the ability to differentiate and to understand the significance of it by going to your Higher Self, and in your meditations, seeking the guidance for understanding what this particular interpretation means. I will, if you so desire, help you in your meditations with this.

What Physical Changes Can We Expect In Opening Our Spiritual Centers? (January 03, 1989)

Indeed. A very, very good question. For we really have not addressed the physical changes. We have addressed the spiritual changes that occur. And it seems apparent that there are physical changes that many of you may be experiencing, and not realizing that they go along with the opening up of the Spiritual Centers. As you know, as you open your Spiritual Centers, your attunement becomes different. Your vibration increases. And the opening up of the Spiritual Centers creates what might be called a shaking of the energies within the physical encasement, and this has an effect upon the physical, for the spiritual and the physical are linked, of course.

Now, depending upon which Spiritual Center we are discussing determines the effect it will have upon the physical. For example, as you begin to raise your attunement and the Lower Chakras begin to be completely, shall we say, opened and cleansed as much as they can be in a physical encasement, attention then goes to a Higher Chakra. And that which the particular Chakra addresses will cease to have as much importance to the physical.

Each Chakra ~ each physical manifestation relates to a Chakra. So, the Lower Chakras relate to, for example, part of the sexual activity. And when you move from concentration on a Lower Chakra, the emphasis upon the physical pleasures, as we would refer to it on the earth plane, do not cease. They simply realign themselves. For you must realize that your energies begin to change, and the concentration of your energies move into other areas. And so, your energies need to be directed to another Chakra where concentration is given.

For example, there are many who find that the Heart Chakra is now receiving attention, and in the Heart Chakra opens up the capacity to love, and it becomes a very beautiful experience, for many who have not felt the workings of the Heart Chakra in this manifestation now begin to feel an overflowing of love and they see the world around them and the people in the world in a different way. And there is an outpouring of love. It can be very overwhelming at first. It can be very overwhelming for each of you as one concentration changes into another.

Realignment Of The Energies ~ Moving Our Concentration To Different Chakras (January 03, 1989)

And realize that this is occurring at many levels, for at the Soul Level, you are experiencing vibrational changes, and at the physical level it shows itself. You begin to feel this change and you may be very overwhelmed by it, recognizing, though, that it is advancement and it is growth, you see. It does not mean the elimination of anything. It simply means the realigning of the energies, you see. You may feel, for example, at the physical level even what you would call palpitations in the heart when certain situations present themselves. And when you are meditating, for example, and you are cleansing the Chakras, and you are giving them Light, you will feel a heat penetrate the physical encasement. This is a realignment of energies. This is a way in which your spirit is beginning to expand itself and to grow lighter. It is most beautiful.

You must also realize that it can affect those around you who may not be either understanding what is occurring or is simply not having the same kinds of changes, you see. And it does, in fact, affect many relationships between energy forms unless there is an understanding of what is occurring, and that is not to be considered what you would call a threat to the other, but rather simply a diversion and a different flow of the energy.

There are some, for example, who experience perspiration at times, a shortness of breath in the physical. It is simply a cessation of desires, be they a sexual desire, be they a desire for certain types of nourishment, the food. This is a very common manifestation of higher attunement, a change in eating pattern, you see. When you suddenly, it appears suddenly, but it is not really, no longer eat flesh. When you begin to rid yourself of the earth plane limitations, such as that which is called drinking the alcohol, and the smoking of the nicotine, and other types of drugs currently available on the earth plane. And what it actually is then is a cleansing of the body in conjunction with the spirit.

Feeling Warmth Or Cold As The Spiritual Centers Are Opening And Closing

(January 03, 1989)

Sometimes in meditation I experience being very warm. Then, all of a sudden, the lowering of temperature, almost to the chilling effect, being icy cold. Is that the same?

Essentially, what occurs here, is many of you are experiencing this in some degree or another as a fluctuation as the Spiritual Centers are opening, and they open for a short time and then they close again. This is necessary for the eventual cleansing, that they open a bit, and then they close, and then the next time they open a bit further, and then close again. And what you feel then is this heat when it opens, and then a lowering back of the body temperature to below that which is normal and then it adjusts itself as it gets into its own adjustment, for when it opens it rises ever so slightly, and when it closes it goes back down to a level below that which it was, and then it levels off. And each time that it levels, it is raised ever so slightly more than it was before.

Is this geared to certain Chakras, or to all of them?

This is for each of the Chakras, depending upon which one you happen to be working on at the time.

Then eventually that will just stop. You will go out of that. You will not experience that, because it has been a while, but ~

It will, depending on the Chakra, you see. You may go through the process in one Chakra, and complete the process at that particular attunement level, and then move into another Chakra. You give yourself a little time here, in between, and go into another Chakra, and you go through the whole thing again, and you open it up and you close it and open it and close it. And you have then reached a certain level of attunement across the board with the Chakras. Then you start all over again, you see.

Does this also affect our emotions?

Oh, indeed! Indeed. Yes, for the physical and the emotional are so interconnected. All is interconnected. One area of your being is not as you would say, mutually exclusive from another. That which occurs at the spirit level will have its effect upon you at the physical and at the emotional. It all begins with spirit and it filters itself into mind, and then the mind filters it into the physical and the emotional. Indeed.

Waith Talks About Sex, The Lower Chakras, Homosexuality, Judgement

(November 06, 1990)

Would you talk about sex? It has always been a major part of either religious practices or nonreligious practices, also seen as a group evil or a combination of good and evil intertwined. When is it good? When is it evil? Is it harmful in any way? How is it viewed in other realms?

Yes it ~ understand that the issue of that which is called sex is simply the physical manifestation of issues relating to a spiritual Chakra. It is, therefore, no more or no less significant or to be teeheed about than the other issues relating to the other Chakras of the spiritual, including that which is called the Crown Chakra which has its issues and the Heart Chakra which has its issues. That which is the Lower Chakras have their own issues, and that which is sex moves through the Chakras as they are cleansing themselves and are extremely important for the total balancing of that which is called the physical on the earth plane. Understand that in other dimensions where there are other training grounds and other types of encasements there are other ways in which entities come through for their learning and that there are other vehicles that are appropriate to the learning of physical lessons.

The earth plane has a very unique way in which entities come through, as well as the way in which those entities are brought through. However, it is not the only issue relating to that which is called sex. There has been, of course, through that which is time for this particular illusion, the implication that sex is only to bring entities through. This is not the case at all. For, indeed, if that were the case we would run out of entities from this end. Thus, we must, of course, look at this issue as having far greater dimensions than that which ~ many organized religions, or groupings of entities, would want to place controls and to say that it is not appropriate unless it is a very particular situation. This is not the case at all, and as we have indicated so very, very often, issues of judgement enter in for entities where any other entity is concerned, and there is this issue that unless it is being done according to the standards of another, then it is not appropriate. We view any behavior, if you will, from this end, as we view it on the plane, as totally appropriate to the lessons that need to be learned.

And thus, when the issues of sex with those that are referred to as the same gender come up, we do not view that any differently than we would view it, sex with opposite genders, for you must understand that there are issues of balance here and other types of issues that relate also to judgement, for at earth plane level, there is so much judgement of physical, and when you view the encasement of another, you do not know whether that encasement holds a male or a female dominant energy, and it is none of your business to begin with, and it is also none of anyone's business why anybody does anything, you see. It is only each of you who must deal with your own issues, and it does not matter to anybody, including us, whether or not you do anything where the Lower Chakras are concerned.

Now, the interesting aspect of all of this is that as you begin to evolve in your own understandings and awarenesses and you balance in your own issues, the issue that is called sex simply purifies itself, and that by being on the plane, sex is one of those Menu items that we have spoken of so often that you have it to choose from, and depending upon the percentage that you choose to take on in the learning of an issue relating to sex determines the types of behavior that you will take on from lifetime to lifetime. It is an interesting topic, my love, that we will be

giving advanced information on, for it is far more complex than simply "Talk to us about sex, Waith." And we will indeed be discussing it in a far greater context than we have now.

We find that there is a tremendous amount of curiosity about its role within the spiritual mission, and we will, as time progresses on the plane, give you the information that will help you to understand that it, like all other aspects of learning, has its place within the total spiritual mission and that there is by no means anything wrong with sex, just as there is nothing wrong with the consumption of food, including the consumption of that which is animal. It is simply the evolution of it, and that as you evolve in your own vibrations, entities, for example, choose to not eat certain types of other entities and energy forms. Those who are vegetarian, however, still consume energy forms, for that which is The Plant Kingdom is alive just as much as that of The Animal Kingdom, you see. It is simply a matter of evolution, and therefore, the consumption of sex is no different.

Many spiritual leaders have claimed that they have become more spiritual through abstinence.

For them it may be appropriate. For others, it may not be, for the achievement of spirituality is very individual, and it is an issue of judgement to say that the only way to be spiritual is to abstain from this, that, or the other thing.

And we have, on the issue of consumption of food, for example, indicated that the judgements that abound that say the only way that you must achieve spirituality is to not consume animal is not correct, and that if you are continuing to have nicotine and caffeine and all of the other addictions that are a part of the earth plane, that you are indeed not spiritual. This is not true at all, and we would say the same where the issue of sex is concerned. It is very, very strictly a personal issue.

And indeed, one does not know whether an entity is teaching or learning, and you must keep that in mind and be very, very careful, my loved ones, of judging another's actions, for you must do what is appropriate for Self, and this is the reason why meditation is so critical, that you find the answer for Self within Self and not by that which is judged by others around you to be correct, but rather, what is correct for Self, and if the way for an individual to achieve a higher sense of awareness is through the eating of Twinkies, ☺ then so be it.

**The Solar Plexus Is The Portal, The Opening, Of All The Energy Centers And Must Be Protected
(May 07, 1991)**

When you use the technique for healing the earth, are you also healing yourself? I feel a lot of warmth in the Solar Plexus.

There is a natural response, my love, in that when you send energy out of Self through this particular Energy Center that you will feel the warmth, for this particular Energy Center is the

portal for all of the Energy Centers, and this is a natural response. You would also feel this warmth if you were to visualize any other image within the circle, the earth being simply one example.

What do you mean, the portal?

It is the portal for all of the Energy Centers that you find yourselves with in the physical encasement. It is the opening. Many of you would be careful in keeping this particular center shielded. We have given other information in prior times, it is important to shield the Polar Plexus, especially if you are in a healing situation, if you are attempting to work with another and you would work with the Energy Center of the Solar Plexus of that entity. Be certain that you close it once you have finished working with it, for if you do not, it allows, then, a negative energy to enter in. It also can help you to shield this center yourself when you go into, let us say, crowds where you may feel pulled in different directions or even a sense of attack from dark forces. This will help to protect you. Think of simply placing a shield of Light around this center, you see, and that will protect you.

Gaining information from The Pyramids ~ Colors Associated With The Energy Centers (June 04, 1991)

Now. This is the very wonderful part of what the new ~ what the structures are giving to you, and as they prepare for the new structures you will begin to feel the connection.

(Name given) had an experience not too long ago on the plane with what we are about to give you for information, and it is most exciting actually, for ~ explain what you envisioned, and we will then elaborate upon this, my love.

During my meditation I was envisioning the three pyramid structures that you had described earlier that week and out of the pyramid structures I saw a very bright orange and yellow light that was sent to another individual to help in healing.

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.

Energy Centers, Commonly Known As Chakras (Comprehensive Discussion)

(August 04, 1992)

We continue our discussion of our major topic for this earth plane year, and that is The Earth Plane Connection. We will continue our discussion and give you a topic now that, while we have spoken of this topic in other times, we place it into this context of The Earth Plane Connection; and that is Energy Centers and how it is appropriate for the growth that you all find yourselves now undergoing, some in a very accelerated manner, and that your Energy Centers that are commonly referred to on the earth plane as your Chakras are referred to by us as Energy Centers.

They go by many names, and remember that in your quest for understanding and awareness that basic concepts go by many different names on the earth plane and be careful of being limited in your understandings of the basic concepts by that which is given a name that is not exclusionary. If a person does not understand a concept by the name you know it by, it does not mean that it is wrong, you see. Be most careful of those types of judgement.

The Energy Centers that you are all most accustomed to consist of what we refer to as the tunnel that goes up through the center of the physical encasement. However, the physical encasement is only a small part of that which helps to operate this tunnel. There are three other areas to be concerned about from an energy perspective. We will address that first and then explain to you how you can begin to open up your Energy Centers.

As you all know, you deal with spirit and you deal with earth plane in the balancing of your issues, and that both are interconnected; and that in order for that at earth plane, or physical, to manifest, it must first be addressed at spirit, and there must always be the higher order in the understanding of your issue, the spirit issue.

Now. In between the spirit and the earth plane are layers of energy and layers of vibration that relate to your particular energy field, and we have addressed in a session not too long ago, this Circle of Energy, your Energy Circle that each of you have that encompasses all of the other components of Energy Kingdoms that exist in The Universe. And you would be able to refer back to that written word that we have discussed. (See transcript [March 03, 1992](#))

A Visual Description Of The Energy Centers And The Very Thin Cords

(August 04, 1992)

Now. This Energy Circle that you have is unique to yourself as well as connected to The Universal Consciousness, and as your Energy Centers, this tunnel, if you will, begin to expand and become cleaner and more vibrant, there are very, very thin cords, if you will ~ this is the best way to describe it, thin cords ~ that are connected with each Energy Center to this Energy Circle that surrounds you, so that you would see, visualized, this tunnel moving up the encasement from the bottom to the top, from the top to the bottom, and that the cords move out into this

Energy Circle, as you would think of a wheel ~ and you would then see the spokes moving out to form that which moves the wheel.

And it is, then, each of these cords that keep the Energy Circle that surrounds each of you strong and indeed intact, without crumbling, you see, for to have the Energy Circle simply existing around you would make it vulnerable to crumbling, to disintegrating, for you would say, "Well, where is the connection?" remembering that all of us, as energies, are connected to The One by what we have described as a thin cord, which has also been described by many others coming through from this end, for information. Thus, we now say to you that the cord is connected even more so with each of the Energy Centers.

Now. As you begin to increase in your own awareneses, you begin to open up other Energy Centers. There are more Energy Centers than simply those which have been described traditionally as the Chakras. As we move into The New Illusion, it will entail having more openness in certain parts of the vibration.

Some Changes In The Energy Centers In The New Illusion (August 04, 1992)

And thus, as we have described in earlier times, the opening up of new Energy Centers means finding areas ~ perhaps, you see, on the shoulders, and in the back, and on the fingertips ~ and that as we move into a New Illusion, certain Energy Centers in this tunnel will have opened completely, and therefore, will take their place within that which is the total vibration, making room then for the new Energy Centers that are beginning to open, subject to lessons to be learned and greater awareneses to be had.

Now. The Energy Centers that will subside in The New Illusion are those at the lower level of the tunnel, for the issues of that which you call sex and sexuality will be most different in The New Illusion, and thus, the Energy Centers will not be subject to the opening, for that will have been accomplished, that opening, by those who will be here for The New Illusion. And those who chose or are unable to remain in The New Illusion after The Shifting, will, at the time that is appropriate, reenter onto the earth plane illusion and begin once again to work on those particular Energy Centers that they left the earth plane closed, if you will.

Now. We have given out a technique for the opening of the new Energy Centers, and our beautiful community members have finally, shall we say, gotten their act together in producing that which is the technique that we have given and the guidance and the assistance from The Mineral Kingdom for this. There are many of you who are not ready for the opening up of the new Energy Centers, and that is fine, for all progress at their own speed on their path. And what we simply present to you now is this connection, then, with the spirit and with the Energy Circle that you have.

Each Of The Energy Centers Play A Part In Lessons And Balancing That We Go Through
(August 04, 1992)

Now. When the Soul determines that certain lessons need to be worked upon, the message is given to the Higher Self. This is the connection. The information is stored in the Soul. The Higher Self is the connector, is what you call the intermediary between Conscious Self and the Soul. And thus, the Soul gives to the Higher Self the information. It triggers that which must be learned ~ or that which needs to be remembered from another time. It is then the responsibility of the Higher Self to connect with Conscious Self, and as you, most of you, know, that this is primarily done through the process of meditation. What we add in now to this is the component of these cords that are connected to each of the Energy Centers; for each of the Energy Centers play a part in the lessons and the balancing that we all go through.

Thus, the Higher Self, then, will send a vibration into the consciousness, that which you are currently aware, through one or more of these cords of energy that connect to an Energy Center. This is the way in which the energy comes and goes, you see. It is all very methodical, very well organized, if you will; and it is when you work on a particular issue that that Energy Center goes on alert, shall we say.

And thus, if you are dealing with issues of judgement, then that which is the Heart Energy Center is one of those that goes on alert; and the information that is needed from your soul comes through the Higher Self, and the energy is sent through the cord that connects your Energy Circle with the Heart Energy Center. And then all of the other energies in your Energy Circle that are a part of your total vibration become involved, in some way or another, depending upon their connection with that issue to which you find yourself now working.

Discussion Of Lessons And Balancing, Ego, Blockages In The Energy Centers
(August 04, 1992)

And when it is time to ease up, shall we say, on that lesson that you may be working on, that information and that energy is sent back through the cord that connects the Heart Center with the Energy Circle, goes back into the Energy Circle and then goes back into the Higher Self and then back into the Soul. Now, this sounds all very easy, you see: Soul, Higher Self, Cord, Energy Center ~ poof! You have done it, you have connected. Now, of course, you all know that it is not quite that easy now, for if there are blockages anywhere along the way ~ and of course there are, and that is part of the fun of it all, you know ~ then that is when the importance of working with your guides and your Angelic Protector come in.

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

in control." Now, this can occur for many, many, many, many lifetimes where the Higher Self says that it is in control, and the Soul waits patiently until itself ~ you, each of you ~ resolve the conflict within Self, for it is a Self-conflict.

Now, once that barrier has been broken down, Higher Self now is all excited and ready. Now, we will talk to Conscious Self. It is not always true, is it, now? "Higher Self to Conscious Self. Higher Self to Conscious Self." Conscious Self says, "No, I am in control. It is I on the earth plane. This is where the action is. This is it. I do not need a Higher Self." And this can go on for eternity. ☺ As long as it goes on, that is as long as you stay on the earth plane, and you can stay on the earth plane for eternity if you so desire.

Now. Once, of course, that blockage has been broken down, it would appear, then, that the way is clear. Ah. There is the connection between Conscious Self, Higher Self, and Soul. My, my, what a utopian thought! You have it all done now. However, the glitch occurs in that these blockages that you have broken down apply only to issues.

So, you see, it does not apply in totality. It means that you may have, let us say, the issue of patience, and you have finally broken down the barriers for this issue of patience, which is connected to one of the Energy Centers that is known as the Solar Plexus, that is one of the Energy Centers, and you would feel, "Ah, all my blockages are down now." However, you may have the issue of judgement, that is related to the Heart Center, and that may still be in blockage, so your blockages may still be there even though you have opened up in other areas, you see. And it is not until you are finished with your sojourn on the earth plane that all of those blockages are gone.

The Goal Is To Unblock The Energy Centers (August 04, 1992)

You see, this is why you are on the earth plane. It is to unblock. Now, of course, as you all know, if you eat the wrong foods, sometimes the arteries in your encasement become blocked, and you flush them out because you have been good, and then you start doing the things that blocked them in the beginning, and they block up again. Well, this is true of all of these lines of energy. They block, they unblock. They block, they unblock.

And this sensation that many have felt, this WHOOSH feeling within their Energy Centers, is simply something that can be viewed as the opening of the trap door, you see. You see, you are opening it with this little string, this cord. It is opening up, it is closing. It is opening up, it is closing. As you go through and resolve all of your issues, the blockages occur and then they unblock, and then they block and then they unblock, and eventually, you see, they are totally unblocked. And that is the fun of the earth plane. No? ☺ I sense a negative response to this statement, THE FUN OF THE EARTH PLANE.

A contradiction in terms.

Fun on the earth plane is a contradiction in terms, is it, my love? Yes. Not so, not so. There is much joy that is felt on the earth plane. The earth plane scenario is deliberately set up to tease you and to make you feel at times, "Oh, isn't this a wonderful decision I made to come onto the earth plane? I am enjoying this beautiful day on the plane. It is warm and sunny." Or, "I have just accomplished a wonderful lesson and I have broken through a barrier and I have greater awareness now. Ah, the world is wonderful!" Yes, and then comes a new lesson. Indeed. But it is the growth and strengthening that comes from this, you see.

And thus, now that we have given you a description of the Energy Centers and the interconnectedness with your Energy Circle, the Higher Self, the Soul, and The Universal Consciousness, we would take questions.

Does Working On Particular Issues Related To An Energy Center Cause Emotional Or Physical Discomfort?

(August 04, 1992)

Yes, it does. Indeed. It is part of the setup, for the lessons to be learned are a combination of the physical and the spirit; and that, yes, much of lessons to be learned manifest in concreteness, that which is the physical. And that, as the Energy Centers, which we said earlier, are connected to spirit and physical, as they open and close, there will, of course, be disruptions within the electromagnetic field of your encasement, and thus, it creates disruptions at times in your physical feelings. It can create feelings of discomfort, but it also can create the opposite feeling, a feeling of wellbeing.

Thus, it is not always that you will feel miserable because your Energy Centers are opening and closing, but rather, you would feel light and happy. It depends, of course, on the sensations. Usually, as you begin to really take on an issue, initially you will feel a sense of heaviness in the encasement, in any one of those Energy Centers in the tunnel. And as you begin to work through the issue, you will feel the sense of lightness.

Each Takes On A Very Small Percentage In The Learning Of Lessons That You Go To Work On

(August 04, 1992)

It is important to note here that each of you takes on in the learning of your lessons a very small percentage each time that you go to work on a lesson. You do not take on the whole lesson at once. When you enter the earth plane, you may say that you are going to perhaps learn the issue of patience on the earth plane training ground, twenty five percent of it, and the other seventy five percent of it, you will learn on other training grounds. Thus, twenty five percent, you come onto the earth plane in your sojourn and you will say, "In my time on the earth plane, I will take on that percentage." And in a particular incarnation, in which you determine to work on

patience, you may then say, "I will, in that incarnation, work on one tenth of one percent of those twenty five percent."

You see, you do not take the whole percentage, come jumping into the lifetime; and that as you say perhaps one tenth of one percent in this incarnation you will work on, but you will not do it all at the same time. You will take a tenth of one percent of that at one given time, and you will work on that, and you will work through it, and you will clean the Energy Centers, and then the Energy Center will close where that issue is concerned. And you may go for many, many earth plane years working on other issues, and then decide that you will take another one tenth of one percent of the issue of patience. And thus, the opportunity will be presented, and the opening will be there, the pulling back and forth of the cord, and you will begin to feel the movement.

Thus, you see, if you were to take on one tenth of one percent of an issue in a particular lifetime, that when you first begin working on that issue in a lifetime, you will feel the discomfort, and it may take you, perhaps, working half way through in that lifetime before you begin to feel the lightening up within the encasement, so that when it is time to open the door again on the Energy Center, and perhaps it is now the fifth or sixth different time you have opened the door and begun, it will not be as heavy this time, initially. There will be a lighter sense of opening up, you understand.

It Is A Personal Situation For Each Individual When Working On Specific Issues

(August 04, 1992)

There are times when people have heart attacks, or an aneurysm. Would that be a time perhaps when the opening of an Energy Center is occurring, and perhaps the person is not prepared for it to happen?

The discussion of preparedness is something to ~ always keep in mind that you, at a higher level, are always prepared. It is this conflict between Conscious Self and Higher Self and Soul that can create the sense of "This was a surprise." Conscious Self who thinks it is in control, and that issues such as heart attacks and other very traumatic activities within the encasement are simply physical manifestations of this opening and closing that signify personal, which of course we do not go into in Public Session, personal reasons why.

One entity who has, let us say, a heart attack, and another entity who has a heart attack, will have them for very different reasons. There is no pat answer that says, "Aha! That person had a heart attack, and therefore, I know exactly what their issues are!" My, my, wouldn't that be easy for you all to be in that role of judge, you see. As we say so very often, you know not what the path of any entity is, simply to know that when a physical activity occurs that, yes, of course, it is connected with an issue from the spirit and has a spiritual dimension, and that unless the spiritual is addressed, the physical will not at all resolve itself. And unless there is some type of harmony that develops at the higher level with the physical level, the physical will continue. And while it may occur no longer in that particular incarnation, the issue is still there and will carry forward into another incarnation.

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

And thus, it is an individual case and it is up to the entity to deal with it and not for any of you to go running to them and say, "Well, you know, now that you have had this heart attack, I think that you should start reading what Waith has to say." Or, "I think you should be reading this, and I think you should be reading that." And it is not for you to make any of those kinds of judgements. Be most careful of any affliction that you would observe. Be there only to support and Be of Service if asked. That is one of our operative phrases, IF ASKED. Stay out of it unless you are asked. Being asked can come from different levels, but that is another topic.

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.

Does It Help To Use Crystals, Color, Or Sound, To Work On And Open Your Energy Centers?

(August 04, 1992)

Yes, those are all cleaning elements. It helps in creating a greater awareness, you see. You are the only one who can learn your lesson. A crystal cannot learn it for you.

If you use a crystal, or whatever, to work on the Chakra, does this help with the issues, or give you a higher awareness?

It gives you a sense of alliance that you have some help. Understand that you do not, in actuality, need that. However, it is a source of assistance which most energies, on the earth plane, especially, find that they need some type of help. And this is what The Crystal Kingdom is here for. It is to Be Of Service, to aid in helping you along the way, just as many in physical encasements, those around you, serve as helpers to you, to give you guidance and consolation and that sort of situation. But ultimately, regardless of how much help you receive from your Angelic Protector and from your Spirit Guides, from any source, ultimately, it is you who face Self. But it is always nice to have companionship.

Discussion Of Energy Changes In The Body, Enlightenment, Judgement, And Elitism

(November 21, 1995)

From my understanding, all humans on this Planet Earth right now are undergoing changes with our Chakras and our bodies. Is this true, or is it only those who have become so-called enlightened, or is it everyone?

Enlightened ~ one of my most favorite words! To become enlightened, as if it were some panaceas that one must work toward achieving, and once you have reached that point, you are perfect. Enlightenment comes with each moment of existence. As you learn something, you become more aware. Being enlightened, as it is referred to on the plane now, is an elitist term. It is used by many who attempt to make themselves out to be better than another. "I have reached enlightenment. I now know how to reach my Higher Self. I, therefore, am better than you. You,

on the other hand, must use candles and incense, and therefore, you are not as enlightened as I am." Or, another would say, "You do not use candles and incense. and therefore, you are not as enlightened as I am." You see, this is all such foolishness.

The issue that you have brought up is part of this whole elitist type of situation ~ the changing Energy Centers, the vibrational shifting, the polarity changes. "Ah, if your polarities do not change, if your vibrations do not change, then surely you are doomed. You are not able to be enlightened. It is only those who have been chosen." This is all so silly. We do like to break down this elitism that seems to become even more and more pronounced as an illusion changes. At the end of every illusion, this elitism comes in. This is nothing new in this time frame.

We have spoken of Energy Center changes. In fact, we have given a great deal of discussion on the changing Energy Centers. First of all, to keep in mind is that Energy Center changes occur on a very regular, consistent basis with all, ALL ENERGY. It is not an indication of superiority in any way. Any who would say to you, or try to imply to you that they are superior to you because, "Well, after all, I know that my Energy Centers are now moving East to West and yours are still moving North to South." You must be most careful of this type of energy who speaks in this way.

There is certainly going to be the situation in which, at the time of The Shifting ~ and this is all information on the record ~ those whose vibrations are not attuned to the new vibration of the planet will have to leave the plane. This is not a negative, and we have said this. It is not a negative. It is simply that your vibrational attunements need more work.

There are many on the plane now who have had Energy Center changes that bring them in alignment with east/west rotation rather than north/south. There are many who are in the process of these changes. Hopefully, they will find the switch occurring before too long because Energy Center changes can be painful, physically. There are some on the plane who will, right at the moment of the axis shift, find their polarities shifting right along with it. They may not indeed shift in their Energy Centers until that very moment.

It is an extremely judgemental positioning that many on the plane take now when they say that they have been enlightened because their Energy Centers have changed, and if yours have not changed, then you are not enlightened. Enlightenment is simply the ability to understand your own place in The Universe in a greater and greater way as you grow. That is all enlightenment is. It is no big deal, being enlightened. In fact, we enjoy the usage of it currently on the plane, for it is a way for us to shake that superiority, that elitist stance, that so many take.

So, you see, each of you in this gathering have periodic changes in your vibration. If you did not, then you would not be existing. Energy, by its mere existence, changes. It shifts, it fluctuates, it flows.

Sometimes what happens when an energy becomes trapped in several layers of encasement, which is the situation with the earth plane, it has blockages. Therefore, it appears that movement is not occurring with energy, for there are blockages. That is a whole other discussion, of course, that we have placed on the record, and will continue to give advanced information as time progresses. However, we feel it important, periodically, to emphasize the very issue that you have brought into the session this time, my love.

Do not let another hover over you with a sense of superiority for they have no idea, no knowledge, of what is going on with your Energy Centers. Simply, to have greater awareness than another is no reason to feel superior. It just means that you have worked longer and harder. It does not mean that you are better. It just means you probably have been obsessive about working longer and harder than another ~ we use that in a lighthearted term. There are many who become quite obsessed with the rapidity of their growth, rather than simply the flowing of allowing their growth to happen as it needs to.

So, as you all sit here now, your Energy Centers are fluctuating and moving. When there are polarity changes, it becomes a bit more noticeable. Certainly, from a physical stand, dramatic vibrational changes create change in the physical. Some of you may have experienced physical ailments or physical pain that have no rhyme or reason for their occurring, and they come and then they go ~ no longer. Or you may feel residual pain in the encasement periodically occurring, but you do not think much of it. That is the result of energy switching around, creating a new spot for itself.

When energy has established a new spot, can it can also switch back?

Oh, indeed, energy can go anywhere it wants to, actually. The vibrational component of each of you as an energy is, in essence, controlled by the Soul. It can move to any spot that it wants to move. It can be assisted. Oftentimes, the vibration of an energy will call out and say it would like some guidance ~ one of the purposes for those who work with energy. There are many who are able to work with energy, and when they say, "We work with energy," it means that they have an ability to respond to the call that is coming out from your vibration and help in the smoothing of the energy within the encasement.

So often, energy gets blocked and it moves into a spot that it, maybe, does not feel comfortable in. It got trapped ~ poor little thing. It is like it is in a little prison and it cannot get out ~ and facilitators come about. We have spoken of the facilitators. Healers, and those who work in many different ways with helping others to heal themselves, have a sense. They can feel, they can sense, they can touch, and they can release. They are the key. They open the door to the little prison and help the little vibration move back to where it perhaps needs to be, or wants to be, or, if it gets trapped along its journey, they help it to continue on its journey.

It is a most interesting phenomena that occurs, especially within any encasement that is on the earth plane ~ the earth plane providing layers of encasements for an energy, as opposed to other training grounds that, perhaps, just give one or two encasement layers.

Discussion Of The Effects In The Body Of Polarity Changes Occurring (November 21, 1995)

If somebody has the energy changes in their body and it takes place in joints, and it is very painful, and then they go to another energy change, is it likely to stay there, repeat itself there? Or can it move around and do other things?

Very definitely, it can move around, and more than likely would move around. It would be rare that it would manifest in the same places in the same way ~ for polarity changes. For energy changes, just simple Energy Center movement, it could concentrate in a particular area for an entire lifetime, for that is a lesson that needs to be worked through. So, it may concentrate in bone, or it may concentrate in the soft tissue, or it may concentrate in the blood. It may concentrate in any of those areas. And that, indeed, is part of what we will discuss in this later time.

Polarity changes, however, are affecting the entire vibration. Therefore, you will feel changes in many different components. It is like what you would call a ~ we seek the word, we see it, vegetable ~ potpourri ~ food. Potpourri is a word, yes, for mixtures of many different fabrics, different scents, different smells, many different things coming together to form one. When the polarity change occurs, it is necessary for many different areas of the encasement to come together as the polarities switch.

As it is moving north and south, south and north, it is moving around your Energy Centers, and as change begins to occur, you will feel creaking in the encasement. Once the polarities switch and actually flipflop, as many of you have experienced, there will be a dramatic sense of WHOOSH! And it all comes together. The Energy Centers will now move in a different direction.

This potpourri effect means that prior to the actual movement and complete switching, there have been pickings at different points in the encasement. Different Energy Centers have been picked with, pulled out, and gathered ~ this ingredient that makes the potpourri ~ and the ingredients are all gathered, be it from the bone, be it from this tissue, be it from hair, be it from the entire array that makes up the encasement. Each has had their share of changes, and then they all contribute to that change that occurs.

Once the polarities have changed, however, it does not mean that, "Ah! No more. This is it." It simply means that your Energy Centers now move in a different direction. As we had discussed earlier, the Energy Centers now will just continue to have movement and change and fluidity in a different way. Between now and when the polarity of the Earth changes, those who are now

going east/west, west/east in their polarities, will find themselves a bit at odds with the energy ~ may feel disruptive, may feel the energy disruptions ~ for the earth is still moving north/south, south/north.

Is this change going to be instantaneous, or is this over a long period of time? And what is the cause of this change?

*Oh, it is quite instantaneous. We have given quite a bit on this subject. There is much that we have said, my love, that could in no way begin to be summarized in the time that we have in this gathering. However, your question does place on the record the need for many now to begin looking at those reasons. We are here to help in the preparation of *The Shifting*.*

*This is our mission up until *The Shifting*, and after *The Shifting*, of course, our mission is different. And thus, because it is our mission, we must discuss it and we must have information available and we must continually have it brought up in *Public Sessions* so as to not forget ~ not that any who would come here would forget that there is an illusion change. It is the hot topic on the plane now in many ways.*