

Waith Class Transcripts, Excerpts

LIGHTHEARTEDNESS

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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 ☼)

Topic ~ Lightness Of Spirit

(July 07, 1992)

We thought it would be appropriate to speak with you in this session relating to lightness of spirit. Far too often there is a sense of heaviness that goes with energies incarnated on the earth plane, for the earth plane, as we have said so often, is one of the most difficult of training grounds, if not the most difficult training ground. It is accelerated in its emphasis of lesson learning, and as a result, often, energies on the plane become so serious, and we continue in our mission here to emphasize the gaiety and lightness on one hand and the seriousness of purpose on the other hand. However, we have also been aware of the sense of burden that many energies on the plane now feel in their acceleration that they have taken on as The New Illusion begins to present itself.

And it is most appropriate, then, that we very regularly talk about this lightness of spirit, for, you know, energy inherently is Light. It is not heavy. It is joy filled. It is not given a sense of burden. And it is appropriate, then, that we give you a perspective in this earth plane connection, for understand that all of you on the earth plane have chosen to come here. It is not mandatory that an energy come on the earth plane ~ and prior to your entry into the sojourn on the earth plane, a very long discussion is given with each entity before they even begin their first time on the earth plane. And at that time of agreement for entry onto the earth plane, there is injected into the Soul of the energy a very strong component of Lightheartedness, as best as we can describe it.

Everyone Has The Gift Of An Added Component Of Lightheartedness In Their Soul Memories

(July 07, 1992)

Each of you has an added component of Lightheartedness in your soul memories that is a gift, if you will, given by The Universal Consciousness to those who choose to come onto the earth plane so as to be able to draw upon it when the burden seems so heavy. And you can reach this Lightheartedness through your meditations and through a technique that we are going to give to you now. This technique will be on the record for those on the plane who have difficulty in reaching the Lightness that is part of the spirit that brings about the laughter ~ that brings about the sense of freedom, the sense of joy, the sense of Oneness.

Technique For Calling Upon The Energy Of Lightheartedness

(July 07, 1992)

- *Now. We will show to you a very easy technique and one in itself that is quite lighthearted. What you will do when you are needing to go to the core of your gift that we have given that has come from The Universal Consciousness, you would stand and you would place your feet shoulder length apart so that you maintain a balance.*

- *Now. You would place your hands in ~ as if you were an airplane. ☺ These are your airplane wings, you see, and then you would take the palms of the hand and you would face them outward, and then you would draw in a breath from that which is the Solar Plexus, and you would breathe it in through the mouth and you would hold this breath to the count of five. Slow five ~ ONE, TWO, THREE, FOUR, FIVE, and you would let the breath out through the nose, closing the mouth while doing this. This is so that the breath does not escape through the mouth, you see. A most important component.*
- *Now. If you draw in and you let out, and then you bring your hands slowly up over your head, over that which is the Crown Chakra, and you place the fingertips together so that they form that which is The Pyramid Shape. And you bring your hands down slowly so that they are close to the Crown Chakra without actually touching the head, and you now have your eyes closed and you envision within this pyramid a little ball of fuzzy White Light. It must be fuzzy. This is not your standard White Light ball. This is your fuzzy White Light ball. ☺ ☺ Think of a little fuzzy. There are fuzzies on the earth plane that you could equate this, you see, this fuzzy white ball.*
- *And now, you envision the calling upon the very Highest of the White Light to bring into your pyramid, protection. And now, you envision this fuzzy white ball moving through the tunnel of the Energy Centers, moving down through the seven Energy Centers and coming down, down, down, until you envision the little white ball at the very base of your encasement. And then you split the little white fuzzy ball, in your imagery, and you place one on the tippy, tippy, tips of your toes ☺ so that you have, then, this position of standing with The Pyramid Shape and the two fuzzy little White Light balls on the tips of your feet.*
- *Now. you take your right foot and you place it forward to the front of you, remembering not to lose these little fuzzy white balls, and then you bring the foot back to its position and you do the same with the left foot, the left foot forward, remembering about the little fuzzy white ball, and then you bring the foot back. And then you wiggle your toes simultaneously, and the fuzzy little white balls stay there, you see, as you wiggle them. And then, you bring your feet together as you stand forward, straight, with your feet together, and the two fuzzy little white balls become one again at the base of your encasement on the toes.*
- *And now, as you feel these little fuzzy white balls, you say the following, remembering that your position, then, is The Pyramid Shape over the Crown Chakra, the fuzzy white ball now at the base of the toes, and you say, "I call upon the memory from the Soul that gives me the Lightheartedness that The Universal Consciousness has gifted to me as an energy."*
- *And now envision the fuzzy white ball moving back up through the seven Energy Centers, and as it moves through the Energy Centers, you envision the fuzziness spreading throughout the encasement, throughout your energy within. And you move it all the way*

through and back into that which is the pyramid. And you fill the pyramid with the Light from the fuzzy white ball.

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

Do you have questions about this technique?

Can we do it at work? ☺

There would be times when you could do this at work, and, in fact, the final stage of this clapping, you know, could bring the attention of others around who would say, "What are you clapping about?" And you would simply say, "It is joyful to be here." ☺ That would certainly gain attention, would it not? Perhaps a bit of Lightheartedness at the same time.

Would You Go Through The Steps Again To Guide Us?

(July 07, 1992)

Now. You place your feet ~ make sure now that you have room to spread your arms like an airplane. Yes. And now, you place your hands, palms facing out, and now bring your hands up over the Crown Chakra in The Pyramid Form, and bring the hands down close to the Crown Chakra, and now breathe in through the mouth from the Solar Plexus area and hold ~ ONE, TWO, THREE, FOUR, FIVE, and breathe out through the nose. Do this one more time to lighten you a bit, in through the Solar Plexus, mouth ~ ONE, TWO, THREE, FOUR, FIVE, and out. And now envision within the pyramid the fuzzy white ball, little fuzzy white ball. And now, repeat after me, "I call upon the very Highest of the White Light for protection."

And now, envision the fuzzy white ball moving downward through the tunnel, which is the Energy Centers, moving slowly down, and moving down so that it reaches the base of that which is the trunk area of the encasement. And now, split the fuzzy white ball and envision the two balls moving down the legs and placing themselves on the very tippy tippies of your toes, and feel the little fuzzy white balls on your toes.

And now, you take your right foot and you move it forward and you wiggle the little toes, keeping the fuzzy white ball on the tippy tips of your toes. Wiggle your toes. Yes. And now bring the foot back. And the left foot goes forward, and you wiggle the little toes with the little fuzzy

white ball. (There is some group chatter) Yes, there is that song. (The Hokey-Pokey) I go to the memory banks of Mushiba. ☺ Indeed. In her days of dancing, it was her memory in the memory banks.

Now. You bring together the feet so they are straight out, and the two fuzzy white balls now become one again, fuzzy white, and you now slowly envision the fuzzy white ball moving up through the tunnel of the seven Energy Centers slowly, slowly filling the encasement with the fuzzy White Light, slowly moving up, up, up, until it moves back into that which is the pyramid.

We forgot the invocation. Move the fuzzy white ball all the way back down. ☺ You see, this is all right. You see, this is all right. You can move this back and forth, you see. We forgot! You see, and this is easy to do. When you do it automatically ~ eventually you will do this automatically ~ you do not have to say all these words and go through all this motion. Down, when the fuzzy white ball is one ~ it is one again, right?

Yep. One.

You invoke from the Soul memories and invoke the Lightheartedness that has been gifted to you. So, repeat after me, "I call upon the Soul memory of Lightheartedness that has been gifted to me by The Universal Consciousness."

Now, you can bring the fuzzy white ball back up. Up, up, up, slowly filling the encasement, slowly, slowly, slowly, slowly and back into the pyramid. And now, as you slowly open your hands to allow the fuzzy white ball to move out, you repeat, "We thank The Universal Consciousness for the protection."

Now, envision this fuzzy white ball moving, moving back into the Higher White Light and bring the hands back into The Pyramid Shape, back into the position over the Crown Chakra. And now slowly bring the arms back into the position of airplane. And slowly now bring the hands together in front of your encasement, slowly, slowly bringing them to touch. And now clap! (There is clapping) With a little more practice you may actually get through this on your own!

You see, even the technique can be fun, and, to also remember that there is nothing that is so serious that it cannot be laughed at, you see. When we give you a technique and then we forget part of it. It is all right, you see, to do this, and you laugh about it. You do not think that because you have not done something correctly that, oh, you must be most cautious. Oh, what will people think and what will people say. It is all right. You laugh about it, for then you lighten up and you are able then to see beyond that which was the blockage that created the seriousness.

Will Any Pain Or Illness Be Helped By This Technique? (July 07, 1992)

Oh, indeed. Indeed. If all it does is give a sense of release from the tension of the pain. Understand that the issue of what causes the pain still must be addressed, but this can serve to help you. (Waith takes in a deep breath) You see, catch your breath a bit rather than to just feel so burdened by the issue. It can be most definitely a tool for relieving pain of a temporary nature.

**Can You Do This Technique Also With Someone Else? And How Would You Do That?
(July 07, 1992)**

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

**Can This Technique Be Done To Help Those In Other Kingdoms Who Are Unable To Do This?
(July 07, 1992)**

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

**Can You Do This With Just Visualizing Without Doing The Physical Airplane Part Of It?
(July 07, 1992)**

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

ultimately the end result. The effects are different, of course, from the feeling, the clapping of the hands and wiggling the toes.

True Spiritual Growth Is Taking The Seriousness Out Of Self And Working Through Issues (July 07, 1992)

Now. You know, there is the tendency for those on the earth plane to just be very diligent about what they are here to do and, you know, "It is now or never! If we do not get it done now, then it will not get done. And, oh, my goodness, let us be so serious about all of this, and let us take a stand on issues, and let us, you know, be so vocal about what we are here to do."

The true quest of spiritual growth ultimately results in not flaunting, not discussing what the issues are, but rather, simply working through them and taking the seriousness of Self out of them, the working of the issue. What you do as an entity must be serious, for you have growth, you have lessons to learn, but not to impose that upon others, but simply to be lighthearted as you express yourselves with others, without bringing in the so-called immensity of what you have taken on. For, you see, part of the entrapment of the earth plane is to get you to be so serious. It is then that the darkness can attack at very vulnerable points, for you take yourselves so seriously.

And we will say this over and over and over again while we are on our mission here, we have said it continuously and we will not let up on it, and that is, you do not take yourselves seriously. You take what your mission is in a serious manner, but not yourselves. You take what you do lightheartedly, and you project Lightheartedness, for it is the Light that wins over, not the dark.

And while you must be most concerned about your own path, it is your path and not to be imposed onto another ~ rather, to Be of Service, which is the prime directive of all energy. To Be of Service means that you are lighthearted toward others. You accept them unconditionally, which, of course, is most difficult. Remember, the theory is always easy. It is the application of the theory that is so difficult, application of the concept.

Now. Lightheartedness, then, is something that each energy has inherently in its soul memories. All of you have it. It is not just given to special energies. It comes to all energies, an added Lightheartedness that is above and beyond the inherent Lightheartedness of all energy, because you have chosen the earth plane.

And because we speak of Lightheartedness in this session, we also keep this session with you very lighthearted. We will not give to you information that is heavy, that you must digest, that you must reread, and reread, in order to understand what we say. We have done that quite a bit in this earth plane year, and we will pick up where we left off in future sessions. Thus, we keep this lighthearted, and we would take questions from you now that relate to this sense of balance between the seriousness of your mission and the Lightheartedness and the gaiety of your energy and yourself.

Is There A Crystal That One Can Carry To Help Them Stay Lighthearted?

(July 07, 1992)

There are some of The Crystal Kingdom that are more prone to helping in the areas of Lightheartedness, though you could take any clear crystal and it can Be of Service in that area, for the clear crystals are able to take on anything that is needed. However, the crystals that would best help in the areas of Lightheartedness would be not polished, they would be the raw crystals, and to find them of the colors of red or the variations of red, this color, and also the colors of green and the variations of green. Red and green are appropriate. You would find, as you do with all of those of the crystals, one that you feel connected to, and ~ for example, you would not have crystals out here of red and green and that we would say to you, "Pick your crystal now. These very specifically will help you with Lightheartedness."

While there would be some on the plane who might project that type of situation, absolutely any of The Crystal Kingdom can Be of Service in that area if you so ask it, but there is a predisposition with those that I have just described in color to take on Lightheartedness a bit more easily. It can be any size. It can be any shape, remembering that the size and the shape of a crystal does not indicate its quality of powers.

Was The Earth Plane Seriousness Created To Help Us Learn Our Lessons Better Or More Quickly?

(July 07, 1992)

Yes. It is a part of the scenario of the earth plane that is built into the training ground of the earth plane that there be this seriousness, for to return to The One means that Lightheartedness is once again all that encompasses the energy, and in order to move back into that Lightheartedness, there must be the balance. And as we have said so often, the balance occurs as a teeter totter where you must go to extremes. You must be indeed most serious to the point of extreme in order to go back into Lightheartedness, and that you are constantly achieving the balance so that there is the understanding of the seriousness of your own path and yet the Lightheartedness that goes with endeavors to return to The One. Other training grounds have degrees of seriousness built into the scenario, but the earth plane is the one with the heaviest component of it. And thus, at times those of us who speak from this realm bring in this sense of frivolousness.

Frivolousness?

Limera?

Limera: Frivolity.

Thank you. We have trouble with vocabulary, you see. It is most ~ you must remember that it is all right to not know what to say. You must just let go of this issue of, oh, it must be perfect. It must be exactly right, or if it is not, then I will be appearing to be less than perfect. We all are less than perfect.

How Does The Darkness Play Into Our Seriousness?

(July 07, 1992)

The darkness energy that you mentioned ~ now, they are only relatively dark and not absolutely dark. What do they want when we are too serious? You said that they would attack us.

What happens is that when there is a sense of seriousness without any Lightheartedness, that it is a vulnerable point in each of you where you see things only from what is in front of you. You do not see. The lightness shows you the whole Spectrum. Darkness only ~ you can only see what is in front of you, and therefore the darkness would attack you during these periods of feeling that there is nothing except what is right in front of you, this forging ahead of the mission without any sense of area around you.

And then, simultaneously, each on the earth plane has other susceptibilities ~ it may be physical, it may be mental, it may be emotional ~ in which the dark forces can strike. Physical, for example, you may feel pain in your right hand, for example, and that that pain creates in you an attitude that is ~ makes you glum, and then begins to work upon you so that you are not of Service to Others, that you become centered within Self, not strengthening of Self, but centered within Self. And this is how they work, you see. The dark forces try to get you to center within Self, being self-centered rather than self-strengthened. A very significant difference. Thus, the more that you keep yourself happy and Light, the less opportunity the dark has to attack you.

Why do they want to do that? What do they gain from it?

Ah, they gain their own strength. They increase their own powers. They increase their own darkness, for as you are able to only see within you, you bring about your own darkness and they come in and they grab that darkness. Now, if there was Light around you and they attempted to come in, they would be grabbing Light. They certainly would not want to do that, for they would choke. They go phit-phit. (As in spitting out) It is White Light. ☺ Phit-phit. That is your goal, you see, to make them go phit-phit. ☺ And so, they choke on the Lightness and they suddenly find themselves filled with Light. Aha! Then we have another one that we have brought into the Light!

Would Wearing Or Surrounding Yourself With Certain Colors Help With Lightheartedness?

(July 07, 1992)

Oh, most definitely, and we have not even begun our discussions of color and sound. We have given preliminary discussions of color and sound and its effect upon the vibration, and this will be part of our concluding topics for this Earth Plane Connection year in which we discuss ways to keep your vibration Light, and you ~ many of you already have a sense of color, for example, that feels ~ makes your energies feel good.

You know, color is very specific, and while one energy may feel not wanting to wear black, for example, that it would bring the darkness into the energy field, another may wear black, for this is what is appropriate to their energy. Again, be careful of being judgemental of what is vibrationally correct for one. But we will be adding much more before this earth plane year is concluded in that regard and giving you even more detailed techniques as to how to keep your vibration Light through the use of color and sound.

Playtime On The Earth Plane (September 01, 1992)

As we continue in our topic for this earth plane year of The Earth Plane Connection, we find it now time to present a bit of balance into all of the serious topics that we have presented and the heaviness that sometimes accompanies the information as you search for your path and seek your direction. And it becomes apparent, so often, that the earth plane brings about, to those who find themselves incarnating on it, a sense of heaviness and seriousness that occasionally needs to be presented with a bit of playfulness.

And thus, we speak in this session of Playtime on the Earth Plane. And, you know, to be seeking one's spiritual path does not mean that you would go around with this look on your face and stooped shoulders and be carrying the burden of the ages, but rather, that you view your search for greater awareness through a perspective of play, and that it be balanced, as is the quest that all would seek in the balancing.

Now. You know, to play is not as easy for many of you as we would hope it to be, and thus, we will present to you some ideas about play. And yes, you know, to play means also to be working on your spiritual path. It is not opposite to that which one would feel appropriate to their spirituality, but rather, to the essence of pure spirit, which is Lightheartedness, you see.

Now. We understand that there are certain restrictions that have been placed upon us for this session. (Name given) apparently has to find on this earth plane what you call a longer cord. (For the lapel mic Waith is wearing)

We have to pull you in if you go too far.

This could be used for this what you call jump rope? You could play with the jump rope. Perhaps the Tweety Bird would want to learn to jump rope. (Refers to stuffed Tweety Bird which is nearby) Yes. Now. Are we being unspiritual? Oh. Are we being disrespectful? And, oh, irreverent!

You know, to be irreverent is the essence, the absolute essence, of respect. Does that sound contradictory? As one respects oneself ~ and remember that this is our first Guideline for Growth that we have given, Respect of Self ~ Respect of Self then enables you to be irreverent, for you see, nothing threatens you. And being irreverent means that you see the absolute illusionary aspect of all that exists and that in the end, what does it all matter here on the plane? Now. We will play a bit. We want to show you a particular little activity that you can do by yourself. Therefore, you can play with yourself, or you can do this with others, therefore, playing with each other in the same way that you might want to play with yourself.

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

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

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

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

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

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

What was your favorite toy?

A bow and arrow.

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

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

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

I am the arrow. Oh, good!

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

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

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

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

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

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

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

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

Spiritual hokey pokey.

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

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

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

And now, you invoke the protection of the Highest of the White Light, and you slowly stop moving. Slowly bring your hands to your sides, releasing from the other, relaxing. A deep breath up through the Solar Plexus. Breathe in through the mouth and out through the nose. And slowly now, return. And as you return, as you see each other, you smile at each other, remembering the play that has just occurred.

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

Play Is An Energy ~ You Must Allow Play To Be A Part Of Your Life (September 01, 1992)

You see, play is an energy, and you must make time for play. You must allow play to be a part of your life. And indeed, when things seem to be the most serious in your life, where you feel you have the most work to do, and all of these deadlines to meet, this is the time most appropriate to bring about play. And while it may not be possible to physically play, you see, you can mentally play. You can bring about a remembrance of your own playing, or you can be with another, and through a meditation bring about a remembrance of times when you played.

And if, for some of you who are not able to remember a time when it was playful and joy filled, you would have others who you could use as their play to be your play. This is the benefit. And eventually, if you are not able to remember a time of play in this lifetime, you may be able to move right out of this lifetime and into another in which you did play. The possibilities are limitless with this activity.

And the more you remember the sense of fun in playing, the lighter you will feel. And as you begin to be the toy that was your favorite ~ and you may have several from different time periods in your life and from other lifetimes ~ you then take on the energy of that which, external to yourself, created a sense of joy and happiness. And that energy combines with your own energy that currently feels weighted down by the responsibilities of the path.

Laugh Is An Energy (September 01, 1992)

It is so critical, and then it will become easier to laugh. You know, it is so important to laugh. Laugh is an energy! Laugh creates an automatic fluffing of the energy field. Not everyone knows how to laugh. We want you all now to laugh. 😊 Laugh. Laugh. Laugh. Laugh. 😊 What are you laughing at? 😊 Laugh. Come, come now, my love. Nice little loved one. Come on! Come on!

Now, how do you feel when you laugh?

Lighter.

Ah, lighter. And do you laugh enough? When you watch the news, laugh. Laugh. You see, you know, it is so important to be irreverent, and what is so serious that is being presented is specifically meant to try and bring you down. And while it is important to know what is being said out there that is attempting to bring you down, so that you can converse rather intelligently with others, you would want to laugh at it all within Self, to know that it is only an illusion, a very powerful illusion and meant for learning of lessons, yes. That is the one side. The other side is ha-ha! Ha-ha-ha-ha! And you could try out various kinds of laughs, something different from what you are accustomed to doing in laughing. The energy in the back, laugh, yes. Yes, you see. Now, laugh. 😊

It worked.

Now. Try another way of laughing. 😊 Try another way. 😊 Now. You know the musical scales.

Do, re, mi, fa, so, la, ti, do.

Now, laugh to musical scales. 😊

Barjan, would you assist in the scales so that you could, you know, like this tuning device, enable him to laugh? (Barjan tries to laugh to musical scales)

(Imitates Barjan) I got thrown out of glee club.

You have an excuse, my love. Barjan does not. Try once more, Barjan.

Farena: Barjan! Barjan! Are you being silly? Give him a break! La-la-la. (They sing together)

Barjan: La-la-la-la-la-la-la-la-la-la-la-la-la-la-la. (Sung to musical scales)

Farena: Good. Now. Let us do this. As Barjan does that once more, you laugh in harmony with it. (Barjan sings the scales once again and the person who is trying to laugh to the scales follows him. The group claps at the end)

Waith: That was quite good. Barjan, we will speak with you later.

Barjan: I am sure.

(Addressing the follow-along=singer in the group) *You may now go into the middle of the gathering.*

The middle?

Yes, and stand.

And stand.

Is that the middle?

No, I thought you were ~ (Inaudible because of laughter)

Of the gathering, not the room, the gathering. Here! Open up your ears. Ears, open up. Open. Open. Now. We want you to direct the gathering in laughter. How would you do this?

We will do a wave, a laugh wave.

You may do what you want. It is now your gathering.

Okay. We will start with (Name given) **and we will laugh going all around. As you get three people away from you, you stop laughing, and continue all the way around, and it ends with Waith. You do the Waith wave.** (Waves of laughter)

You were not participating in this. Perhaps you might want to start and do this once again! (More waves of laughter)

Ah, you may now sit. And thank you, dear one, for your ~

Wonderful! (The group claps)

Yes. You see the energy that comes from laughter. Know it is important to have the serious, but it is important to have the laughter, and as we present information to you that is serious, we attempt also to lighten that information as we give it to you. Most of the sessions that we speak, there is a balance, at least coming from us. As it goes to you, oh, you take this all, and you just hold it to yourselves as if your entire mission depended upon the understanding of that which comes through.

You will not understand everything that comes through. I do not understand everything that comes through from the Higher Sources to me. This is the way it is, you see. And when you do not understand something, do not be so serious and then feel that there is something wrong with you and you are not spiritual. You do not understand ~ this is foolish. You simply say, "Ha-ha-ha, I do not understand this." ☺ And then you go to somebody and say, "Do you understand this?" And if they say yes, well, wonderful, you have found someone who can help you understand it!

And if they say, "No, I do not understand that," you know that someone else does not understand what you do not understand, and therefore, big deal. And the search continues. Now you have an ally. "Let us go and find someone who understands." And eventually, you will find someone who understands. But in the quest to seeking the understanding, you will have allies. You will not be alone. You will have others who have said, "I do not understand what Waith said." Or "I do not understand what has been said from other sources."

The true freedom comes from letting go of the sense that you must know everything and you must have that totally within Self, the seeking of knowledge. The seeking of knowledge is something that is accomplished with the help of others. Each of you here have your own levels of knowledge and awareness in different components, some understanding better than others. Seek out each other. This is what we all are here for, to share, to give information as guidance and to seek out others for information. And eventually, you understand it. It may not be in this lifetime, but you will eventually understand it. And play!

(Name given) is attempting new stretching of her own awarenesses by attempting to become the mechanical person here, and she seeks knowledge in this area. And any who would have knowledge to share, as we attempt to create a better dissemination of our sessions so that others who are not here may enjoy these sessions via the hearing mode, she is attempting in her own little way to learn.

Yes. Now. Would we have questions?

I have a joke, Waith.

Indeed!

Do you know why angels fly?

No, why do angels fly?

They take themselves lightly. ☺

They take themselves lightly. That is very good, my love. ☺ That now goes into the official permanent transcript to be read for many, many thousands of years to come. Are there any other jokes?

What do angels do for fun?

What do angels do for fun? Now, we have already addressed that many, many sessions ago.

You watch TV, you put your feet up.

There is where we take our wings off. We settle back with our can of beer in front of the television, and actually we are watching the earth plane. ☺ And we click and we say, "Oh, what is going on over here? Oh, that is no fun! Let us see what is going on over here. And, oh, look at that funny little scenario. Oh, my." And we sit, and then we get into our beds, making sure that our wings are safely put aside so they are not crushed during the night when we sleep. "What do angels do for fun?!" Indeed. We ~

(Comment inaudible on tape, followed by group laughter)

Yes, we do. Now. Are there any other questions before we flap away?

Is There Any Color Associated With The Vibration Of Laughter?

(September 01, 1992)

Oh, indeed there is. In the coming earth plane year, we will be talking much about color and sound as it relates to playing, for color and sound bring about the sense of play. And the laughter that one has creates an energy and creates, then, a color that can be visualized that is based upon your own vibrational field.

And as we present information in this coming year, you will be able to know how to connect with the color that is currently created within your energy field, and the ability to be able to lighten that color as you laugh, for the laughter creates, as best as can be described, a sparkling color. So, if the color that you currently have around you is, let us say, yellow, you then become

a sparkling yellow, a very sparkling yellow. This will be more deeply discussed in the coming year.

Laughing Sarcastically At Something, Or Someone ~ Laughing Is Laughing (September 01, 1992)

A question about sarcastic laughter, the kind of laughter you might get when you are watching television and you do not feel any value to what is said.

Oh, indeed. But, you see, this is irreverence. For to take anything seriously, creates this heaviness, and laughter is laughter. And if you were to laugh at everything that is said on these news programs, and by individuals who you do not have a sense of respect for ~ and we say respect in not the spiritual way, but in their earth plane manifestation ~ then to laugh sarcastically is truly to be laughing, as you would at anything you find ludicrous and funny.

Waith Discusses The Issue Of Judgment And That It Can Have A Lighthearted Side (September 01, 1992)

But it is not a judgement, is it?

Oh, well, you know, everything is a judgement. It is impossible to be on the earth plane and be free of judgement. It is impossible. The move is to lessen the judgement. That is all ~ to become as less judgemental as you can. But, you see, the lesson learning on the plane involves judgement, but in understanding that it is judgement. "Oh, I am judging as I laugh at this person." This is fine, for this helps to release a certain energy that would create a negative judgement, you see.

And we have addressed the issues of judgement from one perspective. Judgement is also something that can be lighthearted, and we will discuss this in further sessions. So, it has a play element too. And as we discuss in the coming year more issues relating to playtime, we will give you the flipside, therefore, of issues, Judgement, Patience, Fortitude ~ all of those wonderful issues that you all work on have a play side to them. And this is what we will attempt to give you for balance as the time progresses.

Group Balancing ~ Differences In Specific Nations And their Abilities To Laugh (September 01, 1992)

When you compare nations with each other like the English people, they hardly laugh. They just smile a little bit. The English gentleman would not laugh where the Americans, they tend to laugh more. The Germans, they are so serious they cannot really laugh. So, it is an attitude that a whole nation is either more in one direction or the other direction according to the individuals.

Yes, indeed. And, you know, this goes to Group Balancing, which we have talked of before, but it is a most appropriate observation, my son, that you make, and one that will be discussed as time progresses, as we begin to present to you more and more play and humor as the opposite of the seriousness, and how you combine the both. So, as you work on patience, you can laugh at yourself. You can laugh at the lack of patience that you might have.

**New Year's Eve Celebration ~ The Balance Of Seriousness And Lightheartedness ~ The Balance Between Work And Play
(December 31, 1992)**

This is the traditional time now that we speak regarding the coming activities on the earth plane year about to begin. It also is the celebration of our entry into Mushiba's vibration and her willingness to participate in this part of my mission.

We now enter into what is called the seventh year with our beloved Mushiba, and we are most pleased that in this particular year on the earth plane, that it is what you might call vacation time, for it will be Playtime on the Earth Plane. And we will be focusing our discussions during this coming year on behaviors and activities that will help to lighten your spirit and will help to provide the balance that is so necessary between the seriousness of purpose and the Lightheartedness of spirit.

And as is traditional in recent time on the plane in these sessions, we present an offering to those who are in attendance that helps to illustrate what the coming year will be about with us and also to give to those of you a gift from us. Of course, it was Mushiba who had to make them all, but, you know, that is part of her job also. And we have now for you, with the assistance of Farena, some Lightheartedness that will help you to, shall we say, move into the spirit of the New Year.

You know, it is so easy to be serious and to lose sight of the joy and the happiness that is for each of us part of our destiny as energies. And thus, we have for each of you a little token that will help you to remember to be lighthearted and joyful when it appears that that is the last thing you want to be. "I do not want to be lighthearted about this. This is a serious lesson I am learning! I want to be miserable. I want to feel this pain and enjoy feeling this pain. Do not talk to me about joy and Lightheartedness."

*You know, this is a lesson in itself ~ "I want to be scattered. I want to run around feeling I do not have control over my life. I enjoy this. I do not want anyone to remind me to laugh." Thus, we have for you something that will help you to laugh, as well as the remembrance of this session's activities. And that which we are providing in this session will become available, once certain components of its construction are polished a bit, to any who would want to have this, for we will give words that accompany this gift we give to you. So, you have, then, what you would commonly refer to as the prototype, collector's item perhaps, you might say, in *The New Illusion*.*

You will be patient with this activity. Now, you see, Mushiba was most happy to be making these little gifts. We made it much easier for her this time than in times past, as many of you will know.

We will take this to display and you would please pass this around among each of you. And what you have here, my dear ones, is a circle. And there is a clear quartz from The Mineral Kingdom, and you will see that there are stars. This is the prototype most definitely. There are large stars and there are small stars, and all is of a white to represent the Highest of the White Light. This, then, is your Circle of White Light that sparkles. And there are, in number, eight large stars, or in the final configuration, simply eight large sparkles that will emanate from the circle. The clear quartz would be placed at the top to represent the highest of the white illumination that comes from the Highest of the Kingdom of Amelius. So, you each, then, will have your circle of this sparkling White Light.

Now. We place this here. My love, you would please take each of those and distribute to those in the session. What now comes also is a prototype, and we will allow Farena, when it is time, to discuss with you what this symbolizes. (Each person receives a circle of stars attached to a wire; the wire is wrapped around a crystal within the circle. Each also receives a long slender branchlike wand)

There is now to be a circle formed by all in attendance, and we sense that essentially the circle has been formed. This is symbolic, what you see here, of the larger circle of White Light, and it is also of the same material as the smaller circle of White Light that you have, and it needs, then, to be held in circle form. (The same wire and stars, uncut, is passed to the group members as they form a circle, each holding a part of it) We begin here, and you need to form into the circle, so those in the middle must move to the circle area.

Yes, this you would need to place as Mushiba directed. This is Farena's, not mine. Yes, and also this other thing. Now, we must move into this middle. We have the ~ you must all form the circle holding that which you have. It is able to stretch. It is able to stretch. It is long enough, you see. We know these things. We now will have Farena enter in to do the next stage of this.

Farena: Hello-o-o. Hello-o-o. Hello. Do you see my new friend? This will represent me during this coming year. (Farena has a purple stuffed duck with big pink sneakers)

It is fluffy.

Farena: It is fluffy.

What's his name?

Farena: This is a girl! ☺

Oh, it is pink, yeah.

Farena: Her name is Farena ~ Junior. ☺ Now. You see this crown that I have on my head here and this beautiful little star (A star on a wand). I helped Limeria find this, for it is symbolic of the gift that Waith and Company give to you for this time. This Circle of White Light that we have given to you, you place please on the top of your head, and the clear quartz crystal will face toward the front initially. And that which we handed out to you, the little swirly white thing, is representative of this wand that we have here.

And now, Farena Junior and I will give you the words to use. When you begin to feel distressed or in need of Lightheartedness, you place on top ~ on the very top where that which is the highest Energy Center, this represents a surrounding of the White Light on the highest Energy Center that will bring out the joy.

And now, you are joined in Oneness in the Circle of White Light, and you have your wand. And I would like you each now to take your wand and into the middle of the circle, do this. Go like this. And envision that you have a little brew of White Light, this is a circle, and you go like this and you are getting it all fluffed up. It is White Light and it is fluffy. And it is sparkly. Fluffy sparkles! And now, you take this wand and you bring it over to the top over the Circle of White Light, for now you have taken the fluffy White Light and you are doing this, and you are fluffing up your highest Energy Center. Fluffy, fluffy, fluffy.

It makes fluffy, yeah. I lost mine!

Farena: You cannot lose it! ☺ We will have to help you grow something on the top of your head.

Now. You go like this, and you continue to do this until you begin to feel the Light coming up through the Energy Centers, and you are fluffing it more and more. And you can do this in front of others. Mushiba will. She does already. Ah. And now you begin to bring the wand down in the front of your encasement, down, down through the Energy Centers, down, down, down. You will get the hang of it. Down. And then you move back up. Up, up, up, back to the Crown Energy Center.

And all this time you are feeling lightness. You are not concentrating on bringing in the Higher Self through high technique meditation! ☺ But rather, you are bringing lightness to Self. And if you do this with others, it makes it even more Light. And then, you bring down your little wand and you bring it down and you place it in front of you like you see me. You do that. You place it in front of you.

Now. You place your left foot over your wand and your right foot in back of the wand. Hold, my love, hold. Now, you place your hands, fingers to fingers ~ you can still be holding this White Light, and now, place the hands in the upright position so that the pyramid forms, and it is parallel to that which is the Heart Energy Center.

And now, you take a very deep breath, in through the nose, holding, and now expel this into the center of your hands. Wh-h-h-h. Now, do not go Wh-h-h. (Farena gives a sound that is very short of breath) You go Wh-h-h-h-h! (Farena gives a sound that is very long of breath) You make a point of this. Wh-h-h-h-h! There. You see, to do it like that it is much too spiritual. You see ~ ah-h-h-h ~ no, we want you to have activity! Lightheartedness! So, in through the nose and blow in through your circle. (There is a blowing sound) Yes. (Someone made an extra blowing sound) Yes-s-s.

And now, you take your hands apart, holding onto the circle. Yes. And with your right hand, now go to your small Circle of White Light and turn so that the crystal faces the back. For now, the Energy Centers that are in that which is the back of the encasement that many of you have already, but many now will be opening during the coming years and time before The New Illusion, will now have the effect of infusion of Light, for your circle is now infused with the very Highest of the Fluffy White Light.

Now you take your left foot and you bring it back and you stand, steady, and you now pick up your wand. And now, as before ~ we have someone's wand!

Thank you.

Farena: It has special energy in it. Yes. And now, wave the wand over your Circle of Light. Fluffy. Fluffy. And now bring it down the back to that which is the neck. Fluffy, fluffy, fluffy! And back up, over the Crown, and down the front, and now into the center. Fluffy, fluffy. Fluffy! And now take that fluffed up Light and bring it to the Heart Center, fluffy! Up to the highest Energy Center. Fluffy, fluffy. And feel the lightness. And now, you bring your wand and place it over the Heart Energy Center, drawing in a breath, feeling the lightness, and expelling and drawing in the Light. Ah-h-h! And expelling.

And now, as you are gathered in your Light, and the circle that you have made, visualize this newfound Lightness of energy moving from your hand into that which makes the circle and feel it moving and forming the circle, forming the circle around and around. And now, grab onto the Energy Circle from your own energy and receive a portion of the total. We have energized the circle. And you now have a special energy of Lightness. Enjoy. As does Farena Junior. ☺

She went to sleep.

Farena: Did you see ~ it just appears that she went to sleep. And now, we ask you to slowly let go of that which forms the circle and allow it to fall onto the floor gently, for it is energy. And you may return to your positions prior.

Can I hold Farena Junior?

Farena: Yes, you may. We have been most pleased to have been honored to give you this gift for the New Year. Waith will elaborate on it when he returns.

Thank you, Farena. Thank you.

Farena: Think of the Light with your wand and with your Circle of White Light. From the very Highest of the Kingdom of Amelius, the Light to all of you. We will spend much time in the coming year as we talk about Playtime on the Earth Plane, Playtime on the Earth Plane. Barjan and I will have some music to play for you, and color, and all different things of joy. Farewell.

Farewell.

Waith: Well! We will leave on this beautiful crown, you see, that represents Farena, but also, you know, will represent that which we will be doing in the coming year, for it is most important to have a sense of what we call irreverence, not to be serious that "I am here on my very serious spiritual path!" A spiritual path is a spiritual path. Every path is spiritual. This is what it is all about. None of you are unique in having a spiritual path. You may be unique in that you have an awareness that you are on a spiritual path and that you consciously seek out the highest levels of understanding and awareness and that many of you are gathered here to Be of Service at the highest level to those who would want enlightenment.

But remember, all on the earth plane, and all who are out of The One, have a spiritual path. It may not be your spiritual path. You may think it is not spiritual at all. But then, again, someone else may not think that you are very spiritual. So, who is to define spirituality? Is it some serious activity or is it simply the quest for your destiny, whatever that destiny may be. And, while searching for the finalization of your own destiny, it is important to know, dear loved ones, that it is all an illusion after all. And thus, why not make it a happy illusion? Why not enjoy?

When you are feeling very earth planey ~ this is a phrase Mushiba uses often: "It has been an earth planey day!" When you are feeling overwhelmed by the illusion, when you are feeling that this is all so important and so consequential to the scheme of things, you would take your wand and you would take your Circle of White Light, and if anything, you simply place this on top of your head and go about your daily business, and see if anyone notices! ☺ They may and they may not. They may say something and they may not say something. And if they say something, "What is that on the top of your head," you look at them and say "It is a Circle of White Light. What did you think it was?" ☺ How will they respond to that? This will be your challenge.

You can fluff yourself up, you know, without this wand, and you can fluff yourself up without this concrete symbol. But, you know, symbolism is important on the earth plane, for you simply need to visualize. You know, we sense some of you already sort of playing with your wand. We will not go into other definitions that that may possibly bring up, at least not in this session. We will do it when there are far more of you gathered and that would truly bring about, what you would call, this dichotomy of thought, "Here is this High Archangel talking of earth plane things." Ah. What is the difference of earth plane existence talking of high spiritual activities?

It is the balance. This is the most important part of our mission and that which Mushiba and Terra Lux helps others, to achieve the balance. It is not easy to be serious and lighthearted at the same time, is it now? It seems to be a contradiction, but in true balance, both are achieved. So, you are serious about being lighthearted and you are lighthearted about being serious. You see? That is all there is to it. And there is nothing that is so serious that you cannot bring in the Lightheartedness, the play, the joy. And, when the earth plane begins to get to you, go play. Escape in any way that you can. Play, for then you will be able to come back into the balance.

Remember what we say so often of the teeter totter. In order to balance you must go to extremes, up and down. And so, if you are at the extreme of being very, very serious, that is the indicator to go to the other extreme and be very, very lighthearted and playful, to the extreme where you would appear to be just hiding from your issues of importance and the work that you must do. Even if this running away occurs in a five-minute time frame on the plane, or a five hour, or a five day, it matters not, for what is important is to bring you back into a semblance of balance so that you have both lighthearted and serious, for it is not appropriate to be always playing, for there is work to be done, but it is not appropriate to always be working.

We caution you in defining play and work. Each of you has your own level and your own definition of play and work. Be careful in judging what is your play and your work as having to be another's play and work, for what you might consider play is actually work to another, and what you consider work may in actuality be play to you, but to another, they consider it work. And you may be playing and another thinks that that is far too excessive. That is not appropriate, for you would levy the judgement upon another. You have no right to do this. "You have work to do! That is too much play!" Be most cautious in defining others' behavior by your own frame of reference.

Simply be available to guide and assist others who would be seeking their own balance. Do not tell them what their balance is. "You should be spending fifty percent of your time playing because you spend fifty percent of your time working." It is not for you to determine what an individual's balance is. Rather, to simply Be of Service as they seek their own understanding. Meanwhile, concentrate on Self and achieving the balance within Self for then it becomes easier for you to Be of Service to Others who would seek the balance.

Now. We plan in this coming year of time with you to be what you might refer to often as flippant, very irreverent. There will be times when we will show you how to be extreme, and then we will show you the seriousness and the balance. You will most assuredly observe this in Mushiba as you look for examples of balance. We say to you to not hesitate to seek out counsel from Mushiba during this time of Play on The Earth Plane, as you struggle with what is often called the guilt of playing. You will find no such validation of guilt from Mushiba. Rather, there will be the assistance to help in the balancing, bringing the perspective that is appropriate to Self, to each of you, not what might be appropriate to another.

And it is a time on the plane to explore and to find the happiness that is inherent in each of our spirits, and the time to learn to play as well as to expand on that which you have learned. And we will begin in our next Public Session discussion of Color and Sound which we began a while ago on the plane and how this each, Color and Sound, will be aids to you, in lightening and playing and feeling happy. And this will be our concentration with all of you in this earth plane year to come. Are there any questions of us?

There are certain animals that seem to really be lighthearted, like dolphins and otters. Should we look to them for inspiration?

Ah, but you see, my love, all energy is lighthearted at spirit. And just as some on the human scale are more lighthearted than others, so too in The Animal Kingdom will you find this also. And others in The Animal Kingdom have a more serious nature about them, but they also attempt the lighthearted balance with the serious. And thus, it is appropriate that you take example from those in any of the kingdoms that present perhaps a balance of Lightheartedness.

You know in The Kingdom of Food, as you call it, there is some food that is very fluffy and lighthearted and other food that is very serious. And in The Nature Kingdom, flowers, grass and trees, all of this, you see, some are very serious about their encasements and what they are here to do. And others are very lighthearted, you know. We reference that which is the butterfly, and we reference that which is the pussy willow being very lighthearted with the ability to be fluffy and to lighten up and fly away, you see, while still performing their spiritual mission and walking upon their own paths.

We will have much enjoyment in this coming year discussing in greater detail questions or concerns that any of you might have regarding other energies and the balance of serious and lighthearted.

(There is a silence) Oh, you are all so serious! Oh! You are thinking, "Oh, I have an opportunity to ask Waith a question. I want it to be serious and I want it to be important and have some significance."

My love, you are usually one who can ask a lighthearted question. ☺

I have nothing too much to ask tonight, Waith, based on what you spoke about. I am just listening to it all and enjoying all this Light.

Ah, well, you know, in these final moments in this year on the plane there is a particular energy that you will find yourselves encased, and it is a transition energy. And we send to you as we depart an energy that will help you to sort of cut through the muck, for at this time of energy changeover into the new year, there will be a new flow, and that which is part of your path, for you are each here in this gathering as proof of it being part of your path, that you will begin to feel the new energy of play ever so slightly. And the old energy goes onto the shelf only to be returned when this illusion comes around again on the earth plane in one million earth plane years of this exact moment in earth plane time. So, it is soon gone, and you may or may not find yourself back in this illusion at this time one million years from now on the plane. But if you are, you will recognize it. Most of you in this gathering are quite dedicated to not being here in this illusion ever again. ☺

Waith, can I ask you a question? There is an article in the magazine that 1993 is a pivotal year and we had better make sure that we are in tune with our male/female, food, etc. Is this ~

Oh, but we have been indicating that every year is a pivotal year, my love. This is being spoken of by entities on the plane who are suddenly discovering what you call sliced bread. ☺ The discussion of the male/female is simply another usage of what we call the balancing. We have been discussing this since we first began speaking, the balance. And thus, you will be hearing, as you have with this magazine article, stories of what they think are new ideas, new discoveries. This is nothing new.

In this particular illusion it has been discussed for, oh, at least three quarters of the illusion in groupings of energies that at times have made it more public than others. And on the earth plane now you are emerging from what is sometimes referred to as a dark age of spiritual discussion. It is now becoming more acceptable to talk about this male/female balancing and pivotal points and all of these things. It is what you might call the latest fad. We will be addressing much of this in the coming year on how you will be able to maintain your Lightheartedness as others suddenly become very serious about this newfound spiritual awareness. "There is a pivotal year. I have to be very careful about what I put into my encasement. I must look for the balance of my male and my female."

Many of you are here with your twin flames. You already know what that is like. You might say it is not especially a glamorous activity now, is it, having the male/female. Nyah. ☺

It can get a little intense.

Yes, indeed it can. We do channel-switching up here, you know. We like to tune in. We like to see which twin flames are battling it out in a particular point in time on the plane. Not all twin flames are at battle, but it is a common occurrence.

Now, then, we will depart for now.

- ⊗ Are you having a party?
- ⊗ All of them will take their wings off and have a good time.

Yes, as we had described quite some time ago and a similar question that you had asked, my love, it will be time to go into our houses, take our wings off, hang loose. ☺

- ⊗ Good lingo.
- ⊗ Pop a couple of beers?

We do not have beer here. It is something far better, spiritual highs. When you are at the very Highest of the White Light, then you have spiritual highs, you see, that get you there real fast.

How is Francis handling all this levity?

Frank is doing very well. We will be teaching him some important lessons which he has agreed to in this coming year. He will be speaking on several occasions in an attempt to lighten up. He has lightened up considerably since he has come into our employ.

I saw on television recently that his statue was taken in cross country, and the person who owned the statue was not too thrilled, but they kept sending the person cards and saying Francis' statue is with us, and he is on his journey. I could not help but think Francis ~

Frank was in charge of that. Yes. You see, we have given him a lesson plan to prepare him for what he will have to endure in one of these sessions. ☺ Having Farena around, you see, keeps him always sort of moving about.

- ⊗ Where's this statue?
- ⊗ Oh, it is brought across country, and whoever took it, that is sending back postcards, and they put mops on their heads, and say here we are, we are holding Francis' statue. And I thought it was ~ someone planned that, definitely ~ did Francis plan that?

Yes, it was Frank's doing. Yes. There will be other situations that will bring this name that he was last known as into prominence in a lighthearted way. You will see several other situations as the year of play unfolds on the plane. As we depart, we give you an energy to guide you and Be of

Service to you during these final hours of this energy year. Go in joy and harmony as we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Francis Comes In And Speaks Of Lightheartedness And Judgement (September 21, 1993)

Francis: We greet you. It is a pleasure to be with you, and we are very pleased to have the opportunity to share with you part of our story of growth of Lightheartedness and to be able to be with you now in this way, to be able to speak in a concrete way. As many of you know, we were very serious, did not particularly feel comfortable with the likes of Farena, for example. And Farena took me under her little purple wings and very unconditionally showed me the joys that come from letting go of the serious and feeling free.

It relates to issues of judgement. And remember that while we are all out of The Universal Consciousness, we must deal with issues of judgement at whatever level of awareness we find ourselves, and that because I am in a different dimension now than you, does not mean that I am free of issues and lessons to learn regarding judgement. And I judged Farena. I judged her to be very flippant, which she is. ☺

I judged her in her Lightheartedness, that she had no substance, that she was only laughing and had no sense of seriousness of purpose, and that I had come into Waith and Company to bring levity to what appeared to be altogether too much gaiety, Lightheartedness, frivolity, much too much of this. I felt it to be my mission with Waith and Company to settle them down, for even Waith ~ and I would never have thought that I could say this ~ I thought even Waith was far too flippant. And who is this Archangel anyway, that he would be as he is? I learned very quickly a most interesting lesson, that I was not judged for my judgements of them. A most impressive understanding and awareness. I judged, but I was not judged because I judged.

And as a result of all of this, Farena used to come behind me, and I was not able to sense her energies, and she would cloak herself, her energies ~ she would come from behind me and she would creep up, her energies slowly creeping up as I was going about my serious issues, and just as I felt I was reaching a very profound moment in my own awarenesses, her energies would come behind and sort of pick me up and fluff me up into the air, quite by surprise, and present my energies, then, into this sense of foolishness to the others around.

It occurred many times in Guide School where I have been given the responsibilities to teach in certain settings, and I would be teaching in a most serious way, and she would come up and, you know, the teacher in front of the students suddenly is fluffed about. And she would laugh, and the students would laugh, and then I found myself laughing. And I found then that it was fine to balance the lighthearted with the serious, that it was most fine, and that it indeed did bring about a sense of closeness with those who I had been directed to teach, for I learned as well as I taught.

And while I still have great strides to be taken in lightening up, certainly in comparison to Farena, I have moved a bit along the path of my own awarenesses regarding judgement and regarding Lightheartedness, and move closer and closer, for I see now what you might call the error of my ways, you see. And this is what I am grateful to, for being part of Waith and Company and for Waith allowing me the freedom to be as I am without judgement.

Would that be called accelerated growth?

Francis: My love, you do not know the definition of accelerated growth until you have been a member of Waith and Company.

I am a member of Waith and Company!

Francis: At this dimension.

At the other dimension.

Francis: Yes. Most definitely, most definitely. It was a crash course and it still continues. And it enables us, however, in our mission with Waith and Company to help in the issues relating to The Animal Kingdom. This is our focus. And to bring Lightheartedness into your own incarnations means being with The Animal Kingdom, for they have an inherent Lightheartedness that The Human Kingdom does not possess.

You know, many of you here have been in The Animal Kingdom already. You have done your time there. Others of you, and there are a few in this gathering who are ready to finish your time in The Human Kingdom and go into The Animal Kingdom, remembering, of course, this was a great shocker to many, that there is no hierarchy here of movement into the various kingdoms, that there is no one kingdom that is any better than the other kingdom. And thus, the animals, you would want to surround yourself with the animals and learn from the animals. We all learn from each other, but Lightheartedness comes from the animals to a great degree.

Thus, now, my teacher of Lightheartedness will enter and give you some words. Rest assured that they will be most enjoyable. And I wanted to come in first, rather than try to follow Farena. Waith is about the only one who can adequately follow Farena.

So, we are most honored and feel very happy that we could, indeed, share this story with you, that of our own growth, and that it would encourage each of you to share your own stories of growth with others, for in sharing you then give of Self. You are of Service to Others. And others who would perhaps be more closed in their own sharing, or feeling that they are alone in the struggles that they have, would hear you and respond to that, whether immediately to you, with

immediate response, or somewhere within their vibration they would feel the response, and it would affect their own path and their own growth. So, share with others your stories. It is beautiful to hear. And on one hand, it may appear to be a very humbling experience, but on the other hand, giving of Self is simply Being of Service, and humility has nothing to do with it. It simply feels good, and do you not want to feel good? Yes.

You said that you were a teacher, and you are teaching people, and you are learning while teaching. What are you learning?

Francis: Oh, what does a teacher learn when they teach? Oftentimes, quite the unexpected, my son. It can often reinforce what is being taught within Self so that you learn it even better as you teach ~ or you go into a situation of teaching and learn from students quite unexpectedly, for all entities teach and learn. We all learn from others. We all have something to learn. As long as we are out of The Universal Consciousness, we have something to learn, and we do not know all that there is to know. And the learning can come from a most unexpected source. And this happens, oftentimes, so that issues of judgement can be reinforced and learned more strongly, for a teacher who feels that they have nothing to learn from their student, will most assuredly be humbled by the student ~ most assuredly. And it is a process of teaching and learning. And Waith has given much information relating to teaching and learning that will soon be available for you to access.

I still do not understand what you are learning specifically.

Francis: What I am learning specifically is my own issues of judgement and my own issues of becoming lighthearted, being able to balance between that which is serious and that which is Light. Sometimes one must be very serious, and then to bring the balance, one must become very, very lighthearted to the extremes, until the balance is achieved where there is harmony within the energy form. And harmony that would exist for my energy form in this particular issue is different from the harmony in any other entity, as it is for each of you. Our harmonious points are different on the same issues within each entity.

I have many, many issues to learn, and I am placed very specifically in teaching roles now because of past development in my areas of understanding that now have placed me in a cycle of learning where I am teaching those who must teach. And Waith has explained The Cycle of learning (See transcript 04.17.1990), and this is the fourth stage of The Cycle. And there is much for me to learn now from those who I would teach, many, many issues which ~ you know, there are so many things I need to learn, there is not enough time in this earth plane session to let you know this.

Now, you will meet an entity, many of you know already, but the contrast in our vibrations is quite obvious, and we have much to be grateful to for her teachings and her support and love. And do not be fooled, any of you, by the flippant manner in which Farena presents herself. We send you the blessings and the White Light from the very Highest.

Farena Enters In With Messages Of Lightheartedness
(September 21, 1993)

Farena: Good old Frank! He is so wonderful. Isn't Frank wonderful? Hello-o-o. Is everybody light? Say yes. Say yes.

Yes.

Farena: Yes-s-s. Yes-s-s. Yes, (Name given) hugs her Pooh Bear!

Would you like to hug him?

Farena: Yes. She took the hint. ☺ Pooh Bear. Nice Pooh Bear. Pooh Bear! Once up, Pooh. Watch this for coordination of an entity coming through another body. Up we go? Up we go! Up we go! (Farena flips Pooh in the air) See how good I am. Now, can you catch this, my love?

Yes, I can.

Farena: If I throw it to you? ☺ One, two, three, four ~ is there a special number I am supposed to count to?

Usually after three.

Farena: Throwing. Ah-h.

⚙ Thank you.

⚙ He is sitting right down, too.

Farena: Yes.

Is he behaving?

Farena: Oh, no, he should not behave. ☺ This is the key. You do not behave. We do not have to tell you, my love. ☺ Do not behave. You must be free of heart. You must be serious in your mission, but it is your mission. No one else tells you what your mission is, and therefore, you are lighthearted about Self. And so, very often, it is critical to do something very, very naughty, very, very naughty, like put Pooh Bear on his head and stand him upside down. Is not that a silly pose!?! ☺ Let's keep Pooh Bear like that for a while. Something different!

I hope he does not mind.

Farena: Do something different. He gave his permission. He likes to do things different. To find your own balance between the serious and the lighthearted, you must strike the difference. You must show the exaggeration, not what another does to show the exaggeration. It must come from each of you. What I show for exaggeration is appropriate to where I am in my learning. Most of you do not see the serious side of Farena. There is a very serious side to Farena. (Someone snickers) You do not believe me, my love?

It just seems impossible.

**Farena Presents A Technique That Enables You To Gradually Become Very Lighthearted And To See Beyond That Which You Are Focused On
(September 21, 1993)**

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

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

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

And as you are meditating and focusing and breathing, and say, "I am at the Heart Energy Center. I think this is where I am going to peek out and see what opportunities there might be to play at the Heart Center." And you will receive the message because the Heart Center is connected to the Higher Self. And you take that little message, and it is going to mean doing something you were not planning on doing or giving you the energy to do something different. And then you take that new little bit of information and you continue in your meditations to the Higher Self and you bring that information into concrete form now.

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

What is the use of it?

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

Isn't this way disrespecting the meditation itself?

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

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

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

How do you reach the Higher Self?

Farena: Ah, the eternal question of how to reach the Higher Self. There are no magic answers, and we are not in this session to give a discussion on how to reach the Higher Self. That has been

given by Waith before and will be discussed at another time, I believe, when Waith is going to speak on MEDITATION YOUR WAY. And you would perhaps, my son, be interested in that discussion when it does come.

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

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

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

Where Is The Point Of Balance Between Seriousness And Lightheartedness? (September 21, 1993)

You talk of balance between frivolity and seriousness and Lightheartedness. I always think of a seesaw where there is a focal point as the point of balance. Is that the same, or different, for everyone? Is there one Universal point of balance between Lightheartedness and seriousness?

It is unique to each entity. You each have your own point of balance, and as we have used the teeter totter as our prime example of the balance, that is appropriate. There is no Universal point of balance for each person that is a general rule. It is the balance of each, since you take on, each of you, different percentages of lessons to be learned on the earth plane, and indeed, outside of The One. And that is why we emphasize that there must be the reaching of the Higher Self to learn your own answers in terms of where your own balances are, and not to look at others as the standard for your own balance, for you know not what their issues are.

Importance Of Lightheartedness, Regardless Of The Percentage Which You Have Taken On (October 05, 1993)

Well now, you are all here on the earth plane playing the earth plane game. And we have given you much discussion during this time frame of a year regarding Playtime on the Earth Plane, and our attempt, of course, being to help you maintain a sense of Lightheartedness, to not take the game seriously, on one wing, and on the other wing, to indeed take it seriously. You would say that is a contradiction, but of course it is not a contradiction. It is the way in which you achieve a balance, being lighthearted and being serious ~ being serious about being lighthearted, and being lighthearted about being serious.

Now. You know, the game on the earth plane is filled with rules and regulations, and we have addressed this with you, these rules and regulations, the earth plane requirements to be on the plane. What we want to emphasize with you in our time in this session is the importance of being lighthearted, regardless of the percentage to which you have taken on of being lighthearted. Now, we bring you back into a conversation that we had several sessions ago in which we indicated that for some of you, being lighthearted is not even in your Toy Box, and that it accounts for why so many may appear to be so serious about everything and not able to laugh and not able to feel joy.

Lightheartedness Is A Prerequisite To Departure From Your Sojourn On The Earth Plane (October 05, 1993)

Well, we gave that as a preliminary type of information, but we now give you an extension of that particular information, for Lightheartedness, while not being necessarily a part of your selection of lessons to be learned, and therefore in your Toy Box, is nonetheless a prerequisite to departure from your sojourn on the earth plane. You cannot get off the earth plane unless you have achieved a level of Lightheartedness. It simply cannot be done.

It is one of the little tricks we throw into the mix. Many times, entities do not research their sojourn onto the earth plane strictly enough, and in looking at their own path, they say, "Oh, I am not going to be bothered with this lighthearted stuff. The earth plane is serious. I am going to go there and do accelerated, serious work. By golly," as you would say. "This is my path and they ~ others can play, others can do this lighthearted thing. I am not going to do it. I will not do it." And in their zeal, they are blinded by ~ and not due in any small measure to camouflage that The Universal Consciousness may place ~ they are blinded by one small component that is in the fine print, as you might call it ~ Regulations for Entry onto the Earth Plane.

Many people do not read the fine print. It is the same in other dimensions as it is on the earth plane. And in the very, very, very, very fine print, if you come onto the earth plane, you cannot leave until you have achieved a level of Lightheartedness that is proportionate to the level of seriousness that you took on, you see. And thus, it is one of the conditions that is written into the earth plane, and it is therefore, that very small print stipulation that has been the reason for our

concentration for this earth plane year of Playtime on the Earth Plane and our discussions with you of the balance of playtime, Lightheartedness, and seriousness, and that they become one, eventually.

And it is why we strike the pose of irreverence so often, and it is the reason why Farena presents herself in such frivolity, to strike at the cord, the energy cord, that comes from The Universal Consciousness and is attached to each of us, and each of us to each other, that absolutely mandates Lightheartedness. It is a Universal Concept, Lightheartedness. There is nothing frivolous about learning Lightheartedness ~ it is serious business.

Now, knowing this, you see, entities cannot use the excuse. We allowed you a few time frames to pass between saying that some of you do not take on Lightheartedness in your Toy Box, and our discussion now ~ a few moments so that you might be then able to fall into the trap, if you will, of saying, "You see, I do not have to be happy. I do not have to be lighthearted because it is apparent that I did not take that on, into my Toy Box. So, leave me alone. Do not make me be happy. Do not make me feel lighthearted. Do not try to make me laugh. Do not try to make me be irreverent. It is you who have taken on this frivolous thing. It is ~ it gets in the way of the seriousness of being spiritual."

Well, time's up! That is no longer now, as of this moment on the earth plane, an appropriate behavior and response. No longer do you have that excuse. And understand that as serious as you become and in a way of arrogantly saying, "I am not going to be anything other than serious," you may leave, then, the life in that energy mode only to have accumulated, then, in your path a double dose of Lightheartedness learning.

How to stay lighthearted. It is quite simple. You simply say, "I want to stay lighthearted." That is all any of us have to say regarding any issue. But, of course, saying it at the conscious level and acting upon it at the higher levels, and interconnecting at those various levels between Higher Self and conscious illusion, is something else. And thus, we would say to you now, those of you who are so serious, that you would seek out those who are very lighthearted, and seek them out in very conscious ways. And if there is a lighthearted entity who you know and feel safe with, to say to that entity, "Help! 😊 I am being double dosed, and you could help." You see, asking for help is the issue here.

Now, we would perhaps need this apparatus that you inflict upon us. Thank you, my love. Now, here, my love. We have solved the problem ~ it was actually Farena who solved the problem, for we were in deliberation for this earth plane issue of how this was going to be maintained on the garment, (The microphone) and we had met in our council meeting, and Farena was doing some other assignments and was expected to arrive after we had begun our discussions. And when she arrived in and she ~ we were all very deep, and this was a very, very difficult issue we were dealing with, you see, and Farena simply said ~

Farena: I simply said, what is the issue here? ☺ I said, I gave it to (Name given). She walks around with me. That is all there is to it. And, of course, here she is. You make a very good pocket.

Thank you. ☺

Farena: Perhaps we could make a little outfit for you so that you look like a little pocket.

Yes. That is a good idea.

Farena: Would you like to be a pink pocket? Or a purple pocket?

Oh, make it purple.

Farena: Would You like to be fluffy?

Uh-huh!

Farena: So, if I walk around ~ just like a little puppy. ☺ Here, puppy!

Wait a minute. I have a leash.

**Farena And Barjan Have A Whimsical And Irreverent Playtime In This Session
(October 05, 1993)**

*Farena: Barjan. Come, puppy. Barjan. Ah-h-h. Now, with Barjan's help, I am going to show you
~*

Barjan: You are being too serious.

Farena: I am being very serious.

Barjan: Absolutely.

Farena: I am very serious. ☺ Now ~

Barjan: I have not spoken to you in so long.

Farena: I know. At least at this level.

Barjan: How do you like the French music? Do you like?

Farena: I like that.

Barjan: Do you like the French tunes?

Farena: One of my lives I was a very, very, very high-priced whore! 😊

Barjan: And they chopped her head off!

Farena: And I was not in a female body. 😊 (Group chatter)

Barjan: Neither was I!

Farena: I know. We were together. But not doing that. 😊

Barjan: So, what are we going to dance to today?

Farena: Well now, anytime that Barjan does a meditation tape, I am going to be fluffying around. Fluffy, fluffy, fluffy. Fluffy, fluffy. And the French influence is the theme.

Barjan: That is right.

Farena: It is the theme for this year?

Barjan: I think everybody that comes to do a meditation tape should say at least, "Parle vous Francis." Wouldn't that be nice?

Farena: How do you say ~ oh, it is a courtesan?

Barjan: Courtesan.

Farena: A courtesan. 😊 Now, I am going to show you a technique that you can do with each other. Two people together is the best way. One is the fluffer and the other is the fluffee. 😊 Guess who you are!

Barjan: I am the fluffer.

Farena: You can be if you want to, but watch where you put those fluffs!

Barjan: Are you ready?

Farena: I am ready.

Barjan: Are you ready?

Farena: I am ready.

Barjan: Isn't that nice? Isn't this nice? Oh, I love to do this, 😊 (As Barjan fluffs Farena's energy field)

Farena: And the other one goes like this, and what you do is that you intermingle with each other's energy fields. (Farena wiggles as Barjan fluffs her)

Barjan and Farena together ~ fluff, fluff, fluff, fluff, fluff, fluff. 😊

Barjan: Cooties! (At the crown Chakra)

Farena: Cooties!

Barjan: Cooties. Don't they have those in the heavenly realm?

Farena: No, we call them something else.

Barjan: Oh. 😊

Farena: Now it is my turn.

Barjan: Okay.

Farena: I am going to be much more spiritual about this!

Barjan: Boring. 😊

Farena: It is a good thing you were facing back to me. ☺ We go fluffy, fluffy, fluffy. Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy ~ this is not going to read well.

No.

Farena: Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluffy. Then what you do is ~ if there is a special spot that is attractive to you, you send it extra fluffy! (Farena fluffs his heart)

Barjan: My heart.

Farena: That is not where you are responding to! ☺ Here, and the crown, and the wings ~ it is the wings. Here, puppy, puppy. Here, puppy! There is the wings. There is a fluffy, fluffy, fluffy. Oops! Fluffy, fluffy, fluffy. Oop. Fluffy, fluffy. Ah-h. Fluffy, fluffy, fluffy. And it is best if you play music, and if you play FARENA'S DANCE, then it will be even better.

Barjan: That is true.

Farena: It could be the first FARENA'S DANCE or the other FARENA'S DANCE, which nobody has heard except a very few people. That is Mushiba's fault. She is bad. Fluffy, fluffy, fluffy, fluffy, fluffy. There is a lot more to fluffy now than there used to be!

Barjan: Bitch! ☺

Farena: We have a word in spirit that coincides with that, but ~

Barjan: I will bet it does, but, you know, you are too polite to say what that is.

Farena: But Waith told me I cannot use those words. They are in Mushiba's vocabulary, but I cannot use those words.

Barjan: Not even to your twin.

Farena: None of us can ~ not in public. ☺ In meditation we will have a talk.

Barjan: Okay. Will do.

Farena: A serious talk.

Barjan: A serious ~

Farena: Very serious talk, very, very serious.

Barjan: Well, what about being lighthearted?

Farena: Lighthearted.

Barjan: Lighthearted serious.

Farena: We are very ~

Barjan: We will be serious and we will be lighthearted.

Farena: ~ serious about being lighthearted. We are very serious about being lighthearted. Remember that.

Barjan: All right.

Farena: And when you do this fluffy technique with each other, I want you to make sure that you are very serious about this.

Barjan: But lighthearted.

Farena: And ~ but lighthearted, and to follow the system of doing this. There is a system! System. The system is ~

Barjan: To be lighthearted.

Farena: ~ to be lighthearted.

Barjan: We have done this before.

Farena: Oh, there is a phrase I really would like to use but I am not able to use it! You might ~ if you ask Mushiba when she returns what that phrase was that I was going to want to use that comes out of her vocabulary, then she might tell you what it was, because we have just connected. (Farena whispers) I cannot use that phrase.

Barjan: I will bet you it is derogatory. Is it derogatory?

Farena: Yes.

Barjan: You would never say anything derogatory about me.

Farena: No.

Barjan: Never.

Farena: Never.

Barjan: Never.

Farena: Never.

Barjan: Would I ever say anything derogatory about you?

Farena: Always. ☺ You always did.

Barjan: No.

Farena: He always picks on me. He always picked on me.

Barjan: Not in public.

Farena: Once.

Barjan: Once.

Farena: Yes.

Barjan: Well, I apologize.

Farena: All right, now, you can sit down.

Barjan: Thank you, Farena.

Farena: Thank you, puppy. If I move ~

I just want to get this around you (The microphone cord)

Farena: Oh, we are playing.

So, you will not trip.

Farena: Are we playing? We are playing. Will you trip?

No.

Farena: Puppy.

I was being beheaded, and he laughed! 😊

Barjan: That is because I was the executioner! 😊

Farena: I know. Isn't he terrible? Terrible.

Barjan: It was a long time ago. Live and let live. Let bygones be bygones.

Farena: But another time, I came back and I was the executioner and it was not his head up here that I cut off. 😊

So, what was it?

Farena: Ask around. Ah, we have had wonderful times together!

Barjan: Just peachy!

Farena: Just peachy. You see, it is all part of the earth plane game, and while we were living those lives, it was very real and it was very much a part of what we were learning. But now we laugh about it. He cut off my head. I cut off his ha ha ha! 😊 (The scientist laughs)

Barjan: I do not think that was so funny! 😊 (Speaking to the scientist)

What was it now, was it serious? Yeah?

Barjan: Not that serious.

Farena: And you see, we are back. We are here. We are ba-a-a-ck! And nothing has deterred us, and being happy and lighthearted is the key element to that which maintained us during all this growth and continues to maintain us as the growth ahead comes closer and closer and we learn what we need to learn. We know that it is all for Lightheartedness also. And the seriousness and the Lightheartedness work in harmony, and that it is all right to act goofy. Goofy. Goofy. Fluffy, fluffy, fluffy, fluffy, fluffy, fluffy, fluff. Next time bring your music.

Barjan: So, you will be present for everyone that comes for a tape?

Farena: I will be present for everyone who comes for a tape. Bye!

Bye, Farena. Thank you. We will play your song!

Waith: Ah, indeed, now, there is the puppy. We are liking this particular role now. You know, it is very important to allow others in your own energy groupings to bring laughter, for it is very easy to become caught up in the seriousness of things, just as we were all caught up in the seriousness of discussion, and Farena entered in and broke that seriousness, you see, and allowed us all to see it from a different perspective. And this is true in all of your growth on the earth plane. Be careful of entrenching yourself with only those who are serious, who do not have a sense of this word, goofiness. Is that a word? Goofiness. It is now. Goofiness. It breaks the tension.

And also, we emphasize, once again, that being lighthearted not only is spiritually appropriate, it is spiritually essential, and that if you are not lighthearted, you will have greater difficulties in achieving your growth. And to those who would say, "You are not being spiritual if you laugh and make fun." You would say, "Au contraire, for Waith himself refers to himself as THE SPOOK." It is important to see this symbol of a spook that hangs over the energy of Barjan (A ghost windsock) ~ rather appropriate also.

Barjan: "Au contraire" is French.

We are quite aware. Thank you, Barjan, for providing this.

Barjan: We are working on our French.

There is a very, very strong French energy line in the Mushiba energy. Most interesting, most interesting. Most interesting. Mushiba can tell you of one very, very recent past French life that has been documented. Indeed.

(Discussion as the tape is turned over)

Now, puppy poised. It is ~ yes, it is a most appropriate poise. That is better. Now. That is most appropriate. Yes, that sound. Perhaps Barjan could make a very brief kind of musical sound that would be for the puppy pose.

Barjan: Aye, aye, aye! 😊

That would translate rather interestingly into the written word, will it not?

Why don't we just forget about the written word tonight?

Now, we would want to receive from you questions relating to this, and at the risk of your becoming too personal in your questions, we will guide you in this direction, but there are some issues that we would like to have placed onto the record that we would prefer having come from the group rather than directly from our words.

Barjan: I think one of the issues is, Waith, if you could comment on what we did was not so much fun and games as much as illustrating the fact that we need each other to keep our Lightheartedness. And sometimes when we keep in ourselves, that makes it harder to get out of ourselves and be lighthearted. That is why we need the other energies to fluff us up.

Would you like to sit in the chair? 😊 (Waith gets up and Barjan sits down in the rocker and starts rocking)
Now, tell me, Barjan, what is life?

Barjan: Life is like a river ~

Yes? What is a river?

Barjan: Perhaps life is not like a river. 😊

Maybe not. Ah!

Barjan: I was not taking myself too seriously, I hope.

Let us analyze that. You know, it is so critical to be with others. There are some who take on the path of isolation, those who go into themselves physically, emotionally and logistically. They go into mountains and stay by themselves. Some may do this for the lifetime. Others may do it for short periods of time. And this is part of the balance, the teeter totter, being completely alone ~

the other end being never alone, you see. The balance, of course, is somewhere in between there. And most entities, then, find themselves needing very much to be with others and seeking out others.

And as our energy son Barjan has indicated, it is essential to share with one another. It is essential to be lighthearted with one another and to find another who will be part of that spiritual growth. Being lighthearted, we emphasize again, is essential for spiritual growth. You simply cannot get off the earth plane without it. And, let me reassure you of the seriousness that The Universe has of this component of the earth plane.

There are entities who are still trapped on the earth plane sojourn experience who have emptied their Toy Box completely. Emptied it. However, they have arrogantly held onto the issue of not being lighthearted. And until they meet that Lightheartedness, they will continue to return to the earth plane, and they will not be released from the earth plane sojourn to continue in their growth in other training grounds until they have faced that component, and that the more they resist, the more it builds proportionately to having to be lighthearted.

And it becomes, then, almost, you know, this cycle of resistance that if they would simply say, "Yes, I will be lighthearted," they would find that the lifetimes that they would then have to work out the Lightheartedness would be so filled with fun, because they have emptied their Toy Box. But there is so much resistance. They hold onto it so strongly that they do not see that. And it is for those entities who you would, in your meditations, send unconditional White Light that they may see the ease with which it is to take the Lightheartedness. And then you would be part of their release from themselves. And there are those among you who are part of this condition of which we speak. We do not say specifically when we say among you here directly in this gathering, but in general ~ among you, those with whom you interact on a daily basis. Some are incarnated now, struggling. Help them.

Do not be judgemental of them by saying, "You are not lighthearted enough. You are too serious. I am not going to associate with you." That is the temptation. Rather, simply send them the Unconditional Love and the Light, and be there for them to help them to lighten up, for it is most difficult for them to do this, to lighten up. Understand that. Those who are not lighthearted at the conscious level may be very resistant to being lighthearted, but at another level, somewhere, they know that they must be lighthearted, and they struggle with that. Seek those entities out and Be of Service to them. Help them. Do not shun them. You who are lighthearted are fortunate to have grown to that level, and it becomes your responsibility to help others along that path, in a lighthearted manner, of course.

I am one of the strugglers with this issue, and the time we are living in right now is extremely difficult to become lighthearted. I feel the world around us is not lighthearted at all, and the people you are dealing with on a daily basis are not lighthearted at all. So, to learn this lesson in our lifetime is an extremely difficult one.

Oh, it is. We are not saying that it is easy. Lessons are not easy to be learned, and at the time of a cleansing, such as this, exaggerations and accelerations of all issues become dominant, and what you find are many entities currently on the plane who are struggling with the issues of Lightheartedness. And many have taken on accelerated growth in this area, and therefore are being presented with issues to test them in their Lightheartedness.

You must not be deterred by the fact that there are so many who are serious on the plane. There are just as many who are not. There are just as many who are very lighthearted. What you need to do is to make certain that you bring yourself into a vibration on a regular basis that is lighthearted, to help you, then, infuse yourself, to bring you back out into the field, shall we say, of those who are serious.

This is part of what Terra Lux provides, an atmosphere of Lightheartedness. Mushiba leads the pack in being lighthearted and irreverent. Come to this for the inspiration. The others in Terra Lux who surround Mushiba are all part of the lighthearted atmosphere. Come to that. Do not stay away from it. This will give you, then, energy to go back out and learn your own lessons of being lighthearted. It is not easy. We never said that it was, my son. And you have positioned yourself deliberately into an energy focus in this what you call business environment that is so very serious, for you have been called to Be of Service to that type of energy who you would meet, as well as to help you lighten your own energies, you see.

**As One Becomes More Unconditional In Love, The Avenues Are Open For Lightheartedness
(October 05, 1993)**

As we talk about Unconditional Universal Love, and all kinds of love, is not a prerequisite of love, Lightheartedness?

It comes with it, my son. As one becomes more and more unconditional in love, the avenues are opened for Lightheartedness. It does not mean that the avenues are filled with Lightheartedness. It means that the avenues are opened. Understand also that we then go back into the discussion of the percentages that one takes on, on the earth plane for certain issues, Unconditional Love being one of them. You could take on a percentage of only ten percent to be learned on the earth plane while another may take on a percentage of seventy five percent on the earth plane. Therefore, percentagewise, Lightheartedness then takes on different dimensions, you see.

So, you are looking, if you try to be definitive, that this person should be lighthearted in a certain way, versus another person being lighthearted in a certain way ~ you become judgemental in that. You simply want to help another to be as lighthearted as they are able to be. You are not imposing upon them. You would not say, "Look, you should be as lighthearted as Barjan." Perhaps the percentages that you have taken on, even the percentages of the earth plane conditions of Lightheartedness, are not as great as that which applies to Barjan. However, remember that Lightheartedness is that which is the ultimate vehicle by which spiritual growth is

attained. You can only go so far in your spiritual growth without the Lightheartedness to accompany it.

You know, Lightheartedness is something that you work on within yourself, and be concerned only with that which is within Self for Lightheartedness, and simply, then, send out an energy from Self that says to all around, "Learn from my Lightheartedness if that is appropriate. If my Lightheartedness is greater than your Lightheartedness, learn, if you want to, from mine." You do not say this, of course. This is the energy. This is the essence of what you send out in energy to another, that you simply are available. And allow other entities to come to you in their own way if they feel it to be appropriate.

This also applies to each of you. As you look at other entities, you may feel overwhelmed by the sense of Lightheartedness from another, and indeed it may be more than you are able to accommodate at this point in your path, or even ever in your path. The issue is to feel comfortable in your own levels of Lightheartedness and to want to grow in your own Lightheartedness, to not say, "I will not be lighthearted. I will be very serious, and anyone who tries to make me lighthearted will not be able to do that." That is the issue. And then seek out those who can help you grow in your Lightheartedness.

Waith, could I ask about someone who passed over recently?

No. You know, the framing of the question with us is most critical. You have learned this by now, that you can open up yourself for rejection.

⚙ How is my aunt doing?

Fine.

You see, I told you. Is it my turn to sit there now? 😊 😊

Yes, Limera. It is now your turn. Would you like to come for a few rocks?

It sounds like a big effort to get rocks over there.

We do understand that there is a double meaning to a statement such as that. However, we, being the good little spooks that we simply cannot respond to that. Yes.

Farena will not let you.

It is not so much Farena, in this case, but those who I report to. Yes, indeed. Would there be any other questions before we fly away into our own madness?

What has been going on lately this past week?

I give up.

Have you been busy?

Have we been busy?

Yes.

Well, we have been pretty busy at the portal, I can tell you that.

Yes. Have we been helping there?

Some. We have been busy little energies. Busy, busy, busy. Yes. Soon to be much busier. Soon to be much busier. There will be a very, very, very significant mass departure occurring soon. We simply give you that information without any further explanation. And there will be some of you who will be called upon in spirit to help us at the portal.

Thus far we have not lost anyone to the dark. We have kept them all. Kept them all. And all is well, you see. Understand that. All is well. They come into the Light, especially when entities choose to depart in mass numbers and under conditions such as you have been witnessing. They learn much. There is much growth that comes as a result of that, and they are back into the Light. And indeed, some of them are preparing to return back onto the plane, for they have the advancement of their energies to do that, so that they will enter in, in significant numbers through walk-in situations. So ~

**Having Lightheartedness, Laughter, And Joy ~ In Your Lives, And For Planet Earth
(April 18, 1995)**

Have you all recovered from our last discussion with you? We come to you in this gathering to speak of a rather lighthearted subject ~ and the lighthearted subject is the issue that you know of as joy. We speak to you of joy in this time for there is a need as the earth cleans itself to have a sense of joy. The earth, as you have become so accustomed to hearing now, undergoes tremendous cleaning and undergoes tremendous stress as a result of that cleaning. You have been given techniques to help the earth, to give Light to The Earth, and through your meditations, to connect with the earth. There is a very strong component, however, known as joy that is very

misunderstood by those on the plane currently, JOY. There is a sense that there is to be no joy, for there is work to be done.

**Waith Defines Joy, From The Spirit Perspective
(April 18, 1995)**

We would begin by defining joy to you, as it would be defined from our perspective, from a spirit perspective rather than from a grounded earth plane perspective. Joy is the Lightheartedness that comes from laughter, LAUGHTER OF THE SPIRIT. A laughter that emanates from that which you know as the Solar Plexus. It has its beginnings in the Solar Plexus. You feel the sense of laughter coming from that spiritual center ~ that Energy Center.

It means that you take what disturbs, what brings you heaviness, and you bring it into the Solar Plexus and you let it sit there. Then, as it is sitting there, this sense of heaviness, you bring your spirit of laughter into that Energy Center and you bring that laughter all the way up through your Energy Centers until it comes out of you. It does not have to be the ha-ha-ha-ha laughter that you have come to recognize, but rather, it can be simply the sense of freedom from a heaviness, and that you do not have to carry the heaviness with you. From that freedom from the heaviness comes a sense of joy.

The joy can be felt by each of you for as long as you want it to be there. You will reinforce it as the heaviness continues to enter into your lives, and surely the heaviness will be ongoing and continuous for many, many of you. When you feel the sense of release from the heaviness, be it one second of earth plane time, or one hour, or one day, or one week, you would take that joy and give it to the earth, for as the earth receives your release from the heaviness that you feel, it gives strength to the earth. The earth then is able to give back to you the sense of lightness, and freedom, and release.

Remember that you as humans are guests on the earth. But the earth, being such a good host, wants to please you and give you energy that reinforces your own sense of release that reinforces your own sense of Lightheartedness. For the earth now, it is more difficult to give that energy to those who inhabit while it goes through its cleansing. It is not as easy to give the energy of Lightheartedness. Thus, if you give even a second of joy to the earth, it will be returned to you in much more strength.

Joy is an attitude. Joy is a sense of wellbeing in spite of not being well. It is a sense of knowing that there is a spirit connection with all behavior, with all activity that you engage in. Regardless of the heaviness that you would feel from any issue that you work through, you have the ability to release it, even momentarily, and bring into your own sense of Self the feeling of joy.

We do recommend this physical sense of laughter. There is not enough laughter that goes on. As you know, we have, in so many times, given our theme of the balance between the serious and

the Lighthearted. In our last gathering with you, we were very, very serious. The word was used "strident." My son, you have not seen us strident. We have had other times when we have been quite, quite stern. However, the balance then must be in bringing Lightheartedness to the serious message. As you all gather to hear our words, to hear the words of others who speak, who give information to guide you in your spiritual path, there needs to be a lightening. There needs to be a sense of, "This is not all that serious. Yes, this is important information and it will help us." But it is not to be taken in such a way that you sit with furrowed brow.

Rather, you sit quite relaxed, and you sit with your facial muscles very relaxed, and a sense of unconditional acceptance of information. Whether or not you end up believing what has been given to you for information is not the issue. The issue is that you would accept information given to you unconditionally, and then you would determine whether it was appropriate for you. You might say, "How does this all tie into joy. We have to be serious here, Waith. You said you were going to talk about joy! How does this relate to joy?"

Waith Questions Class Members About Their Perspective Of Feeling Joy (April 18, 1995)

My son, what do you think?

I think joyous times are wonderful.

Times are wonderful. Was there not a novel? It was the Best of Times. It was the Worst of Times. Yes, that is an earth plane reference? Times are wonderful. Ah.

My love, what do you think?

Joy is when everything is going well.

Ah. Ah, so in order to feel joy, everything must be going well, and times must be wonderful. And if everything is not going well and times are not wonderful, then there is no joy?

Oh, yes. There is joy. But then what you have to do is look at the good part of what does not look too good, and that helps too.

Ah, so the bad part, as you would call it, the opposite of good would be bad, is not to have any joy in it.

No, you look for the joy in it.

Look for the joy in that which appears not to have joy. Ah.

Right. You can have it whenever you want.

Can you?

Yes.

How can you do that?

Just go get a Big Mac. ☺

Yes. With french fries?

I am thinking maybe tonight for the first time, I will not have to rush out after the meeting and get one.

Indeed. That is a most appropriate response, my love. What is the other favorite? Chocolate. Chocolate as a release? Yes, indeed.

The Importance Of Looking through the eyes of Lightheartedness Rather Than Seriousness (April 18, 1995)

It is very important that when you receive information from any source, that you look at it through the eyes of Lightheartedness rather than through the eyes of seriousness. Then, you are able to determine whether that information is something that you must give serious attention to or whether it is something that you will simply discount.

Remember that all information is for you to determine the appropriateness of for yourself, not what someone else says, and that includes everything that we say. We give reams and reams of paper of information over our time here. Some of it is important and good, and some of it is just babble. But, you know, some ~ not you in particular in this gathering ~ have taken the babble that we have given very seriously. We do that deliberately, you know, BABBLE. Oh, indeed. We have learned it from Mushiba, of course. Babble. I am not sure which came first, our babbling, and she learned it from us, or the other way around. However, you know, it is very important to distinguish in your own mind between babble and non-babble. What is babble to one is not babble to another, you see. But there is going to be a certain amount of babble. That is simply the way it is.

It would be much too strenuous to have important information coming out of your mouth every time you spoke. How often have any of you said when something has occurred, "What is the

meaning of that? What is the issue here? What am I trying to learn?" Well, there is probably nothing of any real importance. It is simply babble. You are allowed that.

Understanding Joy And What Is Appropriate For You And What Is Not Appropriate ~ Through Sadness, Pain, Fear, Lack Of Control, Addiction Of Food, Or Death

(April 18, 1995)

Yes, the earth plane is a serious training ground. It is an accelerated training ground. But we have indicated that one of the prerequisites to finishing your sojourn on the earth plane is to learn how to be Lighthearted. That means to understand the difference between what is appropriate for you and what is not appropriate. When you find something that is not appropriate, consider it babble. From that take joy and say, "Ah, that is not for me to be concerned about." Release it. In that releasing of it, you find a moment of joy. That is one thing that you can do. Eh, my love?

Yeah. Here.

A recovering Virgo.

Did you just call on me, or did you want one of pearls of wisdom? ☺

I must respond, and I must respond in an appropriate way.

Or you can take it as babble. ☺

Indeed. Most appropriate, my love. Yes. To sit and listen so intently to what comes through from our source and from other sources is good practice for focusing, but it is also good that you would differentiate what is serious and what is not so serious. In the end, nothing is serious anyway. Is it not? Once you have returned to The Universal Consciousness, it matters not, but that journey back is so serious. Yes, you see.

Now then. Joy. How would you go about bringing more joy into your path? It is a question that has been asked so often. We have given you the very basic technique of bringing joy into your path. However, how many of you feel that joy would be an extravagance. "No, I am here to be serious. I am here to learn my lessons. Having joy is not on the agenda. If I feel joy, then I must be feeling guilty about it, for it means I am not really giving attention to my serious issues."

It is the joy that gets us through the other parts, enjoying everything we can, every bit of fun.

Ah, so joy is something separate from that which you do.

Oh, no. Separate from the times when we are sad.

Oh, joy is separate from sadness. Do you all think that that is true? That joy is separate from sadness? It is the same coin. It is not separate. This is part of the difficulty, however, in entities believing that we must be sad, we must have difficulties and then from that we will gain joy. Yes, the technique we gave to you was a way of releasing the heaviness so that you could bring the joy. That is how you start integrating joy into everything.

There is joy in sadness. This is a rather difficult concept for many to understand. There will be greater understandings of it as you progress in your path and you gain your awarenesses. Joy is sadness and sadness is joy. Difficulties are not bad. They are not hard. They are simply the work that you do. Joy is work. Everything you do on the plane is work. Hence, the name Work Planet, you see. That is why it is called that. Everything that you do, even babble, is work, especially for those who are not accustomed to babbling, is indeed work. For some of you babble is second nature.

Now then. Joy is sadness.

Waith, it just popped into my mind, or else you put it there. I'm not sure. When you spoke a couple of sessions ago about being frivolous, it seems like frivolous came to my mind when you were speaking of joy. Maybe we feel if you are really ecstatically joyous, then you are being frivolous.

Oh, and do you think so?

I think some of us think that. Yeah, I do.

Frivolous is not a good thing?

Well, it is not that it is not a good thing. I want to say it is not accepted.

Oh, yes. It is not accepted to be frivolous. Yes, indeed. You fell right into my trap. You were very good. Very good. Yes, accepted. Yes, we must make certain that what we do is acceptable. Yes. The heavens above will come down if you do something that is not accepted by whoever.

I often enjoy being frivolous as well as being sad, and I notice that people look at me strange because of that.

Well, yes, because you are not supposed to enjoy being sad. You are supposed to wallow in being sad. Do you understand wallow?

Actually, you can pay money to have those, when you go to the movies.

Well, yes, indeed.

You have a great time enjoying those sentiments.

Yes, yes. If one views sadness as a source of growth, and one views sadness as a way in which strengthening occurs, then it is a joyous occasion for you have taken on something very concrete in your path that you recognize. You can say, "I am sad, and I am going to feel the joy in being sad."

Even though there is pain that one would feel emotionally or physically from sadness, there is joy for you are feeling a particular emotion that will give you tremendous strength and tremendous growth. In sadness comes introspection. If sadness is viewed in that manner, when you become sad, you want to go within Self to learn the reasons for it, to look at your path and then to come out of that sadness with greater insights into Self. It is when the sadness is taken so seriously that it can remain with an entity for an entire lifetime, or periodic bouts with sadness that can be devastating to the entity. Sadness is joyful. Sadness is a form of meditation.

Joy In Not Being A Victim, But Becoming The Triumphant Entity

(April 18, 1995)

Often, I hear people say, "Nothing bothers you." Well, because I do not let it bother me. I mean, you are supposed to let it bother you.

Well, yes, you are supposed to let it bother you, and you go around moaning and groaning, and poor you, and the world is against you, and you have been dealt an unfair hand, and that you are the victim. This is the attitude. If you bring joy into your life, you are not the victim. You become, then, the triumphant entity. You will find yourself surrounded now on the plane by those entities who wallow in their own misery. It is part of your path, many of you, to help those entities to move out of that point in their path. It is all right for them to be there. It is appropriate. Every entity coming on the plane reaches that point in one or two or several lifetimes in which they stay within their own misery, and indeed, are aggravated because others laugh. "Why do you laugh? There is nothing funny here. Why are you irreverent? You must give respect to this institution. You must be serious."

It is the responsibility of those of you who have moved out of that point in your path into a lighter point, to help those entities find the joy. Yes, they will perhaps look at you as if you are strange because you say, "I am sad but I am joy-filled at the same time." Or, "I do not let anything bother me," as best as you are able to not let things bother you on the plane. They would say to you, "How do you do that? What is wrong with you?" And what would you say? What would you say?

Well, not being joyous does not help anything.

Indeed.

Wallowing with others in misery does not help anybody.

Indeed. What is the saying on the earth plane ~ misery loves company. You know, that comes from a spiritual context. Happiness loves company also. Joy loves company. Likes attract. So, what you do, then, is attract that which is like you. When those around you are not like you, you do not try to change them, you do not change yourself. You simply continue being who you are, even if they would come to you and say, "You are too frivolous. That is not appropriate. That is not acceptable to be frivolous." Well, it is acceptable to be anything you want to be. What other questions would you have relating to the issues of joy in your path?

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

(April 18, 1995)

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

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

Combating The Issue Of Joy While Having Emotions Of Fear, Lack Of Control, Or Pain

(April 18, 1995)

Ah, fear. You know, fear is a very controlling emotion that is probably the strongest tool of the darkness. This is a rather lengthy kind of discussion which we will not go into at this time. But fear is an emotion that you need to view as a way of cleaning out your own self-doubts. In the view of fear, you must also place joy, for joy must be felt even as you fear. When you feel fear, it is the same as sadness. You are feeling an emotion. If you say to yourself, "I am feeling fear. I am learning something." However, this particular emotion is not as easy to do that with as sadness, for fear, as we said before, is one of the strongest tools that the darkness uses and feeds into you, so that as you are feeling fear, there is no sense of joy. There is only a sense of complete lack of control. You know, on the earth plane, none of you want to feel any lack of control. However,

that is exactly what fear does. It is then, as you begin to work through fear as a negative, and you feel it, you respond to it at the moment, and then you are no longer afraid of whatever it was that gave you the fear ~ you look back and you analyze it. You put the joy into it, and you say you have learned from it.

Eventually, you will not have fear in the traditional sense. There is nothing to fear but fear itself. ☺ You came here to hear an Angelic tell you that. Where do you think he got that saying? We jest. Really, we jest. There is nothing to fear. It is only in the mind, and the darkness that will give you a shroud of anxiety. Tell me something to fear.

Well, seeing someone that you love suffer.

Why is that fear?

That is worse than suffering yourself.

Why?

Because if it is yourself, you figure you can stand anything, than if it is somebody else.

Why is that fearful?

Because you cannot do anything.

Why is it up to you to do anything?

Well, you want to because you love them, so you want to make everything all right.

Oh, everything all right. What if the path of the entity is to feel suffering, and you come along and want to make it all right? You interfere with the path of that entity. It is a difficult concept to accept, let alone understand by many ~ what another endures is their path. If you attempt to impose, you go against their path, and you actually regress yourself a bit by imposing on another. If they ask you and say to you, "Help me with my suffering, take it on for me. Here, here is my suffering. Take it." That is another situation. But what is the fear? Even if you do see someone who you love in pain, why is that fearful?

Well, it hurts more than anything else that you could go through.

But why is that fearful?

Well, it does not feel good. You know, anything that does not feel good.

Oh, anything that does not feel good is fear. Is that a good definition?

Well, you just do not want to have it. You just do not want to have it.

Mm. What is another example of fear?

Getting called on by Waith. 😊

Good answer. You run the risk when you sit as close to me as you do, my love. Is that why you all sit so far away? 😊 Indeed.

Tell me another thing that you fear? My love, you raised the question.

Yeah. What I am dealing with right now is my fear that I will not be able to do something that I had planned and that I feel like I am responsible for as a mission.

Ah.

So, I keep trying to go for this unconditional feeling that it will work out, or it will not. But the pieces ~ they are like, what if I do not it right?

What if you do not do it right? What could possibly happen?

I would lose two percent of my training.

Oh, two percent of your training. That would be a disaster, now, would not it? You would certainly lose. What is fear? Losing? A sense that you are losing something? Is that what fear is?

No, it is truly a control thing. I mean, I can feel it as I am fearing it. It is like I am afraid that I will not control it appropriately, and it is like I already know I cannot do that, so it is sort of this tearing thing about trying to let go of the fear.

Yes. Control. Fear controls.

What about fear of physical pain?

What of it?

It is something to fear.

It is indeed a fear. Yes. Why do you fear physical pain?

It is not pleasant.

Indeed, it is not pleasant. What will happen to you if you have fear of feeling the physical pain? What will happen to you?

You either pass out or it stops. It stops one way or the other.

What would be the very worst situation that would come as a result?

Death.

Death? Now there are some here cheering that. You would have to leave the life? Oh.

Then I would not have to worry about doing it.

Well, you see. We come back around then to the entire concept of continuous life. There is no death. Entities say they fear death. What is there to fear?

Going in the cold, cold ground.

Going in the cold, cold ground and not having the right dress or suit to wear. Yes. Having people look at you.

Fear could be not knowing the outcome. I think that is the fear ~ of not knowing. Not knowing.

Not knowing. Oh.

Whether it be right, or wrong, or good, or all those things.

And you have no control.

There is always no control.

You have no control. At conscious level you have no control. You see, the joy that is felt in the release of fear is in knowing that there is control, but it comes from your Higher Self and not the Concrete Self, and that at concrete you really do not have to do anything. You do not have to worry. It is your Higher Self that has all the worry, you see. The control is what brings the fear to entities. "I will not have control over this." If you release that sense of having control and know that you can trust ~ there is that word again ~ in The Universal Consciousness and in your own Higher Self, then gradually fear disappears.

There are some among you who have no fears for they have let go. They may occasionally get bought onto the earth plane muck of wondering if something is going to happen ~ and they want very much for the bank to approve the mortgage, you know, and you wonder if that will happen. Oh, what will happen if they do not approve the mortgage? What will happen indeed? But those are fleeting fears. When you fear something without bringing joy into it, by allowing it to have negativity, then you surely bring it on. It is the easiest emotion through which physical manifestation occurs. You fear it, it will happen. Very high probability.

If you fear something but you have a sense of joy in knowing that this is a fear that is necessary for you to work through, then you will work through it and it will not manifest itself. The minute you give power to fear, the dark moves in and has a wonderful time, realizing all the fears that you fear.

Thank you for reminding me that whether I fear it or not I have no control over it either way, and that is where the joy comes in.

Indeed. Your Higher Self is in charge in conjunction with all those in higher dimensions. Nothing bad is going to happen to any entity, not in the long term. Even in the short term it is not bad. If you are killed and leave the life, so, what is bad about that?

You have not heard of O.J. Simpson, have you? 😊

Yes, we have. We would respond by indicating that in other dimensions that very concept of what you are having to endure now on the earth plane presents itself ~ the dragging out of a scenario to bring about understanding of certain issues. It just plays itself differently. In the last time that this illusion was on the earth plane and it was at this point, and this particular scenario was playing out, rather than the name O.J., the name was Grapefruit, 😊 and he played tennis. 😊

You cannot escape O.J. Simpson trials by dying? 😊

Yes. They are everywhere.

So, does the one that is going on in the other dimension connect with the one that is going on here?

Yes, you would ask that question, my love.

⊗ What is the connection?

⊗ O.J.'s Higher Self and what else?

Well, it depends on how high their soul is. If it is way, way high above them or very close to them ~ determined by the height of the Soul.

You did not answer my question.

It was a question? Indeed.

My son, did you have your hand up?

No.

I felt the energy coming from your corner. You had a question.

Will There Be More Joy In The New Illusion?

(April 18, 1995)

Oh, indeed, there will be. At the beginning of any new illusion, there is relatively no fear and much joy. As, of course, the illusion settles in, then the percentage of joy and fear and all of the negative emotions begins to change. But most assuredly in the beginning of The New Illusion, those who remain, those who are vibrationally attuned to the planet will have a very strong sense of joy. They will have received it from the earth, and there will be a reciprocal activity occurring, so that as they receive more joy from the earth, they send more joy to the earth and it becomes compounded over and over and over again until there is that type of joy.

But remember, as we have indicated, within a very short time frame ~ five hundred to eight hundred earth plane years ~ the illusion settles in and all of the old issues start coming back again. So, that is simply the way that it is, until it reaches the end of the illusion, such as now, where the imbalance occurs of not as much joy, and much more sense of fear, and much more sense of heaviness exists. But it is up to those entities currently on the plane, who will be remaining on the plane after The Shifting, to bring about the ability to put joy into their path and to show it to others, not to hide the ability to be joyful. Just because someone would criticize you for being joyful does not mean that you should hide it. Rather, you should exaggerate it.

Remember that on the plane now it is a time of exaggeration. While there is exaggeration of negative activities, heaviness and sadness and fear and all of that, exaggerate the joy. Exaggerate bringing Lightheartedness ~ as exaggerated as you can ~ into your environment. It is the way in which you combat those forces of dark that attempt to squelch the Light.

It seems that always, including now, that joy comes from a group of people eating, always. What I have come to, my own self included, is that that is one of the times when everyone is focused on the taste of food and talk to each other. So, the food is causing everyone to become focused.

Well, you must be careful, my love, in assuming that what you observe in your particular environment is true of all. Food, while it is a source of joy for large numbers of entities is not a particular source of joy for others. Food for many is actually an addiction and they fear it. They fear its control over them. Food is not always a source of joy. For those who are not addicted in the sense of food controlling them, food can be a joy. For some, they are indifferent to food. They can take it or leave it. Some would eat bowls of cereal every day, three times a day, four times a day, for it is good food. Yes.

Can Food Lend Itself To Being A Good Focus Point For Joyousness?

(April 18, 1995)

It can be if it is the proper type of food. There is food that is healing food and there is food that is destructive food, which of course is, as you would expect us to now say, a topic for another time. We have spoken of food.

Our love here has worked extensively with those who are addicted to food. And our love here with her herbs and energy healing has helped those who are addicted to food, who are controlled by food. Then, of course, our heavenly caterers over here actually do have healing food. We have given them some potions. Indeed, some of the food contains certain combinations of foods that actually do bring about a healing. Yes. It can be joyful, but be most careful in how you use food. Do not think that it will automatically bring about a joyous occasion.

Not for all. I realize.

For many on the plane who struggle through past issues of childhood, it can be painful. So, one must be very sensitive to the issues of food.

Even Big Macs?

There are exceptions. ☺ Indeed. Get your fill of them now for they will not be here in The New Illusion. We have warned you of that.

It is not necessarily joyful for food either to be eaten.

Yes, indeed. Food is an energy. Of course, this goes into other discussions of energy consuming energy, which we will delay for now. Indeed. Other questions.

**As Groups, It Is Okay To Laugh At Yourself, But It Is Not Okay To Laugh At Or Ridicule Others
(April 18, 1995)**

What about in reference to what you were talking about in your serious side two weeks ago with regard to groups laughing at themselves. You seemed to indicate in general that we do not want to really single out groups, and make fun of them, or laugh at them, but it seems like if any group can just see the absurdity of everything and laugh at some of the foibles of the group that it might make for joy or light viewing of the earth's situation.

Oh, indeed it does. You see, it is all right for the group to laugh at itself, and indeed, it is encouraged that the more ridicule that is given to a particular group, based on the differences of the group with the larger environment, the better it would be for the lightening up of the group itself. However, it is not appropriate to laugh at, in ridicule, another group. There is the difference, you see.

There is great joy that comes from groups of entities coming together and laughing at their own seriousness, for it is very easy to fall into a serious mode and to forget that Lightheartedness must be at the base of all learning of lessons. But to be serious about what you do is important.

**The Search For Self Through Meditation ~ Farena Presents The Concept Of Lightheartedness
(November 05, 1996)**

We bring to you the White Light from the Highest of the Kingdom of Amelius. We are pleased that we have come to the final component of our topic for this earth plane year in The SEARCH FOR SELF through meditation.

We have started this earth plane year with Jenjura talking of The Webbing Effect ~ and Frank has talked of Community ~ Jacques has talked of The Healing of Self ~ Teetee has talked of Group Balancing ~ Boopsie has talked of Gender Harmony ~ and, of course, Miss Fluffball herself, Farena, is now scheduled to speak on Lightheartedness. What we have given to you, then, is The Spectrum of issues that all on the earth plane face ~ the various arenas of discussion.

Lightheartedness has been left until the end for discussion, not that it has the least importance, for each of the topic areas have an equal level of importance. One is not more important than another, but Lightheartedness is the closing of the loop. Without Lightheartedness there can be no search for the web that each of you has and that is part of The Universal Consciousness.

Lightheartedness Is An Earth Plane Requirement, Necessary To Finish Your Sojourn (November 05, 1996)

Thus, Lightheartedness is that final component that feeds then back into The Circle, and indeed, infiltrates The Circle ~ for Lightheartedness is an absolute necessity to have achieved in order to get off the plane. It is absolutely impossible to leave the earth plane sojourn ~ your many, many lives ~ without having achieved the sense of Lightheartedness.

Many feel that it is inappropriate to be Lighthearted when one is so serious of their spiritual path. They puff up themselves and they walk around as if there is such serious business and one cannot laugh and one cannot be irreverent. This is quite the opposite from our perspective. And if The Angelics feel that Lightheartedness is critical, then who is to dispute that? After all, Angelics know everything. Right? ☺ If you believe that one, as they say on the plane, “We have a bridge that we would have for you.”

What you then will be exposed to in this final component through Farena is the discussion from Farena on the purpose of Lightheartedness. And in our next gathering with you, Farena will give you one of her meditations regarding Lightheartedness. Many of you have been in sessions where you have experienced meditations with Farena and her ability to bring Lightheartedness and fluffiness into an environment.

She has instructed Mushiba, prior to her entry in for this session, for certain props, as you might call them. And thus, you see the props over there ~ as only Farena would have props. She is, indeed, the one in The Company who helps to keep the perspective, for even in The Angelic Dimension, and dimensions off of the earth plane, the sense of perspective can be lost, and the seriousness of something can overcome you. The exaggeration that Farena presents to the earth plane is purposely meant to bring about the awareness of the importance of Lightheartedness.

There is a word oftentimes associated with Lightheartedness and fluffiness that we have plugged into on the earth plane and that is DITZY. And people seem to think that ditzy is a bad thing. Farena would be the epitome, then, of ditzyness, if you were to use that term. This is a good thing. It is very, very critical that you maintain a Lightheartedness, for without that Lightheartedness, you will not be able to bear up under the sometimes-burdensome responsibilities you have taken on for your path.

Learning should be joyful and Lighthearted, not unhappy and disastrous in its orientation. Learning is joyful, even if it appears to be difficult and painful. It is ultimately joyful, for you

achieve one more step back to The One. So then, we will have Farena enter in and when she has finished with her discussions with you, we will return to close the energy field. Enjoy.

Farena: Hello-o-o! Hi! Hi! Hi! Fluffy, fluffy, fluffy. My love, is this bothering you? (Farena taps the mic) Can you hear that? Can you hear that? Good! Now, these are my props. This is my crown ~ this is my halo ~ this is a manifestation of wings. I had quite a difficult time persuading Mushiba to bring this. She kept saying NO, and she put it away and she tried to do other things, and I kept saying, "I want it ~ bring it ~ bring it." And she kept saying NO, and then she would take it out and she would put it back in until ~ I won!

Persistence is very important. If someone does not want you to be Lighthearted ~ they try to make you not be Lighthearted ~ you have to persist! And sometimes, you have to exaggerate in order to make your point, and in order ~ more importantly ~ to overcome all of the negativity that some other entity would try to impose upon you.

On the earth plane today, everybody is faced with issues of being imposed upon by the darkness. It is a given on the earth plane now. And so, one must find something to remind themselves to be Lighthearted, and that is what our topic will be about for our component of The SEARCH FOR SELF through meditation. It is finding the prop to help you be Lighthearted, and every one of you has a different energy that enables you to find your own prop. It is very important to find your own prop!

Hello-o-o! How are you? It is very nice to see you. How are you? (Farena is addressing some of the people gathered) Fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy ~ fluffy, fluffy, fluffy, fluffy. We have one of these in pink! (Feather boa) ☺ Just for you! With a little added bonus ~ yet to be determined! Fluffy, fluffy. This is my Harmony Basket. Some of you remember my Harmony Basket. Some of you even remember my poem ~ HARMONY ~ which is being published ~ in a big book!

Now then, let us talk about props for Lightheartedness. I will fix my props first. Now then, how many of you know what to do, concretely, when you are feeling blue? Raise your hands if you know what to do concretely when you are feeling blue. (Some hands are raised) Some of you do, and some of you do not.

Feeling Blue ~ Feeling Out Of Sorts ~ Feeling Out Of Balance ~ Is A Positive ~ For You Can Use It As A Reflection To Look Within Self

(November 05, 1996)

Feeling blue can be a good thing if you use it for reflection to look within Self. Feeling blue can also be a tool from the darkness to get into your vulnerable spots, for feeling blue is simply this feeling of being a bit out of sorts ~ out of balance ~ and that is all right. However, if you allow it to fester, the dark comes in and uses it to come in and attack you and you begin to become

depressed. Something that starts out as a wonderful feeling, a way to reflect and go within, can become, then, so dark that you become incapacitated and you begin to believe the press that comes from the dark. So, it is important to surround yourself with fluffy things ~ as you define fluffy, not as I would define fluffy, and certainly not as anyone else would define fluffy.

Lightheartedness ~ ah, my little crown ~ who would like to wear my crown ~ my halo? O-o-h! See, we crown you ~ what do we crown you? What would you like to be crowned as?

Myself.

Farena: Very good answer! We crown you ~ yourself! Look how pretty. So pretty. This little boa could be used by someone to keep them fluffy and Lighthearted. We have just the one in mind ~ for we were hearing before entering in ~ our love here, who usually hides way over here, away from everybody. She said she wanted to borrow this.

It looks good that way. Very pretty.

Farena: With Mushiba's hair ~ how about this?

Oh, an Eskimo. ☺ (Farena is playing with the feather boa by placing it in different styles)

Farena: Big Bird. Is he yellow? He is gold. We crown you Queen of The Fluff! (Farena places her crown on one of the group members) Now you have to come out here and show everybody how pretty you look. (Referring to the one who has been handed the feather boa) Come on. Stand up ~ stand up. Come along ~ come along. Here she comes. We make it very easy now. There she is! Yay! (Group clapping) Very pretty. We knew she would like to be the center of attention because she was indicating that before we entered in. She was harping ~ is that the right word, harping? Harping along that she wanted to be with a pink boa, so we let her use the white one till she gets her pink one.

We do not need props any longer. But all entities need something to bring them into a sense of their own Lightheartedness. That sense of Lightheartedness can so easily be lost in the everyday living on the earth plane, even to the degree that it would inhibit your meditations ~ the sense of being pulled down. And if you do not stop that sense of being pulled down, you will be dragged into the darkness and it will be very difficult to bring yourself out. It is the balance, however, that you must achieve as individuals ~ the balance of being blue and using that in a positive way to when it reaches the point of dragging you down and creating the inability to see the Light.

When we give you our meditation technique in the next gathering, the technique will help you to focus on a prop. In this gathering we talk to you about the finding of something to lighten. It does not have to be something that is only found in your own environment ~ for you may find

yourself in a very strange new environment without your prop, and you will say, "I do not have that which makes me feel good. What will I do?"

You must be able, therefore, to recognize in any environment that you find yourself, something that you can gravitate to that will make you feel happy, to bring you into a sense of balance, and to keep the sense of blueness at that level and not to bring you into depression. Depression is an entirely different topic. It is appropriate to be in depression, but that is another discussion. We talk of keeping the Lightheartedness.

Farena Guides The Group With A Focusing Technique ~ Finding A Prop In Another Environment Which Gives You Lightheartedness

(November 05, 1996)

So, we are going to have you do a practice. You are in an environment that has many, many props in it. This environment of Terra Lux is specifically designed to be a haven, to give you a sense of safety and Lightheartedness. What we want you to do, now, is first to stand. For any who would be reading this transcript, we would say to you, find an environment other than your own, in which you are comfortable, and then follow the steps that we are about to give.

Each of you now put your hands by your sides. Entities over there, bring yourselves in closer so that you are a part ~ very nice. With your hands by your sides now, simply move your body, slowly, feeling comfortable. In an attempt to loosen, move your shoulders, move your fingers, move your body ~ just to loosen your energy field. And, now, as you are doing this movement, look around the environment ~ look around first ~ look at things. Now we want you to move around the environment ~ walk around, feeling light and free, and touch ~ touch the plants, touch the lamps, touch the tables, touch the piano, touch the windows, touch the doors, touch the doorknobs, touch the railings, touch anything you can find ~ energy forms ~ touch anything you can find. Move about, feeling a sense of the environment.

What you are doing is attempting to connect with an energy that will call out to you, for wherever you find yourself, in whatever environment, there will be a Lightheartedness. There will be an energy that will call out to you. You simply need to call out to it and to open yourself ~ touch, touch. Touch is so important in the concrete illusion of the earth plane ~ touch. And as you are touching, when something calls out to you, pick it up and bring it with you. Claim it for the time being. Find a Lighthearted energy ~ find anything that calls out to your name. When you have found your Lighthearted Connection, return back into the gathering.

Ah! You all have found something. Now, it is time to take this Lighthearted entity ~ and it is an entity, for it has energy ~ that you have selected and hug it, hug it and, say to this entity ~
(These are all repeated)

- *You are Lighthearted"*

- *Help me to be Lighthearted.*
- *Hug again. Say ~ You are wonderful!*
- *Oh, that is the spirit! ~ You are wonderful!*
- *You are wonderful!*

And now, move around the environment, and since there are others here, introduce your Lighthearted friend to some of the others in this environment. Go to others and say, "This is pillow!" That is the idea. (Group chatter as "friends" are introduced)

Everybody gather around. Gather around now. Everyone gather around and find your seat. Gather and find your seat. It is time to sit now. Oh, wonderful! Wonderful! So much Lightheartedness!

If you are in an environment where you feel yourself beginning to be blue, this is what you do. You find something and you identify with it. You may be able to pick it up, and you may, in fact, be in with other people who are able to help you to lighten up. But, if you find yourself in a grumpy environment, you must consider that those entities could bring you down even further ~ and it is your obligation to Self to not allow that.

Thus, you can exaggerate your own fluffiness. You can find something in the environment, and where they are so serious and perhaps dragging you down, you exaggerate your fluffiness ~ where you say, "Look at my new friend. Come, say hello to my new friend," to these grumpies. And they would say to you, "You are foolish." And you would say, "Yes, I am," for you take control of your own Self, my loved ones, when you are in an environment where you feel blue almost to the point of dragged down where the darkness can come in.

Only you can control that, and if it takes something exaggerated, like this exercise, then so be it. For what is better, to exaggerate your Lightheartedness and have others think that perhaps you are a bit wacky ~ which is not a bad thing ~ or to be brought into the mire of the darkness, with much more difficulty to pull yourself out. It is your decision.

Some would view this exercise we have given as frivolous, and that is fine. Eventually, you all will need to be frivolous. Whether it is in this lifetime or in another lifetime to come, or a series of lifetimes, it is important if all you learn in this lifetime is the concept of frivolous ~ frivolousness? Frivolousness? For it then becomes a soul memory and is implanted into your soul. You can use this technique concretely where you go specifically to an object. You pick it up ~ you hug it ~ you proclaim its Lightheartedness. You have a symbol, a prop that will remind you to bring yourself back into your Lightheartedness.

Or, you can simply take the concept of what we have presented and be in an environment and connect, energy-wise, with something in that environment that makes you feel Lighthearted, and through imaging and visualization, you bring that into form within your own mind. And in your

own mind, you are hugging this energy that has caught your attention. For you may find yourself to be uncomfortable being frivolous and Lighthearted. in certain situations, in a visible way.

The concept is what we present to you. It is critical that you have something always at your disposal to bring yourself back into Lightheartedness. Most of the time when you begin to feel yourself being dragged down, you will not be in the safety of your own environs. You will, indeed, be in the environs of something other than your home. That is generally when these types of emotions kick in. It is deliberately planned that way. You must then make whatever environment you are in comfortable for you, your safety zone within what might be a hostile environment. You are able to do this very easily, and it brings in the Lightheartedness.

In our next gathering with you, we will give you the meditation, in the SEARCH FOR SELF that will allow you to utilize this tool, this prop, to bring you into your Higher Self. There will be two forms to this meditation. There will be the long version, in which you will be able to really focus when you have the time. There will be the short version ~ when you find yourself in an environment where you need immediately to connect with your sense of Lightheartedness. We will give you the quick version, then we will give you the long version. It will be a focusing technique that will work in harmony with the finding of a Lighthearted energy form in your environment.

Wherever you go, there is always a Lighthearted energy form waiting to be your friend, if only for a brief moment. Remember that The Universal Consciousness never leaves us alone. We have everything that we need, wherever we are, to keep us balanced. We simply need to recognize it and to seek it out. And sometimes props are necessary ~ and fun!

Find something in your environment that you are happy with and use that to carry with you as a prop. It might be one thing or it might be several things ~ pick and choose, depending upon your mood. It could be something that you wear purposely when you know that you need a bit of a boost to be Lighthearted. It could be simply certain items that you select ~ such as the representation of a halo.

Do not be afraid of what others will say, for it is your Lightheartedness that is at stake. It is also your influence, for if you are able to make someone stop thinking, even momentarily, about the seriousness of their own job, and focus on how silly you are, you have brought Lightheartedness into the heart of another. Do not be afraid to show Lightheartedness.

Lightheartedness is not, IS NOT ~ and we repeat this very, very strongly ~ IS NOT a luxury ~ it is not a luxury ~ it is a necessity. Lightheartedness is a necessity ~ necessary for the balance, necessary for closing the loop, for closing The Circle, for infusing everything that you do on your path. Find your own ways of being Lighthearted. Being Lighthearted does not mean you are not serious about your mission, for you take your mission seriously, but you do not take yourself seriously. You take yourself Lighthearted and everything flows as a result of that.

That is what we have to present in this gathering, the Concept of Lightheartedness, the tool by which you can bring yourself under control to be Lighthearted. And in our next gathering ~ oh, the focusing techniques ~ short term and long term. What more can you ask for? Would you have any questions, my loved ones? (Silence) So serious.

Should a prop always be something external?

Farena: It does not need to be external. We present it as an external in this exercise so as to give you something concrete to hold onto, but it can very well be abstract ~ internal, something that you feel ~ a moment that you remember as being joyful ~ a day splashing in the waves of the ocean, remembering. So, it can be internal. When we give you the focusing technique, there will be the internal component. We give externals because many on the plane need something very concrete before they can move into the abstract. Other questions?

Is there a way we can we send fluffiness to entities who seem to be stuck in funky environments?

Farena: Fluffy, fluffy, fluffy, fluffy. You must remember that sending fluffy falls in the same realm as sending Light. You cannot impose Light ~ you can simply send it unconditionally, without imposing it onto the energy field. So, you send fluffiness in the same way. And you can visualize simply fluffy. You can use something very concrete like cotton, white fluffy cotton, fluffy clouds. Or, simply envision Lightheartedness in whatever way you envision Lightheartedness, and send it along to someone who you think needs it, without imposing it, and sending it right to the edge of the energy field of that form ~ very easy.

We depart now so that Waith may return. We will see you in our next gathering. Fluffy, fluffy, fluffy, fluffy, fluffy ~ bye!

Waith: Well, now!

Send Waith fluffies.

Send Waith fluffies. Send Waith fluffies. Yes, indeed.

If you want them.

Oh, unconditional fluffies, yes indeed.

**The Search For Self Through Meditation ~ Farena Comes In, Giving The Group Exaggerated Lightheartedness And Fluffiness
(November 19, 1996)**

This gathering is a time of Lightheartedness and our fluffball emissary is in the wings, so to speak, ready to show you a meditation on the SEARCH FOR SELF through Lightheartedness. And if you were not in the first session where she gave the Concept of Lightheartedness, that is all right, for you do not need to have been in that session to be able to participate and enjoy this meditation that will be presented to you.

When Farena has finished, we will return to close out the vibration. This is her session with you and a most enjoyable meditation that she has planned for you ~ and she did dress Mushiba. You know, understand that you can accommodate any type of attire if you feel strength within Self. And thus, my particular energy is not accustomed to this type of attire. However, we are disembodied anyway, so it does not matter. So Farena is about to entertain you and educate you.

Farena: Hi! How is everybody? Are you good? Do you like what I selected? This is especially what I like. (A sparkly crown) Do you think that perhaps some of us wore these in another time, with other kinds of looks ~ even the male energies?

It was Roman times ~ when the Romans were around.

Farena: Many other times also. Far too numerous, far too numerous. Now, we have our halo. We gave this halo to one person to wear last time when we were talking about our concept, and in this session, I am going to give it to another person to wear so that they can feel like they are a part of the fluffy, fluffy, fluffy. So, eenie, meenie, minee, moe ~ catch an Angel by a wing. Feel the fluffy energy. Who needs the fluffy energy the most? Fluffy, fluffy. (Farena gives the halo to a group member) You have to wear this for the whole meditation. Promise? Promise?! Say, yes!

Yes!

Farena: The pink feather boa is coming, my love! Here is the white one. Who do you think would benefit the most to wear this in this gathering today? Who do you think we should have wear this?

One of the male energies.

Farena: A male! Oh, but a male encasement or a male energy? How very interesting! Or a male energy in a male encasement. Might we have one of those? Oh, we may not. So, rather than reveal a path, we will simply say a male encasement. Now, we will not give it to (Name) because he is coveting this as it is. 😊 He wants it. He wants this entire outfit that I am wearing. He really wants my little netting. So, do not be surprised if you see him wearing it when he is teaching Karate! As he says, when you are a 220-pound black belt, it does not matter what you wear. 😊

You can wear anything you want! And, that is the attitude to have ~ it matters not. It is all in your attitude ~ in your attitude of Lightheartedness ~ Lightheartedness.

So, we think, hmmm, fluffiness! You are too far away. Hold that. O-o-h, much nicer. Now you will have to move over there. Oh, so very nice! There, hold that ~ hold it. Do not grab it! Gently ~ no! (Farena places the feather boa over two males in the group, who she repositions next to each other) ☺

This is my Harmony Basket ~ which you will hear more about in the coming years on the earth plane. The Harmony Basket is filled with harmony! The Dance of the Veils ~ I used to do this very well, but it was in another body. Disembodiment has its disadvantages! You can only do what the current body lets you.

Now, place this on ~ Puppy! Both Puppies! (Referring to two in the group) Very nice. Now, could you move this chair? Put the energy back ~ back, there. (Farena is rearranging things) Sasha ~ back. Sasha is all right. Now Farena Junior.

Tweety too?

Farena: No, Tweety, you will observe. Farena Junior. Waith humors me. This is Farena Junior ~ she is the symbol of Lightheartedness. She is a big baby.

She is a duck!

Farena: She is not a duck! ☺ Now, this is your image of fluffiness.

**Farena Guides The Group With A Technique For Lightheartedness ~ A Meditation That Can Be Used Individually Or In A Group
(November 19, 1996)**

We give a group meditation to help you focus on one item of very extreme, fluffy Lightheartedness. To do this meditation as an individual, you simply will focus on your own symbol of fluffy Lightheartedness. If you were here in the last gathering where we discussed the Concept of Lighthearted, and you found your item of Lightheartedness and fluffiness, that was to show you the concept of how to hold and hug your item ~ your symbol of fluffiness and Lightheartedness. In this group gathering, we bring the concept into group application, which can very easily be applied to you individually, or to you with one other energy form ~ be it human, mineral, animal, fiber, whatever. And so, let the games begin! ☺

Halo Wearer ~ come to me, my love. Sit facing the others ~ very good ~ fluffy up her halo. When doing meditations to bring out Lightheartedness and fluffiness, you must go to the

extreme. The extreme means extreme for you. For remember, what is extreme for one may be normal ~ whatever that is ~ to another. You find what is comfortable for you in being Lighthearted and fluffy, and stretch yourself by deliberately finding something or visualizing something very, very fluffy and Lighthearted.

For those of you who will take this meditation technique with you from this gathering, you have the image, first, of this lovely energy form wearing this very fluffy halo, sitting next to a fluffy duck, looking across at two male encasements wearing a white feather boa that links them, for purposes of this meditation, together as an energy unit. Visualize this setting. And there is purple netting on the floor ~ surely, an exaggeration of Lightheartedness and fluffiness ~ for who would place netting on the floor, sit on it, with a netting-based halo, next to a purple, fluffy duck, looking across at two male encasements bonded with a white feather boa. Now, that is an image. And, as you would say on the plane today, it is a look! Visualize it.

Understand the ability that you each have to create your own exaggeration of fluffiness and Lightheartedness. It is essential to the progression of the Soul to have Lightheartedness and fluffiness. The only way that you can move forward in the growth of your own Lightheartedness is to fling yourself into an exaggerated arena ~ if only for a brief time of visualization, of meditation.

It is safe, for you visualize it. Eventually, what you visualize you may find the courage to manifest. And our two male encasements may, at some point in the future, feel comfortable in going outside of this safety zone of Terra Lux, bonded with their white feather boa, or something similar. And our Angel, sitting on the netting next to Farena Junior, may indeed, at some point, feel comfortable outside wearing this halo.

Mushiba has worn this outside. She has worn it to where she works ~ outside of Terra Lux. No one really noticed! They come to expect that type of thing. And thus, this is not an exaggeration for Mushiba. For others, it would be. Thus, you find your own level of exaggeration and send the Light of Self to that exaggeration of lightness and fluffiness that is appropriate for Self. And so, my loved ones, we begin our meditation.

Now then, relax. Relax. Move your shoulders a bit ~ hold onto your feather boa and move your shoulders a bit. Move your shoulders. Then, go Ah-ha-a-a! Again, Ah-ha-a-a! Eventually, you do not have to do the physical breathing. You simply visualize the releasing of the energy. And now, just close your eyes a bit ~ not tightly, but gently ~ and move your head a bit. Then go, Ah-ha-a-a!

And now, say after me ~ (All are repeated)

- *I call upon the very Highest of the fluffy White Light.*
- *Descend upon me and cover me with your fluffiness.*

- *I feel your fluffiness.*
- *I call upon my very Highest Angelic Protector.*
- *Come into my fluffiness and surround me with your wings.*
- *I call upon all of my guides.*
- *Please enter into my fluffiness and encircle my fluffiness.*

Your inner being is now protected with the Highest of the fluffy White Light and the Highest of your Angelic Protector. Your guides are outside of this circle, helping to bring in additional fluffiness. And now, we go on a journey ~ a journey of Lightheartedness. As you begin your journey, visualize the image that we have presented to you in this gathering, the image of fluffiness and Lightheartedness. If you are doing this by yourself, visualize as fluffy and Lighthearted an image as you can bring yourself to do. Exaggerate it ~ fluffiness and Lightheartedness ~ fluffy, fluffy.

Envision yourself surrounded by fluffy, fluffy White Light. You are protected by the fluffy wings of your Angelic Protector. You are hugged and protected by your Angelic Protector. Your guides surround you to learn of your desire for fluffy, Lighthearted exaggeration. You take a journey now, a journey into one part of your soul reserved for exaggerated Lightheartedness. Every soul has one very small compartment only for exaggerated Lightheartedness. We will show you the way to that spot. It is the gift that has been given by The Universal Consciousness to all energies who take on the earth plane as a training ground.

Visualize the exaggerated image being surrounded now with a ball of fluffy White Light. Encircle the image of exaggerated Lightheartedness with fluffy White Light ~ encircling, encircling, and protecting. Bring that exaggerated image, surrounded by the fluffy White Light, into that which you call the Third Eye Energy Center in the middle of the forehead. Feel the image moving into that Energy Center. You are seeing exaggerated Lightheartedness as you bring the image into the Third Eye. The Third Eye Energy Center sees the higher purpose, sees the totality of your mission. It moves in, then, through the Third Eye and rests. Let it rest in the Third Eye.

Now, it is time to take the image, surrounded by fluffy White Light, and lift it out of your energy field. Allow it to drift out of the physical encasement ~ moving out of all structure. Envision it floating free, carefree, and happy. It is dancing. It is bouncing. It is out of the physical encasement. It dances around you. It looks down at your physical encasement and it laughs. It is free. It bounces.

The image is connected to your energy field with the very thin cord and now moves out of the dimension of the earth plane ~ rapidly. Feel it flowing rapidly out of all the dimensions of the earth plane, still attached to your conscious energy. It flies rapidly now into the dimensions of the Higher Self, and it moves quickly through Higher Self, for the Soul calls to it. Feel yourself looking at its movement through all of the dimensions of Higher Self.

It moves, now, to the Dimension of Soul. Hear the call coming from Soul ~ the Lighthearted, exaggerated part of Soul calls out to the image. Enter the image into the Soul now. It is connected to the spot of Lighthearted exaggeration. There are no worries. You are carefree. You are happy. You are joy-filled. You have only peace and contentment. You feel light and free as you look at this image of exaggerated Lightheartedness and fluffiness. And now, in the quiet of your soul, listen to what Soul tells you about Lightheartedness for Self. We will bring you back soon ~ quiet now.

It is time to return. Now say thank you to the Soul. Thank your soul for opening up the spot of exaggerated Lightheartedness and giving you a message. You will take this message with you now as you bring back the image of exaggerated Lightheartedness. Slowly, move out of the Dimension of the Soul. You are drifting slowly, feeling very comfortable, very free ~ filled with joy and Lightheartedness, for you embrace the message from Soul. Move, now, back slowly, into the dimension of Higher Self. Feel yourself moving through the dimensions ~ the many dimensions ~ of your Higher Self. Feel Higher Self stroking you and hugging you and loving you. You move through the dimensions of Higher Self.

Slowly, now, you begin to see the dimensions of the earth plane. You are moving back, back to the earth plane ~ slowly. Feel yourself coming closer and closer to your physical encasement. Feel yourself moving into the physical encasement. It is the image of Lightheartedness and fluffiness, exaggerated, that you hold onto. Place the exaggerated image into the Third Eye again, remembering the image, implanting the image. Add to that image now any information you have received from the Soul in this journey.

Slowly now, slowly, allow the image to dissolve within the Energy Center of the Third Eye. Feel it seeping through your energy field. All of your Energy Centers now have the energy of exaggerated Lightheartedness and fluffiness and the special message from your soul. You are filled with your own image of Lightheartedness and fluffiness.

Thank your guides for being with you and release them into their own dimensions. Thank your Angelic Protector, and release your Angelic Protector back into the dimension from which it comes. Feel yourself still surrounded by fluffy White Light, and as you return into the conscious, current, concrete dimension, bring with you the soft, fluffy White Light that surrounds you. And slowly now, return ~ slowly now, return. Come back. Come back.

We, of course, gave you an abbreviated technique, for this technique can take as long as you want it to. The length of your own movement out of the dimensions into Soul can take as long as you want it to. You spend as much time as you want to in your soul's spot. You take as much time returning as you want to. You take as much time allowing the image to sit in the Third Eye. You take as much time as you want to allow the seeping of that energy throughout your Energy Centers.

We have given to you the technique. It is an individual technique and it is also a group technique. You can have as much fun with a group gathering, as we have done with you in this session, as you would want.

Gather as many ~ play with this, enjoy it, create your own exaggerated fluffiness. Bring energies together like we have done in this gathering ~ our Angel with her pretty halo sitting next to a fluffy purple duck with two male encasements bonded with a white feather boa. Only your imagination would limit the exaggerations that you could bring before a group meditation. And play with each other in the group through the use of some exaggerated fluffiness and Lightheartedness. And you can do this by yourselves. The same technique applies in either case. Now release yourselves. (Farena takes several quick breaths, then dances around)

Now then, are there any questions about what we have given to you?

It was very different.

Farena: In what way?

Just the presentation ~ how to do it ~ different than just closing our eyes and doing things.

Farena: And did you like it?

Mm-hmm.

Farena: You better say that! And remember that I still hear things even when I am not in this dimension.

I had a feeling that my bird, that is in my vibration, was dancing all around, too, kind of wondering about that fluffy stuff.

Farena: Little bird prints all around your energy field. You could put little sparkly gold balls on the tips of the little bird feet and watch it dance around. And then you could hold one of its wings and walk with it. It could be an exaggeration. It is very important to exaggerate. That is the only way to grow ~ whether you exaggerate in Lightheartedness or you exaggerate in seriousness. The only way to grow is to exaggerate, for then it brings you back into the balance, brings you into the middle.

It is time to go. I have to go. Waith has to come back, and say bye-bye. But I will be with you again. Fluffy, fluffy, fluffy. Bye!

Waith: Well, now, I am quite a shock to have returning. We are most pleased with what Farena has given to you. It has been a most Lighthearted and joy-filled meditation and a most appropriate way to end the series that we have presented in this earth plane year of the SEARCH FOR SELF through meditation.

Each of you enjoy your SEARCH FOR SELF. You have six different approaches to the finding of Self that we have given to you, with each of The Company members presenting their assistance to you. Enjoy your search. We will be with you as you continue in your journey. Be brave ~ Be Lighthearted ~ Be Serious ~ Be Balanced.