

# Waith Class Transcripts, Excerpts

## FLOW OF THE UNIVERSE

### FROM TRANSCRIPTS 1987-1996

*(Topics Include Expansion of Layers, Group Balancing, Killing Others, Levels of Consciousness, Mirrored Illusions, Ripple Effect, Simultaneous Coexistence)*

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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 ⚙)

## Lessons Of Simplicity Can Become Complex On The Earth Plane

(September 17, 1987)

I have a question ~ about my windows. It sounds very trivial. However, it seems to be an insurmountable obstacle in my life in that the person who was contracted to re-do the crumby windows that were done has disappeared. I cannot even reach him by phone. I am trying not to lose heart here. However, it is getting difficult.

*Do not loose heart, my dear. Your lesson has not been learned yet. This is an ongoing lesson that we have been dealing with at this level for quite some time now. And our dear entity here is having difficulty ~ and so we have placed another obstacle ~*

*You are not seeing the lesson, my love. You are not seeing the lesson. It will not help you of course for me to tell you what it is, for then you will not learn it. It is such a simple one. The lesson itself is so simple that your attempts to learn it have become so complex that in the complexity you have lost the simplicity of it. You have made more out of it than is actually there, and therefore you have made more of a lesson.*

I thought I was on the trail there for a while. However, when this guy disappeared and shut off his answering machine, I could not believe it. My second one thousand dollar down payment is now out the window someplace. I am beginning to wonder.

*Listen to your words, my dear. And listen. Listen to your words. You might want to replay this portion of the tape. Listen very carefully to the words that you have said and therein you will find a clue. Your guides can tell you if you will listen to them. Nothing is easy. When you see the simplicity of it eventually you will be amazed at the complexity, which you placed around it.*

*Lessons are really quite simple to learn. And before an entity enters the earth plane it is really quite simple, seen from this dimension. When an entity comes onto the earth plane it becomes tied down to the limitations that are recurrent on the earth plane. Simplicity becomes complexity, making more out of something than actually is. That in itself can be a lesson for many.*

## Flow With The Universe ~ Go With It In Terms Of Trust

(September 17, 1987)

*Flow with The Universe ~ have faith that what is meant will be. Go with it in terms of trust. It does not mean that things will be easy for you. It simply means that your energies are flowing in harmony with The Universe ~ and The Universe holds all the answers. You only need to tap into it. And each of you can do that directly. You do not need me. Actually, I am superfluous, an intermediary. I come in to help you understand your own abilities to tap into the Universal*

*Mind. And I am here as a stepping stone, so to speak. It is a very interesting phenomenon. I am enjoying it very much.*

## Flowing And Trusting In The Universe (October 01, 1987)

I am also part of the group that was spoken to you about earlier. And I am having a very difficult time finding out what my purpose is. I seem to be jumping so fast from one thing to another, and I am very confused by it. I cannot segregate what it is I am supposed to do. And I think I am confusing some of the people in there.

*While I do not like to dictate to anyone what to do, I will, on occasion, make recommendations based upon knowledge that I have about your total picture, that is, all of your lives, and your soul's path, that has come to where you are now. It appears that this group is not harmonious for your energies now. There are several in the group who are harmonious with you, and you know those people. However, because of certain issues that you need to address in your own soul's path, there is, as we would say, with opposite energies, a friction occurring.*

*You need to go into another direction at this point. You need to find another group of energies who are more harmonic with yours, and it is out there. What you need to learn, you are not going to get from this particular group at this particular time. It will be advisable that by opening yourself to The Universe and allowing The Universe to show you the way, that you will find those who will be most harmonious with you. A basic Law of The Universe is that when a void is created it must be filled. So you therefore need to create a void so that The Universe can then place into that void those who are harmonious with your vibration, as you are now, and what you need to learn now. Do you understand?*

Not really. I guess I am having trouble with the direction. Why things have been happening to me lately, I do not understand.

*Yes. It is The Universe at work. And, my dear, what is happening is that you are not certain how to work with The Universe and how to, as we would say, Flow with The Universe. You need to surround yourself with energies, with people who can help you to understand how to work with The Universe. There are people in this session now, as we speak, who are learning how to work with The Universe, or who have already learned and are working quite well with The Universe. That is what you need, first and foremost, so that everything else will then begin to fall into place.*

*You may not understand why something is happening. You will know that there is a reason for it, and you will allow yourself to let go of the sense of control that you are trying to have, and trying to understand what the reason is for everything. There will be many, many times when events that happen to you will not be understood by you, and that, in fact, is part of the lesson*

*in faith, in trust. Many, many entities go through this, just accepting that something is happening for a reason. Try to understand and gain from that and work with the Laws of The Universe.*

*Reach out to those around you. There are many, many who are anxious and willing to help you. You need only ask. Those who are here to serve will not force themselves upon anyone. They will wait to be asked, and then there will be no stopping them.*

## Trusting And Flowing With The Universe. And The Issue Of Free Will (September 26, 1989)

**Isn't truth also surrender? Everything relates back to surrendering to The Universe and to the highest concepts.**

*The use of the word surrender, as it is defined on the plane in the current illusion, is a bit deceiving, shall we say, to the Universal Concept that it actually applies to. Surrender as it is perceived on the plane now to many indicates a loss of free will, and this has become an issue for many, many on the plane. They confuse The Flow of The Universe and the ability to go with The Universal Consciousness and their own truths of The Universal Consciousness with this definition of surrender, you see, this question is what we also will elaborate on in the Special ~.*

**Because I have had a lot of blurriness on the degrees of truth and surrender.**

*Yes, yes. Surrender unfortunately is defined incorrectly on the plane in relation to its application of Universal Concepts, for it does not mean a loss of free will, a giving up of free will. Understand that free will is a Universal Concept and that all energies have free will. All have it. But it is the way in which it is perceived, this free will, that has caused the fuzziness. It is not understood accurately as to what this surrender and free will actually mean. And this is a very large component of our discussion in the session and it will help you all, now, to think along these lines for the Special Topic Session.*

**Though it still might seem unclear, you helped me formulate my question. And my question will hopefully become clearer.**

*Indeed. It will. For the three questions have been asked were those that were to be presented for this session so that it would give you thought and it would set the groundwork for our discussion at greater length in the special session.*

*These three areas will be those that will be continually elaborated upon. And we will only begin to discuss these in the Special Topic Session, for there will be many, many questions as the time progresses relating to the application of these areas. And it is in these areas that we are here most strongly to help you with to understand in the teaching and the learning, and in the trusting, and*

*in the understanding of free will, and in the understanding of how to connect with your own truths, and how to connect with The Universal Consciousness and your part in the Flow of all that occurs.*

The reason I had a problem fully relating my question was that I was thinking that truth and surrender were the same thing. And that is why I could not formulate the question because of where I was coming from to start with.

*Ah, indeed. And we will clarify these fuzzy, as you would say, areas ~ these areas that blur, for it is the Universal trek, shall we say, of all entities for the understanding of learning and teaching, for it is not only on the plane of the earth that these concepts need to be learned and applied. It applies in every dimension. It applies in every training ground, be it the earth plane, or be it the astral plane in which we have discussed certain issues of learning that take place for entities who find themselves, shall we say, spending time in the astral plane.*

*It applies to all of the dimensions of which you have no knowledge as yet but will eventually have knowledge as you grow and as you leave the earth plane sojourn and its lessons and go into other dimensions. As you are prepared for that, you will then take on the learning and teaching in other ways in which you cannot even begin to imagine as you find yourself on the plane now in this current illusion. And thus, we will help to clarify the confusion of trust for it is confusing in the current illusion.*

### The Flow Of The Universe, Part I (February 26, 1991)

*We would discuss The Flow of The Universe. We have given a bit of information regarding The Flow of The Universe. However, we would like to elaborate now upon that which is very important that you know, first and foremost, that when we speak of The Universe, we speak of The Universal Consciousness. This is what we refer to. Thus, The Universal Consciousness is made up of all energy forms. This means, then, that The Universe is made up of all energy forms. Each of you are a part of The Universe. It is not that you are separate, and you are separate, and you are separate. It is simply that we are all a part of the same, you see.*

*Now. It is best to think of this Flow of The Universe as you would envision this Universal sign of the circle. Is this able to be seen by you all? (Waith refers to a circle which he draws on the easel) You are able ~ yes. Now, we will attempt to be as concise as we are able to in this. We have not had the honor of being on the earth plane as an artist. So, you must bear with us in this. Farena has a good deal of that talent from her times on the plane. However, she is on a special mission now and is not here to guide me, so I am sure that I will hear from Farena about my artistry. ☺*

*Now. So, you see, we have the circle, which means that there is no beginning and there is no end. And yet a circle, understand, can enlarge and it can reduce itself, and it can become*

*infinitesimal and it can become as large as The Universe, as you would say, you see. And thus, each, each element of your energy comprises this circle. There is within each of you The Universe. Each of us carries the memory banks of the entire universe, you see. It is very deeply within the consciousness of each energy form. And we then part from this Universal Consciousness and we move out of it. You see, we move out in the little spurts around like this. And thus, you begin to see what is graphically illustrated on your plane as the sun. And the sun gives off what you call rays of warmth and comfort. And this is exactly the analogy that one would have as we look at The Universal Consciousness ~ and each of us are rays that come from that Universal Consciousness and we are Light, and we are beautiful, and we are warmth, and we give comfort to each other.*

*Now, the further and further away that we come from The Universal Consciousness, the colder we as an entity begin to feel, and this is where the sense of aloneness comes in, you see. And thus, many energy forms then find themselves at various points away from The Universal Consciousness. But there is never a disconnection. And it then becomes the journey back to The Universal Consciousness that you all find yourselves. Each of us finds ourselves in that journey back to The Universal Consciousness.*

*Now, understand that within this whole Spectrum there is energy. There is infinite energy that is comprised, therefore, of all of those who have moved out of The Universal Consciousness. All who are currently out of The Universal Consciousness make up The Flow of The Universe, if you will, you see. So, each of us contribute to The Flow of The Universe. It is simple enough. Yes? Are there any questions thus far? Are there any concerns or confusions about what I have thus far indicated?*

*Now. Thus, we are all a part of this Universal Flow. This means, therefore, that, and we have said this before, that every action that we undertake, every thought that we undertake, affects in some way, somehow, every other energy, for there is what you would call this atmosphere. You feel it when you are with others. You feel an energy. It is simply then a compacting of the Universal Flow into a very specific space, and when one is on the earth plane it becomes very concrete, this space.*

*And thus, when you are with groups of entities, you will feel an energy if you are especially attuned to this phenomenon. And thus, many of you will feel this impact, be it negative or positive, to that which is your own energy field, for think of yourselves as a drop of water going into the lake, you see, or the ocean, or any large body of water. It is this still body, you see, of water, and suddenly you come into it and it creates a ripple, you see. And the more and more energies come into that body, the more ripples will be created. Now, this is where the trick comes, you see, for it is in keeping your head above the water, shall we say, that which is growth, for as the ripples occur, they give reason and opportunity for growth, for one must not fall below the water or allow the energy field to bring you down into it but rather to become a part of it.*

*Now, understand, and think this for your yourself as an analogy, that when you first jump into the water it takes a moment to become one with the water, and if you fight the water, you find yourselves going below, but if you simply flow with the water, you find yourself a part of it, and there is no danger, you see, and you simply move along, if you let yourself relax. Now. This is the key word here on the plane, re-lax. Relax. Relax, my loves. There is too much anxiety. There is too much tightness, and there is this idea that, "I must Flow with The Universe." And the more that you think you must Flow with The Universe, the more tight you get, and the less you are able to do this.*

*Now. You see, as all Universal Truths go, it appears at first glance that it is very, very simple, and yet it is very, very complex, and yet in its complexity is the pure simplicity, you see. And this is the paradox of all Universal Truths, and it is relative to your own awarenesses as to your understanding of The Flow of The Universe.*

*Now, there is a very specific technique that we will provide to you in this session that will help you in Flowing with The Universe, in whatever aspect you happen to be in. You see, wherever you happen to be within this field, for this energy field all around The Universal Consciousness that spreads for infinity is made up of all these energies who are at their various points away from, you see.*

*Now. In understanding, then, that throughout all of this flow, it is made up specifically of the entities who are there at their various points, you see, so we have millions and millions and millions upon millions and millions of energy forms out of The Universal Consciousness at various points, some very, very close to returning, and some who have jumped way back over here. Understand that this does not mean if an entity is way over here that they are very dark. This does not indicate degrees of Light or dark. It simply means the journey away from The Universal Consciousness, and this point from jumping out into the flow is determined by each entity in the lessons that they have chosen or the path they have chosen to take, you see, for remember that it is a continual back and forth type of thing.*

*You know, we have said this before. We jump out of The Universal Consciousness, we play in the playground, and then we finally get back into The Universal Consciousness, and decide that we are bored after a while and we want to come back out and do something else again, you see. And we take on many different forms by doing this, and this is just the way it is, you see. This is without end.*

*And thus, the issues of Light and dark are not the point of discussion at this time. That will relate at another time. But rather, it is simply that there is the tendency to tighten when one is in an energy field and to become less certain of their ability to float, you see, to relax, for especially within the earth plane, there is the concreteness of the illusion that is specifically set up for this type of feeling, that you have no control, that all of these things around you are in control. But they are not. They are not.*



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

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

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

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

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

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

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

## Questions And Discussion Regarding The Technique Given

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

*Yes.*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**So, the technique would be effective then in it.**

*Yes. Yes, it would, my love.*

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

*It is a cleansing of that particular Energy Center as you move in through these Energy Centers that are affected. So, you are bringing breath in through that which is called the Solar Plexus, and that is bringing it in through the mouth, you see, but it is forcing it to come in through that particular center. And when you hold it, it enables it to focus itself within that which is called the Heart Center. And once that has focused, it then comes out through the nose, which is the passageway for the Crown Chakra. And thus, what has occurred is that there has been sort of a cleansing, if you will, this is the best way to describe it. But it also allows, then, the energies that are a part of those three centers to open up and allow the energy of Self to rise to the level of the Crown Chakra. Is that clear, my love?*

**Would You Explain The Different Levels Of Consciousness, Some Refer To The Seven Heavens?  
(February 26, 1991)**

*There are many names on the plane that are given for the very same concept. We choose in our dissemination of information to not give specific names to the concept other than that which is very generalized, for it makes for an easier flow of understanding. There are, however, as you indicate, various levels, and the closer that one begins to be to The Universal Consciousness, then the greater, of course, is the awareness of The Universal Consciousness. Some would say that as you reach a certain level, be it what you would call seven, or twelve, or fifteen, or whatever, but it is a certain vibrational level, that there is a very distinct difference in the awareness levels than there would be from all the other levels. You see, there is what you might call a quantum jump into awareness. But this is reserved for that area around The Universal Consciousness that is imminent for return.*

**Is one level conscious of the other level?**

*Understand that the higher levels are aware very much of the lower levels so that they are able to see what occurs at the lower levels. The lower levels are aware that there might be something*

*up there, but not really aware, and have no idea, if you will, of what is at that level. For the most part, it is safe to say that the lower levels are not aware of the higher levels until they reach that level, of course, and that it therefore becomes very easy for the higher levels to move into the lower levels to guide and assist. But it is not possible for the lower levels to move into the higher levels and then back into the lower level. They must have achieved that level first, you see.*

*So, up can go down, but down does not go up until they have gone up, you see. They cannot go to a level beyond their own. Higher levels can go to any level below them, you see. So, if there were an entity, let us say, at this level here, they would still have many, many levels to go, you see. And the purpose for this is for guidance and for assistance, to Be of Service. Those at higher levels are obligated to Be of Service to those of lower levels, to bring those of lower levels to higher levels. Is that understood, my son?*

*We have for this session completed that which we would want to relay to you, and we would anticipate that you would have questions and that you would want perhaps to think through this next week, as it is called, and ponder upon that which has been said.*

## **The Flow Of The Universe, Part II ~ Waith Addresses Questions Based On Part I (March 05, 1991)**

*We would proceed with this session as we finished in our last time, our discussion of The Flow of The Universe, and as we had indicated in our last time, questions based on the information that we provided to you in our last session with you. And this session will be, then, devoted to answering those questions regarding The Flow of The Universe, and if there are no questions then we will go on to a new topic. Thus, we are now prepared for questions from our last discussion.*

### **A Question About The Ripple Effect Affecting Other Illusions (March 05, 1991)**

**When there is a ripple created in this illusion, does it affect all the other illusions, and vice versa, and how can we tell a ripple has been created by another illusion?**

*Ah, a most thought-provoking question, my love. The answer to this question is rather complex. We will attempt to provide as easy an understanding to the concept as we can. The basic answer to your question is yes. However, we would qualify that now with ~ perhaps we would diagram this, as you might say, to give some indication of ~ even though our artistry is not renowned, as you might say. We would want to illustrate then to you this ripple effect. You know this concept of ripple effect is well known on the earth plane in concrete forms. You hear it discussed in the vernacular known as the business, when discussion of business activities occur that it affects so many other activities. Understand that this concept that you have on the plane comes from a*

*Universal Concept. It is not just something that popped up on the earth plane all by itself, you see.*

*So, the ripple effect. And remember that we drew this circle of representation of The One, The Universal Consciousness, and that there is layer after layer after layer of energy that exists, that is in actuality Creation. Now, each of these energies are created by each of us, all of us create these various layers and levels of energy. Now, any behavior by any energy does indeed create what you would call this ripple effect. It may be ever so slight. It may be infinitesimal in its intensity. However, it will indeed affect all other parts of the energy.*

### **All Energy Affects All Other Energy In Some Way ~ Discussion Of Illusion (March 05, 1991)**

*Now. This is the basic concept that all energy does indeed affect all other energy in some way. Now. In knowing that all is illusion, all is illusion, even The One, you see, The Universal Consciousness as a concept is an illusion, for we simply are, you see. Energy simply is. This is all it is. It is, you see. However, in order for us to pass the time, as you might say, we create illusions to give us something to do and thus, this is exactly what occurs, and that within every layer of energy there is illusion. The layers are illusion, but there is an illusion. As you all gather here, this is the illusion, but this in itself is an illusion that it is an illusion. This is perhaps one of the most difficult ideas on which to grab onto, you see, this idea of illusion.*

*It is easy, intellectually, shall we say, to discuss illusion, but for you each to be where you are, knowing that you could very easily place your hand through a concrete object including another encasement, and it would not be blocked, is a very difficult application. And thus it is, that illusion is created in order to play, you see, and to grow and to strengthen, and so we have, then, let us say, if one of these ~ we will extract one particular layer of energy, you see. In this layer of energy could exist hundreds of thousands of different illusions, understanding that each layer is so infinitesimally thin that it is incapable of describing, you see, so that illusion, then, is infinite ~ is infinite illusion.*

### **The Expansion Of Layers By Sending Behaviors Or Thoughtforms (March 05, 1991)**

*Now, if you were to take one very small energy from this one layer of illusion and let us say that this energy might be you, you see ~ you are in this illusion. And you create a behavior or thoughtform, and let us say that you send love, you see, that love immediately fills this layer in which you are currently as an energy, it fills that layer. That layer, then, begins its own expansion, and it begins to expand first at layers beneath it, you see. It fills beneath.*

*Once that has been completed, it begins to then expand outward toward The One. There must be the filling in below before the expansion outward to The One can be, you see. So, it fills*

*within, and then it fills down, and then it fills up. This applies at any layer, so that you may be receiving the effects of any behavior from any particular illusion, some more strongly than others, depending, of course, on where you are in relation to the particular level that it has emanated from, you see.*

**At Each Level, Energies Comprise That Level Of All Various Energies ~ Animal, Mineral, Etc.  
(March 05, 1991)**

*Understand, also, that at each level the energies that comprise that level make up all of the various energies, be they of The Human Kingdom, The Animal, Mineral, whatever. Whatever encasement an energy takes, whatever occurs with any individual energy affects in some way all other energies, for we return to the initial concept that we are, of course, all from The One, and that while we may be separated out of The Universal Consciousness, we all continue to have an energy line, if you will, to The Universal Consciousness that connects us, and thus, we are connected to each other, you see. Is this understandable? How would you respond now to what we have just given as information?*

**Would there be a canceling effect if someone sends dissention of some sort instead of love?**

*All, all behavior, all action, is ~ reverberates, if you will, throughout the entire energy composition. What occurs, however, is that we look at degrees of strength, and thus, this concept of sending love and Light to offset the dark and to push away, shall we say, the negativity is the reason. You see, the more Light that is sent out, then, if there is more Light and love sent in relation to negativity, then there will be a diffusion effect, you see, but it does relate always to the various levels.*

*So, for example, one level may have an overabundance of love being given out in relation to the dark, and another level may have just the opposite, and eventually, it all works its way through to The Universal Consciousness, and at some point there is the end effect, but in the meantime, while this is working its way through all of the various energy fields, there is this feeling of movement, the ripple effect, this moving back and forth, and a sense so often of an energy feeling out of synchronization with The Flow of The Universe, for they have not been able to maintain their own balance and have been affected dramatically by the rippling from one of the other levels, depending, of course, on where that level is in relation to themselves.*

**The Importance Of Meditation And Protection Techniques In The Effect Of Rippling  
(March 05, 1991)**

*This highlights the importance of the meditation and the protection techniques that we have given, and that also have been given from other sources from this end to enable an energy form to, in effect, shield itself as much as possible from this swaying, from this rippling. And thus it is that this Flow of The Universe is a controllable type of situation for an entity, but it takes a great*

*deal of practice and trust, you see, and belief that protecting Self is much like you would wear this life jacket when you jump into the water. It enables you to stay buoyed up, you see, in the face of perhaps not being able to flow with the current, you see.*

### **The Dark Is Not Lower Or Less Advanced Than The Light ~ It Is More Of An Attitude**

**(March 05, 1991)**

**Would the darker entities be on a level further from The Universal Consciousness, and the Lighter ones be closer?**

*Now, no. This is a misconception, you see. This is a misconception that the dark energies are lower and less advanced than the Light energies, and this is simply not the situation. When we discuss the Light and the dark, we are discussing the degree of acceptance of The Universal Consciousness, so that as an entity begins to grow in its own awarenesses it becomes, then, aware of The Universal Consciousness. When there is a darkness there is a clouding, shall we say. There is less awareness of The Universal Consciousness. It, however, does not mean that an entity is not powerful in its own vibrations and energy field, you see. It simply is best related as you would call an attitude, you see.*

*Now. This discussion of the Light and the dark we would want to hold for another time, for we would want to address a bit more of this Flow of The Universe, and at another time we will go into more detail the Light and the dark as it relates to The Universal Consciousness. Every layer has Light and dark.*

### **What Becomes Of An Energy That Is Constantly Causing A Ripple?**

**(March 05, 1991)**

*Nothing in particular, my love, for each of you all cause ripples, you see. There is no mandate.*

### **A Question Of Mirrored Illusions**

**(March 05, 1991)**

**Well, if it is a negative, eventually, that comes back to the energy? Like the positive comes back. When we send the love, we feel the love come back?**

*Essentially, this is correct. You must understand that, and we have given you this bit of information in the past, that Light and dark is all relative, and that within this gathering, there are those who are at differing points on The Light Spectrum, and that being dark is not necessarily being negative, you see. It is all in relation to that which is. Now, when you look at the various levels, you see, each level is essentially at the same point on The Light Spectrum. We are not talking simply of, let us say, ten or twelve levels here. We are talking of trillions and trillions and*



*trillions, infinite numbers of levels, and that each one, then, is so closely aligned to the other, that in many cases there is no clear distinction, except if one is at a level, let us say, very close to The Universal Consciousness where there is the ability, then, to look at the layers in a more objective view, you see.*

*So, that if we are on The Light Spectrum, understand, (Waith draws on the easel) this is The One, and this is as far away from The One as an entity could get, and returning to the various points on The Spectrum, if one is here at this point on The Spectrum, then all those at these other points are dark to that entity, and everything here is Light, you see. But you must all be very careful in placing a judgement that darkness is negative. This is, again, another time for discussion in which we will look at dark as it relates to intensity of attack, you see, the forces of dark and the Forces of Light. A most interesting discussion for us coming up soon.*

**In this analogy, darkness and Light are not being used as goodness and bad. You are using them as levels of perception, perhaps at conscious.**

*That is correct, my son. Yes.*

### **Why Are My Documents Are Being Erased On The Computer? Whose Fault Is That? (March 05, 1991)**

**My computer erases the documents that I have typed ~ erased the document that I typed on last week's information that you presented. Is it my fault, the computer, or another fault?**

*Fault! You know, this is such an interesting concept, fault. And it does indeed relate to a Flow of The Universe, for the word fault as used on the earth plane is a very common ailment, shall we say, on all of the training grounds and all of these various dimensions, and it is quite predictable, and it is quite typical in the quest for returning to The Oneness in that the attempt to find some other source of why something happened rather than saying that it comes from some type of imbalance that the entity has with Self and its own abilities to maintain itself in the flow ~ so that when there are several factors such as you are indicating, it is not just one factor. There is an indication of imbalance in the energy field that surrounds you that would create, therefore, a rippling effect that then generates itself into other aspects such as the mechanical device.*

*Also, in understanding that when there is an imbalance, it enables, then, the forces that would try to further create the imbalance to have a greater pull. You see, when you are balanced, as an entity, then there is no external energy that can get to you, shall we say. It is when there is even a slightest bit of imbalance that the dark, as we would say, can do their work with you. So, you must look within Self for the reasons and not to look outside for the reasons.*

**Why would other people be able to use the same mechanism and not have the same problem?**

*One must look within Self. If another is not having the difficulties that you are having, then it becomes quite clear that it is most definitely within Self. And at the risk of appearing repetitious, we would say meditation is the only way in which each of you can find the answers for Self. It would be far too easy for us to give you those answers now, and you would not truly learn what you need to learn.*

### **Is It Possible That This Gathering Of Energies Is Also Gathered In Another Illusion?**

**(March 05, 1991)**

*The illusion ~ you must think back now to what we gave you earlier in this time in this session of the levels of energy and that there is illusion. There are most assuredly duplicate illusions that serve as reflections, and thus, we would say to you, then, you see, that when one looks at The Universal Consciousness as a neverending circle, that there would be reflections at the opposite point. So, wherever there is an illusion, its reflection is at the opposite point of The Universal Consciousness. Thus, you see, we have illusions bumping into each other, shall we say, as best can be described. And if there is, you see, an illusion here, there will be an illusion exactly at its opposite point across the circle, you see, exactly the same exact distance. This illusion, which is a reflection of an illusion also, then, has a reflection which has a reflection, which has a reflection. Then we would have just right next to an illusion another illusion which would have its reflection.*

### **The Sleep State Is A Form Of Meditation ~ And Dreams Can Highlight Issues That Need Work**

**(March 05, 1991)**

**When we dream, and it incorporates people that we know in the waking hours, and when we wake up, we have a different perception of how things are going on. Is that an illusion bumping into an illusion?**

*Not quite, my love, not quite. But it does indicate a change in position within the energy field that is the flow. And understand that each energy is in a constant state of flux, of change, moving ever so slightly into another point in the energy field and that as awarenesses increase so does, then, the change in position occur.*

*The sleep state, as we have indicated before, is a form of meditation. It is an altered state. It takes you out of the conscious state, and for many entities it is in the sleep state that much development occurs and much work at spirit level occurs. Very often, it is not remembered when returning into the conscious state, but in many, many cases, upon returning to the conscious state, there is a memory from it, and when that memory persists and you are able to recall the events occurring in the dream state, then it serves as a signal that there is still work to be done in a particular area that relates to the earth plane and that it is giving you, therefore, shall we say, some advice from Self as to what to be aware of at a conscious state that does indeed affect this entire Flow of The Universe, for it is giving you some assistance in this flow process.*

## **Group Balancings ~ Each Are At Different Points In The Energy Field**

**(March 05, 1991)**

**Working within The Flow of The Universe, it is much more complicated when you are in a group situation. For instance, you are in a group at work to reach a certain goal, and individuals trying to stay balanced, it is difficult.**

*This is the fun of it all, you know, for even in this gathering, you see, in this group, you are each at different points in this energy field, you see. And what the attempt is, is for groups, even though they are at various points in the energy field, to recognize this, you see, and to attempt within their own balancing to maintain a balance within the group. So, if there is an imbalance of major significance in a gathering of entities, that does very much affect the entire group, you see. The more balanced a group is the better will be its ability to work as a group, you see, and to help each other towards achieving its goals, even though the goals of each entity would be different, you see. This highlights, also, a part of why we are here, to assist entities in their Group Balancings. We have mentioned Group Balancings in the past without going into any great detail as to why this occurs.*

## **Major Group Departures Are A Form Of Group Balancing**

**(March 05, 1991)**

*When you have major group departures from the earth plane, as we have indicated, it is a form of the balancing, you see. There have been a number of group departures that have occurred on the earth plane during this time of days, as you refer to them on the plane. You would look, then, at simply a recognition that when more than two entities depart simultaneously within the same situation that there is a hurrying, a major incident in The Flow of The Universe, that there has been some type of balance that has occurred when there is a group departure.*

## **Each Entity Is A Part Of Some Group ~ Simply To Bring Certain Energies Into The Vibration**

**(March 05, 1991)**

*We will discuss, of course, as our time on the plane continues with you, Group Balancing, the ways of achieving harmony within a group, for each of you are part of some group. It is quite difficult to be on the plane without being involved in some type of group, and this is not simply coincidental, of course, that it occurs. Even as all of you gather in this time frame, there is a reason why each have come to form this particular group at this very particular moment, you see. Sometimes reasons are not to be discussed, but rather, it is simply to bring certain energies into the vibration of other energies, to serve as an influence and to assist in this neverending goal toward balance of ~ within The Flow of The Universe.*

## **All Happens For A Purpose ~ There Is Nothing Random That Occurs At All**

**(March 05, 1991)**

So, in the event of an accident, does that mean it is closed up and a balance has taken place?

*No, it does not indicate that it has closed. It simply means that some balancing has occurred. It does not mean that finality to an issue has occurred, nor does it matter to anyone whether it has occurred. It is no one's business except the entity to whom it relates. It is simply to be observed from a distance and to help you to achieve your own sense of understanding of Universal relationships that all happens for a purpose. There is nothing random that occurs at all.*

Sometimes it is difficult to perceive whether have balanced, but things on the outside, if you attach yourself to them, would tend to unbalance you. It is difficult to discern the direction of the flow, for what reason.

*Yes, that is correct, you see, and the reason why external sources such as other entities can, shall we say, get to you is that you have this. Even if it is a slight imbalance, there is not a strong sense of Self. When there is a strong sense of Self, then there is no other source that can create the imbalance, and this is the goal towards returning to The One, is to gain the ultimate sense of Self, you see. You will have moments as you work on the path toward gaining a strong sense of Self, and once you have achieved that, at that particular point, wherever you are in this vibrational field, and you have achieved the balance, and we have said this in other times, then you are ready for another issue to come along to create an imbalance that will then enable you to work through so that you move again to another point.*

### **The Only Way Movement Occurs ~ Balanced ~ Strength Occurs ~ Another Balance Comes (March 05, 1991)**

*You see, this is the only way in which movement occurs. One becomes balanced, and that means that a particular situation has been resolved and a strength has occurred, and then it is time to move ahead again, and in order for that to occur there must be an imbalance which creates, then, the motivation of the energy to move ahead and to resolve a particular situation, and, of course, to grow and to strengthen, for ultimate strength occurs upon return into The Universal Consciousness. But, you see, perfection is an illusion.*

You can have strength, but in itself, and still kind of be sucked into something by empathy.

*When you have levels of strength, you see, and thus, you achieve a certain level of strength within Self, and then if, as you say, you are sucked in by another, it simply means that you have now moved into a new arena in which you must now develop strength, so that that degree of disturbance to the energy field will no longer be once you have achieved a strength. You see, if you have the strength then, that cannot occur. However, in order for growth to occur there must be imbalance which then balances, which then goes to imbalance. This is the only way.*

*It is much like you would look at this teeter-totter, is the correct word, where you move up and you move down, and when there is balance, nothing happens, you see. There is tranquility. There is a sense of peace, and it is a fine time in which reflection can occur, and then a decision as to how you are going to go at that point. And so, we move up and we move down, and the only way that balance is achieved, you see, is by moving up and moving down, and up and down, and up and down, until we finally reach that point of equilibrium. But then, you see, it gets so boring. When one is at the point of equilibrium, then nothing happens.*

**Are You Saying That All Illusions Coexist Simultaneously?  
(March 05, 1991)**

*That is correct.*

**And that this sense of balancing and unbalancing is basically wending our consciousness through these illusions.**

*That is correct, you have the understanding.*

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

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

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

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

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

## **How Do I Know If I Am Flowing With The Universal Energy? (February 01, 1994)**

*There is no book of guidelines for each of us as energies to know that the flow is occurring. First of all, of course, is the absolute necessity for connection with the Higher Self through meditation or through other forms of connection that have been developed. It is very easy, however, to say that one must connect with the Higher Self, for then the answers will simply come. Others would say, "Well, that is easy enough for you to say! You are at your Higher Self so you know what is being said. What of us here at a concrete level, who may not indeed be connecting with the Higher Self, or know even if you are connecting and how to go about that connection?"*

*Meditation, of course, is the absolute way for that connection, and of course one must meditate to learn how to meditate better. If one stops, then of course one can lose ground in the progress made toward reaching the Higher Self. However, that is all well and good if you are able to make those connections, but for many on the plane, they find themselves so very much grounded onto the earth plane activities ~ the illusion that presents itself ~ that there is the concern that there is a need to know if what you are doing is right, or not. Our response to this may, at first reading, appear to be flippant but we will qualify what we say. You must understand that everything that you do is meant to be happening. There really is nothing that you can do wrong. Now, this may appear all too simplistic, so we will qualify that now.*

*Part of the learning of lessons is to indeed know the difference between the ego controlling and the Soul ~ or The Universe ~ controlling behaviors. And the only way for Self to learn that difference is to indeed act upon that which is happening and being presented. And it is very easy to say, "If it feels like it is correct, then I must respond to it." But if you are unsure of whether it feels right, or not, what do you do at that point? You know, all you can do is what you do. This is a Universal Truth. And the anxiety that you may feel about whether you are doing something right or not is part of the learning of the lesson to Flow with The Universe, for once you are able to fully trust in The Universe, you no longer have the question of whether it is right or not, for you will know that if you do it, it is appropriate.*

*You know, what might appear not to be a correct behavior by another entity is not your concern ~ none of you. It is not your concern. It is the path of that entity, so that there is on the earth plane now, considerable amounts of behavior that entities perform that you would call abhorrent ~ the killing, if you will, of another. Understand, of course, that one does not kill another. It is time for that energy to leave, and so the illusion is presented for the balancing and the issues to be learned and taught, that one takes the life of another. It is simply not the case. No other energy can take the life of another. It is an impossibility. Energy controls its own destiny.*

*And thus, it is that whatever is presented to you, and the way in which you respond, is the way in which you are supposed to respond, even if it is a response that is in conflict with the Higher Self and the Soul. As we have discussed on many occasions, blockages occur between the Higher Self and the Soul to let Conscious Self be aware of what is occurring. Even those blockages are meant for lessons to be learned. It is part of the total experience that an energy takes on.*

*And that our ultimate word on all of this would be to relax, my loved ones, to relax, and at the same time to take very seriously your path, that which you have come to learn. But also, to know that all happens as it is meant to be happening. As difficult as it is, and even your own resistances to what is happening is part of what is supposed to be happening. It is all prearranged by all of you. Remember, no external source controls the energy. It is the energy that controls the energy, in harmony, then, with others. For all is connected to The Universal Consciousness.*

### **Discussion Of Perspectives From Different Astrological Signs (February 01, 1994)**

*It is very common that those who come onto the earth plane with certain planetary alignments, as you call it, the astrological signs that certain issues are designed for those particular alignments. And that sign in which you have come in, my love, and others who come in through the grounded signs of the earth, the earth signs, will find themselves wanting to have very specific step by step guidance. "If this happens, then this will happen. And then this will happen, and then this will happen, and it is a guarantee. My goodness, it is a guarantee and we do not have to worry about the next step." It is why there is such variation in the alignments of the earth plane planets, to give the opportunities to move through the flow that occurs from each of these alignment signs, and to experience the energy differences, for those who come in through an air sign, for example, do not have that same perspective. They have the perspective of wondering if they are doing the right thing, as the earth signs do, but not in the same manner.*

*And thus it is that the training ground of the earth plane has its reputation as being one of the most difficult and the most accelerated of training, for your lessons come to you very, very quickly in a lifetime, one right after the other. And in order to live through all of this, you must relax a bit and say, "Yes, this is what I need to be learning." And as soon as you let go of this pressure that you place on yourself, that you be able to know if it is the right step or not, it suddenly frees you, as many of you have found in the workings of this. As a concept, it is very easy.*

*The actual applications of this concept can be most difficult when you are in the midst of imbalance, turmoil, other energies coming at you, and it is the time to focus within Self and to know that the way in which you behave will be coming from higher sources, that you will be given the way in which you are to behave, and that if it means that you hang up the telephone on someone, for you do not like what they say, do not berate yourselves that you have acted in what you might consider an unspiritual manner.*

*All activity, at some level, is a spiritual activity, if one looks at it as part of the overall plan, to trust that all that flows through comes for purposes of teaching and learning. And oftentimes, you will not know whether you are teaching or learning. Sometimes you will, and as you connect with your Higher Self in greater degrees, you will have a better sense of whether a behavior you are engaged in is a teaching or a learning behavior, for the teacher oftentimes must exaggerate their own behavior in order for the student to understand.*

**Someone Questions The Issue Of The Killing Others ~ And The Flow Of The Universe  
(February 01, 1994)**

**As the government responds to the growing homicide rate in America, should they look at it from the spiritual point and say, "Everybody who must experience this has to go, so we do not do anything. We just let it go?" Or should we take initiatives, with laws to reduce this, take actions, regulations, whatever is necessary?**

*You must understand, and you have heard this so often from other sources throughout the recorded history of the current illusion, that the earth plane is simply a stage in which different scenarios are acted out. We have jokingly told you of how we sit at the television of The Universe and click from one scenario to another as if we were watching this television, you have and watching the different plays, and the playing out of different scenarios.*

*There are many on the plane who have very conscious awarenesses of what we have just given as a response to this question of all that happens is happening as it is supposed to. Most, however, on the earth plane are at very different levels of awareness of the Universal Forces, as it is supposed to be, for if everyone was aware and was able to respond at a spiritual level to The Flow of The Universe, there would be no need to have the earth plane as a training ground. What you have then are entities who are here to help work through their own issues, as well as those others with whom they come in contact, so that if an entity is part of a government and part of an institution that is designed to create laws for society, then that is what they will do, and some will do it at higher levels of awareness than others.*

*And thus, you have the ongoing conflict between those who see a situation in a very different way from another who may see it in a more earth plane way. You can use as examples from your own life ~ individuals who you meet ~ and you look at a situation from different eyes, for you have certain awarenesses of why things are happening and more accepting of why things happen, and you flow with why things happen, whereas another would want to analyze it.*

*And it goes back to the point of this question ~ of this analyzing it. And there are many on the plane who agonize over whether they should do one thing or another, and the making of laws and the governing of societies is not excluded in any way from those agonizing decisions, and indeed is part of that process, that learning, that training ground.*



*So, understand that in this particular geographic area, this country known as America ~ as we have stated very early in our information dissemination ~ that it is inhabited primarily by those who were in Atlantis ten thousand years ago when the illusion had a major changing. And many have learned over the ten thousand years on the plane, through their own experiences in other lifetimes, and others have not learned. And, as we have indicated, when there is an illusion change, the lessons do not go away, the lessons do not change, but the way in which they are presented do change. And thus, certain lessons of abuse that mandated entities to leave at the illusion change ten thousand earth plane years ago are still part of The Menu, The Toy Box, if you will, that entities have, and they are now in this country, and they may be the ones who are doing the killing, or they may be the ones who are trying to solve the problem.*

*Understand that in an illusion change, as we have so often said, exaggeration occurs, acceleration occurs, and that this country has the very highest rate of killing is not to be a surprise, for it is an exaggeration of a lesson. But the other side of that is also that there is an exaggeration of equal proportion by those who would want to eliminate, so that the exaggerations are indeed on both sides. It is not, as you might think, out of balance. You must understand that The Universe at its highest level is completely balanced. There is no disharmony at the ultimate levels of The Universe. The only place that imbalance occurs is in the training grounds, the earth plane being one of those training grounds.*

*And, yes, it must be exaggerated. There must be imbalance in order for the lessons to be learned. It is the safety net, if you will. In spite of the difficulties of this training ground, or any training ground, you are ultimately safe. Nothing is going to happen to any of you. Nothing ever happens. You do not get put away some place. You may be entrenched in the darkness, but you are in existence. And without the dark, what would the Light have to do anyway? There would be nothing to do. And thus it is that the dark and the Light create the imbalance so that there is something to do, you see.*