

# Waith Class Transcripts, Excerpts

## THE POWER OF LIGHT

FROM TRANSCRIPTS 1987-1996

*(Topics Include Battle with the Dark, Group Techniques, Impositions, Light and Dark Spectrum, Protection from the Dark, Focusing Techniques for Self, Sending Light)*

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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 ☺)

## It Becomes The Responsibility Of Each Energy To Want To Help Others

(January 07, 1988)

*One must not simply look at, for example, famine, those who are hungry, and say it is their karma. It may be. But it does not mean that you have no responsibility to assist. You must not say they brought it on themselves. By saying that, and believing it, and not acting upon an attempt to help, at some level, you bring it on yourself and you will have to meet it either in this lifetime or in another.*

*Each of us, remember, as I have said before, are all connected to The One. We are just at varying levels. What one does affects every other energy in some way. It may not be in a way that you will feel, or even be aware of, but The Universe records it in The Universal Consciousness, and this is the issue that we deal with here in trying to get all energy forms to eventually become One again.*

*So, you are responsible, if all you do is pray. You must not turn your back. You must have compassion, and you must have a sensitivity to those entities who are struggling at a very obvious level. It does not mean that you must drop all that you are doing and go to an underdeveloped area and devote your life to them. That is not what I say. There are some who do this because it is their mission. They have chosen to do this. You must not feel guilty that someone else does this and you do not. There are other ways in which you can respond to those issues around you that you feel you would want to respond to. It does not mean that you have to respond to every problem that presents itself.*

*For many, simply a regular session of prayer is your way of dealing with it. For many, many energies, their way of dealing with the problems of the earth plane are at their own very small level, in your area, in your life, trying to be a positive example to all those who you meet. Not trying to, as has been said before by others, other than myself, you are not there to save the world, but a part of it, that part that you have chosen to come onto the earth plane. You have a mission. And for many of you, you know what your mission is. For others, you are beginning to want to find out what your mission is. You are at varying levels of knowing what it is that you came in to do. Allow yourself to Flow with The Universal Knowledge that will be given to you as you are ready to receive it.*

*I have given you much information to think about. And know that you can call upon Waith and Company in your meditations. You may not be certain who you might want to have help you. We will be able to determine this. If you are having difficulties, and you would like some assistance, and perhaps you can say to your guides or to us directly, "I would like some help with this particular problem or issue, and I call upon Waith and Company." And we will respond. Know that your guides do not know all the answers and would welcome assistance in helping you. It is all part of what we are here for, to Be of Service and to help all energies develop and grow at whatever level they happen to be, whether it is you or those who guide you.*

## The Continuum Of Light And Dark With The Creator

(April 05, 1988)

*The use of entry points on the right and the left are symbolic of the levels or degrees of Light versus dark of the energy form. You would look at it as you would a continuum, as I have explained in earlier times, one side being total darkness and the other side being total Lightness. These two points of entry represent the extremes in Light and dark, and your placement is represented by the degree of Light or dark that you currently find yourself in. These entry points are such that you are able to move from one end to the other, with The Creator being in the middle as the core, and that as you evolve from the left, if you will, and begin to move toward total Lightness, you come within the Energy of The Creator. It is considered a middle point.*

*So, too, energy forms may regress, as we have talked in previous times, and an energy form may in fact be moving back toward darkness. When the point is reached of being in the perimeter of the One, it is an opportunity, a decision point, to receive an Energy from The Creator to help you along your path. If you are moving toward the Light it serves as a help to continue moving toward the Light. If you are going in the opposite direction and moving toward the dark, it is an opportunity to stop that and to help you to move back along the path toward the Light. There are a multitude of levels of energy forms all connected. It moves, you see, in a parallel line, back and forth, from right to left, with its connection into the One.*

## The Constant Battle Between The Light And The Dark, At All Levels

(July 05, 1988)

*The flip side of all of this, as you may already know, is that there is not all Light that enters and that the battle between the dark and the Light occurs at all levels, and that there may in fact be ~ there are in fact those of higher vibrations who are of the dark and they would be attempting to hinder the advancement, and so that those who are coming in from other planets and other dimensions of the Light are also then battling those of the dark from their own dimensions.*

*And as we have discussed earlier, and you might want to refer back to that discussion that we gave on the darkness and how one battles against the darkness at your own level, know that you will not be attacked by one of the darkness that you would not be able to defend yourself against, that you would not have the abilities. And so, these come in from other dimensions who are, shall we say, followed by those of the dark from their own dimensions, will do battle with each other and you will not have to battle against that particular level of darkness. You will have your own levels and do battle with those, so all have the battle, but at your own level, so do not fear that particular aspect of it. There is nothing to fear, you must realize that.*

*And we of the higher Angelic Force have as our, shall we say, prime directive the ultimate protection and we are able to fend off any attacks at any level of darkness. You, on the other hand, will not be subjected to attacks by those, shall we say, at our level. We do that, and so we*

*are the ultimate protectors of all of you and we take on the task ourselves of protection so that you are here to learn to protect yourself against those who would do battle with you at your particular level, whatever that happens to be. And if you find you are not able to defend yourself, you simply ask and we are there. That is why you have your guides, and that is why we of The Angelic Force are here for the ultimate protection.*

*Know that when you look at the history of life that it has always been, and it always will be, and therefore any fears of destruction that may be given to you through other sources saying that the dark will overcome and all of that, has not ever come to fruition. The Light has always won out even though it might appear at times that the dark prevails. Just look at the fact that we are all here still and that there is goodness and love and that you are all progressing as you need to and that we of The Angelic Force are here specifically for protection and guidance and that we will always be.*

### **The Power Of Sending White Light (July 26, 1988)**

**I have a question about the White Light. It is something I have always taken for granted since coming into this new understanding and through your teaching. I know that when I surround myself with it, I can be more protected. When I send it to others, that I am not harmonious with, it creates a more harmonious relationship with people. When I send it to those who may be darker than myself, it seems to help them increase. Are we tapping into The Creative Force of power within ourselves, the God within ourselves, and wielding a creative power when we are using this? Is this what we are learning to do?**

*What do you need me for here? ☺ You have answered your own question, in essence.*

**How does it work? If one is really in the dark, how does our sending the White Light ~ I mean, from my understanding, we grow from experiences on these incarnations on the earth plane, so how can one of us sending someone else the White Light help them to increase their vibration?**

*Ah. But indeed, you are being nonjudgemental. It is not easy to send loving Light to someone who you do not like.*

**This is true, but it works.**

*It becomes an act of selflessness and the eventual goal is that you do it automatically. You do not even think, "Oh, I am being so good. I am sending Light," you see. It becomes just an automatic type of thing and that you are tapping into your own reservoir of energy and Godness and that you are connecting with the One, with The Creative Force, at the vibrational level which you have attained at that point. Someone else may tap into The Universal Consciousness at another level which is what their vibrational level is.*

*The point being, of course, that all are able to tap into The Universal Consciousness to gain the necessary powers spiritually, and the degree of White Light that is sent, remembering of course that on The Spectrum of dark and Light, what might be dark to one person may not be dark to another person. It depends on where you are on The Spectrum, and so it is correct when you say someone darker than yourself that you send the Light to.*

*It means that you have at your availability a higher degree of Light than someone who is at a different level of The Spectrum compared to you. They may have, this particular dark entity, may be Light compared to another entity and would have its own reservoir of Light that they could direct to someone. And so, yes, you are ~ the more that you send, the more that becomes available to you. It feeds on itself.*

### The Simultaneous Sending Of White Light To Self And To Others (August 02, 1988)

I understand that sending White Light out to other energy forms increases your brightness, but when you say specifically increase the level of White Light around you, is a good method to use to just visualizing the White Light around you, or is it better to send White Light to other entities?

*It really becomes a combination of both. When you are first developing this sense of the existence of the White Light, there becomes, shall we say, an awareness of surrounding and sending. As you begin to develop your abilities and it becomes less of a big deal, it is a fusing of both so that there is simply a White Light situation. There is simply ~ the emanation of the Light comes around like this and it surrounds you and at the same time it is sent out to those who need it. But in the beginning, it is a typical response and a typical behavior that you will be very conscious of a differentiation when in reality there is no differentiation, but rather a fusing. So, what you do now is appropriate, and as you grow in your abilities, you will be given that knowledge from the Higher Self and it will accommodate itself as you need it. Do you understand?*

Is it necessary to ask, as often as I have been asking for your protection? 😊

*As often as you need to ask is as often as you need to ask. If you need to ask every second of the day then it is appropriate. There is no rule that indicates too much or too little. It is what is appropriate, what you feel is necessary. If you feel it necessary to ask for guidance and assistance a great amount of the time then you must do this, and when it becomes unnecessary you will know this.*

I think that I have learned, maybe you can you confirm this, negative thoughts or fear gives them an in. Is this correct?

*We would refer you to many of the readings in these areas that negativity feeds on itself and that the surrounding of yourself with the White Light does not acknowledge the negativity, shall we say, and send out a signal that you are afraid, but rather simply a protection device that says "I protect myself. I am strong from anything." Nothing specific, but simply anything.*

### **Breaking The Cycle Of Negative Thinking ~ Habits Can Be Changed Into Positive (August 02, 1988)**

Some people seem to think more negative things than others. I seem to have a feeling that what a person is doing there, he is really creating their own reality.

*Yes, they are.*

So, in a sense you do need all these things because you have created this reality that you want to live in.

*That is correct. Remember that we have said it is all illusion and that you create that which you want, and what needs to be done is once you have recognized that you are thinking negative thoughts, that you break The Cycle. You ask for Light immediately. If this is occurring every five minutes, then that is the way it is until you are able to break The Cycle. It is a habit so often, and habits can be changed into positive. It simply means an awareness of it. There is nothing that can be done until you become aware and that means that your soul has now said, "This is the direction that I wish to take." And you learn that which you need to learn in order to go in the direction that the Soul wants.*

*For many it is a learning process that they have the negative thoughts, for it is without the negative thoughts that they would know to change, you see. And so, learning occurs until you reach the point where there are no negative thoughts because you have filled yourself with the positive. You have taken that on as the way and it is not something that most of you will completely accomplish, you understand, in one incarnation. It is a progression. It is a gradual type of situation where you will, as you go through this life, gain greater control over your own thoughts. This is why meditation is so beneficial for it is an aid in bringing in the positive and understanding the benefits to it.*

### **Is Sending Light To Others Diffused If You Are Sending To So Many At The Same Time? (August 02, 1988)**

Many times, I feel a need to send out Light to different people, and then to more and more who need it. I would like to know how effective that truly is at that point. When it is all done, and I get to that point, is that doing a tiny bit less?

*It is more than just a tiny bit, my dear, for you do that which we discussed earlier in the fusion aspect of it. Each of you as energy forms has an unlimited amount of Light to send out. There is not a feeling of it. You do not have it in a little container and once it is used up you have no more. It is a bottomless reservoir that you all have. The way in which you send it out relates to your own consciousness, your own ability. And what you do is quite appropriate, my dear. It relates to that which we indicated earlier as your own level for protection.*

**So that last bit where I am just sending it out to whoever needs it, I can send that out just as strongly as an initial burst to some?**

*Of course. You have an unlimited supply, as everyone does.*

**That is the same feeling I have when I say prayers and suddenly, I have a long, long list.**

*Indeed. You are all tapping into, beginning to tap into that which is unlimited. The Universe has no beginning and has no end. There are no doors, there are no ceilings, there are no walls. There are no restrictions. It is unlimited. This is a concept most difficult to fully understand.*

*Understand it at the levels where you are now. You can do whatever you want to do in whatever way you want to do it. There is nothing that says you cannot do this. You all have availability to the same information as every other energy form, regardless of where you are located on The Spectrum on return to The Oneness. You have the same availability as anyone else, be it earth plane or any other dimension. Remember that.*

*This is what Amelius gave as his message when he came onto the earth plane as Jesus. This was his mission. "As I do, so can you," was His message. It means that you all have the same abilities and that we are all, each of us, a part of the One. We are all a part of that which is called God on the earth plane, The Creative Force. We are all part of that. Remember that at all times.*

*Do not let those who would want you to deter from your path, those who are darker than you, who are less bright than you, to challenge you in that and to tell you that you have no right to think you have a God within you, that there is only one God, and that God is somehow some separate entity, apart from everyone else. Not correct. We are all connected to each other and to the One, for we are all One. This is the Universal Concept. Everything else is peripheral.*

### **It Is So Beneficial For The Soul's Growth To Send Out Light To Those Who Attack You (August 09, 1988)**

*And you should actually feel honored when you get these attacks, for the darkness recognizes that you have a certain strength that you have attained and that ~ remember they are no stronger than you, and so they recognize that you are to be contended with for you have*



*reached a certain level. And it becomes quite a challenge and an opportunity to help them, for in your defense of yourself against these dark energies, it is also an opportunity for you to Be of Service, for you not only defend yourself but you send out the Light and this is the sign of true advancement. You send out the Light to those who attack you. You try to help them and diffuse them so that at some level their darkness begins to dissipate some, and they move ever so closer to the Light, and this can be beneficial to your soul's growth as well as to those who might attack you.*

*So, we feel that it would be time now as the spiritual community begins to identify itself more now, the time is for the beginnings of the forming of this, and that it is far more than simply coming to listen to me. I am a very insignificant part of all of this. I am here simply to serve as an intermediary for that which you have full capability of doing yourself, and that the true purpose is for the spiritual connectedness and for all of you as individuals to come together as groups and to know that you have each other as a support system, and that this will be critical as you move closer to the cleansing time, for there will be many groups, as we have already indicated, and have already begun to be developed on the earth plane. And the survival and the building of that which must be done will be dependent upon group cooperation and that will not just happen when The Shift occurs.*

*There will not be this scatteredness of individuals who suddenly with a flash of an eye, shall we say, suddenly find themselves in a group. You will, but there will be preparation time before that in terms of understanding each other's souls and missions and purposes and appreciating each other's talents and diversities and accepting the many differences among you and loving the God within each, for it is the God within you.*

*Our purpose in this, Waith and Company, is very small in comparison to that which you do, and so the gathering now will begin to become more concrete, as you have already begun to feel, many of you, with each other. And there will soon be a physical location that will truly be the beginning of a spiritual center, a gathering for all of you to come and have a haven, if you will, at times, for Lightheartedness and to have a reinforcement of the Light and love that is so necessary in growth. Mushiba is working on this now with others who will help in the formation of this as a beginning, and you will all have a stable environment in which you will know, as many of you now know, that you are welcome to come into at any time regardless of the busyness, if you will, that Mushiba has, her time commitments.*

*This is coming very shortly and there will be notification by Mushiba very shortly of the beginning of these gatherings, and it will be most joyous to have you all a part of it. And remember that while I may not be here in vocal contact with you at that time, of course, I am always with Mushiba, and as you speak to Mushiba comes the messages so often from us.*

*She will joke sometimes about how she cannot keep us quiet. For we do start in, many times, and she likes to joke about it all saying such things, as she did not call a group conference here on a particular subject and would like to just each of us start talking with her because we are able to communicate with her while in her conscious state. She will, many times, be talking ~ this annoys*

*her many times ~ she will be talking with someone and we will, me especially, will start giving her some information. And it is as if she is caught in the middle between two dimensions here trying to accommodate at the earth plane level and hearing other things coming in from our level. It can be very interesting ~ and so this occurs. And so, my dear ones, what type of response would you give to that which we have just presented to you?*

**Sounds like fun to me.**

*Thank you. That is what the purpose is. Fun! That is a good word. This is what is needed, is more fun. There is too much seriousness. More fun. Remember that that which you do, the attainment of your path's progression is serious, but it does not mean that you take yourself seriously. It does not mean that you do not smile and you do not enjoy. The earth plane has given you many things to help you to counteract the seriousness of what you are here to do and it is purposefully provided that you have fun. It is the way in which you choose your fun that becomes the issue and realizing that what is fun to you may not be fun to someone else, and vice versa, and this is fine. You choose that which Lightens you and makes you feel happy and able to smile and able to feel good.*

*Test it on yourself that when you smile, how you feel from deep within the solar plexus all the way through. Then see how you feel when you frown or when you do not smile, but simply are gloomy. You see the difference in the way that you feel, and know that regardless of what is going on around you and what is happening in your life, that you have the complete ability to work with it.*

**Sometimes it is not so easy.**

*Yes, we know. We know. But there is nothing that is so devastating that it will destroy you. It is only if you think that it can that it will. Remember that your soul takes on nothing that it cannot handle, but that sometimes you forget this and you think that you are being overwhelmed, and this is why when something that appears to be very negative and overwhelming to you, you start laughing, saying "I can deal with this. Otherwise, my soul would not have allowed it." And it is trusting in The Universe, trusting in the ability that as long as you work with The Creator that you will succeed. The whole purpose of Oneness is lighthearted, you see. There is total Light at the center.*

### **Movement Back And Forth On The Spectrum Of Light And Dark**

**(August 09, 1988)**

*Once an energy is created it is for eternity. It always has been and always will be, Creation. There is no destruction, simply a moving back and forth on The Spectrum of Light and dark, for some a more difficult situation keeping their progress going toward the Light. Most will find that they move back and forth on The Spectrum. It is very fine.*

*Think of it as you might a tightrope walker and they must maintain a balance as they move from one end to the other, as they move to go to their destiny, and that sometimes in order to maintain their balance they must step back. It does not mean that they are destroying themselves. It simply means that in order to maintain a balance they must step back and look, and that so often this can mean regression, going into a darker stage, but it does not mean that you will not continue forward. It means that you step back so that you can gain your balance a bit better and then you begin to progress even more. But always think of yourself as this tightrope walker with the arms outstretched, the arms outstretched to The Creator to send you the balance, to send you the energy, and that it can be a very precarious journey.*

**Waith, is it possible to fall off the rope? ☺**

*What might appear to be a falling off is where The Creator catches you. There have been many who may lose their balance completely, and we call this, in a way that is explainable to you, psychic breakdown. And what occurs is that the energy form loses its balance, and as it begins to feel the sensation of toppling, you are caught, and you are taken into our custody and we soothe you and we help you. We take you into a dimension where there is complete peace and complete serenity and we nurse you back to that point where you were when the toppling occurred. We do not allow destruction. It just does not happen.*

*Imbalance can become major, and when this situation occurs, we are there. Whoever has been assigned to each of you, your guides, when it is recognized, this is part of their Guide School Training, when it is recognized that their charge has become drastically imbalanced, and it looks like a psychic breakdown will occur, that the message is sent. They are not to deal with this themselves. They are to call upon one of The Angelic Force. It is the mission of The Angelic Force. There is a special group, special, shall we say, department in The Angelic Force whose sole responsibility is to catch you when you are about to fall, and so the message is sent from your guide to one of The Angelics so that he comes in and takes over, and when this situation occurs, they gently take you and bring you to where you will be safe.*

**Waith, if you are traveling from dark to Light, when you are in danger of this psychic break, what is it? Are you generally on the path from dark to Light, or Light to dark? What is the potential direction of a fall in a psychic breakdown?**

*What is really means, this psychic breakdown, is the Soul's inability to move either one way or the other. It becomes a complete paralyzation, shall we say, and this is the most difficult to deal with. As long as you are able to move from one point to the other, then you are in control with The Universe. It is when you freeze and you have a complete inability to do anything that this breakdown is eminent.*

*It is a very dramatic type of situation that occurs and one in which we do not have to deal with all that frequently. It is not a frequent occurrence. This probably occurs, oh, shall we say, of all the energies now on the earth plane experience, perhaps one to one- and one-half percent at any*

*point experience this. This is in total. It does not mean that in your time frame, right now, that one percent will experience psychic breakdown. It means that of the millions of energy forms who are currently given permission to come and go on the earth plane over this time frame of six thousand years, that there has been about a one percent occurrence of psychic breakdown.*

*When this occurs the Soul usually is taken out of, shall we say, the lineup of those allowed on the earth plane and kept in safety and security until the time frame is completed on the earth plane for it, in this case this cleansing that is occurring. Those who were taken into our isolation, if it was, let us say, five thousand years ago, let's say, an energy form experienced a breakdown, they are kept out of the earth plane until the cleansing for that time frame has occurred and then they are allowed to go into the next time frame, for it is usually an indication when the psychic breakdown occurs that whatever the vibrations are on the earth plane at that time is not harmonious enough for an energy to deal with it, and if we were to allow the energy to go back into that time frame, a breakdown would occur once again. So, there is tremendous protection. Do you understand that? Does that make that clear?*

**Yes. It is like being taken out of the game for a while.**

*Yes. Those are very good analogies that you give.*

### **There Are Many Ways Light Can Be Sent ~ It Is Simply A Matter Of Imagery (August 30, 1988)**

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

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

*We are all part of each other and while we operate as individual energy forms in our own paths toward Oneness, we are One and therefore can call upon each other for help. There will be those who will respond and those who will not. This is all part of an individual soul's path. And those who would respond to you are those who simply would respond and who are ready to Be of Service. Those who would not are not to be derided in any way but simply to be recognized as unable to respond at a particular time. Therefore, you call upon someone else to help you.*

*This is the way of the path. But there will always be someone ready to help you along in your path. You need only ask and look around you. The Universe will provide to you that which you need, always.*

*We thought that for this particular session that we might talk a bit about The Universe. We know that there are questions that many of you have about what The Universe is all about, what we mean when we say The Universe, for it seems to be something rather overwhelming. And we will take questions in a moment that will help in the guiding of the information that we wish for you to hear during this session.*

## **Sending Light And Love To The Universe And Feeling The Ripple Effect (August 30, 1988)**

**I was wondering, in my meditations I send the Light and love and peace and healing to The Universe, and then I feel a ripple effect coming back to me. Is that my Higher Self or The Universal Consciousness? Or what is the difference?**

*When you connect as you do, my dearest, to The Universal Consciousness, the ripple effect that you feel is simply all. It is The Universal Consciousness responding to you. Many will feel this, who have attained a certain ability, such as you have, to be sensitive to the ripple effect. It is there for anyone who sends out love. You can immediately feel the response if you are so attuned. It is always sent back. It is simply that you may not feel it. You are feeling it.*

*Many of you would be able to say that you have experienced this and maybe have not understood what it was, when you are meditating, when you go deep into your meditations you feel a certain sensation. They are all around, even now as we speak, and the love that has been sent out from this gathering is being returned. You send out love to The Universal Consciousness and you are sending love to yourself as well as to those, all of those, and so, yes, you are feeling your Higher Self is receiving back that which you have sent. It is also receiving back the love that is sent from any other energy form.*

**So then am I coming in touch with my Higher Self by feeling that?**

*Yes.*

**Because sometimes I feel that without sending it, not in meditation, just at certain times I can feel like a staff of love coming through.**

*Yes. And that means simply that you are a receiver of a high level of that which is being sent from others. Know that the enormity of the ripple is beyond comprehension, that you feel a very infinitesimal response, for if you were to truly be open to receiving all of the ripples, you would*

*literally not be able to absorb it. It would simply crush you in its vibration, and so you receive that which is just ever so much and soothing to you.*

**There Are Angelic Protectors To Help Protect You When You Battle Against The Dark  
(September 06, 1998)**

**Do you have one in your charge, in your kingdom, by the name of Alazar? Alazar keeps popping up in my mind.**

*Alazar, the vibration is named for recognition on the earth plane is of course in my charge. Alazar is of The Angelic Force and is one of the soldiers, if you might refer to it that way. He works directly with me in our battles with the highest of the dark. He will on occasion come into the meditations of many of you, not particularly identifying himself for he is charged with the responsibility of helping you to have confidence in your own abilities to fight those of the dark who would come to you.*

*Remember, all of you, my loves, we of The Angelics are here to protect you and while we say to you that you must learn to protect yourself against those of the dark it does not happen to you immediately, and it is up to us to help to protect you ~ to protect yourselves. We will not allow anything to happen to any of you and we simply operate in a way that is not known to you so that you are not aware that you are receiving Angelic help. You must come to these realizations on your own. Part of the building of your own self confidence in defending yourself against the dark is in thinking that you have, in fact, done it all on your own ~ and you have, but we help.*

*Alazar is the leader of that, and of course as the time of the cleansing approaches he is having more and more work to do as the battle lines are drawn. He is working with you, my son, now in a limited way, however it will increase in the future and you will gain an understanding of your role within the community and that which Alazar will help with. Mushiba will help you with this information for she knows now what it is.*

**You Can Meditate And Infuse Energy And Light Into Anything, Including Greeting Cards  
(September 13, 1988)**

**Tomorrow is our loved one's birthday, and I was wondering if I could make contact with her. Should we send her a birthday card? She has moved and we only know her work address. You had said that we could call, that we could send her a birthday card.**

*And you wish to communicate with her. For you, for what we sense is such trepidation on your part in maintaining a contact with her, and as we indicated before it would be best not to phone her but rather to establish a contact via the written word. If you know of her address, we would advise you to send it to that work address. Surround the card with Light. Before you place it into the mail, meditate with it and charge into it certain energies from your beautiful soul, and that*

*will be carried with it, and as she touches it, she will feel it. That is true for any of you. You can infuse energy into anything including cards, as you would call them. They would need it in their journey through this postal system. ☺*

## **Sending Light To The Dark**

**(September 17, 1988)**

**Susan, would it help to send the imposter light?**

*Susan: As always it is very good to send Light and to send prayer. Every little bit helps. It is very good for all of you to utilize the philosophy of Being of Service and to become selfless. Remember that Light, while it may appear not to affect an entity of the darkness directly, has an effect on The Universal Consciousness, and will in some way affect, and if it is done enough, strongly over time, it may impact upon this particular entity ever so slightly. And so, yes, it would be most beneficial. He will continue, however, to do what he attempts to do. He is a direct foe, shall we say, of Waith, and Waith keeps him in the proper prospective.*

*There is much work that needs to be done at our level to help this entity, for the path of this entity, of course, cannot be revealed to anyone. But recognize that we have our assignment and mission to help this entity and that he has many in his realm just as The Angelics of the Light have many in their realm.*

*And the Light does win, my dearest ones. Rest assured, regardless, the Light wins. But it is lessons that you all must encounter in understanding how The Flow of The Universe works. And as you lighten yourself so too will you be able to fend off those of the dark, for as they are attracted to your Light, so too can they be repelled by your Light, so that you would not have any attacks eventually, for they cannot get near you even though they would attempt to. Nonetheless it is for lessons to be learned that that which occurs now occurs. We will protect you.*

## **Sending Light To Others ~ What Can Be Done To Help Lengthen The Effects**

**(October 04, 1988)**

**My understanding of questions is that the protection is there as long as you put attention on it, but when you initially visualize it, can you program it then to stay longer? Perpetuate itself? Can you program a crystal to maintain an energy field?**

*Jacques: It can be done. It takes practice and experience, and much of what many of you are here to learn is how to reach for that achievement. You cannot just simply start doing it one day. It takes a great deal of practice and working with your guides and your Higher Self. It is not something that I could wave my hand, and it is done for you. It is something you do yourself, and it comes through much hard work.*

Jacques, when I put a white light around my kids and my husband, when they are leaving the house, I assume that it is put there. When I send it, it is there. Does it disappear when they leave my sight?

*Jacques: It is there. No, it does not disappear. However, it does not stay for a long time, for there must be this element of time if one is to use that. It is really not quite accurate to call it time. However, there is an element of it staying, and it is part of the ability that each of you would develop, to have the protection last longer. Continue to work on it, and as you do this, you project a particular time frame, and when that time frame has been completed, immediately send more, and keep extending the time frame.*

Once you originally set it up, then you just zap a little attention on it periodically and maintain it as long you put this attention ~

*Jacques: Yes.*

Does it help to have the color white, to intensify the sending of the White Light?

*Jacques: It is a technique that could be used, dearest, to help you in the visualization of it. It is not necessary, but it is one of those, shall we say, crutches that can assist you when you first begin. For you are all at various points in your ability to do this, so you find something that will help you along the way, and you can find this information through your guides, and through your Higher Self. Simply ask them. Ask your Higher Self to come through with the information that you need to help you to gain this ability, for it comes from within.*

**Question From A Book Dictated By St. Germain ~ About Archangel Michael And Lucifer  
(October 11, 1988)**

Waith, I was reading a book supposedly dictated by St. Germain in which he talked about the Archangel Michael bringing Lucifer to Sirius for a trial, and it said that Lucifer went through the second death. Does that mean that he was put back into the elemental state to go through the whole again, if it is true?

*The phenomena that is referred to in the vernacular in which you operate now called the SECOND DEATH~ realize, first of all, that death is not part of what happens. There is no such thing as a death as all on the earth plane seem to interpret it, but rather a transition made moving from one to the next.*

*And what occurs when there are major battles between the dark and the Light is that the Light, in ways that would be far too complicated to explain to you, nor would I be able to explain it, for you would not understand, there is a transition in terms of his darkness being flipflopped where*



*for a moment there is complete surrender to the Light and he becomes Light, the opposite of his own darkness.*

*However, the force is so strong that he returns back to the darkness of which he is flipfopped, thus the reference to it being a second death, for in a brief moment, there is the opportunity for Oneness and Lightness at the opposite of the dark of which he is, but the forces of dark overtake. This occurs, by the way, at many, many, many dimensions, many times.*

### **Thinking Your Prayers Were Not Answered, Remember All Happens For A Reason (October 18, 1988)**

#### **Is There Anything We Can Do to Help The Three Whales That Are Trapped In Alaska?**

*Ah-h-h. Indeed! Francis has been brought into the vibration. He will not come through and speak but he is now in the vibration, and there is of course something that can be done for them. What we will be doing is helping them in a lesson that they are needing to learn, these three energy forms. We will be of assistance to help them.*

*Remember that when assistance is given to any energy form it is given at a level that concerns the Soul and the lessons to be learned by the Soul. Be careful of falling into the trap of saying, "I want to save someone," or some energy form, and you send the Light and you pray, and that energy form is not by your perceptions saved, and you think "My prayers were not answered. The Light did not work." This is not the case, for remember all that is in physical manifestation is insignificant, for it is what the Soul learns that is important, and it is in the saving at the Soul Level.*

*And so, while the energy forms known as the whales may not, in their physical incarnation, be saved, what we are attempting to do is go to their souls and assist them in the learning of their lesson, for they are trapped for a soul purpose. Remember this, all of you that everything that happens to you is for a soul's purpose. And that it is your soul that calls upon the experience. It does not just happen by some extraneous source.*

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

*And thus, we will send to these beautiful souls, the whales, a special energy. What I would like you all to do is to take your hands, your right hand facing up and your left hand facing down, and bring them together now, the left over the right, and concentrate. And within this small circle, as you see the hands of Mushiba, place in there a ball of White Light. And within that White Light visualize these three whales. And as you visualize these three whales, start the ball of White Light pulsating and surrounding them and send them*

*warmth from the Light. And now slowly bring your hands back, keeping the left hand down and right hand up, bring it back into the position straight out from your body and breathe in through the solar plexus, deep, and bring this in through the nostrils and release the breath through the mouth, and do this one more time. Ah-h-h-h.*

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

**Can this technique be used for the plants as well?**

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

**Issue Of Imposition ~ Learning When To Help Someone, Or Not ~ Through Experience  
(October 18, 1988)**

**Is there a point where we on the earth plane should not offer assistance to someone who is struggling, in that their struggle may be a lesson they are requiring?**

*Indeed. Therein lies the difficulty that many of you are faced with as you begin to open up your own awareness and you have this surge within you, the surge of love and Light and wanting to help all who come before you, and seeing what might appear to be a lost soul, a little lamb in need of assistance, and there may be the danger that you would attempt to transgress upon the Soul of another. And what you learn, and you learn this through experience and the doing of it, is that you do not go to people, they come to you.*

*When someone needs assistance, when they need what you have to offer, they will find their way to you. You do not have to seek out anyone. Just as you when you are in need of something you find that which will satisfy that need that will serve its purpose. And when that soul is ready for whatever it is they need from you, they will find you.*

*The trick is in understanding when they are truly seeking you out or whether or not you have simply been placed in their environment. This is the difficulty. This is the reason why it becomes so imperative that you have a connection with your Higher Self so that you can ask the Higher Self what is the higher purpose for assistance for a particular soul. "Am I to help that person?" Or, as you so rightly observed, "Is that person in the struggle that they must go through?"*

*It is the great paradox of being on the earth plane, knowing that fine line, and it is only you who can come to that understanding. And you will falter many times and there will be many times when you will perhaps go into waters where you should not tread. But that is also a part of your learning. This learning occurs in all areas. It is always appropriate to send Light and love to the Soul of any energy form, and that Light that is sent is a very powerful force that assists the energy in learning the lesson.*

*Where the paradox comes in relates to the relationship at the earth plane level where someone would come to you, or you would go to someone and you would say to them, for example, "I see that you are struggling with a particular issue. Let me tell you how to fix it. You should become more spiritual." Or, "You should come and listen to Waith." Or, "You should do this, or you should do that, because I know what you are struggling with," you see.*

*Rather, the individual would seek you out and say, for example, "I am having struggles in a particular area, and I am looking for some help." They might, of course, not say it in quite this way. Part of the lesson is in your interpreting correctly, and you might gently then say, "Well, I can tell you what has worked for me."*

*So that when you see someone struggling and they have not come to you, it is always appropriate, and in fact encouraged, that at the Soul Level, you simply send them Light. It is unconditional, it is nonjudgemental. It is not saying, "I am sending you the Light so that you eliminate your struggle." It is sending the Light to help the Soul grow and learn its lesson.*

### **Sending Light ~ Protect Yourself By First Calling Upon The Highest Of The White Light (October 18, 1988)**

**Waith, along those lines, sometimes when I send the Light to my sister, it draws her to me. And then she drains my energy. I am afraid to send the Light.**

*You must learn how to protect yourself from this. You must not be afraid to send the Light. None of you must ever fear sending the Light, for then the darkness is truly in control, for you fear, you see. If you have the fear, then you are dissolving your own Light that you send, and therefore, it opens up the possibilities for the draining because you fear it. Before you send her the Light you protect yourself. It is important that when you send Light that you are calling upon the very Highest of the White Light. Do not just arbitrarily send Light without calling upon the very Highest of the White Light first to protect you and surround you. And in special situations you will require more, and in your case, dearest, when we speak privately there will be issues to discuss in this area.*

### **Someone Needing A More Intense Calling Upon The Light For Specific Issues (January 17, 1989)**

Last week when I left here, and my next day at work, I do not know what I was experiencing, but I was extremely disoriented, to an extreme which I have not felt in a long time. Is that something to do with the night before?

*Yes.*

Am I going to experience that again tomorrow?

*Yes. However, you can protect yourself against this, using a more intense calling upon the Light and also ask us to help you. We will be able to do that if you ask us.*

### A Request For Light To Be Sent To A Friend In Need, From The Community And Waith (March 14, 1989)

Waith, could I make a request of the community, to send some special love and light to my friend?

*Indeed. Those of the community need to be asked this, and the purpose for the gatherings is partly for this opportunity when the time before I enter in and the time after I enter in ~ after I leave ~ can be used for this type of request. We also would enjoy being requested ourselves specifically for assistance, for we are not able to help unless asked.*

### Confirmations Of Help Being Received, And The Importance Of Asking For Help (May 16, 1989)

Waith, I was having a tough time the past couple of weeks and in my meditation, I asked help from you, and it did come and it lessened the intensity of the situation. I still have a lot to work out but I just still want to thank you.

*We are pleased to have been of service to you and we also thank you for placing on the record further support that if you ask for our help we will come to your aid. But that unless you ask us, we are not permitted to do so.*

I also think that Bathusela had something to do with it. I am not sure of the details but I felt the vibrations around.

*Indeed. Yes, indeed she did.*

Waith, I want to also thank you for whoever guided me with healing the wrist.

*That was Jacques. But it was also in connection with your own soul.*

**Waith, who was driving the red car the other day?**

*We manifest in many ways.*

**It was one of The Company, wasn't it?**

*We are allowing one of The Company who you do not have much contact with, that is Jenjura who does our research for us in certain ways, and he wanted to do a few things, and so, he wants to break out of his stereotype. 😊 😊*

**He certainly did. If I did not have a new car, I might have rammed him.** (Jenjura, manifesting as a woman driving a red sports car, cut in front)

*Lessons to be learned.*

**It took me a whole day to figure out what happened.**

*Lessons to be learned. Patience being a major lesson.*

**I am better than I was.**

*Oh, many of you are better than you were and it is joyous to see.*

- ⊗ **I even get a lot of green lights now.**
- ⊗ **You do manifest green lights ~**
- ⊗ **And parking spaces, too.**

*Yes.*

### **Can Someone Who Is Very Dark Suddenly Become Very Light? (May 23, 1989)**

*It is possible for any entity to move very rapidly along The Spectrum of the Light and dark. You must be careful when you refer to Light and dark that you do not make them, as you would say, mutually exclusive, for Lightness and darkness is very relative to where you are yourself on The Spectrum.*

*We have spoken in great length in the past on this subject and the transcripts are quite full of information regarding The Spectrum of Light and dark. Each entity is at some point on The Spectrum, and what is dark or Light to one entity may not be dark or Light to another. So, you must be very careful. This is an issue of judgement that is being dealt with here ~ that you look at someone and say that that person is of the dark. Well, comparatively speaking to your particular vibration, it may be dark. To another's vibration, it may be Light. This is a concept that needs to be understood as you begin to grow in your own awarenesses.*

*An entity can move from dark to Light in very short periods of earth plane time. For example, you could, as an entity, in an instant become much Lighter because of any number of circumstances that would present themselves. At the same time, the opposite is true ~ that we have spoken of the situation of regressing. This simply means that there is movement along The Spectrum of dark and Light. So, to answer your question in its most elemental form, yes, an entity can in a very rapid period of time move from one point on The Spectrum to the other. It would be helpful for many of you to refer to the transcripts that give in detail the discussions initially of The Spectrum of dark and Light so that there is an understanding of it.*

### **Questions About How To Help Mushiba ~ Sending Light (June 13, 1989)**

**In regard to Mushiba and her pain, would it helpful to apply magnetic and polarity therapy?**

*It is not necessary to apply anything, dear one. We take care of all that is necessary. In fact, Mushiba has mentioned to several of you that you are not to attempt to send energy to her, for it would create a short circuit in the person sending the energy. We are a self-contained group here in terms of what we do, and any of the abilities on the ~ currently on the plane, would not be of help to that which we do, it would not give any relief. There are the same scratching techniques that I have described to you that work, and you will find Mushiba is quite funny about the itching that is occurring in the body, and it goes right down the middle of her body, the corridor of the central nervous system.*

**All we can do is just send her Light?**

*Yes, indeed, the sending of the Light. It is a time of revamping. Her protection abilities will be greatly heightened after this particular cell change and will be able to protect at even greater heights at spirit form than currently. You will be able to call upon the Purple Ball.*

### **Defense Against The Darkness At This Time (June 13, 1989)**

When she is going through the cellular change, does the darkness try to take advantage of that?

*It tries, but we are, during this particular time, allowed to give complete defense, so that she would, yes, be very vulnerable, but because this is something that has been requested by powers above me, it is allowed that we would completely protect. It does not mean, however, that those peripheral to Mushiba would not feel the effects, for those of the darkness, in realizing that something is going on, and they are not quite sure what it is for we have shielded them from the knowledge of this, but they know that something is going on, are a little bit perturbed.*

So, the core community should intensify the Light.

*All who would like to intensify the Light, it would certainly be beneficial for yourselves, as well as Mushiba. Yes.*

**Don't Judge Others~ Someone May Appear Dark But Be Very Much Of The Light  
(June 20, 1989)**

Are you saying that an entity of the Light could incarnate in and assume the role of a villain, to teach. So, we cannot look at people and assume that they are not of the Light and look at what they are doing. They may very well be playing the bad guy for a purpose.

*That is quite correct. We have stated all along that you must not judge, for you will not know upon looking at another entity what their role is and that you simply, when meeting another entity with whom you find yourself having difficulties, especially, that you just send the Light, you surround yourself with the Light and ask that that which you are meant to learn from a particular entity is what you will learn without making a judgement about that other entity's path.*

*This is where so many get into trouble, you see. Be concerned only with your growth and your development. Do not be concerned about where someone else is. That is their concern and their path. You, as loving entities, will send love and Light, if you will, to all around you so that they too will learn what they need to learn and will progress along their own path. It is in a rare instance that one entity is allowed to take on some of the burden of another. In general, be concerned about your own development, for as you attune yourselves and you grow more loving, that will affect all around you and that Light will have an infusionary effect upon those around you and help where it is needed, whether it appears to be one of the dark, as you might think, or not. Light always helps other entities.*

**Sending Light Always Helps  
(July 18, 1989)**

Before you leave, I wanted to thank you for help with my uncle. He is coming home from the hospital tomorrow and gaining strength.

*Indeed. He has been given rather a spurt of energy.*

Yes. He felt it when we were meditating about him.

*Indeed. You see, it does work, my dear loves.*

### Waith Discusses The Issue Of Judgemental Light Versus Nonjudgemental Light (September 05, 1989)

Whenever I do not understand somebody, and I do not think that they are correct about something, I think of them and just put a Light all around the thought and dismiss it.

*Be careful of making the judgement, my love, of whether they are correct or not according to your own perceptions as to whether they are correct, based upon your own understanding of your own world, you see. They may be correct based upon their own understanding of their own world. And yes, it is appropriate to place Light around a situation in which you feel it to be uncomfortable for your own perceptions. Do you understand the difference? But not to place a judgement Light, for then the Light is diffused if it is a judgemental Light.*

So, we have to work on nonjudgement.

*We have presented to you a new concept just now. What is it? What is the new concept we have just given to you?*

Everybody's at their own level and we cannot judge.

*No, we have given that out many times.*

Truth is relative.

*Yes, that is true, but we have said that also.*

The Light is relative to the amount of judgement that you cast or nonjudgement.

*Yes, my dear. We have given you the concept of judgemental Light. Up until now, we have simply said that you need to send Light and that has been purposeful in its explanations to you*



*and in the information being given to you. However, we now give to you a more complex understanding of the Light, for remember that all that we give you is quite simplistic in its information, and that it will be simplistic when it comes through for the masses, and that each of you will begin to have greater depth to the understanding as you reach your Higher Self and as we give information about the Light, for example.*

*There will be a significant number of entities who will, through their meditations and their own connectedness with The Universal Consciousness, begin to have the greater awareness of what the Light is all about, so that the concept of judgemental Light is in itself rather simplistic, yet when delved into further through your own meditations, some of you will begin to have an even greater understanding of this, so that the effect of the Light that you would send to another, as well as surrounding yourself, is directly proportionate to the amount of judgement that goes with it.*

### **Would you say intent of your ultimate purposes for sending the Light?**

*Yes. Yes. The purpose of sending the Light for the majority of entities would have a high degree of judgement attached to it. Remember that we have said to you that it is critical that you do not impose your own beliefs, and that if you feel someone needs the Light or that they need assistance, it is not for you to say, "I send the Light so that this individual will have less pain in their lives." That is a judgement.*

*You send the Light to an entity simply to send it for assistance. You send it so that the entity will be able to do what it came in to do, for it may be that the entity needs to suffer pain and you would be interfering, you would be imposing, and it could delay the achievement of a particular goal of an entity if it is bombarded by Light that is judgemental, you see. And when you send judgemental love and Light, it comes back to you proportionately and diffuses your own Light and makes you vulnerable to those forces around who might attempt to infiltrate your vibrational field and create mischievousness or create attacks from the dark.*

*You see, there is much more to it than first appears to be, and we have given out enough information over this time frame that we have been coming through where the Light is concerned that has, as we would say, laying the foundation for the concept of Light, and now we bring it one step above. It is not as easy as it is going to sound as you, many of you, learn when you attempt to apply what we give out for guidance, for it is so easy, and for many of you, because you are of such giving natures and so loving, that when you see an individual in distress of some sort your automatic response whether at conscious level or at an altered state of consciousness, would be to send Light, but judgemental Light.*

*It is now something new for you to work on, especially for those of you who were beginning to get a bit, shall we say, arrogant in your sending of the Light, thinking that you had it mastered and that you were able to send Light and deflect darkness. We now knock down some of that attitude of complacency that has developed, not just with those who are gathered with us now,*

*but those who will read the transcripts who have come and gone in the sessions and who are not gathered with us in this session, for it applies to all in some degree or another.*

If I think somebody is being attacked by the darkness and I send Light around that person so they have it if they need it, and send Light if there is any mischievous and negative entities around ~ Light around them and wish them away, is that incorrect, or correct?

*It would be correct when you send the Light as guidance and assistance, but it is incorrect if you put a condition on it and say, "I send the Light to you who are being attacked so that you can use it to fend off the attack." Now, it may be that they are being attacked for a lesson to be learned and must, in fact, build up their strength, and therefore the Light should be sent only for them to pull upon if they feel they need it.*

So, "I surround you with Light. Here it is if you need it."

*That is correct.*

And the same to whoever might be doing the attacking, if they are.

*It is sent out so that it is there if needed, but not imposed. "Here is the Light! I am going to protect you now." ~ You must not do this.*

Sometimes I think when I feel a mischievous or negative presence, I send them the Light and say, "Here it is if you want it. Otherwise, go away." Is that part unnecessary? Too much judgement?

*If the attack is coming to you, you have every right to tell it to go away. If it is going to another entity, you have no right to say that. Only to yourself.*

### Waith Gives A Technique For Sending The Light (September 05, 1989)

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

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

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

*It is a visualization technique initially as you begin to develop it, and you simply visualize the entity or the situation, and then you visualize a Light, and if you can put this into a ball that has*

*spokes coming out of it, it is vibrating, and it is soft and white, and then you visualize slowly sending that Light to the image that you have presented.*

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

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

### **Sending Light, Without Infringement (October 17, 1989)**

**I am feeling sad for this person and the crystal shop that programmed our crystals. I do not know if I should feel this way or if this is a weakness, making me more vulnerable. I sent Light to this individual and the shop, and I was wondering if that was infringing.**

*Yes. We will address both of your issues, my dear, for they are of a dominant concern. The issue of feeling sad for this entity is a predictable emotion that many would feel. We would not say that you should not feel this, for you must feel what you feel in order to work through your own issues. However, you must understand that that which is occurring is meant to occur and that you are perfectly legitimate in your feelings that you have. There are others who would not have that same feeling, who understand the greater significance of that which has occurred. And understand that at spirit, in the scheme of the Universal plan, all must happen as it happens.*

*Understand that the feeling of sadness is happening for it is part of the Universal plan that your soul has mapped out for itself in terms of its own emotion and growth. You must understand that all happens as part of the plan and that strength and growth is a result of situations such as*

*this, not only for those of you here in the community, but for this entity, for at Soul Level there is an awareness of certain things.*

*The issue of sending Light ~ we would refer you to the session in which we discussed the sending of Unconditional Light. You will recall that we presented this concept ~ for many a new concept ~ that sending Light is, of course, that activity that helps to maintain the balance in the Universal plan, and that as long as you send it without conditions attached to it, there is no infringement. It is simply sent as a vehicle, and not sent with the statement of "We send you this to help you," but rather, "Here is Light. That is all." And if you will refer to that time of discussion, we have given a technique of visualization that will aid you in accomplishing this technique.*

**I ran into this individual and I did not realize it was him, but as soon as I did, I put the White Light around me, and I was surrounded by love, and I could not feel anything but that beauty of love and protection and Light. And I looked at him because I wanted to see what he was really like, but I was so much protected by White Light that I could not feel anything beyond that, and it was a wonderful feeling.**

*It is not yours to know what he is truly like, my love. Thus, by surrounding yourself with the Light, you were able to, not only protect yourself from any darkness that he may have attempted to project to you, but you also were able to protect yourself from attempting to impose yourself upon him.*

**In that way, to see him the way that he really was. I sensed it was my Higher Self blocking me from doing that, as well.**

*That is correct.*

**When we reprogrammed the crystals last week, did we completely nullify any programming that was in them? So, if we had programmed them ourselves, they must be reprogrammed.**

*Yes. They must be reprogrammed if it is coming from yourself. All the crystals were cleansed and any programming in them was deprogrammed. That was needed in order to achieve the total effect. It is quite easy, for those who have the ability to program, to reprogram. The only type of programming, if we would use that word, that was not affected would be, any of you who have crystals that have had programming by myself in other lifetimes, by Mushiba or by Abalma. Those were not affected. They remain intact, for they were never affected to begin with.*

**I had a psychic attack. Someone else that is not here tonight said that he had a psychic attack. I do not know where it came the entity who programmed negativity in the crystals.**

*You must remember that all now cannot be blamed upon this entity, for the psychic attacks continue, you see, just as before. If you have issues to deal with from those of the darkness, you*

*are not protecting yourself correctly, you will receive attacks, and all goes on now as before, and understand that all attacks that come your way are asked for by soul.*

**A Question About Someone Moving And Leaving A Crystal Behind ~ Sending Light  
(October 17, 1989)**

*I have the one sad, little split crystal that was cut in half that has been outside all this time and I was wondering what to do with it. We will be moving and I did not want to leave it behind, but I just feel sadness surrounding it.*

*What you need to do is to surround it with love and your Light. It must remain where it is, for it will assist the vibration that you leave. And remember to refer back to the technique that we gave upon the departure from the environment that Mushiba was living in before this current environment. The leaving of the light in the environment that you depart from, this coupled with your sending the Light to surround the crystal will take care of the situation, and the crystal now has a purpose that has taken on a greater significance for its mission.*

**A Question About Sending Light To Someone's Car, And To The Mechanic  
(October 17, 1989)**

*Do balance the spiritual with the earth plane and understand that not all can be accomplished through the spiritual, that you must call upon earth plane resources, and that, as we have indicated in other times, it is perfectly fine to call upon earth plane resources, and not to feel that you are failing at a spiritual level.*

**In The Law Of The One, There Are Only Gradations Of Good ~ Being Dark Is Not Evil  
(February 20, 1990)**

*It simply gives you more responsibility to assist those who would need assistance in their path, to help show the way, for as we spoke as we departed in our last session with you, for many it was the first time you heard this notion, you might say, of Light and dark. Light and dark is a Spectrum, and at one end is total Light and at the other end is total dark. And all of you are on The Spectrum or the path returning to the ultimate Light and depending upon where you are on The Spectrum determines whether you are considered Light or dark to other entities. And as I said to you upon departure, you are all dark to those of The Angelic Force, for we are at a particular point in The Spectrum. However, what I failed to mention to you so that it would give you something to think about is that Amelius views those of The Angelics as dark. And it is not evil ~ this is the misconception.*

*We have spoken so often of the dark and the Light. In The Universe, in The Law of One, there can be no evil. There is no evil. There is only good. There are variations and gradations of good,*

*but all good, and it is only where you are on The Spectrum, for you can only be totally Light when you are One and have returned to The Universal Consciousness. And thus it is all relative, you see. And while we indicate that there are tremendous battles that occur between the Light and the dark, remember the concept we gave you of the order in which the Light and the dark work with each other, and that you will not do battle with one of the dark that is not at the same level as you.*

### **Being Attacked By The So-Called Dark Is An Attempt By The Dark To Move Ahead (February 20, 1990)**

*This is a very fine, fine, finetuning, if you will, of position, which is not understandable to your limited knowledge while on the plane in the illusion that you have found yourselves, but understand that when you are attacked by the so called dark it is an attempt by the dark to move ahead ~ to move ahead into The Spectrum, and it battles what it sees as perhaps an interference or a delaying of its movement. It is far more complex than what we would give you now, but this is the basic understanding of it, and that as you of the Light, stand ready to battle that of the dark, there is then the movement ever so slightly along The Spectrum.*

*And remember that as you are being moved along The Spectrum in the battle of the dark and the Light, there is another energy form also being affected by you. As you are moving along, so too are you pushing, if you will, another entity of the Light, and as the lessons are learned, as the encounters are maintained throughout eternity, there begins to become a fusing of the dark into the Light, for the dark cannot maintain itself. It eventually is overcome by the Light. And as you move along toward The One you begin to become brighter and brighter, and as that occurs you gain a closer alignment with The Universal Consciousness.*

*Now we understand that it will be a bit unclear to many of you, this concept of movement along The Spectrum, and as you grow in your own awarenesses, you will begin in your meditations, and through the seeking of the Higher Self be able to understand better what we might call the whole picture.*

### **How Can Those Of The Dark And Those Of The Light Be Of A Similar Vibration? (February 20, 1990)**

*They are of the same vibration, as we had explained earlier. There needs to be an understanding of what is meant by vibration, you see. And it simply means the energy projection at a particular point on The Spectrum, each point infinitesimal, not able to be understood by the physical on the plane, understood in meditation, but each point on The Spectrum has a particular energy projection. And where you as an energy form, find yourself on The Spectrum, determines what your vibration is at that particular time, you see. And to understand the dark and the Light, you must understand that there becomes on this Spectrum the point of unity where one comes from*

*this direction moving toward the Light and encounters at the same point one of the Light, and what occurs then is a total merging of the vibration at that very infinitesimal point.*

*And the dark, you see, is attempting to get rid of the Light, not really understanding this whole process but knowing that there is an energy form that is blocking its movement, and this other energy form is being pushed, is realizing that it is being pushed, and so the two go like this, you see, (Like the fingers on both hands hitting each other) and eventually, there is a combining, and when the dark is diffused, it then moves along.*

*Now if the dark is able to overcome the Light, meaning, let us say, for an example, you as an entity, and another entity, you see, are moving along, and this dark entity is able to overcome you, you remain on the point in the path. This other entity moves ahead gaining Light. You, however, have not gained Light, for you have allowed for whatever the reasons, and there is no judgement here, allowed this other entity to move ahead, so that there then appears to be what is thought of on the plane as winning and losing. The winning and losing concept is on the earth plane only, and we give reference to this concept only as a standard by which you would understand this movement, so that you will merge with another entity, who is also moving along The Spectrum, at an instant. It is an instant that is so quick that it is beyond your comprehension on the plane. When you are in spirit you have a better understanding of this concept.*

*It then means that you have taken this dark, and this dark has taken this Light, mutual agreement of the Souls of the two entities, so that lessons can be learned and strengths can be developed, for understand that deep in the memory of every energy form is the connectedness with The One, is the total understanding that each energy is a part of the other energy and ultimately all helps all.*

**I need some further clarification from you. When you talked about the battlefield, I thought of military terminology. Battlefield means two parties battle against each other, and one will win and the other will lose.**

*Indeed.*

**So, it was clear to me that either the darkness will win, or the Light will win.**

*And you understood, didn't you?*

**Yes. But now you confused me.**

*Indeed.*

Because now I think it is both the darkness and the Light are battling to progress on their path so that they might even change the color, the darkness might be Light and the Light might be dark.

*Indeed.*

But they are always trying to approach the goal of reaching the final goal of total happiness, not like a battlefield as we understand on the earth plane.

*You are correct. And in giving the symbolism of the battlefield is the basic understanding that many, many on the plane would be able to identify with at their point of understanding. It is only as you gain greater awarenesses through your meditations and the reaching of the Higher Self and unlocking the Soul memories that you are able to understand the nuances, if you will, of the Universal Concept, for to explain a Universal Concept to you on the physical you need the point of reference from the illusion, and thus it is that we give you the reference point of a battle, you see. But you begin to work your way through this now, my son, as you yourself gain in your understandings. There will be many who will be unable at this time to understand the greater nuances but will be able to understand the meaning of battle and be able to work in terms of protecting themselves from the forces that would attempt to overtake them.*

Since we are assigned guides in our lives, does the dark assign their version to us that might stay with us through several lifetimes?

*There ~ you must remember that all entities are considered Light to some entities and dark to other entities, and thus to say that, to differentiate that the dark may or may not have guides does not mean anything, for all entities have guides ~ all ~ for there is no differentiation between dark and Light, for if we were to do that then it would be only Amelius and the other four who rule the other kingdoms who would be considered Light and everyone else would be considered dark. Do you see? Do you understand?*

**There Is Nothing That Anyone Could Do From The Universal Consciousness Position That Is Bad  
(May 01, 1990)**

*So, you see, there really is nothing that any entity could do from The Universal Consciousness position that we would consider bad, you see. This is a difficult concept for many to understand, for this idea of evil persists on the earth plane. That is a part of the illusions that are on the earth plane, that evil exists, and it is necessary for you, in strengthening, to have this perception of that which would be considered so evil and bad that you would fight against it.*

**When You See Evil, You Are Seeing A Reflection Of The Dark Side Of All Entities  
(May 01, 1990)**



*You see, it gives you a symbol to fight for growth within Self, for when you see evil you are seeing a reflection of the dark side of all entities, you see, for we have so very often said that on this continuum of the dark and Light, that one side is Light and one side is dark, you see, and if you look in one direction you see the Light, and if you look in another direction, you see the dark. Depending on where you are on The Spectrum determines how close you are to the Light, which is The Oneness and The Universal Consciousness. And thus it is, that if you were to look back you would see dark. This is as it needs to be, to understand where you have come from and where you have progressed to, and then to take on the responsibility to Be of Service to those who come behind you, or are at a different level in their own growth, who seek out the Light, that you would be of assistance to them if they so ask it, you see.*

### **A Discussion Of The Concept Of Eternal Damnation And The Circle Of Light (May 01, 1990)**

*And thus, this concept of eternal damnation is really not correct, you see. I would describe to you a particular situation that may help you to understand better, this concept of what you would refer to as damnation, you see. There is, in the Flow of Energy from The Universal Consciousness, something that can only be referred to in your ability to understand on the plane called the Circle of Light. This Circle of Light surrounds a particular, what you might call tunnel. This is the tunnel of progression. This tunnel of progression means that as an entity moves from one dimension to another, it goes through this tunnel. Now, there are many, many, many tunnels depending upon the various dimensions from which you are able to move, you see. Surrounding each of these tunnels is this Circle of Light. The Circle of Light is taken care of by those of The Angelics. This is one of the JOBS, if you would call it that, of The Angelics.*

### **Waith Discusses The Spectrum Of Light And Dark (June 19, 1990)**

*It would be important for you, and anyone who would want to know more about the issues of Light and dark, to refer to the various transcripts in which we have described The Spectrum of dark and Light, to receive a better understanding that it is something that is in relation to each other, for what is dark to one may be Light to another entity. It is dependent upon where you are on The Spectrum of dark and Light ~ Light, total and perfect Light, being The Universal Consciousness, The One. And all who are on their path may appear to be Light to one entity but to another may appear to be dark. And as we have said so very often, it is not a negative. And there is in The Universal Consciousness no such thing as evil, only degrees of Light, gradations of Light. All entities are Light to some other entity, you see. It is all in perspective.*

*However, in order to achieve the total Oneness, one must in fact move ahead, and that means moving toward the light. And as you move toward the light you move from one end of The Spectrum, which is dark, into the next part of The Spectrum, which is light. And thus, each becomes lighter and lighter as you grow.*

And those who you pass seem darker and darker.

*That is correct, my love. That is correct. That is absolutely accurate. Being a member of the Community of Terra Lux is an opportunity to strengthen soul, for any entity who would take on as part of their mission in the incarnation to be a Spiritual Warrior signals to The Universal Consciousness that there is accelerated growth that has been accepted as part of the mission, and as with many other groupings currently on the earth plane, the Community of Terra Lux takes its place among a group given the opportunity to accelerate and to also learn to Be of Service to those who would seek their service.*

### **A Question About Sending A Healing Light To Someone, And The Light Stays Blue (July 15, 1990)**

**What is the significance if you are trying to send White Light to someone, and the light stays blue? Or is it just the intention of sending the Light that counts?**

*Understand that the sending of Light is the concept and that the visualization of the White Light is the standard that has been established on the plane for the greater understanding of purity, and that white therefore would be the same visualization for large numbers of entities, thus creating a particular illusion. Some entities are able to simply visualize the concept without actually visualizing the Light. This is an advanced ability that has been achieved by a particular entity.*

*At the same time, the visualization of other colors is simply a particular entity's own interpretation of healing at Soul Level. And thus, when the color blue in your particular situation is visualized, at your Soul Level blue is representative of healing. At your Soul Level it is a vibrational color for you, my love. It has a high attunement, and that which is referred to as crystal blue is most appropriate for you in your visualizations, and we might add in your physical surroundings.*

### **A Proposal, As A Community Group, To Send Light Each Day At A Predetermined Time (September 04, 1990)**

*Yes, it is most appropriate and most easily accomplished. Of course, you do not need to interrupt that which you are currently engaged in at that particular time frame, but rather with the quick mental imagery you would send Light to a predetermined image, and the image can be determined by you as a group, and you see, can change whenever you want it to change. You simply decide as a group what you would want the image to be. For example, you could place as an image the planet, and within the planet, you could place the image of a land mass or water mass and you would send Light, then, to that particular image simply by envisioning a White Light bolt or a White Light sprinkling, whichever your preference, to that particular image. And you need not go into a meditative state to do this, but rather, know that all in the group would*

*be doing this at approximately the same time ~ it does not need to be at exactly the same time. And this is most beneficial.*

*You can, shall we say, organize this in such a way that you could place the image of a person within the group, and the Light would be sent to a person, an entity, that has either asked directly for the White Light, or you feel would benefit by having White Light presented to it, knowing, of course, that you cannot impose the Light on another, only to present the Light and allow them to take what they would want, or not want.*

**Also, community members who felt like they needed a little energy boost could draw from this. It would kind of be a mini-Universal Consciousness, you might say, a little something closer to ~**

*That would be a different situation, for when you place the image of something, some type of energy, from whatever kingdom it happens to be, as the group consciousness, then you send the energy, but you do not draw upon that energy if you were to send energy to the planet or to another entity.*

*However, if you wanted to establish a pool of White Light, a reservoir of White Light, you most certainly could do this by envisioning something as simple as a pool in which you fill it with the White Light, with it being open to any who would need to draw upon it, not just community members, but any who would feel a need for extra Light and would know that it was available, for if you truly send this out to The Universal Consciousness, then the knowledge is now known throughout The Universe of this reservoir of Light that is being given by various very, very beautiful group of entities, for you truly give of yourself when you give selflessly of Light.*

*Thus, you have two different groupings. You can do both, you see, for if you want to have a reservoir, it is there for filling whenever an entity would choose to do so, and it is there at the disposal of any entity at any time whenever they need it. This is a very easy situation, but one that is not used all that frequently.*

**So, every day it is just a matter of attention on that. It could be ongoing and build and build.**

*Yes, indeed. Most beneficial idea.*

**Waith Gives A Reminder To Always Challenge If You Doubt Whether Something Is Light Or Dark  
(October 02, 1990)**

**Something happened at my house recently. There was a woman who started channelling spontaneously an entity, and I felt that this entity was of the Light, but I just was not sure. Now, she asked me for my help in this matter, and I really do not know if I want to pursue this, and I would like some comments or some guidance in that.**

*Understand that the ability to, as it is called, channel is available to any entity, and we have indicated this in other times and in other sessions that many entities currently on the plane have developed the abilities from other lifetimes, that they bring into this lifetime, so that it is an easily accomplished process. Other entities, perhaps for the first time in this incarnation, work on developing the ability to allow other sources to speak through, be it the Higher Self or other energy forms.*

*One of the dangers that an entity could face is that the dark, you see, are just as capable of coming in and speaking as the Light, and we have discussed this on many occasions. And there needs to be a tremendous amount of calling on the Light when channelling, if you will, and this particular entity has opened up her Spiritual Centers recently that have made her vulnerable to lower sources. Many times, we refer to them as mischievous entities that can disguise themselves superficially as the Light.*

*And we have also on many occasions indicated to you the challenge that you must give when there is any doubt. To challenge if this is the Light, and if it is the Light, they are able to take the challenge, but if they are not, they are unable to take the challenge. And you would refer back to ~ in the transcripts, my love, for that challenge information. You would be cautious in this area, for this particular entity that has come through is an instrument of that grouping which seeks to destroy the mission. And they would, with you and (Name given) attempt to infiltrate a bit. But you knew that.*

*But also, know that when you sense something, that your instincts are correct and that if you have any hesitation that do indeed meditate. You see? And so, you were correct. There has been no damage done. No harm has been created. And, in fact, what we have done, you see, is we have blocked this entity from knowing that this conversation has even gone on. And this entity thinks that it is fooled you. And now you have an opportunity to send some Light to it, what the dark loves the most. ☺ You try to lighten it up a bit, you see. You would want to challenge this entity, and it will be beneficial for you to do this challenging to see how it actually works and how the dark retreats so rapidly when challenged, for you will be working with this issue much more as time progresses.*

### **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.*

### **It Is Important When You Move From A Space, To Fill It With Light And Love (February 02, 1993)**

*(Terra Lux will be moving to a new location soon.) We have in past times provided techniques for departure from an energy spacing, and we are planning to do this in this session, to give the Light and the love to the space that is now going to be left by Terra Lux and all of the beautiful energies, and to soothe the energy and prepare it for its destiny. At the same time, this is a technique that you can also utilize as you leave particular spaces. They can be physical spaces, such as this that you find yourself in. It can be emotional spaces. It can be energy spaces.*

*You may be involved in an Energy Circle with a group of particular entities and it is time for that Energy Circle to change. You may leave the Energy Circle, for example. You may be working with a group of entities and you leave that work environment to go into another work environment. You are leaving the space, and it is most appropriate when you leave a space to fill it with Light and with love.*

*Now. This new vibrational space will have a much more concentrated energy related to the earth energy. Where you find yourselves now, the concentration of energies that surround this space, all of what you call these houses in which many entities reside all around this area, has given a focus of human energy, and this is appropriate. And Terra Lux takes with it that component.*

*Now, however, the energies will be focused on the earth, for the physical location has a greater proximity to nature energies, as you would call it, the earth energy. And it is now appropriate, since Terra Lux, of course, is Earth Light, that much more work is done in conjunction with the earth and its vibrational changes and how each of you will have a part in that change, whether it is working directly with each other and through Terra Lux or whether it is simply on your own. The very fact that you hear the words that I speak in this session, and those who would read the words in the future, that you have been brought in and heard the information, is an indicator that in some way you have chosen to work with the earth and its energies in relation to others who are working with the earth.*

### **Technique For Sending Love And Light To A Space You Are Moving From**

(February 02, 1993)

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

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

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

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

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

Energies On The Path Toward Enlightenment ~ Goals Of Light ~ Drawing Energy From Others  
(July 06, 1993)

You mentioned our not seeing the dark as attacking us but perhaps a feeling that is drawing energy from us as it sets us for a goal. Are we doing something similar as we set our goals toward a higher vibration, or a different dimension, are we tending to intrude or sap the energy from someone else?

*Yes, indeed, my love, but that is all right. You see, this is the way it is done. On the Spectrum of Light, there is always going to be a point lighter than, you see, and that the total Light is The Universal Consciousness, which is The One. And thus, if you were to use the frame of reference that only The Universal Consciousness is complete in its Lightness, then anything outside of The Universal Consciousness is dark, you see. If one were to look at it from that perspective, one could say that all energy, regardless of where they are in their own awarenesses and development, are dark, in comparison to The Universal Consciousness which is complete Light.*

*So that even if an energy were to come ever so close to return to The One, that energy, by comparison to something else, is still considered dark. And thus, we shocked many, we recall, so long ago when we said that all of you are dark to us in terms of being on The Spectrum of the dark and Light. This is not a negative. This is not a negative at all. We of the Angelic are considered dark to Amelius, you see.*

*It does not mean that it is attack, the dark. It simply means that there are higher awarenesses, and that in order to gain that awareness, there must be a drawing to the Light, and that it is the responsibility of the Light, those of higher awareness, to give of Self. We speak of Service to Others being selfless. This means when those of lesser awarenesses, in whatever the arena might be, would call upon you, that you would freely give of Self, for it would benefit in the growth of that entity who calls upon you, and it also benefits in your own growth, for as you begin to give energy to another who calls upon it, you then must request energy from one of a higher awareness to help you in your own growth.*

*And thus, it is what you might call a pulling effect, and the more that you allow another of the ~ of a lesser awareness to draw from you greater awareness, and therefore greater Light, the more you are able to draw. And the more that you draw from another entity, that entity then draws, who draws, who draws, and eventually, you see, everybody goes back into The One.*

Is that why we sometimes feel a drain in the presence of a particular person, or is that a different situation?

*Well, yes. We have placed on the record, of course, much discussion on the sending of Light and energy draining and this sort of thing. To understand that energy, if taken without consent, can create an entirely different set of issues than energy that is given with consent, and Light that is given, simply given. But it goes to issues of an energy always being on alert to give, as opposed*

*to giving conditionally, and it therefore would go to discussions of Unconditional Love. And we get back to that old Universal Concept, don't we?*

### **Feeling Drained When Someone Is Drawing On Your Light (July 06, 1993)**

**Is there was some way that we could avoid being drained as we seek support from a different vibrational energy? If we are giving in love, is that sort of an appropriate attitude to have?**

*It is a most appropriate attitude. It is difficult, just by being on the earth plane itself as a training ground, to completely shield yourself from being drained without your readiness for this. Even the best protected energies on the earth plane occasionally will be caught by surprise by an energy who comes in and what you would call sucks away their energy, and you suddenly feel as if you have no ability to move. This will happen. But as you begin to have an attitude of giving unconditionally, and that is a truthful attitude, then you will find the energy drain to be fewer and fewer times in occurrence. But even when you would least expect it, it could occur, and it could be because of forces working at higher levels of darkness that would be attempting to, perhaps, impede that which is your mission, working through the levels of energy needed to get to your particular level of energy, of Light, the dark and the Light ~ a topic that we will certainly address more as time progresses on the plane.*

**Can you say again what we can do to reenergize ourselves when we feel this physical energy drain, for one reason or another?**

*Perhaps a hot fudge sundae. ☺ Chocolate, yes?*

**Yes.**

*But, you know, when we say things like this in supposed jest, it is actually not, for oftentimes, a way to recharge yourself, as you become more aware of your own energy field, is simply to visualize something that is helping you to recharge ~ the more that you are able to go into the Higher Self through meditation and the more you are able to visualize. Visualization for many is a bit difficult, many need to have the concreteness. And so, yes, a hot fudge sundae in concrete form would energize again. But it also could be visualized and have the same effect, if one has reached a particular point in their own evolution. Of course, being highly evolved does not allow one to enjoy some of the concreteness, now, does it? Does that answer your question somewhat?*

### **What Is White Light And How To You Recognize It In Someone (July 06, 1993)**



*Seeing the White Light is for earth plane references of visualization of an abstract concept referred to as love, and it is the easiest way in which to develop one's capability to, first of all, love at all, and secondly, to then develop toward the ability of Unconditional Love. Seeing the White Light, for many who are just beginning to have the sense of the visualization, is provided by energies of higher awarenesses who are here to help and guide you and who are here to give you positive reinforcement in a concrete way, that you are indeed progressing, for each is on their own point in their own path.*

**How do I know who I see when I see the energy? Is it always the same energy?**

*You will come to recognize who is a White Light to you and who might not be quite as White a Light to you. This comes, my love, from your own development and your own awarenesses. You will, for example, think of times you have met entities, individuals, people, who immediately responded to you in a positive way, who were very nice to you, and you felt very nice toward them. They would be an example of one who you might go to for support and love, and you would consider them a White Light.*

### **A New Illusion Update, And Seeking And Sending The Light Within Self And Others (December 31, 1993)**

*We are aware of certain decorations that adorn Mushiba's encasement, and we find this to be vibrationally harmonious, you know, to the spirit of the occasion, as we, not coincidentally, of course, timed our entry into the mission to be in harmony with the ending and the beginning of earth plane time frames known as years. We use this occasion now to give you what we would best like to refer to as The New Illusion update, to give you a status, shall we say, of the vibrational changes that are occurring and to also provide for you a Lightheartedness that, as we are well on record, is essential for spiritual growth, to have the Lightheartedness.*

*The theme that we would project for at least the coming earth plane year is what you now find yourselves surrounded with, and that is the finding of the Light within, and especially to focus on finding the Light within Self, for once you have found the Light within Self ~ whatever degree that would be ~ enables you then to see the Light within others. Others are not to be confined strictly to the human encasement, but would be expanded to include all that is, all energy, whatever encasement that energy would find itself, and that the more Light you see within Self, the far greater your ability to see the Light within others.*

*The planet now approaches its final cleansing stages. It moves now into what can best be given as a frame of reference for you all as the next to the last stage of cleansing, and that this will take a few earth plane years before the final stage will be upon the earth. What is occurring now is that the layers of vibration that the earth has surrounding itself are shedding and the Light begins to come through, and as symbolically as you would hug these artifacts that have been given to play with here, these symbols of the earth, so too would you hug Self to bring out the Light.*

*And in our attempt to help you to find the Light within, and in our acknowledgement of the need for many to have symbols of their growth ~ be they symbols such as the lighted candles or other types of artifacts that enable an entity to concretely identify with their own growth ~ we will present to you in this session, along, of course, with the others in The Company who will each come through, a gift that Terra Lux will put together, shall we say, and offer to the public in the months to come. We will give to you the sample, if you will, of this particular symbol that is a combination of herbs and crystals ~ from those two kingdoms ~ that coupled with the earth itself, as part of the symbolism, and particular wording that will be provided to you, will serve as perhaps a concreteness within your own meditative state and simply as a symbol of finding the Light within.*

*Each of The Company will come in now and give you their part of this particular gift and then when each of them has finished, I shall return and give you the final vibrational attunements to this, as well as to give you vibrational attunements to The Mineral Kingdom gift that has been given to each of you for being here with us in this session.*

### **How Do We Evaluate Whether Communication We Receive Is Benevolent? (March 15, 1994)**

**If we are dealing with communication that is already previously given, and let us say, it is written down, how would we apply the White Light test to see if it is benevolent, or whatever?**

*Well, if it does not appear to be information that you feel comfortable with, then you simply say that it is not appropriate for you. If you are not certain, then you simply surround yourself with the Light and ask for guidance in interpreting why this information does not feel appropriate for you. It is far more difficult to evaluate information that has come onto the earth plane and been established than it is to evaluate information that is coming in at the moment.*

*So, for example, as we are giving you our words in this gathering, you hear it for the first time, and you each will have a different response to it. Some of you will feel that it rings true, and some of you may not quite understand what is being said, and that once it is in printed form, or you are able to hear the words again, you then go into a different evaluation mode for you now hear it again, or you read it again. And you are able then to be more critical of what is being said, and to give more thought to what is being said, and to then synthesize that information in a more controlled manner than when you first are hearing information. To simply hear information for the first time is not understanding at all. It is going back that gives the understanding.*

*And if there is question about whether it comes from the Light, then it is up to you to make the challenge within Self. And understand that regardless of the information that is coming through, some of it is appropriate for you. Some of it is not appropriate for you. Not all the information is appropriate to all entities. As we have said over and over again, there are audiences for all of the*

*information, and that you make your own evaluation on what is appropriate for you. Not all who hear our words at this point would feel it to be appropriate.*

*There will be many who will never understand what we say or feel that it rings true for them. That is fine. There will be others who will read what we have said well into the next illusion and it will click, just as you read information now that was given thousands of earth plane years ago and is still appropriate, and you may understand it for the first time because your own levels of awareness have changed. And as your own levels of understanding change, so too, then, does your understanding of the information and your ability then to understand the communication that comes.*

## **The Exaggeration Of The Battles Of Light And Dark At The End Of An Illusion (July 05, 1994)**

**In the past we were not bombarded with so many negative energies in the media, in newspapers, magazines. But now, the violence and hatred around us seem to be thrown in our face every day. Could you comment about why this is happening?**

*Yes, my love. What is occurring is a natural phenomenon at the end of any illusion in which exaggerations occur. There is a very significant battle waged between the dark and the Light at the end of an illusion. We have not given this battle much public discussion as yet, only focusing on the minor battles with the dark that occur. However, there is a major battle currently occurring and that will accelerate as the illusion comes to closure. What you are seeing then is what we can best describe as a residual to the attacks, and to the battle, and that it is the time when the Light and the dark meet each other head on in the physical as well as in the spirit, and that at times it appears that the dark is winning. The dark does not win. They just never win. They may appear to gain ground but the Light always prevails.*

*However, what you are experiencing now is seeing an onslaught by the dark. And the Light is simply holding its ground and preparing for its own defense against the dark. It will subside, for when The Shifting occurs, it will bring equilibrium to the energy, and the battle will have been completed, at least for a short time frame, as you know it on the earth plane.*

*This is an expected behavior, my love. As the energy of the earth plane, and all that inhabit the earth plane comes to closure, exaggerations occur that the dark are able to grab onto and give acceleration to, to make it appear that it is far worse than it actually is ~ that there is doomsday occurring, and that all is terrible, and there is no hope. This is absolutely untrue, for just the opposite is the case. No matter how the dark would try, they do not win. We tell them this to their face and they simply do not believe us. They keep trying. We keep showing them proof that we win all the time. They keep saying "No, we are going to try again." They do not get it, as they say on the earth plane now. Yes, that is a phrase? So, do not be disheartened, my love. Simply continue in your own light filled way to enhance your own life, each of you, and as you enhance your own light filled life, it will have an effect upon those around you.*

*To attempt to make great and massive changes to large numbers of people is not the goal. The goal is to make change within Self, for then that change has the ripple effect upon others, and that is the way in which massive change eventually occurs. It must start within Self. And not to allow the negativity that is around you to take hold of you and to convince you that, yes, it is a terrible place. Rather, say, "No, it is not," and laugh, as I had you all laugh a while ago. Laugh at it all. The dark cannot stand to be laughed at. The dark cannot stand to be ignored. Ignore the dark and see what happens. They get very upset. Laugh at the dark and watch what happens. They get very upset. And even though we tell them to their face what it is we are doing to dispel them, they do not believe us, and they continue to attempt their work. We laugh at the dark. We ignore the dark. And at the same time, we are here to bring the dark into the Light, and that is what they fear the most.*

### **Why do they fear it, Waith?**

*The dark fears the Light for the Light does not feed the ego. The dark has as its prime directive the feeding of the ego in a way that creates abuse. And ego is still present in the Light. Ego of course exists outside of The One. We have talked of this in Public Session. It is critical to have ego, for that is strength of Self ~ that is Respect of Self. It is the abuse of ego, the manipulation of those around you, that create abuse of ego. The dark presents a rather glamorous life to the ego. It presents a sense of power. And the dark knows that the Light does not abuse ego ~ that the Light SIMPLY IS and does not need to be helped from external sources.*

*The dark needs to be helped from external sources in order to maintain itself. It needs to feed from the dark and continue to feed, and in order to sustain itself, must try to grab onto the Light. And it is the battle then that occurs, to try and grab the Light to bring into the dark. This occurs. This is part of what happens outside of The One. It occurs temporarily that the Light may be brought into the dark. The dark fears the Light for it is the fear of the unknown oftentimes, the brightness, the sense of control of Self without external sources, without having to always say that they are great. The dark must always talk of how great it is. This is one of the clues you can find in those who are truly entrenched in the dark. They talk of how good they are and how wonderful they are. Those of the Light have no need to do that.*

**You say the dark is being suppressed. What about the reduction of church attendance throughout the world, and attempts to take God out of our monetary system currency, and the reduction of prayer to God in the boy scouts, and reducing the prayer from the Congress when they start every session. The dark attempts to remove these things. I think the dark seems to be winning throughout the world rather than being suppressed.**

*In your observations, my son, you make a most interesting point. First of all, the attempts to take spirituality out of the earth plane is indeed a tool of the dark. It is one of the ways in which they strike the hardest, for, as we have discussed before, religion comes from spirituality. Not all religions end up being as spiritual as their beginnings, for they become entrenched in their own*

*dogma. Nonetheless, each religion has its base of spirituality, SPIRIT. This is the base to which the dark would strike.*

*And again, we must emphasize that the dark is being suppressed, even though it does not appear that it is being suppressed. In order for the cleansing to occur, certain behaviors that have developed over the past ten thousand earth plane years have to be realigned. The energies have to be cleaned out, and that there become then a return to a greater sense of spirituality rather than a sense of dogma. What is occurring on the plane is an attempt by the dark to pull entities' definition of spirituality, be it God, as you would call The Universal Consciousness, or any other name that would give you the sense of connection with The Source. It is the dark's attempt to disconnect or to make you feel that you are being disconnected.*

*You must understand, my loved ones, that there is never a disconnection from The Source, even though it may appear, for the dark has waged its battle. Each of us are never completely disconnected. It may appear from external sources that you are disconnected. This is what the dark plays on, the external, rather than you going to your own source within and saying, "I am connected to The One, to The Creator, The Universal Consciousness," the name that you give it.*

*As the cleansing progresses and comes to closure, it will bring about an end to the battle, and there will be the reconnection, in reality, of those who remain on the plane, with their own sense of spirituality. So, as we said before, it is important that you hold onto that which you believe to be your truth, your own Light, and let it then shed itself onto those around you as an influence so that then it will affect others, and the ripple effect will occur.*

*There is much abuse currently on the plane. The governmental systems are in complete chaos and in complete abuse from within. The financial systems, the social systems, all is in complete overload, as you would call it, without a sense of spirituality. This is why we have come in at this time, to help in bringing back a sense of spirituality, a sense of equilibrium, and a sense of connection to The Source from which we have all come. We have no quick, easy answer for you, my son, that would solve the problem.*

**I remember you said that right after the earth shifts, in the first second there is only Light, and once we progress in the illusion, the darkness will grow. So, is it always from shift to shift that before the next shift occurs there will be basically everything dark, and then we have The Shift, and everything will be Light, and all of a sudden, the dark sneaks in again.**

*Well, of course. Outside of The Universal Consciousness there is Light and dark. And it is merely a sense of perspective as to where you are on The Spectrum of Light and dark. However, there are forces that are committed to being dark, and it is they who we do battle with. When each new illusion begins, there is an instant of complete Lightness. It is what you would call a nanosecond perhaps in time, and there is a sense of complete balance that occurs. But then, it is time to get on with the games. It is time to start working The New Illusion, and therefore, all of the issues that you had in the current illusion are simply looking different now in The New Illusion, but the*

*issues are still the same. And the battles are still the same. And it takes a while for the equilibrium to get tipsy again. And it will be more Light than dark in the beginning of each illusion, and then gradually, as the illusion comes to its end, it will appear that there is perhaps more dark. But we must, again, reassure you that it is not the case. It only appears. There is much more Light currently on the plane than there is dark. You must trust in this.*

**The reason why the dark forces do what they do is because they are bored and they have nothing better to do?**

*This is true of all of us. This is why we all come out of The One. It is boring in there. So, we come out and play. It is just the same for the Light, each of you. Think about this yourselves. When things are going absolutely wonderful in your life, what do you think? What do you say? It is getting a little boring. It might be subconsciously, if you will, at a higher level, but you get something going. You bring about challenge in your life. To have everything going simply as you would want it, and wish it to be, we each Self-destruct in that manner, if you will. We bring about a new challenge.*

### **Will The Antichrist Soon Announce Himself To The World? (July 05, 1994)**

**Will the antichrist will soon announce himself to the world and lead the world into more years of darkness? I hear he is about to reemerge on the earth, under the guise of peace, and will bring the earth into desolation and gloom.**

*Well, you know, this is the work of the dark. They give great propaganda about their own abilities and their own power that they are going to be bringing in, as they call it, the antichrist, which is simply their own definition of darkness at a high level. As we have said before, they never win. They wage these battles. It is all part of what must occur outside of The Universal Consciousness. What is occurring now is the end of an illusion, which means that it is simply cleaning out all that energy that is no longer vibrationally sound for the earth. What you are hearing is an attempt by those forces of the dark to scare you. And they do a very good job at it, I might add. There are many going about saying that some very powerful entity will come and destroy, and that this entity will be in the guise of peace.*

*Well, my son, the dark is short term in its ability to project Light. It needs only to be challenged by simply saying, "I challenge you." Now, there are enough of the Light on the plane who know of this challenge, that if any were to come and say, "We project ourselves as the Light and we are the savior," they would be challenged immediately. The Light is able to withstand any challenge. The dark is not. However, what occurs is that many entities are fearing this darkness so much that they will believe anything that they are told and they will not bring the Light from within themselves out and challenge the dark. Yes?*

**Did not the dark chase Eve and Adam out of the Garden of Eden?**

*Well, you know, we are planning to have a special topic session on the symbolisms that come from the bible and from other points in history. And that is simply a symbolism, my son, and not an actual occurrence. But Public Session now is not the time for that. Soon, however, we will be having such a special session, and you might want to attend that and present your questions at that time. It is time for the next question now.*

**Sending Light To The Earth To Help In It Vibrational Changes  
(August 02, 1994)**

*We bring in to you all the very Highest of the White Light, and comfort you during one of the planet's extremes in its own vibrational changes. It has become quite clear to many who would want to doubt the changes that occur in the planet vibrational field that such is actually occurring now. And it is always appropriate for The Human Kingdom to send Light to the earth, as the earth sends its Light to you, and to have the mutual exchange and comfort that Light Energy provides during times of imbalance in the vibration.*

*Thus, we would ask you before we begin our discussions with you that you send a bit of your Light to the Light of the earth, and focus on the color green and the color blue as they meet in harmony that represent the earth, and send your Light now to this focus. We have gathered all of your projections of Light and placed it into a little basket, if you will, and helped bring it to focus into the core of the earth. It has been well received. The earth sends its appreciation. It would be a very nice gesture for any of you who would be so moved to do what you have just done on your own each day, for this imbalance with the earth vibrational field only becomes more imbalanced and not less.*

*We are now ready to receive any of your questions for our gathering with you.*

**Are you at liberty yet to tell us the significance of the comet that impacted the planet Jupiter?**

*One of the wonderful attributes of the earth plane training ground is its programming for the learning of patience. No other training ground presents such opportunities for the learning of patience in such a strong, accelerated way as does the earth plane. And this is a very fine example of that patience that you will need to learn a bit more of, for it is not time. And when it is appropriate to give information that relates to that occurrence, it will be in combination with other information that you will then see it was worth the wait. Patience will have served itself.*

**Can We Help At The Portal By Developing A Pool Of Light To Draw Upon?  
(March 07, 1995)**

You mentioned that there would be a call put out to help assist at the portal, and that would also include the other kingdoms as well. Is there a way that we might focus our energy in terms of visualization or meditation that would assist with the other kingdoms?

*You mean in helping them through the portal?*

**Yes. Are there other specific things that we might do to assist another?**

*Your question is, if you are not at the portal, but rather remaining grounded on the earth plane, or at some other level of Self, but not at the portal? Is that your question? Of how to visualize at that level rather than at the portal?*

**I have felt connected to the portal at different times energetically. But I was thinking of maybe a general thing for everyday use, to sit down as we recognize these shifts happening, ways that we might contribute our energy to a larger pool that could be drawn upon by the kingdoms for assistance.**

*Oh, indeed. We have given a technique of the basket of light that perhaps by the next session could be available for you to read, my love, to give you that technique of visualizing light in your basket and just simply sending that light out wherever it would be needed. You can make up many kinds of techniques. Those of you who are adept at visualization can make up anything. You can pretend to form any kind of fluffy little white circle and place a particular kingdom into it, or place all of the kingdoms into it. You could take a balloon and visualize a balloon filled with light that any kingdom could call upon, and pull the string of the balloon and it would fluff out light.*

*That is something, my love, that you can do yourself without any real difficulty. When Farena, in our next session, works with Barjan for the music, there will be a technique given for GIVE LIGHT TO EARTH as a meditation with music, and that may be beneficial for you, my love. You may find that to be a way to help you connect through the sounds of soft music.*

**Giving Light To The Earth ~ A Celebration Of The Change Of Seasons ~ Farena And Barjan  
Guide With A Celebration Of Music And Light To The Earth  
(March 21, 1995)**

*We bring to you all the very Highest of the White Light. We are here for a most joyful earth celebration, for it is the time of the season, as you call it, changes. For many of you, it is symbolic of a lightening of spirit, that which is known as spring on the earth plane and the renewal of life, as you call it.*

*We, as we had indicated in our time with you last, will be giving a very special type of celebration for each of the Earth changes. We have done this, of course, informally in the past. But what we begin with, this season change, is to place it on the record formerly, so that as each*



*Spring change comes about, you will have a celebration already in place that you can use if we are not around to direct it with you. We will do this then for that which is the summer, and that which is the winter, and the fall changes, all four of those seasons. So, we begin in Giving Light to Earth, as is our theme for this earth plane year. Thus, you will have a very special celebration. In each of these celebrations, then, for the season changes, Farena will give you a particular meditation that will be accompanied by the music of our esteemed and ever patient Barjan ~ The Toy Box issue, indeed. Thus, the events of this session have been very carefully planned from all levels. We have worked with Barjan and Mushiba to make certain that all was in place as it needed to be.*

*As part of the season changes, there has been initiated quite a number of changes ago, the earth basket, as you see here to my side. This simply means for those who have not experienced this before, that when the session is completed, you will go out into the surrounding area of Terra Lux and find something from the earth and bring it in and place it in the basket. Thus, there is the accumulation of energy that comes for each season change over a significant amount of time. It is part of the cleaning of the planet and part of the exchange of love and energy that all who reside within the energy of the earth plane give to each other via the planet itself.*

*When we are departing, as is usual, we do not encourage you to sit and stare at Mushiba while she returns. In this session, we would, then, ask you to simply go out into the night ~ it is night, yes ~ and find something appropriate and place it into the basket, which has begun to expand, by the way.*

*We are ready to move over, and Farena will now take over the session. When she has completed her meditations and the music, then I shall return to give you the closing energy and to smooth out the vibration as we depart. As Farena will indicate to you, there will be a bit of movement from where you are now to where you will end up as a result of what she has planned with Barjan. So, this information will be given through Farena that we indicated to you of the ritual, if you will, of the Spring Change, and it will come through the meditation. Enjoy yourselves. We will return shortly.*

*Farena: Hello-o-o. Hi. Hi, Barjan. And look. Hi. You remember me? (She refers to the white dog sitting at her feet) Yes, you do. You know, you used to do that all the time. Now. You are sitting on my wire. Up-up-up. Up-up-up. Good baby. Now. I need my puppy. (She refers to the one who helps her with the wires) Puppy. This is my puppy. She helps me so I do not trip. Now, this is our plan. Barjan and I are going to play, and we will have music and I will rearrange you all vibrationally and physically. There is a reason for this. It is a very earth plane reason. When I give my words of wisdom, I have to speak into a particular device that is way back there because Barjan has all that earth plane reasons why. I just do what I am told. And so, for the first part of our mediation I am going to fluff you all and have you move around a bit. For the second part of our mediation, you will be seated, and I will help you focus to Give Light to Earth. I will speak into this device that will capture my words, and you can take it and listen to it whenever you want.*

*Angel wings.* (She makes a reference to the white skirt that Mushiba is wearing and the effect that is achieved when she holds the skirt up at each side)

(The music plays while Farena fluffs everyone up)

*Everyone stand up. Breathe deeply now. Loudly.* (Farena takes deep loud breaths) *Shake. And now, move slowly to the music. Watch me now do this. Move around the room. Move around the room ~ all around the room, around the room. All around the room, around the room. Fluff each other up. Fluffy each other up. Fluffy, fluffy. Fluffy. Fluffy. Fluff. Move around the room. Fluffy. Fluffy. Fluffy. Fluffy. Fluffy. Fluffy. All look at me. Everybody back. Back, back. Back.*

*Puppy, you are doing so well. Everybody, hands up. Hands up. Reach for the sun. Reach for the Light. Feel the Light. Feel the Light. Grab handfuls of Light and throw them to each other! Throw them. Light. Light. Light. Light. Light. Light. Fluffy. Fluffy. Fluffy. Now, bring your arms down and relax your arms down. Gently, feel the Light all around your arms. Hug yourself. Hug yourself. You are the Light. You are the Light. You are beautiful Light. Stretch your arms to your side. Feel the movement of the Light. Feel the love of Self.*

*Now, send the love and the Light to the earth. Say after me* (All are repeated) *~ I send you love and Light, Earth. Say after me ~ Yay, Earth! Say it again. Yay Earth. Say it again. Yay, Earth. Now, slowly, slowly come to stillness. Slowly. Now find a spot to sit where you are. Sit. Bring your chairs, if you need.* (There is music)

*The earth feels your love. The earth needs your Light. Relax. Breathe, slowly. Bring the White Light around you, surrounding you, protecting you. Call upon your Angelic Protector to join you now. Visualize a ball of White Light and feel the warmth from the White Light. It is the earth that you visualize. The beautiful, beautiful earth. Visualize. Visualize. Bring into visualization the ground upon which you stand on the earth. Feel the firmness and the support. Visualize the air that you breathe. Visualize the water. Feel the air, the water, and the ground.*

*It is spring. New life, in the transformation, surrounds you. Smell the flowers and the trees and the grass. Spring, the symbol of new life and birth and rebirth and rebirth as love energy is reborn. Go to your Heart Energy Center. Feel the love from your Heart Energy Center filling Self. It goes to your entire encasement. Feel the tingling of the love of Self. And now, allow that energy of love to move out of your encasement and to the earth. Feel your love going to the earth. Slowly, it penetrates the earth. Call upon your Angelic Protector now for the Highest of the White Light to cover the love energy you have just given to the earth. Beautiful earth.*

(The music stops. Barjan plays other music. The group claps)

*It is time for me to leave now, and Waith will return. I send to you all the most wonderful Light and the most wonderful fluffiness. Fluffy, fluffy, fluffy, fluffy, fluffy. Stay light and fluffy for it will help you through everything. Everything! Farewell, my loves. Bye, Barjan.*

*Waith: Well, now, guess who is back. Yes, it is always an interesting feeling within Mushiba's vibration after Farena has spent any amount of time, you see. ☺ It is a very difficult act to follow. But we are most pleased at the lightness that has come now as a result of this interaction. As we state so often, it is most important to have sound in your lives, to have music ~ music that is appropriate to your vibration. Some music that you might feel is inappropriate in sound is appropriate for those who listen to that music. Be most careful of judging music, for there are many who are able to focus with music that is ~ what you call rock, or country music, or any of the sounds. It is the sound that is so important.*

*We will talk with you soon about finding your own sound. It is very important during these changing times on the planet, as you go through the cleansing, to slough off the old and allow the new to grow, that you have a sense of your sound within you, whatever that may be. Thus, you have now a most appropriate meditation for the Spring Season, and you could use this during the time frame coming. When the next season change occurs, Farena will have another one for you.*

*We feel that it would be appropriate now for us to return to our realm. We will not have discussion in this session. Rather, spend the remaining time that you have, gathering the earth, to place into the earth basket. Continue to send the Light to the Earth and continue this feeling that you have now from this meditation, and send more and more Light to Earth. The very major occurrence that we have spoken of is imminent. There will be very major disruption within the earth. The Light and the love that you have given to earth now, during this meditation, will serve it well as it responds and reacts and settles in after the occurrence. Send love and Light to Earth continuously, for as much as you send to earth is what you will also receive back from earth in addition to what automatically comes from earth to each energy.*

*Relax now, my loved ones. Bring yourselves back into the current illusion ~ some of you who are interdimensional right now. Bring yourself back, back into the current illusion. As we depart, move about and breathe the air, for it is the air of rebirth. And feel the water and feel the ground. They form the balance. Enjoy and be fluffy. We send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

### **Can You Give Us More Of A Description Of What Actually The Light Is, And What The Dark Is? (September 03, 1996)**

**You have been talking Light and dark for a very long time. When you talk about Light, is this actually the summary of all the Light Souls, and the dark is the summary of all the dark souls? When we ask for the Light, do we actually call upon souls that are lighthearted, or in the light, and when we call on the dark, we get the dark souls, or what is it?**

*Always wanting the concrete reason ~ our scientist here. Must absolutely be able to go to a room and find a soul that is Light, and then go to another room and there is a soul that is dark, and say, "There. I can identify them and give definition to dark and Light. And what is dark and Light anyway? What is it?" This is the difficulty, and yet it is so simple ~ there is no answer. Light and dark is simply an earth plane vocabulary word that we have ascribed to the essence of the Soul ~ the ability to see a greater picture. The dark see in a limited way, for they are blinded. It does not mean that if you go into the room, you will see some souls that are black and some that are grey and some that are white and some that are striped.*

*That does not mean the Light and the dark, my son. It is the essence of the Soul ~ the goodness, the ability to Be of Service unconditionally, the ability to love unconditionally, to forgive. Understand that forgiveness is a form of conditional love and that, actually, the more unconditional you become in your love, the less you feel the need to have to forgive, for there is nothing to forgive if you love unconditionally. We have spoken of all of these concepts. Perhaps it is time to refresh a bit. Ten years is a long time, you see. That is all that it is ~ those who are not able to give of themselves unconditionally are considered dark. It is The Spectrum ~ Unconditional Love, conditional love ~ each balancing each other, keeping things at both ends of The Spectrum, as you would call it. Remember that Unconditional Love is achieved only upon entry back into The Universal Consciousness.*

*Total and complete Unconditional Love is unattainable on any training ground, even in The Angelics. There is no training ground that is absolutely perfect in its ability to love unconditionally. It is only at that very moment of perfection of Unconditional Love that one returns into The Universal Consciousness. It is an instantaneous type of thing. You do not realize it ~ you do not recognize it at any concrete level. It is a soul achievement ~ S-O-U-L, soul ~ achievement.*

*So, you see, remember so many, many sessions ago we talked of how you are Light to one entity and dark to another entity, depending upon your levels of awareness. To us, all of you are dark ~ most of you, not all. To Amelius, everyone is of a darker version than his energy ~ every energy form. But that does not mean that it is negative. Darkness is not negative ~ it is simply part of the path.*

*Part of the path is the journey, whether that is into more darkness or into more Light. It really depends on what you decide you want to do, and many entities decide a path of darkness. For what you would call millions and millions and millions of earth plane years, they stay caught in the earth plane as a training ground. Those entities who we indicated earlier had chosen a path of walking in the dark, are walking on the earth plane as a sojourn. They are not able to go into any other training ground. This is true of any training ground that is chosen.*

*So, you choose, let us say, the Water Planet, since it is an easier frame of reference, as a training ground. And you go into that training ground. You have not been on the earth plane. And you*

*choose the path of darkness. You must stay on that Water Planet until you can see the Light, so to speak. You cannot go off of a training ground until you have finished what you went onto that training ground to do. But one of the conditions from The Universal Consciousness is that there must be a movement into the Light of sufficient percentage to get you off the training ground. Otherwise, you stay on that particular training ground, and many find that to be quite acceptable.*

*Many find the earth plane to be their training ground of choice and have been on this training ground for as long as they have been out of The Universal Consciousness, and have no intention of leaving it. They just keep coming back and back and back. This explains why there is what you would call evil, for there is concentrated darkness. But you do not see concentrated darkness at the beginning of an illusion. You see it only after the illusion has kicked itself in a bit, and then you see concentrations of it at the end of the illusion. Trust us, it does not take long in the beginning of a new illusion for the darkness to start seeping in.*

### How can we make ourselves illusion proof?

*By creating an illusion ~ for you are an illusion, so how can you create illusion proof if you are already an illusion?*

### Are you saying that illusion is the darkness?

*Illusion is darkness, and darkness is illusion ~ dark is Light, Light is dark.*

### So, it makes a circle, basically.

*Everything is a circle. There is no one end or another end. You would refer to our discussion on THE CIRCLE OF LIGHT (SEE TRANSCRIPT 06.16.1992). That may clear up some of your confusions, or add to them. It is only through meditation that one is able to break through what appears to be the complexities of The Universe, for when you reach the Higher Self, it is the Higher Self that has the greater knowledge of The Universal Conscious. Concrete is mired down in its own belief that this is all there is ~ hence the name concrete. Thus, it becomes difficult, if you are not connecting with your Higher Self, to understand the abstract. That is why it is so important to go within Self, to go to the abstract and not be afraid of it, or to define it, or to question it. It is your abstract, not someone else's.*

*And then the mysteries of The Universal Consciousness become much clearer, and that which appears to be complex is really quite simple. The simplicity is that everything is a circle. The circle is a circle. There is no beginning, there is no end. Everything eventually becomes part of everything else, and there is no separation, for separation is an illusion. The Universal Consciousness is an illusion. Here we go!*

*We have spoken of this over all of these earth plane years. They are all in our transcripts ~ heavy reading sometimes and light reading at other times. We encourage you to access this information, for we will, in our Second Phase, be teaching more the application of our information. However, the foundation is already in place. The information is there.*

*We could teach you information until we became ~ well, we would not be blue in the face for that is not a color that we use ~ whatever the equivalent of blue in the face would be ~ we could teach you, but unless you have reached the levels of awareness at Higher Self, you would not understand what we say. It is a step-by-step progression. It is the desire to move into those dangerous, uncharted components of Higher Self that the fun comes in and what we are here to help you do, to take your hand and help you walk that journey into your own unknown. Into the Unknown ~ Farena's book. Yes, indeed.*

### **Is It An Imposition To Send Light To An Environment Which Seems In Need? (April 12, 1997)**

*When I am in an environment where it feels as though some of the entities there ~ meaning the land, buildings, fixtures, trees ~ are really in need of a lot of love and conscious support ~ when it feels like the general consciousness going through there takes them for granted ~ it has a lot of negativity ~ is it okay to offer love and Light? I guess I am trying to figure if I am imposing.*

*When there are environments that are subjected to the masses, which most energies are in that situation, it is the path that they have chosen, that they, for example, a tree or a plant, would be in an environment that takes it for granted. And there are many entities that come and go ~ perhaps it is a tree on the side of the road, for an example. It has chosen its path, first and foremost, as we all do. Secondly, however, you simply project love and respect, again the fine line of imposing, for you cannot say, "Here, I love you, take it." This is an imposition. But simply, you project a sense of respect and love and if it wants to be accepted, it will be.*

*If a particular tree, for example, chooses not to take love, for whatever its reasons would be, the love that you have left in that environment simply becomes absorbed into the greater Universal Consciousness. It is not lost ~ it is not wasted ~ it is simply recycled, if you will. There would be reasons why a tree, for example, would not want to accept what you give to it, just as you may not want to accept particular love or behavior from another because of a particular point in your path. You may say, "I will take this and hold onto it, but I do not want to accept it right now." And so, The Universal Consciousness holds onto it for you.*

*There are many situations that occur. The Earth itself, going through the cleaning that it is going through now, has many, many spots where there is disrespect and lack of love. This is part of the cleaning. So, it is exaggerated in this time frame where you would go into an environment and feel that those around do not respect it and love it ~ take it for granted.*

*You do the best that you can to be love-filled and respectful and that is all that you can do. It will be either accepted or not ~ never wasted, however. Do not change your behavior because you think that it may not be useful or may not make any difference, for it will. Ultimately, it always makes a difference. You may not see it. It may be infinitesimal, but it makes a difference. Just as negative energy makes a difference ~ infinitesimal, nonetheless, makes a difference.*

**If You Feel A Focusing Of Negative Energies Coming Toward You, How Is It Best Handled?  
(April 12, 1997)**

**Sometimes I feel as though there are moments of definite focusing of negative energy coming from other entities toward me, and I have been trying to do clearing exercises that will help me detach and to help transmute the energy so that it goes into a form where it returns to the entity for its highest good.**

*So, you are attempting to send the negative back to the entity that is sending it to you?*

**Not the negative in that form, but asking for it to be somehow converted to a useful form.**

*Ah. An interesting behavior, my love ~ one that can create some difficulties, for when an entity is giving you negative energy or sending negative energy, you want simply to be able to block it. You do not want to put yourself in a position of deciding what should happen to that energy. That is not for you to decide. That goes, then, into the imposition arena. You simply need to block it, not to then try to transform it into something, or not to decide that it should go back in some other form, or that it should even be returned to any specific place that you would make the decision upon. It needs to be done at The Universal Consciousness level.*

*So, what you need to do is change that type of behavior. Simply block it ~ that is all that any energy form needs to be concerned about. If another is negative toward you, block that energy ~ simply block it ~ do not allow it to come into your vibration. If it comes into your vibration and it permeates your energy field, then you have another position. You then have become invaded by another energy form, and then you can begin to attempt to diffuse it. Attempt to send it into some form, because it has invaded you, you have become part of its path. But, simply for it to come to you and you are able to block it, does not give you the right to even diffuse it.*

*Diffusion activity occurs if it has invaded you. Sometimes we let the dark invade us so that we can diffuse it ~ that is an entirely different discussion. But indeed, that is part of how the Light is able to overcome the dark, by placing yourself in the position of letting it invade you because then you have the right to do with it what you so choose because it has invaded you.*

*The dark, by the way, has not figured this one out yet. Remember the Light always wins. And so, it may be uncomfortable for a while to be invaded by the dark, but if you are of a higher Light*

*than the dark that invades you, or at least of an equal vibration, the Light will win and you will be able to diffuse it.*

### **Why hasn't the dark figured it out yet?**

*It has not figured it out because that is simply the way that The Universal Consciousness has programmed. It is so filled with its own Self that it sees nothing other than itself. The Light, of course, sees beyond Self. When it is dark out you cannot see as well as when it is light out unless you have certain equipment ~ a flashlight. You are able to see in the dark because you have the Light ~ it always comes back to that. So, the dark is actually in a rather weak positioning, and yet it can be powerful if you do not see that it is a weak position. The dark is weak, but it empowers itself because the Light, so often, does not understand its own strength. The Light always wins.*

*Of the few truths that we tell you are Universal ~ this is one of them ~ THE LIGHT ALWAYS WINS. Angelics always tell the truth. ☺ According to our belief system it is true. But then again, we have to question the belief of a particular grouping of energies. Remember that we are always there to catch ~ that is an important component. No matter how much you may be overcome by the dark ~ no matter how much we like to fool around with you and talk about the differences between Angelic truths and human truths, the given is that we are protectors. Whether we like it or not, we have to protect our charges. You give us a run for our money sometimes, as the saying goes here on the plane. ☺ Yes, we earn our wings on many days.*

*In The New Illusion, by the way, there will be a different imaging of Angelics. It will be well into The New Illusion, however, so when you come back into another lifetime in this next illusion coming, you will have a different perception of what we Angelics look like. ☺*