

Waith Class Transcripts Excerpts

MEDITATION (ALTERED STATES OF CONSCIOUSNESS)

1987-1996

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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 ☸)**

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If You Are To Grow Spiritually, Each And Every One Must In Some Way Meditate
(November 05, 1987)

Each and every one of you, if you are to grow spiritually, must in some way meditate. The degree to which this meditation takes place is dependent upon many circumstances, whether you are at a certain point in your advancement or whether you are at a certain awareness level. The opening up of your Spiritual Centers will determine the degree of your meditation. There are some who are able to in fact meditate as they go about their daily basis. They have the ability to do this. Mushiba is able to do this sort of thing. Formal meditation is not necessary, though she does it. Each of you has the capability to do this also, if you so choose.

You will find, for those of you who are having difficulty in understanding what appears to be an overwhelming process to you, this idea of meditation, you will find that it is not that overwhelming, and that you in fact will have an opportunity to learn how to find your own way of meditation. Once you have been given that vehicle, it will then be up to you to practice and to do it. You will not be able to achieve the spiritual growth that you hope to obtain unless you are able to meditate. And unless one does that, finding the Soul's purpose, if indeed you are to know of it, will be not given to you. You will not find your Soul's purpose. You will learn of your Soul's purpose through your own meditations.

I have a strong feeling that my soul's purpose is to help people. Am I on the right track?

You have a very strong mission to help. You have recognized this, and you have begun to focus yourself in this area. There are many of you in this vibration whose mission it is to be of unselfish Service to Others. This is your primary goal to the point that you are putting aside some of the toys in The Toy Box, shall we say, and concentrating in this particular lifetime on Service to Others. Service to Others is one of those accelerated paths that many of you have chosen. The direction in which this Service to Others takes is to be determined by each of you individually. When I say that you are involved in unselfish Service to Others, it is going to take on a different role.

My dear, your mission is beginning to unfold for you. Within a short time, you will know very clearly the direction that you will be going in. Being of Service to Others does not mean that one is scattered. It means that you focus on a particular area and then devote your energies to that in such a way that the power of your energies is so strong and so positive that you are able to accomplish tremendous things. By scattering your energies, nothing receives the strength and the attention that it deserves.

Each of you has a very special mission. For some of you, you are here to empty your Toy Box a little bit more and to learn some very specific lessons. For the majority of you who are in this vibration right now, you are charged with a very special mission, for the very fact that you are here indicates a certain uniqueness to what you have to do. You are, in essence, couriers who will go out and spread the word. You will spread the word to those who may never have the

pleasure of meeting me, yet they will receive the pleasure of my vibration through you. You may never, in fact, mention my name to many people, yet you will be influencing so many people, to help diffuse the darkness that is around people, to help infuse Light into individuals, keeping in mind at all times that every entity is at a different point in the path of development. You may touch one entity for a very short period of time and have a tremendous impact upon that individual and that entity's growth just by your own example, by a behavior, a certain action that you may take toward someone, a kind word, an attitude of loving ~ you can make a difference to someone.

How Do We Know Our Meditations Are Not Just Wishful Thinking Coming Through? (November 05, 1987)

When we are in meditation, and trying to get guidance as to our Soul's purpose, or something else that we need guidance on, how do we know that we are really getting our guide, and it is not just our own desires or wishes that are coming through with the thoughts and the voices?

This is probably the most dominant question on the minds of all of you. It is not something that I can answer for you concretely. Only you will know when to recognize what your hopes and wishes are, compared to what is being given as guidance. Know that your hopes and your wishes are part of your Higher Self, and that what you have as hopes and wishes should not be discarded as insignificant ~ rather, should be looked at as a clue to what your Soul's purpose is.

Your guides, as you begin to become attuned to them, you will know most definitely when it is your guide giving you information. You will establish between yourself and your guide, clues. You will have a rapport in such a way that you will know, because you and your guide have made the determination. You will know that it is a message from your guide as opposed to something coming through your Higher Self. Take those wishes and hopes that you have and talk to your guide about it. Determine how you can translate those wishes and hopes into reality. For whatever your mind thinks, is indeed reality.

A Question Of Someone Having A Hard Time Sitting Down To Meditate (December 03, 1987)

I have a hard time sitting down and meditating. Is that something that I need to work on, or it is something that I should not force?

You need not force it, and you need not put any pressure on yourself to meditate, as you perceive others to think you should meditate. You must ~ meditation is a very personal thing, and it depends on your level of advancement as to how you meditate. For some, they can go into a meditative state instantly, one moment they are at conscious level and the next they are at an altered state level.

For you, my dear, I would suggest that you walk alone. I have suggested this on several occasions to others. Take perhaps thirty minutes. This will help you to center yourself and calm yourself. And as you begin to become accustomed to the process of clearing your mind, when it is right, you will know. And you will sit down one day, or lie down, and it will just happen, very naturally. It is helpful for you also to talk with others, those who are in this room who will share their experiences with you in their meditations. Everyone has their own way of meditating.

As we discussed earlier, all of the information coming through is not for everyone. It is dependent upon your stage of development, and there are many who are here who can give assistance, to help you along your own path. So do not feel that you must sit in a certain way, that you must do chanting, or all of those things that you may have heard about. Meditation is simply the ability to center yourself, clear your thoughts, and to be in touch with your Higher Self. It will not happen to you overnight. It is a long process.

Learning To Meditate ~ It Takes Time ~ You Must Face The Challenge (May 10, 1988)

It takes time. You must learn to meditate. You must allow the flow to occur. It takes for many, many entities an entire lifetime to learn how to do this. As I have said so often, do not compare yourself with those around you who appear able to connect with their Higher Selves and with their guides, for they have had to go through a learning process and have taken other lifetimes to do it, and are simply at a different point on their path. So, you must not put the pressure on yourself and feel that you are failing if you are not able to communicate. What you must do is, on a daily basis, make an attempt in some way to connect. It may not happen for years and years, but you must begin somewhere. It will not just happen to you. You must work at it, as have all other entities who are able to communicate with their guides. They have worked on it. It is not just a gift given to you. You must face the challenge.

Last year I felt that I was able to set up communication with two of my guides. And now I feel that they have left. And it has been a while since I have communicated with them. I feel that in my meditations I am sliding backwards instead of forwards, and I am a little discouraged, and I was wondering if you might have any words of advice.

Your guides have not left you, my dear. You have pulled away from them, for very specific reasons. There will be a reunion again in a short time, for you needed to adjust to some very important knowledge that they were relaying to you, and you found it difficult when this knowledge was given to you, because with this knowledge comes tremendous responsibility, and you needed to retreat into yourself. Hence, the feeling of going backward. You are not going backward. You have simply retreated into your own consciousness so that you are able to adjust to the information and make decisions about what you want to do with this knowledge. And you are close to finalizing this, and you will then make connections again with your guides and will carry on from that point. It is a time of optimism for you. Do not feel anything other than that, for there appears to be a very great breakthrough about to occur for you.

A Question On The Proper Way To Meditate (August 02, 1988)

I feel very connected with my guides in the writing, and feel this is my meditation, but others do not. They ask if I do meditation. In my low self-esteem, I feel I am not meditating and need to do what other people call meditation, like sitting quietly and clearing my mind, and just whatever happens when you do that. Is one a progression from another?

Yes, you might ~ my dear, you must sit in a lotus position ☺ and wear certain type of clothing, burn incense, and light a candle, and that way you will be meditating.

I know other people have this thought.

Too many people do, too many. And it is a part of that which is a natural progression, a translation of information that comes in. And remember that we have addressed this issue in the past, many times in fact, and also the issue of those who are seeking spirituality many times will think that their way of doing things is the only way.

It goes back to what another class member was asking, and that there is a great deal of difficulty in any group. You know, there is an inherent danger with all of you in becoming unified in a certain way, which we will work with tremendously to not have occur, that that which all of you begin to develop as a group, and there will be those different issues, that it is the only way. This is not true.

One is not better than the other in that which you do, my dear. You meditate. You know this in your own way and that which you now begin to feel ~ you need to do that which your Higher Self is telling you. You go with that which, as you develop your Higher Self, tells you to do, not because you feel a pressure from some pamphlet that you may have read that maybe takes out a particular way of doing something and says this is the only way ~ this is the one and only truth. There are no situations like that. All of the Universal Truths are interpreted in their own way according to the level at which you are.

I guess that is what prompted my question. I could never meditate the way that some other people do. I guess you have already answered it, but it feels like a progression and therefore a higher way. Is my perception not correct?

Not completely. You are simply responding to a soul message that, in addition to that which you do, now do this. One is not better than the other. One is not a progression over the other. You are simply enlarging your abilities and bringing in different ways of meditating. There are myriad number of ways to meditate, each specific and individual to the energy form, and each of you

can have any number of ways in which you meditate from that which is looked upon as the right way to meditate, to that which is unique to yourself.

So rid yourself of this sense of insecurity that you have, and that goes for all of you, and trust in the way in which you are doing it, and the use of teachers ~ perhaps we can give an illustration here. If you feel that that which you are not doing is correct for yourself in meditation, it would be appropriate to seek someone who you feel is successful in meditations and to ask them, "What is it that you do? How did you reach that way of doing it?" And speak to several people. And this gives you various types of input. And you then can look at what others do and how you do it, and it gives you a standard by which you can then begin to measure that which you do as a beginning. This is the way in which a teacher can help you. There are many who can be of assistance to you in how to find your own way of meditating.

Be careful of those who would tell you this is the only way that you can meditate, but rather, who show you techniques for how to meditate. And some class members here are able to help in this area, as we have indicated before. They do not give you dogma, but rather guidelines, and this is what you look for from those around you. Consider those around you, potentially those who can help you, for regardless of where you are on the path, there are always those who can help you wherever they are on their path also. They may not be at the same point. Nonetheless, they can assist you. Look at each person you meet as someone who has potentially something that they can teach you and you them, for that is the way.

Expansion Of Consciousness In Meditation (August 30, 1988)

Sometimes in my meditation I feel like I am expanding. I feel as large as the room, but at the same time, there is a little me inside of the bigness, and I do not really understand what that is.

You are simply responding once again to a finite, to that which is infinite. For when you are an energy and not within a physical encasement, you feel the enormity of that which is, and yet have an understanding of yourself as one energy form. And thus, if you are able to begin by feeling that you are part of one particular encasement that is larger than your physical encasement, so a room for example, to understand the connectedness between yourself as one energy, nonetheless connecting with something much larger, and you begin to have an understanding of the connectedness of yourself as an energy to that of The Universal Consciousness.

The technique that I guided you with earlier is a part of a greater technique that many of you will be able to employ in a short time where you take the very small and enlarge it, and you see how easy it is to connect with other energy forms using the White Light Circle as your symbol, you see.

In spirit form, protection simply is. It does not have to be visualized, as it does when you are on the earth plane, or in fact in any other physical encasement, and it helps in the understanding, for when you leave the earth plane you have a greater depth of knowledge of The Universe. And again, it helps you in attaining greater advancement toward becoming One again.

Unlocking Soul Memories Of Other Shifts Through Meditation **(September 13, 1988)**

Preparations are already underway with many of you at the energy spirit level. As you begin to meditate more, each of you, and reach your Higher Self, you are unlocking the mysteries of your own soul. There are many, many of you who have manifested on the earth plane during the time of other cleansings. For many of you this is not the first cleansing that you are going through. You must realize that. There were many who at other cleansings were not vibrationally attuned and left, for they did not feel prepared, and went into other dimensions and made certain preparations and were then able to come back onto the earth plane because by then their vibration was such that they could be accommodated on the earth plane.

So there is no reason to fear The Shift. It is not a time of destruction, but a time of renewal. And many of you will find that you will not want to stay on the earth plane, that you will actually prefer to leave the plane and go into the other dimensions and prepare yourself vibrationally in another dimension, thus to return to the earth plane after The Shift, and after the settling down of the vibration.

And as you meditate, many of you will unlock the information that is in your soul regarding those types of decisions you have made at other cleansing times, and you will not fear the cleansing, for there are still many among you in the physical community now, and those who will read of the message that we give, who fear the cleansing, for the issue of death, as it is called on the earth plane, is not resolved, and there is still a feeling of ending. It need not be that. And there will be, as you unlock your own knowledge within the Soul, an understanding of that which you are capable of understanding.

The gathering of the community accelerates now. There will be much preparation as a community. Mushiba has been given the information from us as to what needs to be accomplished in certain areas. This will begin to occur in a very short time. She will guide you. As the group strengthens, so too will the spiritual strengthening occur, for you are all very strong in your spirit, and the more that you are together the stronger the spiritual becomes, and all else is secondary to the growth of the spiritual.

At the gatherings that you will begin now to have will strengthen you all spiritually, for you will help each other in meditations. Those who have difficulty in meditating will be able to seek help from those who do not have trouble, and there will be great joy spread among all of you, and as you feel the strength in your own spirit, you will begin to attract those who you will help, and the community will grow and multiply, and it will be spiritual.

It will also be a physical gathering, for the area has been selected by us for the community geographically, physically, for the establishment of the group, and the living arrangements, and this will begin to evolve over the next few earth plane years. There will be much effort at the level of the group helping each other, and the activities will begin to emanate from the group as group activities, and those that you now do as activities individually, will become a part of the whole. And that which Mushiba has established as a business, as it is called, is the vehicle. She will guide you all in the establishment of a larger outreach, and there will be many who will be drawn to the community.

The structures that will be established will be constructed by several who now are part of the community and also others who are about to enter the community. And there are six who surround Mushiba who we refer to as the inner circle, and they are these special emissaries, and it is they who will be the guides. And there is one who will work closely with Mushiba who we will discuss at a later time with you who has been sent for the overall guidance.

A Personal Need To Withdraw And Reflect ~ Requiring Some Alone Time For Reflection (October 18, 1988)

Concerning lessons to learn, I am putting a lot of effort into trying to be calm and peaceful on the inside. I wonder if by doing this I am passing lessons by, and if this might be hindering my progress in growing in other areas. I find myself making a conscious choice not to enter confrontations and limiting contact with people that I find are not harmonious to me. I am keeping my opinions more to myself and I am enjoying being alone more and more.

Indeed, that which you present is a very typical situation. What you have now presented to you, dearest one, is a very typical situation. To first answer your greatest concern, you are not hindering your growth. You are not passing up lessons and opportunities, but rather, what you find yourself in now is a stage of regrouping, in understanding that one does not need to always say something about every issue that may arise.

Now, what you currently find yourself in, dearest, is a point of reflection. You are learning the calmness and peace from within that is very necessary to the goal of forgiveness, for you now begin to forgive yourself in ways that you were not expecting, for you reflect now, and you realize that you do not have to say something to everyone about everything. This is very common. It is not just with you ~ it is with many. It is one of the major lessons that is taken on, that you simply do not express an opinion, but rather, you send Light to the situation in question, or to the individual.

As to being alone and wanting to be alone, this is very healthy for you in particular and for many during transitional points in your life, for it helps you to gather your energies. And your vibration is in the process of changing, and while it is in this transition, it is best to be alone as much as you can, so that you may adjust to the new vibration, for you then will be able to deal with those

entities who come your way who you are not feeling able to deal with now, for your vibration is not able to tolerate, if that is the best word to use, the what you might call whining of people, those who do not share the depth of understanding that you are gaining as you seek your Higher Self and gain more in the spiritual. This applies to so many of you, does it not? Yes.

And as your own vibrations begin to change, you will develop, once again, a tolerance that you feel you do not have anymore. It will be a tolerance that will be at a higher level, and you will be able to be with these individuals who might test your patience, and you will be able to speak with them. And in the meantime, you are developing a sense of calmness and peace within, so that as you speak with these people, you will not be riled. You will transfer that peace and calmness in your mannerisms and your speech, to them, and they will begin to feel this, and you will not feel that you have a point to prove, but rather, simply respond to their needs without it affecting you in a negative way.

And you will, most of you, find a need to spend time alone, more perhaps than you have had in the past, for you will become more introspective, and the more that your vibrations change and increase, the more you will feel a need to have ALONE TIME. For it is a time to be with your Higher Self, to understand your purpose, to open the door to the Soul, and to listen and to know that which you must do as an entity, as an energy form.

And so, my dear, that which you experience now is very positive, remembering always to call upon the very Highest of the White Light to help you during periods of time when it might appear to be difficult for you. And this applies to all of you here, and to anyone who would read this account.

A Member Asks Whether He Is Receiving Certain Information (November 22, 1988)

Yes, is the answer. Remembering, each of you, that the information that is necessary for you to have, your soul provides to you, and that nothing is given to you that is not easily, according to your soul, digestible, and when you are ready to hear certain information, it will be provided to you.

It may appear at times that information being received is overwhelming and not easily understood, but that is only at the conscious level, and that it requires then that you truly go within yourself, to your soul, for if you understood everything that comes your way, you would have no motivation to seek inward, for the Soul, of course, has the knowledge at an advanced level, relative to the conscious level. And so it is in the meditation, the asking of the Higher Self that is so critical to your own growth.

What Does Mean To Experience Numbness While Meditating? (January 03, 1989)

There are many explanations for that, for numbness. Most of it is geared toward a particular situation, individual energy explanation, rather than to give a generalization that if you experience numbness, then this is exactly what it means, you see. What it means at a very elementary level, is that there is an attempt to reach the Higher Self. And that there is some difficulty in doing this. Now the reasons for this are what bring it into the individual level, you see. For me, for example, to explain to you why you experience numbness at times in your meditations would require a personal discussion, you see.

Nothing to worry about then.

Nothing to worry about at all. No, no, no.

When we use the term numbness, are we also referring to the detachment that the mind can have from altogether feeling the body itself?

Indeed. It is a sign of a very high attunement for that to occur.

Even though you do not feel any other things, but if you are detached, that is that?

Indeed.

Does this carry over into long meditative states sometimes?

Indeed. Yes.

You feel like you are there, but you are ~

But you are not there.

There Is Nothing That Cannot Be Asked In Your Meditations (November 22, 1988)

In reference to the Earth changes, what part does the Angel Michael play? I do not know where he fits in.

There is no need to know at this point where he fits in. That will be given as the time approaches. That is information that will be given when it is appropriate.

Is this something that I can ask for personally, and will I get the answer?

Most definitely, most definitely. There is nothing that cannot be asked in your meditations. It is not time for the masses to be given the information. You must realize the difference between the information that I give out and the information that is always available to any of you. If you have the abilities, you are able to tap into the same source that I tap into. It is in your own blockages that this is prevented.

I had attempted to, but I had a little communication which I did not quite understand why I had received it.

And the message is that you need to plug in a little bit more. Remember that many of you will receive advanced knowledge and will have the wisdom that will be of a greater dimension than that which I would give out publicly. You see, there is a timing to everything that is given out in the public, as it would be called, to the masses. It is not time for that to be made known to the masses, the role of all of the Archangels, and specifically certain of The Warrior Forces. However, for many on the earth plane that information is being given to them through their meditations. And there is nothing, and I emphasize this once again, there is nothing that you are restricted in asking for. This is Universal Knowledge. There is nothing that says you cannot ask in your meditations for any information.

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How Does The Environment Around You Affect Your Meditation?

(January 03, 1989)

How about the environment around you when you meditate? How does it affect that, as in electrical current in the air and in your house perhaps? Is there a relationship there, too?

It depends upon your attunement. For some, for example, who are just beginning the meditation ~ just learning how to meditate ~ environment is very important, and as you are able to attune yourselves almost instantly to a meditative state, environment becomes insignificant, you see. It is why we suggest to those who are just beginning to learn of meditation, that they find a quiet spot that they call their own, and that it is the same spot. Or that they attempt to perhaps walk in a quiet area where there is nature. This helps.

The environment very much affects an energy who is unable to center with these distractions, you see. As you attune, and you get the habit and the trick of meditation, for there really is no difficulty in it, once you have achieved and understand the trick to meditation ~ how to put yourself into an altered state, like this ☺ ~ then you can be seated as you are right here, you see, in an altered state. And when, until that state is reached ~ this is what we say to all who need to learn meditation, and the struggle ~ so many say, "Show me how to meditate. Tell me what to do. How do you meditate?" And we say all the time that you must learn this from yourself. You must find that which is the best way for you to meditate. There can be given examples to you of how others do it, but once the trick is learned, you see, then you realize that it was no big deal after all. And it is very easy to meditate. And it is very easy to come to the Higher Self. And you can do it when you go to the bathroom, for heavens sakes! You can sit there and have a minute or two of earth time meditations. ☺ You do not need to have candles and incense and all this. You can be doing it in the midst of a rock concert, you see!

In meditation, does your energy level affect the area around you, as in light bulbs?

Yes, of course it can if you so want it to. You have the ability at certain levels of attunement to project your energies, as we would say. Part of the learning of the powers, you understand, means the spiritual context. When an energy suddenly realizes that, at the Soul Level, "Oh, when I am in a meditative state, I am able to project my energy and it can affect others. I can do things," you see. Part of the problem of advanced energies who do not use their powers in a spiritual context is this very issue of misuse, manipulation, you see. It starts with putting out a light bulb.

Can it be unconscious, though?

It is not at the Soul Level. It can be at the conscious level, unconscious, you see, but the Soul knows what is being done, and it is the learning of the Soul to understand the power that an energy has. We all have these powers. It is in the recognition of them, first of all, and then once it has been acknowledged that you can in fact do what you do, that you use these powers in a spiritual context, to Be of Service to Others and not to control others. This is the problem. It develops. And it is why we have so many powerful energies of the dark. For they are powerful energies, but they have misused their power. They use it to control, manipulate, and hurt, and therefore, they are of the dark.

So, it is so critical that when you go into your meditative state that you call upon the Light, that you call upon the protection. You call upon your guides. You call upon all those who will help you to keep what you learn in a spiritual context. And it becomes especially important that as you are able to go into meditation so quickly, that you also have the ability to, at the same quickness, call upon the Light. It is a simultaneous event. As you go into the altered state, you also call upon the Light.

**If You Project Yourself To Another In Meditation, Is That An Issue Of Infringement?
(January 03, 1989)**

Would you be infringing upon another if you, in meditation, were to project yourself to that person and send them love and Light? That is not an infringement upon them, is it?

Yes, it is.

Is it? But they could accept it at the Soul Level, though.

That is correct.

Is that misusing your power?

It can be. Yes. You can surround someone with Light, but you cannot project Light to someone. You cannot project yourself unless you have asked them for permission. You can approach them. And this is done all the time. Your energy form ~ you can approach another energy at the Soul Level. Say hello, if you will. But you must ask that energy if you can stay in their space, if you will. And if they say no, you must leave. If they say yes, then you do whatever. It is why we have said to all of you so many times that we cannot come to your aid unless you ask us. It is very simple to simply ask us. We can surround you, but we cannot come to your aid, if you will, unless you ask us. We protect. There is a fine line of distinction here between coming to your aid and protecting, you see.

We of The Angelics are charged with protection, which we do, so nothing will happen to you, but the fine line comes in the actual help. When you would say to us, "Please help me to resolve this problem with this person. Please help me, so that I learn my lesson," we then can come into your meditations or whatever and give you advice, because you have asked us. If you do not ask us, we will simply surround you and protect you from any harm that might be damaging. And again, you see, it is a fine line between that which would infringe upon your own lessons and that which would not. And that is something that we have to work out here.

Today I did that with my father because I miss him. I did not see him over the holidays, so I kind of put myself where he is to give him love and Light and to just kind of talk to him. So, I infringed on him in doing that?

Sending of the love and the Light is not an infringement, for that is what we refer to as a surrounding, you see.

So, if that is my intention then I do not ask.

Yes. You do not infringe.

Seeking The Answers Through Your Meditations (September 12, 1989)

Waith, I am back to my moon again, but the important thing to me is that I see the moon as I do, but then without the aid of my glasses, I have been seeing the moon entirely different and I am very curious if this is with my spirit eye.

You must seek the answer to this through your meditations.

I am not getting any answers.

Answers do not come immediately nor on demand. You are not being given the answers because you are demanding the answer. Rather, simply ask it and wait for the appropriate time for The Universe to give you the message when it is ready, not when you are ready. It is true of all of you.

**How Do People Find Their Purpose, Their Reason For Being Here? What Is The Right Way?
(May 29, 1990)**

Yes, indeed. This is the ever-present question that comes from most incarnated. For some entities it is very easy for them to know what their path is, for they have had so many incarnations that going from one to the next is a very easy transition, and they have learned the skills from other lifetimes that enable them to connect so quickly and easily with the Higher Self. It is the Higher Self that is the key to the Soul, where all of the memories of your particular energy are stored. It is through the process of meditation, or in whatever way an energy finds itself able to reach its Higher Self, that level of consciousness that goes beyond the conscious earth plane, and it is in the connection with the Higher Self that the ability then to communicate with your Spirit Guides is achieved, and through the combination of the Higher Self and the Spirit Guides ~ that which you have come in to do is given to you at a conscious level.

Now, this all, I am sure, sounds very theoretical and esoteric, and you would say, "Well, how does one go about reaching the Higher Self? How does one go about meditation?" These are not easy responses, you see, for each entity has its own way of reaching the Higher Self, and it involves a trusting of messages that begin to come through, for that which is so often referred to as imagination ~ "Oh, I could not possibly ~ that could not possibly be. That is my imagination." Unless those thoughts are trusted by Self, then there becomes a blockage of information coming from the Higher Self, and it begins then a process of acting upon that which you call imagination and accepting it as the truth that is coming from Self, even though it may sound absurd or ludicrous. You would begin to look at that which is coming through as your information, your truth, for your truth differs from all other entities, for your truth comes from the combination of your own experiences which then relate back to the Universal Truth that comes from The Universal Consciousness.

It is a process, my dear love, that takes many, many, many thousands of incarnations on the plane to achieve the totality, that once you have reached the final stages of your incarnations on the plane, it is an easy thing to connect with the Higher Self. For entities recently incarnating on the plane who have just begun their sojourn on the plane there will be the struggle ~ the struggle to learn the mission.

Now, aside from all of this, there is another rather interesting aspect, you see, and this is that many times an entity who may be very, very advanced decides that, for whatever their reasons, whatever their lessons to be learned or to be taught, they do not want at conscious level to know what their mission is, what their task is, so that it is part of the sojourn on that particular incarnation to not know. And, in fact, for some entities, they would say before entering, in

agreement with the Higher Self and the Soul and those in spirit who guide, that they would want, in fact, to struggle with seeing others around them knowing their mission and THEY struggle with not knowing their mission. Very interesting lessons.

Trusting In Self, Through Meditation, To Understand The Greater Picture

(June 05, 1990)

I heard recently that there is a group of people who retreated into a remote area of the United States, expecting that there will be disaster. They were talking about atomic bomb dropping on earth, so they were expecting the doomsday, and after that event did not occur, the group lost a lot of members, doubting about all the predictions being presented by the leader of this group.

Understand, if you all will, that we have on numerous occasions indicated that the information that comes through from other dimensions onto the earth plane is meant for specific audiences, for specific levels of learning, and for specific lessons to be learned and taught. Understand that there are many, many interacting issues occurring with this particular situation in which you describe. It, for many, is an issue of not judging. It is an issue of faith. It is an issue of trust. You will find much of this type of discussion occurring now and until The Shifting, and there will be just as many doubting what we say as there are doubting what this issue, this situation in which you described, have said. The fact that the prediction did not occur has a very specific reason for this. There is a need for preparation, for entities currently incarnated, in the area of trust of The Universe, trust in that which cannot be seen, trust in that which is called The Creator, The Universal Consciousness.

Those entities who will be allowed to remain when The Shift occurs, as we have said so often, are those who are vibrationally attuned with the new vibration of the planet, but it involves far more than that. It involves a vibration with the electromagnetic arena that surrounds the entire earth plane, which is much more than just Planet Earth. And in order to be strong enough, entities choose at this time to strengthen their own vibrations by being able to look at a type of situation you have just described and to attempt to understand where it falls in the scenario. What is its reason? What is its purpose? For there will be a number more of this situation occurring between now and The Shift.

We are not here to give explanations of certain things, for we are not allowed to. It is as simple as that. We are also not allowed to indicate that this is anything that is wrong, what has occurred. This is not wrong, as you would want to say. It is not something that you would condemn the leader for, for the leader was receiving information for purposes of lessons to be taught. Those who were a part of this group had balancing that needed to occur in certain areas, as does all entities, all, all entities, not just on the earth plane but throughout The Universe.

And thus, those entities who will remain through The Shift and after The Shift to help in building The New Illusion that will be, must have a sense of understanding as to why certain information is given through and followed by great numbers of entities that appears to be in contradiction to

their own spiritual beliefs, or that which would perhaps shake their spiritual beliefs, or that which would give them a sense of doubt that The Shifting is going to occur, for we do not say to anyone that we expect you to believe, for what you believe is what you believe, and we are not here to justify, just as none who give information through have to justify.

It is presented so that you as an entity can absorb this information and use it within your own value system within your own connection with your Higher Self and your soul memories for strengthening of Self, and what you decide to do at the time of The Shifting will be entirely your decision, based upon your own beliefs and based upon your own strengths and abilities for growth at that particular moment. You understand?

It would be beneficial for as many of you as can be to contemplate this particular issue that we have given, in your meditations, and attempt to reach the Higher Self and communicate with your guides to help you in understanding the greater picture, as it is called, for there is far more at work here than the limitations of the earth plane would allow you to see.

Feeling A Pull Toward A Certain Area ~ Meditation Is A Way To Feel Assured In Your Direction (June 05, 1990)

If you feel a pull towards a certain area ~ I am not able to follow it right now because I still have a mother, and I guess you just have to follow it, right?

You do, indeed. You must follow that which you feel is your path and not be swayed by what another would tell you is your path.

It can be confusing at times. Is there a measure by which one can get more assurance? Perhaps in meditation?

Yes, you have just answered your own question. ☺ That is the only way. No one else can give you the accurate answer. Others may Be of Service by answering questions you may have, or helping to give you guidance in particular areas, but only you can give yourself the answer. You have your own answers. Others may have experienced a situation similar to what you are going on with, and you might seek their counsel as to how they handled a particular situation, but no situation is identical in any aspect. There are too many other elements that come into it from prior life experiences, from vibrational attunements, that make each situation unique. However, it is an issue of a synthesis so that you gather information from many, including your Higher Self and the guides who work with you, and then you come to what you feel is the right direction.

How Do You Know If The Messages You Are Getting Are From The Light Or The Dark? (June 19, 1990)

When you are asking questions internally, how do you know there is an answer? I get this answer sometimes, I am sure everybody does ~ what is it, coming from a positive source or a negative source? How can you weed them out?

Indeed. And this is the eternal problem of being on the earth plane, specifically, for this is part of the scenario set up for the earth plane experience, and that is an understanding of what is real for Self and what is coming from outside sources, be they the guides or be they what might be called the mischievous entities or those of the dark. It is on the earth plane very specifically set up, for the earth plane is an accelerated training ground in which the opportunities to develop the sense of Higher Self, a greater understanding of the Soul, is available more strongly than on any of the other training grounds.

Now, once again, those answers can only be determined by Self. It is not an easy situation, for you must test out the answers, and you must, then, through this testing process, learn for yourself to trust Self and to know if there is, shall we say, an attack coming from those who would want to guide you in the wrong way, you see. Only Self can give you the answers. No other external source can give you the answers. And it is a trial-and-error situation, for you will receive information and believe that it is from the Higher Self or from the guides, and you will act upon it, and you will then learn later that it was not what you thought it to be.

You must not punish yourselves as a result of this, but rather to look at what this information was and how you were receiving it, and to the point of how you felt physically, and, through your sense of spirit, how you felt at that time of reception of that information, and in this way, you can begin to see a pattern, for those of the dark have a very specific vibration. And if you are highly attuned, through the process of understanding the interaction of that vibration with your vibration, you will begin to recognize when there is a vibration other than that which is positive for you, you see.

So, this is a self-searching situation and not one in which another can say to you, "Oh, well that must be of the dark," or "That is definitely of the Light." It is only you as an entity who can make that determination, for remember that dark and Light is relative to where you are as an entity on The Spectrum.

There are times I will get information, not sure if it is ego, or from my guides, or Higher Self, and I find if I just kind of hang onto that message or thought, sometimes I get a confirmation. Somebody may say something, and it is like a confirmation of what I was getting. So that really helps.

Indeed. And that is a part of this process we have just described. Indeed.

The Process Of Channelling Can Be Achieved By Any Entity (July 10, 1990)

The process of what is called channelling is something that can be achieved by any entity. There are several situations, however, that enter into whether an entity chooses to do this channelling. The first, of course, is that it requires a tremendous amount of responsibility, and there is a commitment to Be of Service, totally, to those who would come in contact.

Waith Describes Types Of Channelling And The Responsibilities Required (July 10, 1990)

Now, depending upon the type of channelling that an entity would do determines the level of that responsibility and the amount of that commitment to others. Public channelling, as this is, does require a high level of selflessness and being available when needed. All entities, however, have the capability of bringing through information from a Higher Source, which is really what channelling is, and there are many who are able to channel their own Higher Self, and either, through meditation, simply connect with the Higher Self, or through automatic writing, as it is referred to, can then bring in the Higher Self. Guides, Spirit Guides, are also capable of speaking through an entity. Any number of spirits from other realms are capable of speaking through any entity, be it on the earth plane or be it in any other training ground.

It simply becomes a matter of whether you want to do it or not, for at spirit there is an understanding of the responsibility that goes with this, and it can be abused so very often, for there is the potential of having such tremendous power to have information available to you at another level. And understand that this abuse can also relate to the spirit that is speaking through, you see. It can be a test on all parts, you see.

Now, Mushiba, having other responsibilities at spirit, was requested by Amelius to end the sojourn on the earth plane in a way that would assist in the illusion change and would assist in those entities who need to grow vibrationally to whatever level they so desire. And thus, the process of being able to speak through Mushiba began, as it is measured on the plane, only three years ago. (1987)

We will go into other information relating to this perhaps further on as the other questions are presented. And then, of course, we will finetune the way in which we present this particular information. If you feel that there is more that you would want to know, or that others would want to know more specifically, then we will do that in our next practice.

Where Does Mushiba Go When Waith Is In The Encasement? (July 10, 1990)

There are times when Mushiba remains within the general vicinity of the vibration. Understand that the energy moves out of the encasement for the most part usually, and Mushiba then goes into other dimensions, always busy however, never just floating around, but rather goes to learn other things while we give you information. There are times, however, when Mushiba remains

within the vicinity so that certain information that is being relayed will be with her at a conscious state. For the most part, however, she is not around, nor does she need to be.

Are there times when you are in and Mushiba is out and about that she visits us?

Oh, indeed. There are ~ very often, her vibration will simply move about in the general vibration, and that is occurring now. We have brought Mushiba back into the vibration. She, of course ~ she would prefer to just stay out there indefinitely. What other questions?

Can any spirit enter Mushiba's body?

Technically, yes. However, it is not allowed. We are not allowed to enter without her permission. And we have formed an agreement with ~ through Amelius, that no other entity will attempt to enter through except that which is designated by us and Mushiba. There will be times, perhaps in the future, as you would call it, that an entity other than who is with Waith and Company will be allowed to enter, but it will only be by permission.

A Personal Situation Where Someone Needed To Challenge An Entity In Their Meditation (August 14, 1990)

Recently, I learned a valuable lesson with an entity who presented herself to me in meditation, and with your permission I would like to share it with the group.

Yes.

In one of my meditations, this very strong entity presented herself to me, telling me that she was to be a very significant help to us in the community. And she would be presenting herself through me, or through Waith, as another part of The Company, and she was going to serve a function to all of us. And she also gave me some information about personal issues. And after a time, some of the things that she told me started to bother me. At first, I thought this was wonderful. She was going to be this great help to us! And I started to question it, and I remembered what Waith had said about entities hiding their abilities to deceive, and I thought about it several times during meditation, and then I presented it to this entity and I said, "Look. You cannot deceive me for long, if this is what you are trying to do, and if you are not, fine, I will value your information and I will pass it along to others. But if you are, you can leave now because we are not interested. And she has not visited me since. And several times over the past month I have wanted to ask about this particular person because I thought she was just wonderful. I felt so good about this person and thought perhaps I might even channel this person. And then it just did not sit right with me. I wanted to share it with all of you because now I know that. And I do not feel that she was necessarily dark or darker than myself. I just do not feel that she was appropriate for us. And I learned a lesson because I did not run out and say, "Look what I have." And I also learned that I did not need to ask Waith. I had to find it out for myself. And she has not visited me lately, so I do not think she was appropriate for us. Maybe some other time or some other place.

Remember that whenever you are visited, shall we say, in your meditations, or in altered states of consciousness, that you must challenge that entity. We have given you that information on how to challenge an entity, for if they are appropriate, indeed, my love, they will withstand the challenge. If they are not, they will not. And it does not take much to challenge. You see, many entities are ~ on the earth plane now, want so much to have a, what you might call, mystical experience. They want to be able to tell the others around them that they too have had communication with higher entities, entities in other forms. And these vulnerabilities are very, very open to those of the spirit world, you see. And your response, my love, was most appropriate.

Well, I learned something. And it just reminded me that we get so excited and caught up in something that we think it is really great, and then it turns out, well, maybe I ought to think about this just a little more before I jump into it.

And it is also appropriate to become excited about something, at all times, however, monitoring your own responses to any situation that occurs, without becoming obsessed with it, of course. But, when something appears to be very, very different from what you have been experiencing, then this in itself is a red flag for you, for growth occurs slowly and progresses over time ~ and advances are not like this, you see, with a snap of a finger, but rather, you grow into your own abilities at advancement.

And thus, to have something suddenly occur is a very rare phenomena, and is, therefore, a red flag for any of you, not that it is an inappropriate situation, for many will have a spontaneous type of situation, or what appears to be spontaneous, but for the most part you must be cautious about this. You must be cautious when something new is suddenly thrust upon you where you have not had any preparation for this. And be prepared to take on the new, but at the same time be cautious about it. Do not go into it unquestioningly. "My instincts tell me," you see. It could be a test for you.

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

This highlights the importance of the meditation and the protection techniques that we have given, and that also have been given from other sources from this end to enable an energy form to, in effect, shield itself as much as possible from this swaying, from this rippling. And thus it is that this Flow of The Universe is a controllable type of situation for an entity, but it takes a great deal of practice and trust, you see, and belief that protecting Self is much like you would wear this life jacket when you jump into the water. It enables you to stay buoyed up, you see, in the face of perhaps not being able to flow with the current, you see.

The Sleep State Is A Form Of Meditation ~ And Dreams Can Highlight Issues That Need Work (March 05, 1991)

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

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

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

Event, Quest For Wholeness ~ Topic, Meditation, Your Way (July 21, 1991)

The purpose of this most beautiful gathering has been for you to begin, and some to continue, the journey to Self and the understanding of that which is Self. Our message to those on the plane is to assist in the reaching of the Higher Self through that which is meditation, and we would want to speak of meditation with you during this session, for there is what appears to be confusion in the minds of many as it relates to meditation.

There is the perception by many on the plane that one must meditate in a very specific way and that to not do so means that you are not meditating. Our consistent message has been that you would meditate according to that which the Soul gives to you for its needs, and that each energy reaches that which is its Higher Self in its own very unique manner, and while there may be many of you who find similarities in the way in which you meditate with others on the plane, each energy is unique in its abilities and in its needs to reach the Higher Self.

We, first, are most emphatic, if you will, in saying that you would find that which is appropriate to Self for knowledge to be learned, and not that which another would say to you is what you need to learn, and that you would, first and foremost, find a spot, an activity, that brings you into a sense of focus. We have had many ask us if painting, for example, would substitute for meditation, and we would say that it does not substitute, IT IS MEDITATION.

Technique For Meditation (July 21, 1991)

And each of you, then, would draw into yourselves now, as we speak, to you deep within that which is referred to as the Solar Plexus. Draw deep a breath. Draw it in deeply, and now hold this and envision the beauty of the White Light that is Self. And now, bring this up through the Energy Centers, and out through the nose, and out through the nose.

Now. This exercise is a technique for you to begin to focus without sitting in that which is the lotus position. You do not need to do this. You can be sitting, as we sense energies with the legs crossed, for it begins to bring into your energy a focus and a quietness, and it allows each of you then to build the White Light of Self within your own energy field. And as you do this several times, you find yourself the point of relaxation and focus. And at that particular point, you then are able to gain access to that which the Higher Self has determined is necessary for you to know, for you work at conscious level in harmony with Higher Self.

Now. Most important for you each to know is that when you focus Self, you allow the energy from the Higher Self to flow through, and what might appear to be an activity or a thought, or a behavior, that, in wondering where it came from, "How was I able to solve this problem that I have? How was I able to make this poster?" A most beautiful energy form making posters for this event found this to be true, that it came through during the focus, and the Higher Self simply gave the information. For my loves, all that you need to know is within Self.

Meditation Is An Activity That Gives You A Sense Of Detachment From Concreteness (July 21, 1991)

We are here not to give you answers. We are here to assist you in reaching your Higher Self, for only you as an energy form are able to find the answers, and if you do this, then nothing outside of your own energy can control you. And meditation then becomes most significant for daily practice, whether it is in the form of concentrated altered-state behavior, such as the most beautiful loved one projected with you earlier, or whether you simply would walk out into that which is nature on the plane and feel a sense of detachment from the illusion, for meditation is simply that, my loved ones. It is detachment from the concreteness of the illusion on the plane and is available to all. It is not some activity that only highly advanced, as you might refer to it, energies are capable of.

And you would be careful of allowing other energies to say to you, "That is not the way to meditate. This is the right way to meditate." There is no right way that is specific to large groups of entities. There is only your right way. Remember that, my loved ones.

Your Spirit Guides Are Assigned To Assist You In Reaching Your Higher Self (July 21, 1991)

And your Spirit Guides are assigned to assist you in reaching your Higher Self. Know that all of you have a minimum of two who guide you. All are assigned a guide and a protector from The Angelic Kingdom. That is a given. When you enter into the sojourn on the earth plane, you are assigned a guide and protector from The Angelics to be with you during your entire sojourn, as many lifetimes as that takes. And from lifetime to lifetime, you then are assigned guides of an advanced vibration who will assist you as you progress throughout the sojourn, and are specifically assigned to help you in specific lessons and in specific paths that you choose in a lifetime. And you may have one. or two. or three, or sometimes four, guides assigned for a particular lifetime, but at a minimum you would have one guide and one Angelic, always. And they are charged with assisting in reaching the Higher Self.

Your Meditation Is Personal, Is Unique, And Is Most Necessary For Growth (July 21, 1991)

They indeed are able to communicate with you through the Higher Self, if you so choose, if you so desire. And you do not need to have what you might refer to as a mystical experience that you would compare with another entity to see whose mystical experience was better than the other, but rather, you would go within and simply find your own truth, not be concerned about what the truth of another happens to be, and therefore building within Self a sense of strength and a sense of love, for as you grow within Self and feel the love of Self, it enables you to project the love to others and to Be of Service to Others and to help others along their path. And thus, meditation, for each of you, is personal, is unique, and is most necessary for growth.

As is our usual procedure when we speak, we prefer to take questions and have a dialogue rather than simply to stand, or sit, with you and preach, for this is not our way. It is the way for others.

Can You Describe Some Meditation Techniques? (May 13, 1992)

We have a very different approach to the issue of meditation than what many of you might be accustomed to hearing. We believe in what we would say, meditation by your way, and not by some other entity's way of meditating. One does not have to sit in a lotus position and chant and have candles and incense burning in order to meditate.

Meditation can be accomplished in many different ways, depending upon your own point in meditation ability. Meditation simply means the ability to focus and to block out as much stimuli outside of yourself, and inside of yourself, and to focus on the Higher Self. Now, some entities are able to do this like this ~ you know, they could be in the middle of a very large gathering of entities and need to meditate a bit, to focus, and they can do it like this. (Waith snaps his fingers) No one else would know. Others need to have more formal ways of quiet to bring themselves into focus. There are many, many techniques. Something as simple as walking creates the environment of focus for entities. Listening to particular music enables an entity to focus. That which you call

hobbies in which you become very focused on what you are doing, and everything outside of that is forgotten, this is a way of meditating.

We have presented meditation techniques, and those are on the record, a number of them, ways in which you can attempt. You can try a different technique to see if it works for you, but it is most important that the technique really be a synthesis of what you have heard from others and then applied to Self and that feels comfortable for Self. And another may be able to sit in a particular position and that is the way that they meditate. And another, this is not possible for them. There needs to be no judgement made of the way in which another would meditate. It is the end result that is important, and that is the ability to hear guidance coming from Self and from Spirit. And there are many who would drive in this automobile and find this to be a time of receiving information, with the ability to listen.

It Is Through Meditation That One Can View Progress Of Their Lessons Growth (September 07, 1993)

Is it possible to have a kind of map of what toys your selection is? (Speaking of lessons chosen for their Toy Box). **Would that help in your daily task? In other words, if I had about thirty percent patience and ten percent trust ~**

You do. You do have this. When you open your Toy Box, there it is. It is a progress chart. It is your growth chart, just as you have on the earth plane the little notches that you achieve as you grow taller, and for some of you, wider. You have the total growth of your physical encasement. You then have the total growth of your energy.

And this chart is available to you through your meditations. This is another reason why we emphasize so much the seeking of the answers from the Higher Self. The Higher Self, remember, is the key to the Soul, and in the Soul lies all of the information, but it is very easily obtained through your meditations. You simply would ask your Higher Self, ask your guides and your Angelic Protector, and "Show me my chart. Give me an idea of where I am."

Topic Session ~ Meditation, Your Way (Comprehensive Discussion) (October 19, 1993)

We are gathered in this session now to speak of meditation with you all. You know, it becomes rather complexing on the earth plane, this issue of meditation, for there are so many different techniques that are being provided. And as we have said in other times, our emphasis is not in giving you a specific way in which to meditate, but rather to help you find the way that is appropriate for Self, and that each of you has a way that is appropriate for Self, even though some of the more common techniques, and ways in which one meditates, have found themselves to be applicable to the masses.

It is important that you feel a sense of release from that which has been almost created as a dogma now on the earth plane, that one must meditate in a certain way, and that if one is not sitting cross-legged and chanting a mantra, as it is called, and surrounded in a dimly lit environment with perhaps one candle in front of you, then you are not truly meditating. This, of course, is not the way in which we present meditation. And we are here in this session to help you to find your own way and to give support to you in that you would find your own way to meditate.

We have, over all of this time, given numerous meditation techniques, always, of course, bringing in the White Light and leaving with the White Light. And as we have stated, as you will begin to be able to access the category of meditation, we have emphasized that what may be appropriate for one entity in meditation is not necessarily appropriate for another, and that we have given out so many different techniques of meditation simply for you to try out to see if it is appropriate for you. And if it is not, then it is not.

We would caution each of you in the issue of meditation, that it is not a game, and while those of you gathered here are fully aware that it is not a game, there will be many who will read about this, about this session, in the future who may be just beginning to delve into meditation and need to know that meditation is not a game.

Now. We would present to you a particular focusing technique that will help you in visualizing the way in which you would want to meditate physically ~ your physical movement, or nonmovement, of meditation ~ for meditation does not require sitting still. Meditation can actually be achieved during the process of work that you would do, during the process of a hobby, shall we say, that you might have. What occurs with meditation is the ability to focus and to connect with the Higher Self.

Now, the sitting motion ~ or nonmotion actually ~ sitting is a ~ well, sitting is a motion. It is an activity. It can be anything you want it to be. Nonmotion or motion. Take your pick. Sitting, then, becomes the easiest way for most on the earth plane to focus, for it is an advanced ability to be able to focus in the middle of chaos, in the middle of tremendous amounts of stimuli occurring. And you will find many entities who meditate, and they do not even know they are meditating. They would claim, "I do not do this spiritual hokey pokey. I do not meditate!" And yet, if you were to watch them in their endeavors, perhaps as they go about in their garden, or as they simply walk to exercise, or in the pleasure of the work that they have chosen, they tune out that which is around them, and while they appear to be focusing on the activity, they are in actuality moving interdimensionally and focusing at all levels, concrete and nonconcrete.

Many of you are able to do this. You do not give yourself the credit for being able to do this, for oftentimes, when you are in the midst of activity, you have a thought that comes from what you think nowhere, and you dismiss this as simply daydreaming, or something that has come from some external source that means nothing. Rather, any thoughts that come to each of you come

from a source that is connected to Self, you must recognize that very important fact. It comes from a source that is connected to Self.

Now. We are going to help you. This is a preliminary exercise that we will elaborate upon shortly in what we will present as a meditation workshop, and Terra Lux will announce when that will be. It will be a special time that we will devote strictly to helping each of you in your meditation techniques. This exercise we give to you, then, provides a way to visualize that which feels appropriate for Self.

A Visualization Technique To Find The Appropriate Way For Meditation For Self (October 19, 1993)

Now. I would want you all, as I stretch my hands out now, to bring yourselves slowly into that which is the Energy Center known as the Solar Plexus. Bring yourself into that Energy Center. Visualize yourself in this Energy Center. Slowly now, gently, visualize that you have closed the entry way of the Solar Plexus. It is filled with bright, White Light. The entryway now is closed with bright, White Light.

You are a ball of energy that is at the entryway of the Solar Plexus Energy Center. You slowly now, knowing that you are protected by the bright, White Light, move slowly up the tunnel of Energy Centers, moving up slowly into the area of the Heart, and as you settle into the Heart Energy Center, spread part of your own ball of energy into the Energy Center of the Heart. And slowly now ~ slowly, slowly, now ~ slowly, now, and now move slowly up, upward, upward into that which is the Crown Energy Center, filling the Crown Energy Center now with the bright, White Light of Self and that which you have brought as protective White Light.

Slowly now, slowly now, you gently open that which is the Crown Energy Center, and you visualize now that which is the Higher Self. You see the tunnel moving now from the Higher Self, moving now from the Higher Self into that which is the Soul, and you see the secrets and the knowledge of the Soul. And you move now into the Soul. You are in your soul, filled with bright, White Light, feeling the connection to the Higher Self which connects to that which is the Crown Energy Center and that which is the concrete earth plane Self. And now journey into your soul, for the Soul now will provide to you the information that you ask of it ~ and ask the Soul to give you your own answers. Ask the Soul, "What is my best way of reaching you through my Higher Self?" Ask the question of your soul now.

We bring you out of this journey now, slowly. Slowly you move out of your soul through the tunnel into the Higher Self, slowly bringing with you your own Light and your own knowledge. And as you move into the Higher Self, seal off the entry to the tunnel to the Soul and the Higher Self connection. And now slowly, and very slowly, move out of the Higher Self back down through the tunnel, back into the Crown Energy Center. And as you settle into the Crown Energy Center, seal the entry way to the tunnel that connects the Higher Self and the Crown Energy Center.

Slowly, gently, begin now moving back down through the Energy Centers, bringing with you the accumulated knowledge that the Soul has given to you, and move now into that which is the Heart Center. And as you move within the Heart Center, fill that Heart Center with the energy that has been given to you by your soul. And slowly now, take your energies and the protective Light and place them back into a ball of White Light. Slowly, move back down into that which is the solar Plexus Energy Center. Settle in this Energy Center, keeping the entry to the Solar Plexus sealed with the protective White Light.

And using now a visualization of dispersion, take the ball of White Light that is Self, that carries now the accumulated knowledge from the Higher Self and the Soul, and allow the ball of White Light to simply flow and fill the entire Solar Plexus Energy Center. Slowly, you disperse your ball of energy.

And it is now from that Energy Center that you are able to draw from the knowledge the Soul has provided that is appropriate for you in accessing your own information ~ how to reach your own Higher Self, and how to reach your own soul. And you will now have, my loved ones, a greater ability to determine what is appropriate for you in meditation. And as techniques are presented to you, you will draw upon the energy and knowledge that is in the Solar Plexus.

Slowly, my loved ones, now bring yourself back into that which is the illusion of the earth plane, bringing in whatever is appropriate in terms of breathing. Slowly return. Slowly return. We sense a few stragglers not wanting to come back. All return now to the current illusion.

Now. Meditation is something very private and personal, and meditation is something that each entity takes as much time within Self as they need to, to do this activity, and to do it in the way that is appropriate. We have given you a technique that requires that you find the appropriate way for meditation for Self. We have not in the past, nor will be in the future, give you a shortcut to this activity, nor will we tell you what is appropriate.

The techniques are those activities that you would apply to your own method. And what becomes critical in your own meditative style is that you are quickly able to focus and to gain the answers. That is the goal of connection with Higher Self, that you indeed can simply at the snap of a finger access your information. That is one purpose to meditation, the accessing of the information from the Soul. And what we have just given to you is a technique to help you to find your own way of meditation.

There is, however, another component to meditation that is different from accessing the information. Meditation is meant to help you relax. And again, that which is appropriate for Self is what you would use. And thus, if it is to sit in a quiet environment, for as much time as you would be able to give, then you do indeed go into that which is a relaxed state and allow your spirit to do what it would like to do, whether you simply relax within the earth plane environment, or you are able to move out of the physical encasement into other dimensions that

would allow you to gain information, if you so choose, from *The Universal Consciousness*, or to simply play, you see.

*Remember our emphasis on play, so that meditation need not be serious ~ need not be ~ "I must sit here now and focus. And I must learn the best way that I am going to meditate. And I must do this, and I must learn this now!" Meditation comes over time. It is an evolutionary process, and simply that which is a connection with all the dimensions of Self, and then all of the dimensions that *The Universal Consciousness* provides. Once you are able to connect interdimensionally with yourself, you then are able to connect interdimensionally with *The Universal Consciousness*, you see.*

Meditation Is A Powerful Tool To Gain Information, Painlessly (October 19, 1993)

Meditation needs to be thought of as a very, very playful activity, for what better way to learn information in a way that does not require pain, as other types of lesson learning on the earth plane requires. Oftentimes, a sense of pain must be part of the lesson learning, and therefore the accessing of information into the consciousness. Meditation is simply that which allows you to painlessly go about the gathering of information. This is a very powerful tool for you, for you can, in effect, connect with the lives that you have lived in other times, and when you get really good at it, you can project what you are going to do in the future. This is an area that we have touched upon very briefly, seeing future lives.

Now, my loved ones, let us perhaps have some questions that we could place onto the record relating to your concerns about meditation. And this will then enable us to formulate for the meditation workshop that we will have. This is the right word ~ workshop, yes. And we would then be able to address more specifically those issues in that longer time frame.

Is There A Way To Access What One Has Done In Meditation? (October 19, 1993)

When I meditate, it is almost automatic that ~ I do not go to sleep ~ I think I go to another dimension and do something spiritually. Very seldom am I able to know what that was when I did it. Is there a way to access what one has done in meditation?

That is a very good question, for it does seem to be one of the difficulties that entities face in meditation, is the actual remembering of what has occurred. And again, this takes practice to learn how to remember, for it can be concretely formulated, a method of remembering. We will more specifically, and in more elaboration, address this during our meditation seminar that we will have. However, we would indicate to you at this point, that as you are going into your meditation, just as you, many of you, have learned of going into the sleep state, that you would

consciously indicate that you will remember what has occurred, and you plant this as part of your own focusing. This is a thoughtform that must be utilized.

As you are trying to formulate that thoughtform in a way that will become part of your focusing, you might simply take paper and pencil and several times, as you are beginning to focus yourself, as you are beginning to become centered, write on this piece of paper as many times as you need to, "I will remember my meditation." And write this. And as you are writing this, as each word is written, say this word, "I will remember my meditation." And if one must write this ten times or twenty times ~ you would know what is appropriate for Self ~ it would be a way of helping you to focus in on that particular component of your meditation. This is a preliminary technique that we would give to you. We will assuredly elaborate on that.

What Is The Difference Between Focusing And Obsessing? (October 19, 1993)

Well, you know, there is a fine line between focusing and obsessing. Focusing requires the use of the higher sources of protection. The White Light is used as part of focusing. Focusing enables you to bring yourself into a calm state. Obsessing is perhaps the flipside, if you will, of focusing. For while one does focus in obsessing, one is generally not concerned of the higher sources and is generally not surrounding Self with White Light, but rather, obsessing with Self, and needs of Self rather, than at the concrete level ~ obsessing at the concrete level the needs for Self rather than bringing in the White Light and the higher sources to explain the total picture.

One can be obsessing and also focusing, but if one is truly, truly focusing, they are not obsessing, you see, for obsessing does not bring in the White Light, and if one focuses in the context of obsessing, there is no protective White Light, and to focus solely means that there is protective White Light and higher source connections being made.

Music Helps Meditation, Doesn't It? (October 19, 1993)

We would say that music, and we have much to say about music in the future, music is a part of sound, and sound is important in meditation, be it recognizable sound that you have become familiar with or that which is the sound of the Soul. And for many, many individuals, certain combinations of sound that are found in music, particular types of music especially, further enable that entity to go into a meditative state.

It is, however, much to the chagrin of Barjan, I am sure, not essential that music be part of meditation. However, music can be that which is the soothing component, and that you may not be actually meditating but simply having soothing music in your environment, and that the intonation combinations will bring into your environment an energy mixed with your own that

will create a sense of harmony, and in some cases even a sense of security from the earth plane world around you.

Sound, you know, is a very, very important part of each of our energy. Each of us has our own sound, and if you are able to find at an earth plane level, sound combinations that are harmonious with your own sound, you would want to bring those into your vibration.

You must also be careful that you do not judge the sounds that another would surround themselves with, for what is appropriate for one is not appropriate for another. And we have had questioning in the past of the many different music sounds that are on the earth plane ~ questioning usually with a judgemental tone to them ~ and we have indicated that there are entities who can indeed focus with music, as you might call it, that sounds harsh and sounds loud to you, but for them it is a connection with their own sound in a way that you would not want to judge.

As you begin to develop your own abilities to focus, you will then be able to develop your own abilities to block out sound around you, so that if you find yourself in a sound situation that is inharmonious with your energy and your own sound, you would be able to block it and it would not interfere with your own sound.

We understand for many on the plane, this is a very difficult area. The stimuli of sound is so pervasive now on the earth plane ~ as it is meant to be during these final moments of cleansing ~ that many find themselves irritated on a regular basis by being subjected to sounds that they feel are not appropriate. But they are appropriate to certain audiences. Remember that. And rather than concentrating on the sound that you do not like, concentrate on the sound that you do like. And as you concentrate on the sound that you do like, it will strengthen you and give you a far greater ability to focus on that sound and block out the inharmonious sound.

**Can People Meditate Together On A Particular Subject, And Can They Take A Journey Together?
(October 19, 1993)**

Oh, indeed, my love.

Does it have to be individual?

To answer the first part of your question, yes. In fact, it is recommended that there be group meditations. Now, the group meditation does not have to be physically in a group. It can be simply that you agree upon a particular moment in time in which you would focus yourself. And it is indeed individual. What occurs is twofold. In your own way, you are meditating. That is the first component. The second component is that if you have agreed at an approximate time to focus, then no matter how you go about doing your own focusing, it is brought into a pool that then becomes One. All is One. And thus, it is simply a microcosm of The Universal Consciousness,

that each individual must respond to their own way, but that it goes into the pool which is then The One, and therefore, very, very strong in its ability to perhaps give protection or simply to give support and guidance to that which is the focus of the meditation.

Well, we would depart, and perhaps we will use these final moments as we depart to bring you into a focus for yourselves to help you unwind, as you might say, from the activities of the earth plane during this day.

Simply now, my loves, we will focus within Self and slowly then move out of Self with the love of the energy of Self and to fill the gathering with the love of Self and thus create the whole and the One, and you will feel then a sense of return to The Oneness in a very small way.

So, you slowly fill your encasement with yourself. You are still there from the last focusing that we did. It is easy now to move out of Self. Move out of Self for the greater good. Focus Self now moving into the greater gathering and filling the gathering with the beauty of Self. And slowly now begin to feel the intermingling and feel the natural drawing in to The One. Feel The Oneness and feel the individual that is Self becoming One. You are surrounded by the very Highest of the White Light, and we send to you now from Amelius the very Highest of the White Light from his kingdom. Farewell.

Meditation Seminar ~ Meditation Your Way ~ Comprehensive Discussion (February 20, 1994)

We bring into you now the very Highest of the White Light and the blessings from the Highest of the Kingdom of Amelius. And we bring into you also an energy of rejuvenation, to give you what can best be referred to as pep, to bring about a sense of movement, for we will be showing you movement in our session with you and describing flow of energy that you may utilize in your meditations. We will begin first in bringing you into a different arrangement than what you find yourselves currently in. Thus, we would want you all now to gather in this spacing that is here and to stand, initially, and to form the circle around ~ and we will step outside of the circle.

And you would, my love, allow the animal to be as she would want to be. Allow her to flow with the flow, my love, and do not be concerned of any so-called disruption. So, we are out of the circle. You must now ~ there now ~ into the circle. Now, my love, you must not accommodate to the animal spirit. Therefore, simply allow the animal to be as part of the circle, for that is how she had positioned herself. Now, you see, you have taken her out of the circle. You must allow energy to be, you see. She knew. Now, she is fine. Allow her to be part, you see. There. And now. You would all now, with your hands slightly raised from your sides with the palms in and slightly away and then slightly raised up. This is fine. Now, and gently touching the hand of the entity at your side. And the animal, yes ~ is part of this energy.

Waith Leads The Group With A Focused And Guided Meditation

(February 20. 1994)

We begin now with an Energy Circle, and the Energy Circle will give you a flowing of energy that will carry through for the time in which we spend with you in this session. You would begin now by breathing in very deeply from the Solar Plexus area, in through the mouth. Breathe in through the mouth. Bring the breath fully into the encasement. Closing the mouth, let the breath out through the nose. And now breathe in through the mouth once again, filling the encasement and holding this breath. And now, breathe out through the nose with the mouth shut.

And now begin to visualize, as you breathe in the next time, the bright White Light coming in through the Solar Plexus area. Your breath brings it into the encasement. Feel the White Light. Feel the White Light filling the encasement. Out through the nose. One more time with the White Light strongly coming in through the breath as you breathe. And out through the nose. And now, slowly repeat after me. (The group repeats after Waith)

- *I am the White Light.*
- *I am the pure White Light.*
- *I send White Light to all in this circle.*
- *I receive White Light from all in the circle.*
- *I am the White Light.*
- *I am the bright White Light.*
- *I am filled with my own White Light.*
- *I am mingled with the White Light from the others.*
- *The White Light is love.*
- *Love is the White Light.*
- *I am filled with love.*
- *Love fills me.*
- *I send my love to all in the circle.*
- *I receive the love from all in the circle.*
- *I am filled with the love and the White Light.*
- *I take this love and White Light into my Heart Center.*
- *And I visualize my soul.*

And visualize now your soul and feel your soul. (There is a long silence)

Relax your hands now and your arms. Slowly and gently move your hands to have part of the energy flowing throughout the encasement. Move your fingers. Wiggle your fingers. As you see my fingers, wiggle your fingers now. And now, move your bodies. Let your bodies wiggle.

Wiggle. Wiggle ~ this is the correct term. Yes? Wiggle. Wiggle. Yes. You will release the energies now. Yes. And your soul is in your heart as we now are with you.

And now you would find for your comfort a place in which to sit, but still within the grouping, but not the circle ~ but close to each other. Not back there. Come in closer to this main area, my love. Come into this area. You would perhaps, my love, move a bit. There. This would be fine. It is important when you do focusing with others in the grouping that you be close physically and not separated out into different spots. This is a most important component for you to remember when you, in the future, would meditate with others. And the desire to meditate with others grows stronger in many of you, for it is a way to bring you out of Self and into the energy of another so that you can better serve another.

And thus, you would want to foster then the sense of closeness. And remember this, for oftentimes, entities who may be meditating in a group for the first time would be a bit shy or nervous about being close, and there is a tendency of the physical encasements to be separate from. It comes from the fact that there is separateness from The One, and thus, there is the sense of separateness that pervades an entity's being, especially on the earth plane and among certain of the kingdoms, The Human Kingdom being one of them. You will notice that many in The Animal Kingdom do not have that issue. They want to be very close. And thus, you will feel a sense of unity as you gather in this grouping.

Now, to understand the harmony and the flow of meditation, you first must come to your own realization of where your focal point is. We have spoken so often of focusing, that meditation is simply the ability to focus. Oh, what does focus mean? And focus means something different to each entity. And it is a very abstract term and there needs to be something concrete that each of you can develop within yourself that helps you in this abstract concept.

When we began this unity of energy, we indicated to you to focus and to visualize your soul being in the heart. It is most important in the focusing that the Soul be part of that focus, and that when some entities would tell you that they are able to meditate very easily and that they are able to hear their Higher Self, they have connected the Higher Self and the Soul, and the Soul is an automatic part of this connection. For those who have difficulty in meditating or receiving answers from Self, it is simply that the connection with the Soul is very, very distant or weak and needs to be strengthened. Thus, we gave you the beginnings of focusing by indicating the Soul should be part of this heart center.

Now. We would want each of you to visualize a circle. Simply think of a circle. Think of what that circle looks like. The circle is round. The circle is connected. And if you need help in visualizing the circle, take your fingers and form a circle to give you concreteness. And look at that circle. Look at the circle. The circle now becomes White Light. And the circle is made up of White Light. Visualize White Light as forming this circle ~ White Light.

Now. Mythology on the earth plane has given much description of what the Soul actually looks like, and each of you have some sense of what you think the Soul looks like. It could be this blob of something. Envision a blob that is iridescent, if this is good for you. And envision that the circle surrounds this blob, iridescent. Your soul is in the circle. And now it begins to fill the circle, leaving no spaces. And the Soul now becomes the circle, so that you now have a round soul. (A slight pause here) Feel your soul now moving around and around on itself as a circle. It moves around and around as a ball would move around and around. (A slight pause here)

And now, visualize and feel your soul sitting flatly on the top of your head where that which is the highest of the Energy Centers is located, so that you have the Soul flat and protective of that Energy Center. And this is where the Higher Self will connect with the Soul. Your soul now is ready to connect with your Higher Self. (A slight pause here)

Now envision that you are opening the Crown Energy Center, as if you were opening a door. And you are allowing the circle now to enter the door. The circle is now through the door. And now, close the door so that the Crown Energy Center is protected. Now breathe deliberately and slowly to feel the energy movement from head to toe. Feel that movement. Breathe in and breathe out deliberately, audibly, in and out. In and out. And feel your energies moving in and out. And now, spend a few moments allowing your Higher Self and your soul to connect. (There is a long silence) As you feel the energies within Self becoming softer and more peaceful, you will have a sense of connection within your total being. And some of you now would be able to speak to the others in the group from the Higher Self plane.

We would be interested in speaking now with some from the Higher Self plane. It is safe in this environment for we have cloaked, and you are protected from the darkness, and it is your opportunity, Higher Selves, now to speak to Lower Self and to the others.

Greetings to you, Waith.

The blessings to you, my love. What would you like to share with the others, my love?

To love each other and to care for each other. To be gentle to each other.

To love each other and to care for each other. To be gentle to each other. What does it look like where you are, my love?

I was just so happy being here.

You are here and you see what you are seeing. You see from a different perspective. Is there another Higher Self who would like to say hello? (There is a long silence)

They may feel that it is not their Higher Self that is speaking and so they hesitate. It is difficult to discern that there is a certain energy that you are feeling, so just take a chance.

Yes, they do not feel that it is their Higher Self speaking.

(Another speaker) **I think I would like to say hello. I feel that this place, and in this time right now, an incredible love within myself. And this love is so strong, and I wish I could send it out to everybody in the circle, but especially to my soul mate here. I will try to expand further and further.**

The Higher Selves are what give you the sense of connectedness. Meeting the Higher Self is very easy to do, but Conscious Self is shy and sometimes fearful, for Higher Self sees the greater view of Self.

Now, for each of you, I would want you to slowly bring yourselves and your White Light into that which you know as the Third Eye, to bring that energy that you have been feeling just now into that center. And visualize the Eye wide open. And now, visualize the circle that is your soul looking out through the Eye and seeing now that environment in which you have made your life on the earth plane. Look now at the concrete in which you live as a human. You see the illusion but you also feel the safety of the spot from which you look. This is as it must be. It is the balance. Look at all of the concreteness in your life but feel secure in knowing that you are safe and that you have a higher order that protects and guides you at the concrete level. And now, slowly open the eyes, still with the Third Eye wide open. The three eyes now look. And look around you. Look at the others gathered and look with the three eyes.

And now, my loves, all please stand. Slowly, bring yourself into standing position. And go to one another and hug. Do not forget the animal. (There is a long period while this is done) Remain standing, my loved ones. And now, beginning here with the laughter, begin to laugh and make a laughing energy. (There is laughing) That was very good. Very good now.

For this next exercise you still have three eyes open. You laugh now with three eyes. You would find a bit of space for yourself. I am going to show you some movements. So, it is now appropriate to find a spot in which you can stand with a bit of room. Now, this is a movement that you can use in conjunction with your three eyes being wide open. Do you know you can have your three eyes open all the time? Some entities do. All three eyes are open. This is the best way to get through the experience on the earth plane ~ to have all your eyes open. Even if you cannot see through your eyes, you have your eyes open.

Now, then. This is a movement that can be used regardless of the pain that one might feel in an encasement. And most on the plane have pain in the encasement in some sort. It is the rare encasement that does not have some type of tightening at points. And it is in conjunction with breathing. You know, there has been much given on the plane to relate breathing and movement with the flow of energy, and many study to great heights this exchange of movement and energy. We will give to you, however, a very basic movement that will enable you then to

perhaps want to seek out the higher awarenesses, for proper movement and breathing contribute to your ability to connect with Higher Self.

Now. You would stand in a position that is most comfortable for you, whatever that position is that is most comfortable. Fine. And now, you will take your hands and place them on your hips ~ waist and hips. If some of you are not able to differentiate between those, ☺ this would be all right. Now.

Good shot, Waith.

We are not without our sense of humor.

Now, then. You place these hands so that you are feeling a sense of groundedness with yourself. You feel that you are holding yourself. You are in control of yourself. You feel this. And now, you take a breath in through the nose and let it out through the mouth. Again, in through the nose and out through the mouth. The next time, do this at the rate that feels comfortable for you. Do this a few more times at the rate that it feels comfortable for you. Very good. Now, take your hands and bring them in front of you and place them palm facing palm. And now, slowly bring them back into the position that you had them, back to the body, and back now slowly into the position in front. And back to the waist, hips. And back again into front of you. And back to the hips.

Now, the next time that we bring the hands to the front, breathe in through the nose, as you are bringing your hands to the front of you. And out through the mouth as you bring your hands back to your hips. Do this again at the speed at which it is appropriate for Self. Out through the mouth, back to the hips. In through the nose, out to the front. Back to the hips, out through the mouth. One last time. And with your hands still on your hips now, bring your right arm out in front of you with your palm facing that which is the Heart Center, and the left hand still on the hip. Bring now the left hand in the same way out in front with the fingertips now touching the other hand.

And now, slowly, bring both hands down in front of the encasement down through that which is the Solar Plexus, down until they touch your body, keeping them still in the position of fingers touching. And now, slowly, raise your hands, the right hand to the right and the left hand to the left, up, up over, coming to touch again over the Crown Energy Center and the fingertips touching over that Crown Energy Center. And now, bring the hands, still touching, down in front of you until they come to that which is the Heart Energy Center.

And now, slowly, breathing very deeply in through the nose, bring your arms apart, the right to the right and the left to the left, and allow now the palms to face up. Breathe out through the mouth and bring your hands down to your side with the palms facing out. And now, shake your fingers and feel the energy loosening. Yes. And whatever other parts of your encasement would

receive benefit from movement, do that now. Yes. All parts of the encasement. There. How do you all feel?

Good.

Yes. (The dog barks) Yes! ☺ You see? I say nothing. Now, you would all then relax into a position of comfort for you as we have a bit of a discussion. For those of you who are here in this gathering, a copy of this session will be given to you as a gift from the Community of Terra Lux, and also will serve as a remembrance for you in that which we have given for information in terms of the techniques. Now then, my loved ones, this is a time in which we can talk of personal questions relating to your own meditations that you would want some guidance from us, and perhaps it would also serve beneficially to others here. So, we would be most pleased to answer questions now.

What Is A Good Way To Rid Of Blockages In Meditation?

(February 20, 1994)

It is the age-old problem, is it not, for so many on the plane ~ the blockages. Understand that most entities on the plane at some point have difficulties in connecting. There could be a short circuit at times based on whatever is occurring at the physical plane that may be distracting. There may be overloads in your vibration, in your circuits, that do not allow for the easy transmission of information. This is true in any kind of primitive communication system, as you currently have on the earth plane. And thus, it is not unusual to have those blockages. We would preface with that.

Now, there are many, many ways in which you can work on eliminating, or at least alleviating, those blockages, depending on the severity of it. If you are simply having what you might call a bad day and you cannot seem to get through, then you might simply think of your Energy Center ~ this tunnel that moves up and down ~ as needing a bit of a scrubbing perhaps. And think of yourself with a little sponge, and you are in there and you are cleaning the circuits. Just think of that. That is for minor irritations. You know, and this sponge is filled with fluffy White Light and it is just going along and it is cleaning everything. It is a concrete visualization.

For something that has a bit more muck on it, it is accumulated, and it is not quite as easy to get off, it is much more difficult to get off, think of the White Light coming into this tunnel and soaking, as you would soak a pan that might have accumulated debris on it. Allow it to soak. The White Light is what helps to eliminate those kinds of blockages.

If you are finding, however, that you actually cannot get to your Higher Self, that it is not just a matter of minor inconveniences, that you are really not able to get there, then the first thing you must do is stop trying. One of the difficulties is in the thoughtform that would then develop that says, "I am trying. I am trying. I am trying to get to my Higher Self and I cannot. I cannot get to

my Higher Self." And therefore, you concentrate more on not being able to reach the Higher Self than the positive. And to simply then find a diversion, even if it is for several days, or weeks even, and to take this so-called guilt from Self, that you are not able to meditate.

And, you know, you always call upon your guides for assistance and your Angelic Protector. And as you do this then, when you take yourself out of concentrated meditation, ask your guides and your Angelic Protector to watch during that coming time to help you as you go about. And then relax about it. It is important when you feel then that you want to try once again, that you place yourself in a very comfortable, relaxed environment and one in which you feel safe and one in which there are no pressures for you to hurry up and get it done.

We are always feeling the time before the sleep state to be an appropriate time for entities who feel blockages, for the sleep state, as we continually tell you, is a form of meditation. And many, many have said to us that they fall asleep when they are trying to meditate. Well, yes, of course you do. That is what you need to do. Many who go into deep meditation are unaware of what goes on around them. So too in the sleep state. You may be unaware of what goes on around you. You may think that you are sleeping, as you would define sleep, but it is in actuality a meditation, and that if you are experiencing severe blockages, then allow this transition from yourself relaxing and going into the sleep state to occur and to think of sleep as meditation and to utilize that in the best way that you can.

There are many, many techniques that you can use to get rid of the blockages. You have to, first and foremost, recognize that it is all right to have a blockage, that there is not something wrong with you because you have had a blockage, but that it occurs. All energy has blockages. And it is from the blockage that one learns how to flow. If you are constantly flowing then you become complacent. "Oh, it is always going just fine. It is always flowing." How boring. The minute you begin to take it for granted, you can bet that there will be a blockage. And that is appropriate, though. That is for growth to occur. That is for strengthening so that you then are able to flow even more strongly and connect with Self more strongly.

How Can One Tell If They Are In Deep Meditation And Receiving Answers Or Just Imagining?

(February 20, 1994)

I have trouble telling whether I am in a meditative state deep enough to give me answers or whether I just think I am meditating and I am imagining the answers.

There is no such thing as imagining. Everything that you think is coming from Self at some level. And imagination, as it is called on the earth plane, is thought to be something separate from Self. It is not. It is all part of that which the Self synthesizes for its own being, and that the only things in which you must watch is whether the thoughts you have, are coming under the influence of attacks from the dark. And the quick way to remedy that is to challenge it with the Light. This is always what you do when you question whether something you have is really of the Light or the dark. The dark cannot withstand the challenge from the Light. And you simply say, "Are you of

the Light?" It is all. And as you say, "Are you of the Light," you are automatically and simultaneously asking for protection from the Light so that the Light protects you. You asked your Angelic Protector, "Protect me." It is all part of the same thoughtform.

And thus, to determine what level of meditation you are in is not even the issue, for in the waking state, as some of you are now, and some of you are not, some are lulling off into altered states as we speak. This is fine, you are able to connect with Self. There are many who are at a very conscious state, who you would meet, who communicate interdimensionally and do not need to be in what you call an "altered state," ~ quote, unquote ~ to connect with Higher Self. And thus, you must in the evolution of the Self confidence that you each undergo now. Trust in your own thoughts. And many, many entities receive very profound information while they might be driving their automobile. They receive a flash of insight.

Quieting Self and bringing Self into focus can be done in the midst of chaos. And depending on what your particular needs are at any point in your time would determine where you do your focusing, for even entities who are able to quiet themselves in the midst of chaos and great noise, and all of that, will also at times need quiet around them. And thus, there is no one particular way in which you must meditate, and there is no particular level, if you would call it that, that you receive higher insights than at other levels. The important point is that you are able to connect with the Higher Self.

Ego In The Meditation Process

(February 20. 1994)

I do not know if my ego is getting the answers it wants to hear or whether I am connecting with my Higher Self. That is where it all breaks down. The ego thing.

Indeed. But remember that everything that you hear is coming from Self at some point.

But is ego trying to satisfy Conscious Self?

But, you see, it does not matter, my son. It is your ego that is talking. It is your ~ understand that ego is greatly misunderstood. It has been given a bad rap, as they might say on the plane, that we must be careful to let our egos get in the way. Understand that ego is the representation of Respect of Self, and that in its development toward Service to Others and its spiritual context, ego undergoes much testing. And thus, if ego is being arrogant, then it is what must be done in order for ego to reach the spiritual level of Service to Others. Ego is who each of us is outside of The One. It is the definition of what you call the personality when it is in concrete. And everything outside of The One is considered concrete. There are just various dimensions of concrete.

We are in a concrete form in comparison to other levels. But to each of you, we are abstract, you see. Nonetheless, we are all concrete, and we all as energies have an ego. And it is important to develop that ego. And thus, part of the growth process and the dealing with Self at all the levels, the conscious, the middle levels, and the higher levels, and then the Soul, all require testing.

And the purpose for guides and Angelic Protectors is to call upon them when you might have a question about an appropriate response to a question, and that if you are thinking that what you are hearing is coming from ego misplaced, then perhaps it is misplaced. If you have any questions that it may not be an appropriate response, then it is not. When you feel that the answer you are receiving is the right one, then you act upon it. If you have any questions about whether it is the right one, then that is when you call upon your guides and your Angelic Protector for help. "Am I hearing this correctly?" This is nothing external to Self. This is all Self that you are talking about here. And it is only Self that can determine whether it is an appropriate response or not.

For us to teach anyone answers relating to meditation is not within our perspective of finding answers within Self. There will be many on the earth plane who would give you those specific steps to follow, to reach certain levels of awareness. If that is appropriate for your learning at the stage in which you find yourself that is fine. Do so. What we are here to encourage you to do is to trust in Self as the indicator of what is right for Self and not someone else telling you how you must do it, but rather, to not be afraid to listen to what you hear. And if you hear something within Self that troubles you, then look at it, for you are looking at those issues of Self that need to be looked at, which is what you are here for anyway. Right?

So, if I challenge and protect and ask for help, just listen after it.

Yes. Of course, as you know from experience it does not quite happen that quickly and that easily. And the best approach, you know, for any decision that you would make on your behavior is to feel that it is right, and if it does not seem like an appropriate response, to not act upon it until you feel that it is. If you have any questions, then that is the obvious sign that you must ask for more information, whether it is from those on the earth plane in concrete who might be able to guide you or whether it is through your guides, your Angelic Protector, your Higher Self, and all that internal to Self.

**How Can I Tell If The Information I Receive Is From Ego, Conscious Self, Higher Self, Soul, Or Dark?
(February 20. 1994)**

It seems like the ego oftentimes serves individual's weaknesses, whereas the Higher Self offers the opportunity to seek the truth, and through the Higher Self, learn the difference. The problem seems that meditating in a manner with the goal being greater Self-realization and expanded awareness in consciousness, that that struggle of the ego and human weaknesses versus the growth of the Soul and its guidance by the Higher Self ~ is there some focus in going into meditation, or you offer some meditations that would kind of provide more of a crystal-clear path?

You know, the way in which you recognize if something is coming from the Higher Self is a result of trial and error, as they might say. Trial and error. You think ~ let us give you an example. Let us say that you have received some information. You are hearing something in your head. You are not quite sure where it came from. Is this from ego? Is this from Higher Self? Is this from Soul? Is this from the darkness? Is it something that I should be listening to? You are not sure.

And so, first, you do a challenge, and you say, "Are you of the Light?" And if it is coming from a dark source, it will be challenged and you will eliminate that. You will say, "Ah, it is from the light for there is no indication that it was offended by the Light challenge." So now, you are left with "Well, is it from the ego? Is it from the Higher Self? Is it from the Soul?" So, you have three choices. And you know that one of those three choices is correct. It is the right answer. However, it is also coming from Self, that, yes, this information is coming from one of those three sources.

Now, you can then choose a number of different options. You can say, "Well, I think that I will meditate on this a bit more and see if I can narrow it down so that I get a greater sense of which particular component it is coming from." So, you could do that. Or, you could say, "I think that this is coming from ego," and not respond to it. Or, you could say, "This is definitely coming from Higher Self. I will respond to it." And thus, you act upon that which has come to you for information.

Now, the results of that action will give you the answer as to whether you chose the right door, you see. If the results prove to be beneficial, it confirms that it came from Higher Self. And thus, you are one more step toward recognizing Higher Self, for you are able to say, "This was Higher Self information. I recognized it." You will recognize it again when it comes.

If, however, the behaviors proved to be less than you wanted them to be, and you then look back and say, "I believe that this really did come from ego rather than Higher Self, even though I thought it was Higher Self," you have still now recognized that it was not Higher Self. So, you will know now a little bit more what is not Higher Self and what is ego. And you do this step by step. You cannot simply wait for the moment in which this great revelation will occur to you in which it will be easily definable, that "This is Higher Self, and this is ego, and this is Soul." This is only something that you recognize within yourself through your own behaviors and the testing out of the identification.

When it comes from soul, this is a very easily defined situation. It is the Higher Self and the ego and the Conscious Self that the muddiness comes in. The Soul speaks very strongly. However, the Soul generally will speak only through the Higher Self. It will not speak directly to Conscious Self, though there are exceptions, but generally speaking. So, you are basically dealing with Higher Self, ego, Conscious Self and little mischievous entities. You see? And thus, you must act on that which comes to you. If you wait around for the spark of revelation to occur, it will not, you see.

So, you must take the chance and not fear that if you choose the wrong one that something, some type of eternal damnation is going to occur. Nothing is going to occur at a spiritual level.

There may, of course, be repercussions at the earth plane level, but that is all part of the learning experience. That is why you are on the earth plane. You must have repercussions on the earth plane. There must be in order for you to differentiate between that which is from Higher Self and that which is not. And the more that you recognize Higher Self, the fewer times you will have repercussions. You see, in the long run, it worked. If you fear in the short run making a mistake, then you will never reach the long run, for you will be paralyzed with the fear of taking a step for fear that it is the wrong one. Take it.

Nothing happens to you ultimately. Nothing happens to any of us ultimately. Sure, you may have to leave the earth plane at a physical level because of something you did, but so what? You get to come back. ☺ That is the threat. You are here, you have to do it, and do what you are supposed to do so that you can leave and come back again.

That is truly a higher view. I will have to admit that.

It is the only way in which one will survive on the earth plane, as we have shown you during the first part of our session with you. If you are able to look at the earth plane with all three eyes rather than simply the two eyes of concreteness, but the Third Eye of the Soul and the higher purpose, then you will, on one hand, be able to see that this is serious business that you have here on the earth plane, and on the other hand, you will be able to laugh at it and say, "Yes, it is, but it is all part of what we are supposed to do. And it is rather silly after all anyway, in the higher realm of things." For remember that you get to leave, ultimately, the earth plane and the life you have chosen, and then do it again. And regardless of whether you progress in this lifetime toward better identifying Higher Self, you still have to leave the plane.

Because we keep what we learn and will not have to struggle this much the next time.

Well, if you have not learned how to identify Higher Self in this lifetime, what makes you think that you are going to come into the next one with a higher level of understanding?

I have not gone yet!

You will come into the next life with the level of understanding that you left the last life with, you see.

That is why I am here, Waith. It is beyond all that.

Yes. And we are here to help you with that. The mission is very serious. yet we are very lighthearted about it. We try to help you see that this too will pass. and that all who have evolved into higher consciousness ~ higher than what you have, for everyone has a higher level than someone else, that is simply the way it works ~ had to work to get there. It is not just here, "Here is enlightenment. I have placed it on this platter for you. You do not have to work for it."

I will take it. ☺

You see, even the five who run the kingdom, Amelius being one of them, all had to get there through hard work. They did not just come out of The One and be presented with the job of running the kingdom. "Here! Here is your job. This is the easy one." This did not happen. They evolved, just as all evolve. Do you understand, or does this help you in your quest?

Yes. I understand. I still have difficulties in trying to conceptualize all these different aspects of the non-earth plane type of aspects.

Oh, it is. It is the most difficult, my son. Part of what we are here to help is in the balance of the spiritual and the earth plane, and it is so very easy to become so grounded on the earth plane ~ that which is the concrete ~ and it can be difficult to conceptualize, to see the abstract, and how the two work definitely together. There are many who are very, very abstract and they do not have any idea of what is going on in the concrete world around them. And you have met many of these entities, and that is fine for their path, the appropriateness of their path.

There are others who are so grounded in the concrete that they would deny that there is anything other than this life that is here, and what you are able to see, here, feel, touch, in concrete is all that there is. "There is no higher source. What do you talk of, this higher source? That is a coincidence that something happened ~ That you are crazy if you think that there are angels." Here we are!

It is very easy to be one or the other. Oh, it is a much easier life. It is an easy life indeed to take on the earth plane where you are very, very grounded and everything is very defined, and you see it exactly as it is. Or to be very, very abstract and to live in your own mind and not see around you. Those are the easy things to do. The most difficult is the path an entity takes on to achieve the balance. And on the earth plane there are mixtures of all of those types. There are some very, very abstract. Some very, very concrete. And others who are attempting to meld the two.

You are attempting to meld the two. And, of course, you are having difficulty in it. You are not alone in this. This is part of what we are here to help you and to encourage you, to trust in the insights that you do have and to grab onto those insights. As difficult as it might seem at times, or as doubting as you might be, to grab onto something that comes to you, it may seem insignificant. And do not, by any means, compare it with what others say they have as insights ~ that is a devastating thing to do ~ and grab onto that and trust in it. And then more and more will begin to come to you. You will recognize them. They come to you. You simply do not recognize them.

Is there a more effective way to enter into the meditation process? Do you go directly to Jesus, Buddha, or a Hindu God? Do you go to the Higher Self, the Holy Spirit? Or you just be still and go to nothing? I have these conflicts as to what is the best direct way to go ~ to ask for help ~ give out affirmations ~ give out healing to people. It seems like there are multiple ways in trying to come up with a whole package.

You know, you have just proved my point. Did any of you pick up how he answered his own question? Well, you answered your own question in your talking through, and this is so critical that what you just did, you see, is so critical to the process. You answered your own question as you rambled through all of your options. And, you know, we use ramble in a very positive way. It is most appropriate, and critical for the creative process, as it is called, for the understanding of one's own answers. You answered your own question. You had in all of your options of where you were supposed to go when you meditate. Think back on the one that is the answer.

- ⊗ I should ~ read that back to me. 😊
- ⊗ Just letting it be and just doing whatever ~
- ⊗ What was the little word he used?
- ⊗ I think that was it, just letting it ~
- ⊗ Nothingness?

Nothingness. Going to nothingness, being still, you see. All, everything else, even Higher Self is external to Self, you see. We will not go into this particular concept yet. We will introduce it now. It sort of slipped out. Oops. That is for much higher discussions. Understand that simply being quiet ~ do not go to Buddha ~ do not go to Amelius ~ do not go to Jesus ~ do not go to any of them. Go to nothing. Nothing. Simply sit, if you will, or stand, or walk, or whatever, movement or nonmovement, and simply be quiet. You see, one of the problems is the babbling that occurs from Conscious Self to Higher Self. "Well, give me the answer. Give me the answer. Give me the answer!" If someone were badgering you to give you the answer, what would you do?

Hang up.

So.

So, I will be quiet. 😊

But you understand what just occurred with this behavior. Unless you take the chance and you begin to speak of your frustrations, then you cannot come to resolution. Understand that it is not ~ again, we will say this ~ it is not some flash of revelation that occurs where suddenly you see the top of the mountain and you have found the way, you have found the truth. It comes in small steps and it comes through going moment by moment, behavior by behavior, and to trust

in an environment that is safe, just as you were able in this environment to speak out and to express your frustrations. And in that process, you found an answer.

There Are So Many Different Types Of Meditation. Which One Is Right For Me? (February 20. 1994)

I am a seeker. I go to different places and get information that I have to process ~ people who do Shaman, and things, they are ~ you are meditating in a group like that with different concepts and ideas and stuff.

Indeed.

They are talking about their power animals and their eagles and all this other stuff, and I am not. I have no identity with that and say maybe I would better get an eagle or a lion or something. I am not protected here, and all this. And I always come back to just ~ I cannot deal with it all. I just be still and I just let it go.

And that is appropriate for Self. Understand that there are many, many avenues on the earth plane for entities to travel to reach the same point, and that the practices that you have just described are one of the many different avenues. And they are appropriate for some, and for others they are not appropriate. And it is most important that you find what is appropriate for Self. Seek out, as you have, all of the different avenues that come before you, and take from each one what is appropriate. And what is not appropriate, do not take. Leave behind. And then come to that which is yours, you see.

Remember that in our discussion of organized religion, this is how organized religions become. It starts with an entity who has a belief that has been synthesized from many others, and then that belief begins to be taken on by others, not quite in the same way, but taken on by others, until suddenly there is a religion. This is the way it is. And thus, what you find yourself in your seeking is a need to synthesize. There are some who go into a religion and never leave it for the lifetime. They are not in the need of seeking. If you are seeking, then seek, and do not apologize for seeking.

Do not feel that there is something wrong with you, "I do not fit in this particular grouping." Well, of course you do not fit. You are seeking. You will find your spot, and you will find a spot in which you either will develop yourself, or you will find a spot, a group, in which your expansion will be unlimited, that they are expanding in such a way that your expansion would never outgrow them, you see. This is what happens. You will find your spot and you will trust in it. So, you go through this seeking now. Keep it up.

Breathing Techniques And Polarity Changes (February 20. 1994)

In reading books and listening to you talk about breathing, it seems to be a reversal in the way that the breathing is done, and I wonder if that has to do with shifts in polarity.

Would that have anything to do with shifts and polarities, he asks. We do like to answer obvious

~

I risk this silly question, but I am going to ask it. It is important to me.

And you know, we encourage all questions, and we do like to play with certain questions that come along, for it is what might appear to be an obvious response. And, yes, it is related to The Shifts and the polarity changes, but not in as significant a way as you might think that it is. It is almost what we have given in our session, what you might call a preparation. Wherever your polarities are at this point would not be disrupted by this. As the time nears for The Shifting, there will be a greater emphasis on different forms of breathing, and that will come as the time is appropriate.

And many of you in your meditations will hear those words that tell you to be breathing differently. You will know it. When you have particular polarities aligned in a certain way, breathing in the old way will not work. You will not be able to breathe. It is as simple as that, if you breathe in the old way. However, it is a question that we will most assuredly elaborate upon as time progresses. Simply, trust in the way in which we have given this particular breathing and movement exercise as preparation for, and guidance to, the information that you would need within your own vibration, and that it would fit wherever your vibrational polarities happen to be at this point, and at any future point, right up until The Shifting.

A Therapist Asks How To Help Someone Who Is Unable To Visualize

(February 20, 1994)

I have worked with some people in meditation and visualization. They say they have a lot of trouble just visualizing things. Are there any techniques that I could work with them to help them visualize, if people actually have trouble making pictures?

Oh, indeed. That is most difficult. Visualization, of course, is that abstractness that many entities have the difficulty with. To answer your question, we could give you one particular little trick, if you will, that helps. When you say visualize, an entity is having to use their thoughts, and concreteness comes from using the touch and the taste, the smell, the senses, that one has at concrete. You would have them, in practicing visualization, start with something very simple that is very concrete for them.

And thus, you could take something as simple as a rubber ball, this earth ball that is here. And you would have them do this. Now, in fact, take this small earth ball. And you would have them

hold it and roll it around in their hand and look at. Have them place it on their cheek so that they feel it there, and place it onto the mouth so that they are there. They would put their tongue onto it. You may do this. ☺ Mushiba will disinfect after you have left. Place the tongue onto it. Yes. Now, smell. Smell. Now, you are becoming acquainted now with this ball. Describe. Say what you have in your hand.

A representation rubber ball.

Not a representation! You speak like a therapist. No. Speak like your patient. What do you have in your hand, patient?

The earth.

You have a rubber ball that is the earth. Yes, this is how most normal people would respond. ☺ Now, what they have done is say what they have. They have felt it. They have smelled it. They have tasted it. They are seeing it. All of those senses. Place it up against the ear so that it has a sense of hearing and touching this. Yes. Now.

And now, let them for a few moments simply continue playing with this and becoming acquainted with this. And then once they have done this, while they are still holding this, tell them to close their eyes and to begin with their hands to feel it and to get a sense of what they are holding. They remember now what they saw, and also that is reinforced by the sense of the tongue and the nose and the ears. And then gradually, after they have felt this, ask them now to place it on the table, still touching it, but it is placed on the table, and they are not fully encompassing it with their hands. They are simply touching it, continuing to remember what it looked like. And then you slowly will take this away from them.

And then ask them to draw a circle. And this then is round, and it is the beginning of their ability to visualize it, because now they have used all their senses, and now they have drawn it also. And then it is appropriate to have them try to visualize it without it in their sight. And if it does not work the first time, do not despair. Do it again. And do not progress into more abstract visualizations until they feel that they can actually see or sense that particular item. Try that.

What if they are not a normal person?

Well, one would have to give definition to the word normal. Anyone who would come in saying that they have difficulties in visualizing would benefit, you see.

Well, now, it would appear that our timing has come to its closure, and we have left with you much information. You know, there is much. It will be available in written form for you to give reference to. We will have many other occasions in which we will gather in small groupings such

as this, for the information that we have given out is of course for the larger audience. We are most pleased though to have been with you for an extended period of time, and there will be other times when our sessions with you will be even longer. That is coming.

Having Visions Of Another Dimension

(February 21, 1995)

Am I understanding that what you are saying is that a whole portfolio coexists simultaneously, and we either choose, or are able to look at, different parts of it?

That is correct, my love. Yes. As you sit now in this gathering, you have the potential to be completely aware of all that exists. However, that can be a bit overwhelming. Thus, it is the reason why the earth plane, especially, as a training ground, has so much density to it, so much concreteness to it. But certainly, in your meditations, it is an appropriate time to bring yourself into multidimensional understandings. You can actually access the portfolio and view it as you would perhaps a mini-theater where you are able to see all of the plays stretched out, and see its entirety ~ all of the different illusions. In doing that, you would be able to see how they each connect and relate to each other, and that there is a sense of organization to the order in which they come and the way in which they are presented.

You see, many, many have thought it a bit confusing that the illusion that you are currently in seems to be less advanced than the illusion that came before it ~ The Atlantean Illusion. But we will not go into it in this session. We have raised the issue. But we will be discussing the reasonings for the ways in which illusions in the portfolio come in their sense of order. We will elaborate more on that.

Upcoming Topics Of Discussion Will Be Meditation And Reaching To The Higher Self

(September 05, 1995)

We will be devoting the next earth plane year to the topic of meditation, and the reaching to the Higher Self. We will do this in two ways. When we enter in for our first time in this month, each month, we will give you concepts. We will give you abstracts of meditation, and far greater concepts than simply what the earth plane knows as meditation. In our second session with you, we will give you concrete application to the concept.

What we begin to do now is present to you more concreteness to the abstract. It is our phase of the mission in which we bring to you a greater understanding of the fine balance between the abstract and the concrete. It is not good to be strictly in the abstract without any concreteness. It is also not good to be completely in the concrete without any idea of its abstractness. One without the other creates an imbalance. Imbalance, of course, is necessary to bring about balance.

However, our mission in this coming earth plane year, is to bring you into a finer tuning of balance with meditation, and reaching of the Higher Self. And, the implications of reaching the Higher Self are manifold, for it is the only way in which you will understand your own vibrational changes. It is the only way in which you will understand your place during these Earth changes. It is the only way in which you will understand how to connect with the other kingdoms on the planet, and indeed to connect with the planet itself ~ not only the concrete planet, but the abstract planet, the energy of Planet Earth, and to help you understand the earth plane as an energy, and your place within it.

Reaching your Higher Self will also enable you to understand your role in The New Illusion, if that is to be, and if it is not to be, to bring you a sense of peace with the realization that you will leave at the time of The Shifting, only to return new and improved. For hopefully, that is what occurs each time you return into the plane, you have improved. That is not always the case. However, that is all right also.

As all of us as energies change, it brings about growth, and growth brings about change. It becomes all too easy to be complacent, and to think that it is flowing, and it is fine, and you are very happy with the way things are going for you. Usually, if you are on an accelerated path, especially, The Universe will say, "All right, you have had a nanosecond to relax, now it is time for something new." Many energies find change difficult. We will be helping you to adjust to change, for it accelerates now even more than it has been. And if you recall, in the session that we last had with you ~ not in the music meditation session, but in our last Public Session ~ we indicated that during the summer months there would be a relatively tranquil period of time ~ not very much in the way of upheaval ~ and that once the autumn season approached, in this geographic area, that there would be some major upheavals.

**Many Forms Of Interdimensional Communication ~ With Higher Self, With Spirit Guides,
Focusing In Meditation, Daydreaming, Being In A Creative Process
(October 03, 1995)**

Many of you have developed your skill at communicating with your Higher Self. That is interdimensional communication. Many of you are able to communicate with your Spirit Guides. That is interdimensional communication. Many of you simply focus yourself in the form of a meditative state, as you would call it. That focus is an interdimensional communication.

Whenever you move out of concrete awareness in this dimension in which you find yourself rooted, you are in another dimension, even though you may feel that you are fully in this consciousness. Daydreaming, as it is called on the plane, is a form of interdimensional travel, and interdimensional communication. You are seeing things in a different way. Daydreaming ~ it is a most wonderful pastime. Many of you utilize it to an advantage, to help you to become more creative, to feel more in touch with the creativity component of your spirit. The creative process, whatever it happens to be, is a form of interdimensional communication. Just about anything that you would do would classify itself as interdimensional communication. What you do,

however is root yourself so that you do not get lost when you go into interdimensional travel modes ~ it could be quite easy to do.

Think about your own journeys in this concrete illusion that you find yourselves now. You have a point of reference. You know where you came from, most of you, on a general day to day basis. You have your shelter, your point of origin. From that point of origin, you travel each day to different spots. You travel to where you are employed, you travel to where you play, you travel to other entity's homes, you travel here. You know however, how to get back to your point of origin. You are all gathered here. When you depart from this gathering, you will automatically go to your point of origin, your root.

So too does this occur interdimensionally. Many of you realize that even in your root dimension you move from one point to another point oftentimes and do not remember the journey. "How did I get here?" It was an automatic reflex. You were, in actuality, in another dimension while being pulled, energy wise, back to your point of origin in this dimension. It was a road map for you, energy wise, to follow.

Thus, it is when you go into other dimensions, you may not remember the journey at the conscious level. You may, indeed, be remembering it in another dimension and not remembering it in this dimension. All of that knowledge is stored in your soul for when you need to pull upon it for use in whatever dimension you happen to find yourself. When we speak through Mushiba, there is an interdimensional communication technique that can be learned by any entity, but it does take practice and it does take commitment.

When you go and listen to entities who are, what is called psychic, they are speaking from another dimension. They are gaining their information from another dimension. All information is valuable. It is valuable to the audience to whom it is intended. Just as you would communicate in this dimension with certain entities and not with other entities, so too, does interdimensional communication from dimensions, other than the one you currently are in, operate. Our words are not meant to be heard by everyone ~ yet. So too, when you read a newspaper or a magazine, you are meant to read that information. Others may not want that information, and therefore, do not even show an awareness for that information.

Interdimensional communication is one of those behaviors that is going to increase in its intensity from now until The New Illusion presents itself. Once into The New Illusion, there will be a naturalness, for a short time on the plane, of awareness of interdimensional communication by those who remain after The Shifting.

Many, however, between now and that Shifting, will be shown their own abilities to communicate interdimensionally, if only for a brief time before they depart the plane. They will be given, shall we say, a rolling narrative of their point in development of interdimensional communication, what dimensions they communicate in more easily, and what dimensions they need to develop their communication skills in.

When you communicate with The Mineral Kingdom, that is interdimensional communication. Stuart does it without even realizing, speaking to The Mineral Kingdom ~ the emissary to The Mineral Kingdom. (Stu Benson, owner of Stone Age) When you have animals and you feel a sense of them, their energy, you are communicating interdimensionally. Just as in this dimension, when you simply understand information that comes to you, so too, does this occur in other dimensions. You simply understand it and you bring it into the dimension in which you need to use it. Information that you learn in this dimension you take with you interdimensionally.

The more that you develop your interdimensional communication, the greater will be your ability to communicate within Self. The more that you are able to communicate within Self, the greater will be your ability to communicate interdimensionally. It is a cycle. It is much like the issue of respect. The more that you RESPECT SELF, the more you are able to RESPECT OTHERS. The more that you RESPECT OTHERS, the more that comes back to you, and you begin to RESPECT SELF even more ~ thus, The Cycle. The more positive you are, the more positive you become. The more negative you are, the more negative you become. It is an energy cycle. Energy is positive, energy is negative. It is up to you to determine which cycle you want to be in.

Our topic for the coming earth plane year, as we have indicated to you, is meditation. We will be focusing on techniques to develop, within yourself, interdimensional communication. We may even take you on an interdimensional journey in one of our gatherings with you, to show you certain techniques that you can utilize within Self, interdimensionally. It is no big deal. There is nothing to be in awe about. "Oh Mushiba, she must be most advanced. She is able to allow a high energy to speak through her." There is nothing about that, you see. It is simply a practice. You all are capable of doing this.

You are all capable of bringing in information from other dimensions through other energies. It requires a commitment on your part. It requires a dedication, and it requires a goal for you. Do not look in awe at anyone who might have this ability. They have worked very hard to achieve it. There is nothing magical about it. Each of you have skills that you have developed. You each have gifts that you have been given, and you develop those gifts to Be of Service to Others, to be of benefit to others.

Interdimensional communication, through this form, is simply a skill that has been developed, and once a skill is developed within each of us, The Universe expects us to share it, to teach it, and to Be of Service to Others in a selfless manner. So, when you look at others who share information interdimensionally, view it simply as their job, just as each of you have a job to do. It is a sharing of the gift that comes from hard work. Nothing is achieved without working at it.

Spiritual paths are paths. There is no such thing as a spiritual path that is different from any other path. Every path is spiritual. The fact that you are on your journey means that you are on a path and it is spiritual. Others may view it as negative, "Oh, you are a mass murderer. You could not

possibly be on a spiritual path. You must be on a nonspiritual path." There is no such thing. All paths are spiritual, for the lessons that are learned by the entity, and the lessons that are taught.

Remember what we say so often ~ do not judge. The mass murderer may indeed be teaching, and have come from a very high realm of awareness, and there is Group Balancing involved in the behavior. It is the most difficult component of life in this dimension you find yourselves. Do not judge what you consider bad behavior, evil behavior. You must not judge that. As you begin to understand your own interdimensional energy form, you will begin to understand the significance of not judging, and it will become easier for you.

Often, when you travel interdimensionally, you are able to look into the dimension in which you are rooted and see things differently ~ not consciously, but it goes into your vibration, your soul memory. It helps you as you travel along your path. Your path is not just here in this dimension. You must shake yourselves of that idea ~ that this is all there is.

The entity next to you may not be even rooted in this dimension. However, when you travel interdimensionally, just as you in this dimension may find yourself next to an entity who is not rooted in this dimension, so too, will you find yourself in another dimension with someone who is rooted in that particular dimension who thinks that you are rooted in that dimension. If they are advanced enough, they will recognize that they do not make that judgement. So, in some dimensions, you will meet up with rooted entities in that dimension, and you will be the unrooted, just as you may be with an entity in this dimension who is not rooted in this dimension. We have much to share with you in this regard in the future sessions we have with you.

Interdimensional communication ~ it is an area of abuse, oftentimes now, on the plane. The ability to allow the speaking from another dimension through an energy, such as we do with Mushiba, while easily achieved through hard work and practice and experience, is not always coming from a spiritual perspective.

As we have said to you so often, you must challenge the information that comes through. Even if it is a magazine that you read, you would challenge the information if it does not feel right. Thus, there are many entities now speaking interdimensionally who do not have the very highest motives in their behavior. It is up to you to determine if their level is the same as yours. They are intended to reach certain audiences. You may not be part of that audience, and you must simply say, "I am not part of this audience. I will find another source of information."

This is also a time of abuse by those who speak through. Many will present an elitist arena to their audience. You must be most careful. Some of you need to be presented with this ego-testing type of behavior, but in the end, there is nothing elitist about being on your path and having a job to do. Remember, there is no one who is special in that regard. You each have a path. You each have a task that you have determined to do. With it, you have gifts and talents, and you are here to bring greater depth to those gifts and those talents through.

There is an attitude currently on the plane of what we have referred to as spiritual elitist ~ those who think they have some special key to gaining spiritual awareness and becoming better than another. There is no such thing in The Universe as an entity who is better than another. You may have different awareness levels, and those awareness levels are achieved through hard work and study. It is a school. It is no different than any school that you go to. You learn in this dimension, but you also learn in other dimensions that increase your level of awareness. Then, in whatever dimension you find yourself actively participating, you utilize whatever information you need to accomplish what has been asked of you in any particular dimension.

Meditation is only one form of finding your answers. Meditation is a connector for many energies interdimensionally. It is the road for many to move out of the root dimension into another dimension. It is the tunnel that is used. For many entities, there is no need to do this formal meditation. They simply have developed the ability to move interdimensionally, even while speaking with you in this dimension and appearing to be very focused on you, they are also working in other dimensions. They have traveled in other dimensions. Meditation, however, is the most commonly used vehicle for the development of the skills of interdimensional communication and interdimensional travel.

Think of it as a tunnel in which you simply walk through and journey from one room to another room. It is the connector and it is filled with the Light ~ it is filled with protection. To travel interdimensionally without protection is a dangerous activity. This is where some of the abuse currently exists on the plane. You are shown how to travel or communicate interdimensionally, and you are not, however, shown the technique to protect yourself. This is a necessity, the protection of Self, in whatever form that might take. It is not necessarily that you must visualize White Light ~ that is a concrete component. Many entities simply protect themselves. They do not need to visualize anything.

Visualization is a technique used to help you develop your skills. The goal is to not have to visualize anything. Many are able to do that. Most are not. Those currently on the plane who are not, are developing their abilities to do so. That is why there is such a rush among the population to learn of meditation, to learn of the visualization, to learn the chanting that helps them to focus, to listen to those who appear to have developed those skills.

Our only job here is to help you find the balance in your path, and to help you in preparation for the changes that are occurring now and will accelerate, and to empower yourself with your own abilities and skills to advance your own awarenesses, and then to help you to use those skills in the service to The Universe.

Another Type Of Vibrational Adjustment Relates To Interkingdom Communication

(October 08, 1995)

Another type of vibrational adjustment relates to Interkingdom Communication. It brings us now to a discussion of vibrational changes as they relate to the changes of the planet, as they relate to the coming of The New Illusion and as they relate to your adaptations to a changing illusion. Vibrational adjustments reach an exaggerated form at the time of an illusion change. Most of those vibrational adjustments are unseen. However, in their unseen quality, they bring about dramatic physical, concrete changes. You cannot see a vibrational adjustment. You see only the results of it.

The earth, in its cleansing now, reaches out to those who share its vibrational field. The earth attempts to communicate. With many of you, the earth has been successful. With many of you, it has not. It is not a negative or a positive statement, whether or not you have communicated with the earth. It simply is one way or the other. You do not have to communicate with the earth. Not all currently sharing the earth's vibration are meant to communicate with the earth. The majority currently on the plane will not be sharing the earth's vibration in The New Illusion. We are on the record with that information.

**Another Type Of Vibrational Adjustment Relates To Those Who Communicate
Interdimensionally By Allowing An Energy To Speak Through Them
(October 08, 1995)**

Another type of vibrational adjustment relates to those who communicate interdimensionally by allowing an energy to speak through them. There are many on the plane now who do this. The way in which we speak through Mushiba requires vibrational adjustments. Those vibrational adjustments vary from entity to entity and are determined by the type of energy who wishes to communicate through.

We indicated before our summer retreat that there would be a tightening of the energy field, and we jokingly made reference that many of you would also be experiencing this tightening and would perhaps, then, not worry about dieting. It was a joke. Many took it literally in thinking that there would be a shrinkage of the body, the encasement. That is not what was said. What occurs in this particular situation with Mushiba was a tightening within the vibrational field that gave a much greater foundation of energy for us to enter through, and also strengthened her own abilities in working with energy. It gave a greater strength to the overall vibration. It enables us to come and go much more quickly and much more easily. When you see that, it is a result of a vibrational adjustment. We come and go much more quickly, with much less effort.

Each vibrational adjustment that Mushiba has gone through, in our time speaking, has been necessary so as to strengthen our own mission. This is true of any on the plane who communicate in the way that we do. When there is channelling, as it is so often referred to ~ we prefer interdimensional communication to the word channelling ~ there is need for vibrational adjustments, even if it is Higher Self that is speaking through, but more importantly, when it comes from an outside energy source.

If one were to claim that they do not have these kinds of adjustments, that it is all very easy for them, then you must question whether they are actually bringing through a legitimate source. It may simply be their Higher Self. Any energy who allows an outside source to communicate through by use of their encasement undergoes periodic vibrational adjustments. It is critical. If it does not occur, there is something negligent in the process ~ in those who are working with this ~ whether it is the energy on the plane or whether it is the outside source.

Vibrational adjustments are critical, periodically, for a realigning of the energy field. There is tremendous stress placed on an energy field, such as Mushiba's, with the comings and goings of an outside energy. It does not appear to the outside world that there is any stress occurring, but there is. Mushiba hides it well, for one thing. It is very natural for her. Others do not hide it as well. The more developed the process becomes, the easier it is to appear to not have stress within the vibration. There is stress. At the same time, there is calmness. But periodically, we have to shake up the vibration in order to soothe it. This is what occurred during this summer retreat. It was a time of adjustment of Mushiba's physical, what you call, thermostat. It is continuing to be adjusted. It is not completed yet.

What we have described to you with Mushiba is partially related to the Earth changes and the coming vibrational shaking. The earth is undergoing tremendous stress, vibrationally. It is being cleaned out in parts of its field, and in other parts of its field, it awaits cleansing. It is not all happening simultaneously. As one component is partially cleaned, it is soothed and then it awaits its next cleansing.

It is up to higher sources working with the vibration of the planet to assist in that vibrational adjustment. It is also up to many on the plane to assist in that vibrational adjustment. The result of vibrational adjustment will show in ways that you would not expect. To those who would not have the awareness to recognize it, no amount of description from us would enlighten you. To those who would recognize it, it is not needed to be discussed.

That awareness comes from observation. If one would complain, "Well, Waith, if you do not explain it to us, how will we learn?" You will learn by knowing it exists and by seeking it out and observing. You will not learn by us describing it, for you would be incapable of understanding the description. This is the way of The Universe. This is how you learn. After you have learned it, you understand it.

We give you certain descriptives that are appropriate for your search for the incident that will be observable by you, and therefore able to be learned by you. This relates to vibrational adjustments. Many were waiting to see Mushiba at the end of the summer retreat. What would she look like? She has taken the wart off the end of her nose. She does not fly on her broomstick any longer. There is no visible change. There is a behavioral change. There is an attitude change. There has been an infusion of Higher Self.

But more importantly, there has been an adjustment that enables our mission to be stronger, and therefore enables her mission and the mission of Terra Lux, and therefore, the mission of all who would come within our vibrational field to be stronger, to have greater capability in growth. Vibrational adjustments, then, simply mean the recognition of change and the recognition of growth, attainable by all ~ necessary, in fact, for all. Nothing elite about it.

**Waith Gives An Introduction To The Sessions That Will Follow ~ For Meditation
(January 16, 1996)**

Our topic for this earth plane year is THE SEARCH FOR SELF. We will focus on Meditation ~ the Concepts and Techniques ~ that will serve as a guide for you in the SEARCH FOR SELF.

Each of us has our own very particular and unique journey that may bear resemblance to the journey of another, but is unique in itself. So, each of you would SEARCH FOR SELF, on one hand, in very similar ways that others would SEARCH FOR SELF, but on the other hand, in very dissimilar ways ~ in fact, in ways unique only to Self. It has been our premise from the beginning of our discussions through Mushiba, that meditation is unique to the individual and that you would find your own way of meditating rather than adhering to what another tells you is the proper way to meditate.

There are many tools available to assist you. Utilizing a particular sound that helps you to focus your thoughts is one of those tools. Positioning your encasement in a particular way can be, for some, a useful tool. Sitting with the legs crossed, as is commonly called the lotus position, is appropriate for some. For others, it is not. Sitting straight in a chair may be appropriate for some, and not for others. Laying on your back may be appropriate for some, and not for others. Driving in your automobile on automatic pilot, oftentimes, can be a way of meditating. A favorite hobby in which you find yourself absorbed in the joy of the activity is a way of focusing your thoughts and meditating.

Meditation, then, takes on many forms. Be careful of those who would tell you how to meditate as the one and only way to reach the Higher Self. This is false. There is no one and only one way to reach the Higher Self. There is one and only way for each of you as individuals to reach your Higher Self. It is certainly useful to talk with others to compare and contrast, to gain insight into how another focuses. It is important, however, to keep in mind that that is the way another does it, not necessarily the way that you would meditate, but you would find the information useful to synthesize within your own frames of reference.

What is important in The SEARCH FOR SELF ~ and this I want you all to pay very strict attention to ~ is everyone paying very strict attention now as we tell you what is the most important component of the search for Higher Self? Relax about it. And be lighthearted about it. Relax! All of you now relax. Relax. Move your encasements a bit. Wiggle your encasements a bit. Relax. Move your bodies a bit now. There is not enough movement of your encasements, and we do

not mean this exercise ~ what is it, steel buns? ☺ This is not what we mean by movement. That, of course, is an appropriate type of activity for some, but not for everyone.

We would begin a bit with you in this relaxation. Please, all of you, stand. Yes. Now, we will use you as an experiment. Yes, you stand at attention, my son! You are quite rigid there. Now then, we will simply stand here for a moment without saying anything or giving you any direction. We want you to observe what occurs with Self and with others. (There are a few moments of silence)

Some of you refuse to budge an inch ~ refuse to move a bit. There is a naturalness in simply allowing the body to move to your own sound, my loves. This is an important part of relaxation, to allow yourself to hear your own sound, not music coming externally, but sound coming from within, your own unique sound. It is what makes some energies move more than others, for they have connected with their own sound.

Many feel very tight within their own energy field and do not exhibit movement of the encasement, especially when others are around, for it might imply that there is something very strange about that person because they move, and there is no music to be moving to. Instead, you find the comfort from within. The SEARCH FOR SELF must start with comfort from within, and to simply allow yourself the freedom to hear your own sound. It is not going to be bells and whistles and organs loudly proclaiming notes. It will simply be the essence of Self.

Begin to experiment, my loves, with moving, and allow all parts of your body to move. When you speak with another and you are standing, move a bit. It will be quite distracting to those who are not attuned to the concept of movement, but it also will help in understanding softness and comfort from within, for the more comfortable you are within Self, the easier it becomes for you to respond to your sound and to be who you are.

Ah, much better, much better. (Refers to people beginning to move a bit) Experiment with moving your arms about. Move your arms about you. Feel your own energy field. Move your arm up over your head. Feel the Energy Center above, and move your arm down in front of you and around your hips and around your heart. Feel all of your Energy Centers. Fluffy your Energy Centers. Much better! Much better! Yes, you hug your energy field. Hug your energy field. Much better. Much better. Relax. Now you may relax back into a position for discussion ~ bring your encasement into that which comforts you.

So then, most importantly in The SEARCH FOR SELF is the seeking of comfort within Self and the relaxation. This is your journey. It is no one else's journey. There are no rules that you must abide by. We will not be giving you rules during this coming year. We will be giving you techniques. We will be giving you counsel, guidance, tools to play with, to determine if they are appropriate to work within your attempts to reach Self.

This gathering now is meant to be the introduction to the sessions that will follow for meditation. When we enter in for the next gathering, there will be one from The Company who will participate and who will give a sense of perspective from the mission that he is involved in with Waith and Company. And thus, we will begin to give you each month, as a time block on the plane, the perspective from one of The Company members. Coming in first will be one who does not enter too often, and that is Jenjura. Jenjura is The Librarian, as we refer to him in Waith and Company, whose primary responsibility is to search out the records in the Universal Consciousness to help us all in responding appropriately to the questions that you would pose of us, for there is a webbing effect of all energy that creates confusion at times as to who is actually asking the question and how it would be best responded to. He is the energy who is available for any who would seek him through meditation, to help in searching for answers for Self and to have him help you reach your soul and the Universal Consciousness.

Remember that all energies are capable of directly going to the Universal Consciousness for the answers. It is simply an undeveloped skill that most energies have, and the journey is to partially develop those skills. That is why intermediaries, such as we, are available to help you to develop your skills of reaching directly the Universal Consciousness.

Thus, meditation will be our focus for this coming earth plane year. We have provided journals of plain paper that you would perhaps utilize, as you are seeking Self, for insight that you might record or a particular technique that you have heard another give to you that you would like to treasure a bit.

Now then, we are going to give you a bit of a sample of reaching the Higher Self. There are many energies on the earth plane ~ in human form, especially ~ who have the ability to work with energy in such a way as to assist another in reaching the Higher Self. Oftentimes, you will try to reach the Higher Self. You will sit there and you will say, "I am going to focus very, very strongly now, and I want to reach my Higher Self." You will be very diligent in this. You will have candles all around and the music will be playing and it will be a nice, quiet environment. You will sit there and you will start thinking about how you cannot reach your Higher Self. You are trying awfully hard, but it is not working, no matter how you place your environment to be conducive to focusing.

There are energies on the plane who can bring you, through meditation, into that higher level. It is an ability of the usage of the energy fields. It is done so as to show you, personally, that you too can reach your Higher Self. And it is all right to have another be the facilitator, for most on the plane need the facilitation component before they are able to go on their own.

**Waith Facilitates A Technique For Meditation, Going Into Higher Levels ~ From Concrete To Abstract, And Back ~ And Saying That This Exercise Is Something That You Can Utilize Yourself, And Will Help Relieve Stressful Times
(January 16, 1996)**

Thus, we would want you to do very, very particular movement now, my loves. We would want you to position yourselves anywhere in the upper level here, in The Harmony Room, if you would want, or in the Meeting Area here. You can sit. You can stand. You can lay down. You can do whatever you want. When you have positioned yourselves, we will then speak to wherever you are. We will be maintaining our energy field where we currently are, but will move about a little bit. We will give you an example of meditation your own way, but within parameters that we set in this particular gathering. So now, my loved ones, move about and find a spot where you would like to be and be in a position that you would like to be. Fill the space with your energies ~ into The Harmony Room, give your energies to The Harmony Room. Are we now in The Harmony Room, comfortable?

Each of you now take a nice deep breath in a way that feels good for you, but do this slowly ~ deep breath and hold the breath, and gently let out the breath now. Ah, another breath, deep within Self, and let out the breath. You are relaxing and you are feeling protection from your Angelic Protector and your spirit guides. Call upon them now and bring them into your energy field. Call them ~ Angelic Protectors, spirit guides.

It is time to journey into that which is the Soul. You begin your journey at the very bottom of your encasement where the energy fields are meant for grounding ~ and you release the groundedness of the energy field. You feel the release now moving through the energy field, upward, filling your encasement. As you move upward, release the groundedness ~ release ~ moving upward. When you reach the middle of your encasement, you will be at the point of separation of groundedness and abstractness.

You move further up now into more abstract, leaving behind the groundedness. Feel the clicking of release upward into that which is the Heart. Slowly, moving upward, you move more and more into abstract as you reach the Crown Energy Center. All of your groundedness is released. Feel your energy swirling about on the Crown Energy Center. Feel the energy moving around and around, around and around ~ rapidly moving now. You are preparing to move out of the dimension of concrete and into the dimension of abstract. This dimension will bring you to the dimension known as Higher Self.

You are swirling now, swirling ~ your energy gains momentum. Your energy rapidly moves, around and around. You are moving interdimensionally, around and around and around and around. Feel yourself moving into your dimension of Higher Self. It is a greater awareness. You are now in the dimension of Higher Self. Relax. Say hello to Self.

You stop swirling, and you rest. You are in the Higher Self Dimension. Higher Self now shows you the dimension of Soul. You see that dimension where your soul is. We open that dimension for you now. It is open. You need have no effort to move into it. We facilitate. Move now into the dimension of Soul. Your Angelic Protector guides you. You are safe. Relax in the dimension of your soul. Your soul has something to say to you. Listen. Do not ask questions of Soul ~ only listen.

Soul has given you information about your journey. You know now where the dimension of Soul is located. You move now back into the dimension of Higher Self, filled with understanding given to you by your soul. We close the dimension of Soul now, and it is time to return back into concrete. You return in the way that you left. Begin your energy movement swirling around and around, feeling the energy. You are strong. You are strong. Feel the movement bringing you back to the Crown Energy Center. Slowly now, unwind your energy ~ resting on the Crown Energy Center. You are still abstract, but you are back in the concrete dimension. Experience the difference ~ the sensation of being abstract within the concrete.

Bring yourself now, slowly, back into groundedness. Move your energy downward as you did when you were upward, slowly moving down to the Heart, bringing your energy to fill the Heart, moving to the middle point of your encasement ~ stopping for a moment ~ for the transition now of groundedness and abstract occurs. Take with you the abstractness and merge it now with the groundedness, slowly moving downward, downward through the encasement until you reach the very bottom of your encasement, and bring the merging of the abstract with the groundedness into the feet and feel your entire encasement now filled with the merging of groundedness and abstract. It is the balance. You experience what the balance feels like.

Slowly, bring yourselves back, fully, into the concrete illusion, staying relaxed and comfortable within Self and the space that you occupy in this gathering. Allow your sound to come through and move a bit as you acclimate back into the concrete illusion in which you are rooted. We sprinkle you all with energy. Come back, come back, wherever you are!

Ah, a much better flow of energy now than when you all first began this. Much better. This exercise, my loved ones, is something that you can utilize yourselves. The process of moving from groundedness into abstract is most useful, especially in times during the day when you might feel very stressful. Simply take a few moments for yourself ~ find a spot. It could be the bathroom. For most of you, you would not be interrupted if you were in the bathroom. Use this as a way of bringing back a sense of balance into your energy field, for you will quickly now begin to have a diffusion of the merging of the energy. That is normal.

If I Wanted To Contact My Higher Self In Meditation, Would I Be Successful In Doing So, Or Reaching An Outpost At Least, If I Asked For That?

(February 06, 1996)

Jenjura: One of the greatest misunderstandings on the earth plane is this concept of asking. Yes, you must ask in order to receive our help. You must ask in order to bring yourself into yourself. However, asking is not all there is to it. There is a saying, "Ask and you shall receive," on the earth plane. This is a misinterpretation. Ask, yes, but you also have to work at it. It is not just automatically going to be given to you. Ask and you may receive, if you help it out a bit.

And to respond to your question of whether this is the appropriate time to ask the question, it is for the First Phase of your question. The Second Phase we will address in our next time with you, to give you techniques to help you once you have asked ~ that intermediary step of receiving. There is a huge block in between there that involves you and The Universe. You have asked, but now you have to help it out a bit.

This is why you are told that you must continue doing all of the things that you do on the earth plane even though you know there is an illusion change about to occur. You must not suddenly stop paying your rent, as you would call it. You must continue on as if this is what is going on, and at the same time, you are working with The Universe. So, you are working concrete and abstract, and you have that missing piece of, "After asking for help." You now must do this, this, and this. It is quite easy, actually, but most energies on the plane make it more difficult.

This technique will help you to go to an outpost, perhaps directly to your Higher Self. We are concerned in this time frame with you of bringing you to the dimension of Higher Self and any outpost along the way. There will be another time later on in the illusion in which Waith will give information about the same process, except starting from Higher Self and going into Soul.

Some of you may have experienced meditations with Waith or with Mushiba in which you are brought into your soul. They have an ability to cut through the maze and bring you right there, to the Soul. It is not an easy technique. It is one that anyone can develop, but again, you must work at it. Some of you are able to go right to your soul. Many who would read the words that we give, now, have the ability already to go right to the Soul, or they have the ability to go right to the Higher Self. Most, however, on the plane, struggle, and that is who we speak to, those who need the techniques to help along the way.

Are The Techniques The Same If You Want To Reach The Higher Self Versus, Say, A Guide? (February 06, 1996)

Jenjura: They are different, and yet they can be the same. We will explain that in our next gathering with you, my love. We know, you are now quite anxious, and we will look forward to being in your energy field as we bring those techniques to you.

Do our Higher Selves and our Soul, and all those in other dimensions that we might address, do they hear us clearly when we speak to them?

Jenjura: I was warned by Waith! 😊

Do you hear me clearly when we speak?

Jenjura: It is actually rather difficult to explain to you how the communication comes through. Waith does not actually hear you, as you define hearing. I do not hear you as you define hearing, but I hear you. All the levels of Self, potentially, can hear the chatter within the levels, but because there are so many blockages within Self, the doors can be closed at any point in the energy field. There may be a window open over here, but a door is closed. So, you may hear faint chattering or you may hear loud chattering at any point in your existence. That will be addressed from Waith. That is a topic on his menu.

It is time for us now to return in our dimension and for Waith to enter back in and smooth out the energy and give his farewells to you. Thank you all for such a wonderful welcome. Your energy has been most soothing and most enjoyable. I hope that I have been able to give to you a simple understanding of something that, even for me at times, becomes very complex and frustrating to understand. I look forward to being with you in this next gathering, to give you the concrete applications.

We give to you an energy, simply a soothing energy, and relax. The SEARCH FOR SELF is eternal. You do not have to do it in this lifetime. And you certainly do not have to find it in this lifetime. Farewell to all of you.

Search For Self, Continued ~ Meditation Concepts And Techniques (February 20, 1996)

We are continuing in this session with, now, an application to the concept that Jenjura was giving in the last session. Jenjura talked of his role in, not only the mission of Waith and Company, but also his basic mission currently in his path, and that is to work in the records in the Universal Consciousness to assist in smoothing out that webbing effect that all of us as energies have. Since he has given you the concept, he will now enter in and guide you in applications to help you in finding your own way through your own web.

Thus, we will allow, now, Jenjura to come in and guide you in certain meditation techniques that you can then take with you for quite some time now on the earth plane to come. It will help you in your SEARCH FOR SELF. It is, in actuality, the first step in the SEARCH FOR SELF ~ that being the ability to work through the webbing, or the maze that makes up your energy field. So, we shall return upon the completion of Jenjura's techniques and will answer any questions that you may have at that time. Enjoy the journey that Jenjura takes you through now.

Jenjura Gives A Technique ~ To Help You Get Through Your Own Webbing Of Self (February 20, 1996)

Jenjura: Blessings to all of you. It is with great pleasure we return in this session after our last session, and it will be one of the last times that we gather in such a grouping, for our work keeps

us in the stacks, so to speak, of the library. We are most pleased now, then, to continue in our discussions of the webbing energy that surrounds each of you ~ each of us.

In our last time with you, we presented to you the complexity of the webbing effect. It is not as complex as it appears to be, however. It is quite easy to work through your own web. We will now, in this gathering, give you a very particular meditation technique to help you get through that web. We do not guarantee overnight success. Do not be looking for what you call a quick fix. This technique, for many of you, will need to be worked through, and in some cases, many earth plane years before you are able to adequately smooth out your web. However, this technique is designed to help you to move into one of the Way Stations along the way in your journey to find Self.

It is important that you be seated for this technique. To stand for this technique is not appropriate. The seating position enables the webbing effect to truly take on its own identity. By seating your encasement, you allow all of the nooks and crannies, as you call it, in your physical encasement to expand and allow all of the nooks and crannies of your energy field to fill all the nooks and crannies, as you would call it. If you were to stand straight, it would actually be disruptive to the webbing. Thus, it is important, then, that as we begin this technique, you are, first of all, seated, and that secondly, you have your legs in a relaxed, open position so that the ankles, as you call them, are not crossed. You may have your feet flat on the floor, or you may have your feet stretched out, as many of you have.

You would now place your hands in a very relaxed position beside you ~ yes, beside you. It is time now to slow down your vibration. You begin first by calling upon the very Highest of the White Light.

Repeat after me. (Repeated)

- I call upon the very Highest of the White Light.*
- And I call upon my Angelic Protector.*
- I call upon my spirit guides.*
- I ask you all to gather now.*
- And surround my energy field.*
- With your protective and guiding white light.*

And now, breathe in slowly. Breathing in through the mouth, take a very slow and deep breath and hold it, and breathe out through the nose. Allow the breath out through the nose ~ in through the mouth and out through the nose. Slowly, once again, in through the mouth and out through the nose. Slowly again, in through the mouth and out through the nose. You are relaxed. Your hands are by your side. Remember to keep your hands by your side. You are relaxed. You are clearing your mind. You are now beginning to visualize a long pathway free from any obstacles. The pathway is straight. It is your pathway. It is wide open. You are able to walk easily

on this path. The path you see is your beginning journey. You begin to walk on the path, and as you walk, you are seeing your energy swirling around you.

Repeat after me ~ (Repeated)

- *I see my energy swirling around me.*
- *Again. I see my energy swirling around me.*

Enjoy the feel of your energy as it swirls around you. You are feeling covered by your own swirling energy. Allow yourself to feel the swirling. Enjoy the feel of your own energy surrounding you.

Repeat after me ~ (Repeated)

- *I love my energy.*
- *I send my energy all the love.*
- *All my love from all my levels.*

For a moment now, feel the love of Self ~ feel the love of Self. It is time now to begin working out of the swirling energy. Visualize a net in front of you as you begin to walk down your path. You walk into the net, and the net surrounds you. It is very light. It is white. It is filled with energy. It is filled with knowledge. It is your knowledge. It is your net. It protects you. It guides you. It contains all of the knowledge of your path. Feel it surrounding you. Envision yourself now, placing your hand onto the net and touching a very small part of the net.

Repeat after me ~ (Repeated)

- *I call upon my own knowledge to give me enlightenment of my own path.*

Feel the energy transferring from the net where your hand is placed and running through your energy field and through your encasement. The energy contains a very small piece of information about you. Allow the energy to flow into your Heart Energy Center and feel the energy focusing within the Heart Energy Center, surrounded by love of Self. Allow now that energy to flow slowly upward to the Crown Energy Center. It slowly moves up to the Crown and rests on the Crown Energy Center.

You are now able to access the information contained in this energy that comes from your net. It is information that only you will know and it will guide you in what to do next. Listen now to the knowledge. It takes only a moment for the information to be infused into that which is your Conscious Self. You have now been guided for the journey. You will slowly and very calmly relax to a much deeper level and receive greater information now. (There is a pause)

We bring you back to the Crown Energy Center ~ slowly returning to the Crown Energy Center ~ filled with new information. You slowly now, begin to envision the net that surrounds you, and you return your hand to the spot on the net from which you gained the energy and the information, and you close that spot with your own energy field. The net is smoother now, for you have taken the knowledge and placed it into your own vibration. Now it is time to return back into the Conscious Self, knowing that the knowledge you have gained is in your conscious awareness level, and you slowly return to conscious level ~ slowly return ~ knowing that you have gained knowledge of Self. Return ~ return.

Breathe deeply, this time breathing through the nose and out through the mouth. Again, slowly breathing through the nose and out through the mouth, releasing the energy. Thank your spirit guides.

Repeat after me ~ (Repeated)

- Thank you, spirit guides.*
- Thank you, Angelic Protector.*
- Thank you, Universal Consciousness.*

Relax.

This is the technique. We will explain to you how you utilize this now. First of all, the technique of going to the net is one that can be repeated over and over and over again. Each time that you go to the net, you take out a piece of the webbing effect. That is the knowledge. And you bring it into Conscious Self. And when you return to the net to place your hand on the spot from which you have taken the energy, you are essentially, then, smoothing out the net. As you do this over and over again, eventually, you will have a straight line that used to be a net, for you will have taken the holes and the nooks and crannies out of the net. All of those envisions are knowledge of Self.

Some of you have a very, very wide net, meaning that not much smoothing out needs to occur. As you would look at a web, you would see wide distances between the threads. Some of you have very tight nets. The closer the threads are to each other in the forming of this net ~ or the web ~ the greater your challenge to smooth out the net. As we had said in our last time with you, some entities on the plane are just now beginning to work on smoothing out their own web, and others are close to the smoothing out.

It matters not where you are in this process. You do not go to another and indicate that you have envisioned a very wide net, and therefore, are highly evolved. The moment that you do some behavior like that, your net will close in around you and you will be back where you started from. Be most careful of boasting of your accomplishments. It is not important to talk with others of your net ~ your web. Talk only of what you, perhaps, learn from going to your own web.

We have one final comment. What we gave to you was a guided meditation. For you to utilize this technique, you could try a number of ways of implementing what we have given to you. You could have someone read the words for you onto a tape that you could use to guide yourself, and also to have the timing. We shortened the time frame. For example, when you go into the lowest levels of contemplation, we kept you there for a very short time. You could time this so that you stayed for many earth plane minutes.

You could do the tape yourself. You could record yourself, using your own voice to bring you into the meditative state. You could also simply know what the words are that we have given to you, and bring yourself into that visualization without the use of an external voice, but rather, to utilize your own voice. Or you may find another way to be easiest for you. This is a technique that could very easily be used in group meditations where you have a facilitator ~ such as when Mushiba conducts group meditations ~ in which you would then participate in a longer meditation.

We have given you the technique. This is the beginning. As each of the others in The Company come through to give you the SEARCH FOR SELF from their perspective, it will add to your meditation portfolio, as you would call it. For if you are to truly learn how to balance within a group, which is the responsibility of Teetee ~ and she will give you concept and technique ~ you must also have the ability to go to your net.

Going to the web is an integral part of the journey within Self. It is an advanced meditation technique, that when properly utilized, allows you to truly go into the depths of Self. That is the technique.

We have been most pleased to have served you. You now have a connection to Jenjura that has not been there before. It is quite easy to reach us in your meditations. You go to the web of Self and envision your hand holding onto the web, shaking the web and saying, "Jenjura, help me." And we will respond, if not personally and directly, we will send an emissary to help you as you go to your web. We are here to Be of Service. We send to you the Highest of the White Light. Waith will return now. Farewell.

Waith: Well, you are all quite fluffy now. We would indicate to you that in this particular technique, you would want to be as relaxed as you can be and also to not have pressing matters ahead of you, "We must be going out in one hour." Do not have those types of constraints upon yourself, especially when you first begin using this technique. This is a very simple technique and yet takes practice and can be most enjoyable.

We would recommend to you in the initial timing of the usage of this technique that you take the words that Jenjura gave to you and make a recording using your own voice so that you can pace yourself. Try this several times. In fact, you could have several timings, for the journey into the depths of your vibration, as you take the knowledge from your web, could be five earth plane

minutes or twenty-five or thirty or fifty or sixty earth plane minutes. It is that particular component of the meditation that has the flexibility of relaxation.

So, you might then make several recordings that allow you to stay in the meditation for shorter or longer periods of time, depending upon where your own energy field is. You would use this also as a prelude to other types of focusing. Being able to go to your own web is the challenge here. Many will not be able, initially, to even visualize their own web. And if you find that to be a problem, it is quite simple to solve. Simply find yourself a web.

The World Wide Web?

Yes, indeed, we are most familiar with the terminology. Mushiba's vocabulary has begun adding, thanks very much to the bright energy beside you, my love.

Now then, when we say, "Find a web," you can go and find these bags that look like nets. Yes, we are aware on the plane of these types of devices. That may, indeed, help you to visualize as you try to focus and relax. Remember to relax, and if you are not able to sense your web, do not tense up and say, "I cannot visualize. Where's my web? Where's my web?"

You must be most calm in this arena. You may find that it takes many attempts to reach that point where you feel comfortable in going to the web that surrounds you. Once you have gone to the web ~ to actually place your own energy field on yourself ~ is an expanded concept of understanding the meditative process. It brings much more complexity and far greater dimension into the SEARCH FOR SELF, for you are capable now, through this technique, to truly search out all of the paths that you have traveled on and not just a simplistic journey into one dimension of Self. You have the technique. What you do with this technique is up to you.

We will build on this technique now in each of the sessions in which we devote time to meditation. So, in our next gathering it will be Francis who comes in to speak of the sense of community and the bringing in of other kingdoms. He has been charged with the caretaking of The Animal Kingdom. However, his focus is also more importantly placed on the gathering of as many other kingdoms into your community ~ your own life ~ to bring as much diversity into your environment as possible. The Mineral Kingdom, The Plant Kingdom, The Rug Kingdom ~ all that have energy, all that surround you ~ all is part of some kingdom, and thus, forms a community.

Your next part of the journey into Self is an understanding of where you are in the development of your own community within Self and what surrounds you and how to bring that about in a harmonious way. There will be a journey once again into the Self. So, it will be Francis who will give you the concept in the next gathering, and then in the gathering after that, as in this gathering, the technique. His time with you will be not as long as Jenjura. Each of The Company

members will have shorter time frames with you than Jenjura, for Jenjura's job, and a fine one he did, was to lay the groundwork for the journey for this topic of meditation this earth plane year.

What questions would you have? We would seat the encasement now. Mushiba sometimes is startled when she returns in a standing position. Ah, you are all in a very mellow meditative state. This is good. This is very good. We will not disrupt the sense of meditation that you are mostly still feeling by continuing to talk. Enjoy the silence. It is important to have silence in your vibration. We will return to our realm now. Indeed, we sooth the energy. Relax and enjoy the companionship of each other and the sense of community. We will be with you again in our next gathering. We send to you all now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

**Meditation Weekend Workshop ~ Finding Your Own Essence ~ Finding Your Own Color ~
Finding Your Own Sound
(April 27, 1996)**

See Complete Transcript of this workshop ~ [April 27, 1996](#)

**Search For Self, Continued ~ Techniques On Interdimensional Communication And Travel
Through Meditation
(September 17, 1996)**

We are pleased to be with you and we are planning to use this particular gathering to give you some techniques on Interdimensional Travel and Interdimensional Communication. This is the year of the earth plane in which we discuss the SEARCH FOR SELF, and the other two Company members will be presenting their material in the two earth plane months to come. But for this gathering we are going to give you a little bonus ~ use you as the example so that, for the record, one of the techniques for Interdimensional Travel and Communication through Meditation can be placed on the record. Thus it is that we have gathered a very small grouping of you.

The issue of Interdimensional Communication and Travel is uppermost in the minds of many, many, many on the earth plane now, thinking that it is a very mystical type of experience, when in actuality, it is not. Indeed, many find that once they have achieved the ability to communicate interdimensionally, they ask, "Why did I want to do that?" For it then opens up a whole arena of communication possibilities.

And it means, of course, that other kingdoms are able to connect with you so that you are then able to communicate with the plants, and the minerals, and the wind, and the fire, and the carpet upon which you sit. Oftentimes, they are all communicating within their own kingdom, and you open yourselves up to hearing this, and you begin to hear the clatter that comes from hearing so many different sources of communication.

That is one part of it. The other part of it, of course, is that you are then able to learn how to focus in your interdimensional communication abilities so that you can concentrate then on communicating with the area in which you want to communicate. But while you are smoothing out this technique, it can be a rather interesting experience to suddenly be hearing ~ and that is the best way to describe it. Even though you are not actually hearing something, by your frame of reference, you would be hearing the plants talking to you, the minerals talking to you.

Interdimensional travel is easily achieved, but there must be a great deal of caution given to traveling interdimensionally. One of the most common tools for traveling interdimensionally is through the use of meditation. It is in that format in this gathering now with you that we will present the techniques for meditation through interdimensional arenas.

This is actually a prelude to the gathering that we will be having soon for Meditation Time With Waith And Company ~ that afternoon gathering that we are planning. We plan, then, in this gathering with you to show you the technique for meditation and to actually assist you in moving interdimensionally, and, at the same time, connecting with some other energy form in another dimension. We will be there along the way with you so that there is adequate protection, and you will then have the technique. You will not have us with you for the protection when you go to use this on your own, and thus, we will give you the protection technique so that you do not undertake the technique that we are about to show you without adequate protection.

We emphasize this in this gathering only so that it is placed on the record for the written dissemination of our information. We know that those of you gathered here are aware of that issue of protection, but we stress protection as part of the technique itself. It is very dangerous to undertake interdimensional activity of any type without adequate protection. As you become more tuned in, to your own abilities, and you have fine-tuned your own abilities at interdimensional activity, the protection becomes automatic. But until you are in that mode of automatic protection, it is critical that you utilize the protection technique.

Waith Guides The Group With One Of The Techniques For Interdimensional Travel And Communication Through Meditation ~ Critical Emphasis Is Given On Complete Protection With This Technique

(September 17, 1996)

So, we would say to you, then, in this gathering ~ we will stand up and move about with you ~ that this is a time of focusing yourselves, and we will not be the focus. Rather, you will be the focus within yourselves in this gathering, and our time with you will be spent in your actually moving into an interdimensional arena. So, first and foremost, relax. (The group gets comfortable) It is not night-night time. ☺ All that apparently is missing from this grouping are the "blankies". When one relaxes for meditation of an interdimensional aspect, it is more critical than ever that you be in a way that you feel relaxed. Be in relaxed type of clothing.

The first and most important step is to calm yourself by relaxing. Now, the first movement ~ envision the very Highest of the White Light. Envision a White Ball that hovers over your head. It is soft and fluffy. In this White Ball, now, envision your Angelic Protector. Call upon your Angelic Protector to enter the White Ball of Light. It is your Angelic Protector who is assigned to help you travel and communicate interdimensionally.

Your Angelic Protector fills the White Ball of Light that hovers over your head. Envision now, that slowly the White Ball of Light moves onto the top of your head. Feel that White Ball of Light touch the top of your head. It is warm ~ it is comforting ~ it is safe.

Envision, now, that White Ball of Light dispersing throughout your encasement. It moves downward and covers your entire body ~ covering your shoulders ~ moving down to your arms ~ moving down to your fingers ~ to your legs ~ to the very bottom of your feet.

You are now inside this Ball of White Light. You are safe in the Ball of White Light. Your Angelic Protector is beside you now, within the Ball of White Light. Call upon the very Highest of the White Light for protection. Invoke the very Highest of the White Light within your thoughts now by saying, "White Light of Protection, come into my White Ball of Light ~ protect me and protect my Angelic Protector ~ fill the Ball of White Light with the very Highest of the White Light." You are safe and you are protected.

Now it is time to determine who you want to communicate with. Envision who you want to communicate with. It may simply be your Angelic Protector. It may be a guide. It may be an energy form that has left the earth plane, or an energy form that is in another part of the earth plane. Concentrate your thoughts. Envision that you walk up to an energy form. It does not have to look like the energy you want to communicate with. It simply is the form of energy ~ however you would envision it.

Now we are going to journey into the arena known as the Soul. This will be your first stage of interdimensional travel, and when you reach the Soul, you will then have the ability to communicate with the energy form.

Envision yourself held by your Angelic Protector now. Keep the thoughtform you want to communicate with in your Conscious Self ~ for you will carry that thoughtform with you and your Angelic Protector as you journey to your soul. You are held by your Angelic Protector ~ feel the warmth of the Angelic Protector.

Feel now, the White Light Bubble that you are in beginning to move upward. You are moving slowly upward. You are encased in the White Bubble of Protective Light. Your Angelic Protector holds you. Feel yourself moving upward ~ upward ~ upward ~ moving upward. Feel yourself moving out of the earth plane dimension. You are moving up ~ up ~ up ~ out of the concrete

earth plane. Look down now and see the earth plane. It is a flat dimension that you can look at from above. You are hovering over the earth plane ~ you are free of the earth plane.

You are protected with the White Bubble. Move upward ~ upward ~ upward. You slowly move further and further away from the earth plane dimension. You are holding the energy form you want to communicate with ~ upward. Now look above you and see a brilliant Yellow Light ~ it is an opening into another dimension. You are moving upward into the Yellow Light ~ it is safe. It is the dimension of the Soul ~ it is your soul ~ it is the Soul of The Universal Consciousness. You are with all that exists ~ it is peaceful ~ it is gentle. You move fully into the Yellow Light and you feel the Yellow Light close around your White Protective Ball of Light ~ further protecting you.

You are completely covered with the Light of your soul. You are now in your soul. You have traveled out of the dimension of the earth plane into the dimension of your soul. You are ready to communicate with any dimension you need to. You are ready to travel to any dimension you need to. You are protected by your soul.

It is time now for you to be with your own thoughts. Simply hold the thoughtform you wish to communicate with and feel yourself walking out into the Yellow Light. And now, travel ~ your Angelic Protector is holding your hand ~ travel now. I will return to bring you back. (The group is now in Communication Mode)

Return back to the Yellow Light. Gradually now, bring yourself back from wherever you are, into the Yellow Light. Move toward the Yellow Light ~ move toward the Yellow Light. As you move toward the Yellow Light, you are in your White Protective Ball now. Your Angelic Protector holds you once again. You hold the energy form you wanted to communicate with. You are ready to begin your journey back to the earth plane dimension. Thank your soul for allowing you to be with it in totality.

And now the Yellow Light begins to spread itself so that the opening is present, and the journey begins downward ~ downward ~ out of the Yellow Light into openness. You are protected by the White Ball of Light. You slowly move downward ~ downward a bit. Look up and see the Yellow Light. It is your soul bidding you farewell ~ for now. Slowly now, you begin to move downward ~ downward. You are moving closer and closer to the earth plane dimension. You begin to see the earth plane dimension now ~ you are still hovering above it. You see fully the earth plane dimension.

And now, stop your movement downward and hover over the earth plane and imprint into your memories the look of the earth plane as flat, as concrete, and that you are hovering above it. You are not on it or part of it while you hover ~ you are free in another dimension. Take that memory with you as you now begin your journey back down into the earth plane. Begin to feel yourself moving through the concreteness, coming closer and closer. Feel yourself moving on to the plane now.

Visualize your physical encasement that you have been out of. You are moving slowly now back into the physical encasement ~ you are returning. You are still in your White Ball of Protective Light. You are still being held by your Angelic Protector. You are still holding the energy form you wanted to communicate with. Feel yourself settling into your encasement. As you settle, release the energy form you have been holding. Your Angelic Protector now stands by your side.

Now visualize the White Ball of Light slowly moving away from your encasement and upward ~ up through the legs ~ and up and up and up. It is at your shoulders now ~ it moves upward and goes to rest on the top of your head. It is a White Ball that contains your Angelic Protector. Thank your Angelic Protector now for the journey and for the protection. And slowly now, envision the White Ball moving off the top of your head ~ upward.

Release your Angelic Protector from the White Ball. Envision now the White Ball simply dissolving and spreading the White Light of Protection from the very Highest of the White Light all over your encasement. Feel the sparkling, soft, fluffy White Light of Protection.

And slowly now, bring yourself back into the conscious state ~ slowly returning. Remain as you are, comfortable, slowly returning back to the conscious state ~ slowly returning back to the conscious state ~ slowly returning back to the conscious state. It is at this stage of returning back that you would have the immediate memory of the journey and the communication. It is at this stage that you would begin to record your memories ~ have a written journal.

We did not give you that as part of this technique, for it would simply have created too much chaos. But you are remembering ~ many of you now ~ what you experienced. It is at this point that you would write down whatever you remember. It will give you the beginnings of The Journal of Recollection. It is your journal of interdimensional activity.

You have the technique. You can stay in your COMMUNICATION MODE for as long as you need to. We allowed you to stay, for purposes of demonstration, for only a short period of time. You are able to stay for as long as you want before returning back to the Soul. You have the technique to move into the Yellow Light ~ to visualize that as the Soul dimension ~ and how to be fully protected in that journey.

Do not eliminate any of those protective steps. Interdimensional travel, especially, is not a parlor game. It is not something that you would play with. It can be quite serious. You can be caught when you travel interdimensionally if you do not protect yourselves ~ and sometimes abducted by those of the dark. You certainly do not want to be abducted by those of the dark. The Angelic Protector is a critical component of that journey interdimensionally.

As you begin to develop this technique, you will not need to focus on each of the steps. You will have implanted it into the process where it would become an automatic situation. There are

many who travel interdimensionally who simply do it, for that process is built into their energy. This technique enables you to have that tool available to you. Some do not need this type of tool, for they are already at the point of automatic movement interdimensionally.

Most, however, need assistance, and this is one of many, many tools. Use it to your advantage. Take the journey. You can visualize communication with a specific energy form, as we have given to you, or with a nonspecific energy form. The nonspecific energy form can simply be visualized as a White Ball of Light that you hold, and you have said, "I wish to communicate with who my soul believes I should be communicating with." When you enter the Soul, holding this ball of White Light as an energy form, the Soul, then, will direct you on the journey. So, it can be both specific and nonspecific. It is flexible.

When you return from the journey, it is equally important to keep yourself protected, to follow the steps of moving back into the Yellow, which is the Soul ~ for you have been out of the dimension of the Soul in your travels. Come back into the Soul, into the White Ball. The Angelic Protector holds you. You hold the energy form, and you slowly move downward ~ protected ~ back into the earth plane dimension, releasing your Angelic at the appropriate time, and then allowing all of The White Protective Light to fall around you.

For, at any stage of this traveling, up or down, or even while you are traveling. you can be taken or disrupted in your journey by those forces of the dark. We do not focus on the forces of the dark as a general rule, but in interdimensional activity, we do. It is paramount. This is not a game that you play. This is a tool for enlightenment, as you call it on the plane.

We gave you a great deal of protection during this technique, for we were the ones giving the technique, and therefore, interdimensionally you were not at risk, for you were associated with us. This will not be the case when you do this on your own. You will have only the forces of dark that are at your level, and not the forces of dark that are at the level at which we operate. So you are safe.

Thus, you are all feeling warm and fuzzy now?