

# Waith Class Transcripts, Excerpts

## COLOR AND SOUND

1987-1996

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[terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

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

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

## Waith Describes Colors And Music As They Relates To Vibration And Energies

(October 22, 1987)

Do different levels have their own color? I often see in my house a beautiful purple color. Is that the color of an Angel?

*Colors relate to vibration of course and energies. You see, within these levels we have colors that are known to you on the earth plane, and then they are shown to manifest themselves to your understanding. This color purple is a combination of vibrations and energies that gives a very positive sense of spirituality as perceived by the earth plane.*

*When we are in these dimensions there are no colors, as you would call it. There is simply energy, vibration. In order for us to explain this on the earth plane we have to put color to it and infuse color so that you will have a physical showing of something that really does not have substance. So, when you are seeing purple, it means that there is high spiritual vibration surrounding you. Color on the earth plane takes on very significant aspects and can affect your own vibration very greatly. It is why I encourage as many as I can to find the color that they feel most comfortable with and surround themselves with that color. Each of you has a particular reaction to color as you do to sound, music. It affects your vibration while on the earth plane. It has no impact in other levels.*

## Does It Help To Know One's Vibrational Name?

(November 05, 1987)

*It is not necessary. There are certain instances where I give vibrational names for very specific reasons. Generally speaking, it is not critical to the understanding of your Soul's purpose. It will not mean that if you have a vibrational name that you are further along in your development than someone else.*

What does it mean, in the first place, to have a vibrational name? Is it just a frequency that is translated, so to speak, into sound?

*Vibrational names have, as I am using them in my area of work, a connection with Mushiba and I. When I give a vibrational name, it is an indication of a connection at a certain attunement. I have not given vibrational names out for everyone who has connections with Mushiba and I. There will be occasions when I give out the vibrational name because it will help to strengthen that individual who may need protection perhaps. By knowing the vibrational name, you will know that by saying it and feeling it, it will connect with the vibrational name of Mushiba and Waith.*

Is it also that sometimes some individuals feel misnamed? That they do not like their names?

*Yes, indeed. Your name is a very important part of your vibration. It is also a very important part of your Soul's purpose. If you are having difficulty in understanding your Soul's purpose, it is usually the result of an imbalance ~ you are not meditating, and by not meditating, your vibration is out of sync, so to speak. So often entities, by changing their name, change their vibration, either for the good, or not. Many times, when the female takes the name of the male it can change the vibration very drastically, good or bad. There are many of you who feel uncomfortable with your name. Am I not correct? Yes.*

**I have a name that does not belong to many. And before that, I had a name that I did not like. So, if that were for me, or for anyone else, would that mean I should grow into my name, or find another one?**

*You will not be able to grow into a name that is not suited for you if you do not feel vibrationally aligned with the name. Therefore, you find one in which you feel suited, in which you feel vibrationally correct, and you simply take on that name. Most on the earth plane of course feel that they cannot do this. What is to stop you?*

**It's like when I have a new kitten I try on a lot of different names until I find one that fits. You know, you keep changing your mind if that name does not fit. You hit on one and it fits and that is the one that sticks.**

*That is right. That is exactly ~ what makes you as an energy any different? Correct?*

## **A Discussion Of Vibrational Names And How They Are Aligned To The Greater Mission (March 01, 1988)**

**Who applied the name of Mushiba and how long has it been with her?**

*It is the vibrational name that is in alignment with the vibrational name of Waith. Waith is a name that Mushiba gave to me, oh, perhaps five hundred thousand years ago in one of our times on the earth plane. And in that lifetime, I gave her the name of Mushiba, and since then it has had vibrational attunement. And all those who have had incarnations with us have similar vibrational names, attunements. Having a vibrational name has a certain purpose and is part of the greater mission.*

*There are many whose names now are sufficient vibrationally for what needs to be accomplished. There is much more to this issue, but it would be a little more complex than we feel there would be an understanding of. We will perhaps discuss this as time goes on. There are many of you who, we sense, feel insecure that you do not have or do not know of a vibrational name, and therefore feel you are less than you should be because you do not have one. This is not true!*

## The Effect Of Colors For Your Own Personal Vibration

(May 31, 1988)

In what way can we use colors, certain music, or sounds, for our own attunement? For instance, would it be advisable to wear certain colors if we are working on certain issues, and so on? How can we use those vibrations for our growth?

*That is a very good question and one in which many, many people can relate to. Let us look first at color. Color in the energy field has a very significant impact, for not only is it absorbed through the eyes, there is an actual absorption through the other senses that the physical encasement has, and also the vibration that you are currently exhibiting has a reaction to color. The more highly attuned you become, the more sensitive to color you become. Each vibration has a color or a series of colors that it is most compatible with, and other colors that would best be left out of the vibration.*

*There are certain ways in which you can determine what colors are good for your vibration. One way to do this is to take a particular color, perhaps get what you might call a swatch. Is that the correct word? Yes, swatch. And take this swatch and carry it with you for a period of perhaps two to three earth plane days and make a record, a journal perhaps, of how you are feeling during this time frame. This requires some insightfulness on your part. It forces you to look within yourself. There is nothing, again, external that is going to solve all of your problems and answer all of your questions. You must do this yourself. And so, you will look to yourself to see what types of feelings, how you are reacting to certain situations.*

*Then take that particular swatch and put it out of your vibration for another two to three days, and again record the way you are feeling. And at the end of that time, compare the two journals. And if you find that you are feeling better when you have that little swatch of color than you are without it, it means that that color is good for your vibration. If just the opposite is true then it means that color is not good for your vibration. Does that seem simple enough?*

*It does seem simple, but wait till you try it. 'Tis not quite as simple as all that, for it does require that you look within yourself and that you be very, very aware of your inner feelings and be able to sort of separate your feelings during that time frame. And do this with as many colors as you would like to do. Find the family of colors that is so popular, the, shall we say, the rainbow, and perhaps start by taking each of the rainbow colors. Do not exclude though, black and white. For some energy forms black is good for them at a particular time in their evolvment. For others black is not. It depends upon the energy and the vibration. Mushiba does not wear black ever now or surround herself with black. It has a very negative impact upon her vibration. She feels it immediately whereas white has a very positive response to her.*

*This does not mean, though, any comparisons should be made with one another about wearing particular colors or surrounding yourselves with particular colors, that if you wear black then you must have darkness in you because you are attracted to it. This is not the case at all. It is simply*

*that for whatever your vibration is in a particular time frame certain colors are more beneficial. Once you have found your colors that feel compatible for you, and there may be a number of them, two, three, four different colors, surround yourself with those colors and continue to the point, if at all, where you begin to sense a change in the way you feel. And when things begin to feel not quite right it could be that the colors are out of balance, and you may then begin the same process of color elimination.*

*For many it is not necessary to go through this process of color elimination. This is rather a beginning step for many. For many, all that needs to be done is to meditate, and in going into meditation, concentrate on being told what those colors are, seeking the Higher Self, for Self knows what is compatible, and for many of you who have this advancement in meditation you will be able to see the colors. They will be shown to you. You will get images of the colors, and you will then be able to surround yourself with those colors.*

*Color has a very significant impact on the way in which each of you responds to the environment around you, and if there is an incompatibility with the color, then it tips the scale of balance for you, and it makes you less than effective. And when you have the right colors in your environment, then there is a glowing that occurs and you will feel it and others around you also will feel it.*

### **The Effects Of Sound And Music For Your Vibration (May 31, 1988)**

*As far as sound goes and music ~ music is a great soother and a great healer, and again as with color, the music must become compatible to the vibration, for the music that is currently on the earth plane, the wide diversity of sound, it is all for a purpose and serves many vibrations. What may be offensive to your ears and your vibration may not be to another. You must be careful of judging. If you, for example, like to have soothing music surrounding you and someone else prefers loud music, this rock music, do not judge. Allow. Then just place yourself in your own soothing environment.*

*It is truly wondrous that you will learn that that which is compatible for you comes. If you do not like particular sounds, you will find a way to eliminate them from your environment as much as you can. It is not possible, of course to eliminate all the sounds from your environment that are not compatible. For that, you would have to go into isolation and that is not possible.*

*However, it is advisable that you take a certain part of your life each day and surround yourself with the sounds that are most enjoyable for you, even if it is for fifteen minutes or thirty minutes. In this way you can begin to build sort of a ring around your vibration that will help shield yourself from those noises that would not be complimentary to your vibration. You can, in fact, begin to protect yourself from these incompatible noises.*

## Is There A Particular Name Each Soul Has That Can Be Translated Into Physical Sound?

(June 21, 1988)

Is there a particular name that each soul has that can be translated into physical sound, and if so, what would mine be?

*There is a, shall we say, an inclination for each soul having what we might refer to as a name that can be translated into the physical. There are those times when we say the vibrational name. Mushiba, for example, is a soul vibrational name, but it is also one in which Mushiba used while in Atlantis, and oftentimes a soul will take on the name that is vibrationally correct at the Soul Level in the physical manifestation.*

*To answer your question simplistically, it would be yes. To describe it, to give it understanding, becomes much more complex. What we will do at this point is give you certain sounds. If it appears I am having difficulty it is whether or not I am going to be able to translate this for you through the vocabulary that is Mushiba. There are certain sounds that are unique to your particular soul that you could take to help in the balancing of your own vibration at the earth plane level. Sometimes these sounds, you see, can be easily translated into a word that is known in the vocabulary in which you find yourself most comfortable.*

*We will give you three sounds. I am not guaranteeing that you will make any sense out of them, but it appears that in our translation difficulties here that this, through Mushiba's vocabulary, consciousness, we are able to project this then ~ uuuhhh, acku, uuulah! What I would recommend is that a copy of those sounds from the tape that is being used for this session, that they be given to you so that you will be able to play it over and over. It is not something that you could repeat at this point. Am I correct?*

*And by having it on your own recording device you can begin to play this on a regular basis and begin to feel the connection that those sounds have with your vibration. We find that this question you have asked to be a most interesting issue. I have assigned Jenjura to do some research in how to best present this at a future time, for we find this has peaked, shall we say, the curiosity of many of you and is much more complex than simply being told what your vibrational name might be.*

You are piquing our curiosity completely.

*That is our purpose at times, to get you thinking.*

Thanks for granting my funny request.

*Nothing is ever funny as a request. We may find amusement from something, but there is no request that we would shun or make light of.*

### **Do You See Colors Where You Are?**

**(July 26, 1988)**

*The issue of color is an earth plane limitation, and it is presented from this side in an attempt to give you all a reference point, and that there will, in fact, be colors that will manifest themselves to you when you are at a certain level, meaning the earth plane experience, and that when you go into other dimensions, color is not an issue. It is not needed. It is part of the experience of the earth plane and used symbolically so that as you begin to attune yourselves and you see certain colors or you feel a vibrational attraction with a particular color, it is all part of the symbolism. Remember that all that is, is illusion.*

### **Is There Language Where You Are, Or Where Our Guides Are?**

**(July 26, 1988)**

*Waith, I get the sense that there is no language, as we know it, from where you or our guides are coming from. In trying to communicate with my guides, for example, I get feelings from them rather than words. My question is, do you have a language as we know it?*

*There is no such thing as language, and especially English. ☺ ☺ The abilities to communicate ~ we are not able to adequately describe that to you. The reason, as I have said in other times, that I so often will speak slowly and hesitatingly, is that there is a tremendous filtering process that occurs here when the use of language is employed. As I try to translate into language that which has no language it becomes difficult. Mushiba has given me a very, very large vocabulary to work with from her memory banks and so when I am translating, of course, I will use those phrases that are available to me in translating.*

### **Farena Guides A Member Of The Group On A Method Of Hearing The Aum Kara Nada**

**(August 30, 1988)**

*Farena. I have been trained to hear the Om Kara Nada in my ears, and for some reason I am unsuccessful. I have been trained to listen to the song from the ears and for nearly a year I have been practicing, and yet I do not seem to hear the sound. I need your guidance.*

*Farena: (Sighs). It is something that I can help you with, for Waith has allowed this for I have had experiences in that which you say now.*

*I will be able to come to you in your meditations, but there is something that you can do. You must go into an environment that is all white. You must place yourself into the position known*

*as the Yoga, and place your hands as you see me now doing, the left hand cradled into the right hand, and the thumbs of the hand risen, as you see them, and raise your hands over you, as you see me now doing. And when they have reached that which is over your head, center the Light which is yours of the Whiteness into the solar plexus, that spiritual center that receives the spirit.*

*And as you do this, separate your hands keeping the thumbs raised, as you see them, and bring your hands in a position, as you see them now, to your side, as you see, and bring the palms, without moving the thumbs, to an upward position and call upon the Kundalini energy, for you know how to control that Kundalini. And when you feel your body filled with the Kundalini, bring your hands as you see them now, back over the head with the left cradled into the right and bring then your hands down back to this position that you see now.*

*And this will begin to open up that blockage that you have been feeling and it will allow you to hear. It will take a little time of doing this. It will not happen the very first time. And your hands will move by themselves. When you first begin to do this, you will do this yourself, your hands ~ you will move your hands yourself. You will know, however, that you are approaching the unblocking when your hands and arms will move from the energy, and when you take yourself out of your meditation, you will bring your hands and your arms back down into the lower Chakra position.*

*Farena: We have been together in many lifetimes. ☺ That is why you are here tonight.*

**Oh, I am so grateful to you.**

*Farena: I am so honored to have been of service to you. I have to go-o-o-o! Waith has said it is time to come in from playing.*

**If we call you in our meditation you will come?**

*Farena: I certainly will try. I will be there if you call me. Whether I can communicate with you ~ I will try.*

### **Further Questions Regarding The Aum Kara Nada Technique Given By Farena (September 06, 1988)**

**Waith, you were extremely kind to me in giving the technique to hear the Aum Kara Nada sound in my ears, and I am extremely happy to report to you that I did hear this sound for the first time, and it was a wonderful experience because I have been waiting to hear this sound for a very long time, and therefore this came to me as a very pleasant and a very great event. But I have two things to request to you and that is, is this a one-time experience, or do I have to do this each time I sit for a meditation?**

*First of all, it is Farena who you thank. She was the one who helped you and she knows that she has helped you and she is delighted and she has grown as a result of helping you. We are most pleased with her.*

*To address the other part of your question, it is not a one-time experience. Initially, however, in order for you to experience it you must use the technique until you have evolved into a certain vibration that would allow you then to hear it without the technique, and so we would advise you to continue with the technique. And when you are ready, and your soul will know this and you will know this, you will without realizing it hear that which you need to hear without the technique, and it will just happen.*

Okay. I am glad to hear this. But then would I hear this at other times of the day? In other words, if I am not sitting for the meditation, but doing other work, other work for my livelihood, how could I hear this sound?

*This will happen as you evolve, as your attunement grows greater, for once you are able to hear without the technique, it will signal that you will be able to hear whenever you want to.*

Then what effort is required on my part?

*You will not have any effort for you will have attained a certain attunement that will be of such a high vibration that you will not need effort. It will simply be.*

I always thought that nothing comes without effort.

*You must realize the interpretation of effort. At higher levels you are putting an effort into it. It is at a higher dimension than that which you are currently doing, you see. You will understand this as it happens to you. As you advance in your attunement you will understand that which is said to you.*

### Ayurveda Medicine And Primordial Sound Meditation (September 20, 1988)

I recently heard of a branch of medicine that relates to ancient India referred to as Ayurveda medicine, and the special technique called Primordial Sound Meditation. This technique acts as the basic energy of which cells are created during the metabolic process. In our metabolism we rebuild each one of our organs, like for example, I have heard that our bones are rebuilt every month or so. So, in the process of using this Primordial Sound Technique you can help this recreation process that occurs within us to heal yourself. Can I have your comments on that?

*As we have indicated in the past, each of you has the ability to heal yourself. It relates, of course, to your own connectedness with your soul and whether or not you are meant, in fact, to rid yourself of a particular ailment. This is something that is determined at the Soul Level.*

*Now, the technique that you have described is one of many, many, many that have been given to the earth plane consciousness as a way of connecting with the Soul. You see, once you have connected with the Soul and made the decision that the lesson has been learned and no longer do you need the physical ailment and that you can, in fact, rid your encasement of it, then it simply will happen.*

*It is not the technique that you described that will do this, but rather the technique that you described is a way of reaching your soul, and a very good technique, as a matter of fact. It is a technique in the use of sound which has a level of sophistication, that is the correct word to use, something not easily used by the majority of entities. It requires tremendous discipline of the mind. If you can obtain that discipline, it can truly unlock that part of the Soul memory that holds the mystery of the ailment.*

**Farena Comes In ~ Gives More Discussion On The Aum Kara Nada Sound To A Member  
(October 04, 1988)**

**Farena, I was so grateful to hear the Aum Kara sound, but what has happened to it? I do not seem to be hearing the sound anymore. I got all the sounds and then lost it with the same speed that it came.**

*Farena: You have not lost it. You simply must realize that it is not something to be taken for granted, and that it comes with you permanently as you develop your own strength within and have a great appreciation for it, and not to think that when you have it once that it will keep coming automatically. You must give very strong attention to it. Each time you meditate you call upon it and use the technique that I gave to you and continue to use it, for it builds and builds and builds, much as one would build this White Light. This is what you must develop. It was shown to you that you have the ability, and it was given to you as a gift and now you must appreciate the gift. You do appreciate it. We know that. Do not fear. It will return. You must meditate and go to your Higher Self. Do not look for external sources to help you but rather that which is within you. It is strong.*

**Waith Discusses The Use Of Vibrational Names  
(November 15, 1988)**

*The use of vibrational names, are intended to give out a particular vibration that helps in sustaining the momentum that develops in many individuals who have chosen accelerated growth on the earth plane. All energies, if they so desire, have a name that is vibrational at a spiritual level, that would have particular connections with others who have the same name. The use of sound is a very important way of connecting at the spiritual level and while the earth*

*plane names may not be vibrationally attuned to those who are connected at a spiritual level, by using a vibrational name, it helps to cement a particular relationship.*

*The use that I have of the name for Mushiba is used because of the vibrational connection of the name Waith, and it has been chosen for very particular reasons that are known only to Mushiba and I, for it is part of our own growth together, and that those who gather may find themselves more harmonious in knowing that there is a vibrational connection.*

*It is not meant as an exclusionary type of situation. Many will ask what their vibrational name is, and I will tell them. There are many who have found that name through their own meditations and perhaps have come to have that confirmed because they were not quite sure of their own Self. And so, it is used to further the spiritual development. Know that names, per se, have no significance in the spirit world. They are used only at the earth plane level for identification purposes and for the connection between dimensions. It makes it a little bit easier.*

**Waith, does this name change as your own vibration increases?**

*It may. It will depend upon that with whom you work at the earth plane level. And so, for example, just as an illustration, Mushiba and Waith have a certain vibrational attunement for certain purposes. We have used other names in the past that had vibrational attunement, and many of you may in fact have changes in your names when there are very dramatic changes in your own vibration. Just as you may not feel comfortable with your earth plane name now because you feel differently, you are doing different things and for some reason your name does not fit you now. And so, yes indeed.*

*And so, it really becomes a matter of personal choice, for there are many who would choose to keep themselves grounded in a certain sense by using the name upon the earth plane and we will respond in that manner, that if you feel vibrationally more attuned with the name that you are most commonly known as, that that is the name by which you will be referred. There are many who know their vibrational name and use it to connect with their guides but do not use it among the group. There are others who by using the name simply help in their own spreading of their vibration. It serves many purposes and there is no one response, for it is a matter of preference and it is a matter of mission upon the earth plane.*

### **The Use Of Sound For Attunement, As In Aum (December 27, 1988)**

**Waith, if we used a word to raise our vibrations, there is the word Om, and Aum, and a word that I use, Hu. Are all suitable, or would that depend on the individual?**

*The suitability of any sound as it relates to the particular vibrational attunement of an entity must be determined by the entity. The reason for the emphasis upon meditation and the reaching of*

*the Higher Self is to determine yourself what your own attunements are as it relates to sound. Sound has different effects upon different entities. What may be harsh to one may not be harsh to another. It is important that you realize the sounds that are most harmonious with your vibration.*

*The significance of using a word is to help you in the focusing. There are many who need this as a helping hand, shall we say, in the centering process. As you become more attuned, you do not need the use of crutches, as we would call them, to help you reach your meditative state. Until you are at that attunement level, the use of a word that you have found yourself to be vibrationally correct will be helpful to you. There are a number of sounds that generate themselves in the form of a word that have proved from the Universal perspective to be of a general usage, that meaning that many find a particular word suitable to help them in attuning themselves.*

*The use of the word Om, for example, is one such word that has withstood the test of much earth plane time in its ability to help entities at the beginning stages of reaching the Higher Self. Once you have attained a certain attunement, you no longer need to do this. Thus, you may use this word, Om, if you find it pleasing or, as you are discovering, a word that perhaps has more harmony to your own vibration.*

### What Mushiba's Colors Of Gold And Purple Signify (February 21, 1989)

**Waith, what does the gold around the radiant body of Mushiba signify? Like the radiant body is the purple, and then there is like a sparkly gold around the radiant body.**

*Indeed. It is the essence of her personality. What you see in the purple is the Soul, the spirit that manifests in color, so to give you the indication visually that she is with you, and the gold represents that part of her that is still earth bound, the personality that you know. It gives you an interconnectedness between the spirit and the flesh, so to speak. This occurs with many who are using this type of symbolism to show themselves to you. It is a transition type of behavior, for once Mushiba leaves this earth plane, and will no longer be bound to it, she will no longer use this way of showing herself to you.*

**So, it is only those that are present on the earth plane in physical form that present themselves in their radiant body?**

*In the way which you know it, yes.*

**Does the gold signify the female vibration, and would a silver signify a male vibration?**

*Not exactly. The gold represents, rather than female, per se, as you would identify it, gives to you an essence of spirit ~ Mushiba being the dominant female of the total energy ~ Abalma being the male of the total energy. The characteristics of female have been manifested strongly, and the gold simply signifies that that which needed to be learned at the female has been learned. It does not indicate, per se, gender, but rather that that which the dominant energy needed to learn was learned, and the gold is used by many, many ~ it is not unique to Mushiba. The particular shade of purple that is shown to you is unique to Mushiba. There are many shades of purple, of course.*

*You will see many colors with gold around them. You will see many colors with silver around them. Silver represents a rather halfway stage to completion of that which is needed in the flesh, realizing, of course, that an energy needs to reach a certain point in the path before they can begin to manifest as you are seeing Mushiba. There will be occasions when the gold will be very vibrant and sparkly. This simply signifies a particular mood, for there is still mood built into the manifestation.*

### **Seeing A Particular Color Around The Moon And The Issue Of Energy Transfer (March 07, 1989)**

**Why do I see red around the moon most of the time, a red collar? I have asked, and others do not see it.**

*This is a very common occurrence for many vibrations, to see color around that which is called the moon. For some, the color red will manifest. For others, the color purple, and the other most common color is orange. These are indicators of vibrational transferences. Remember that some energy forms have come into this lifetime to learn certain lessons that others are not concerned about, and one of the lessons is one of energy transference with other physical bodies that are a part of the earth plane. This moon is one of those.*

*There are other energies who, if able to look at the other planets, would also see color surrounding them. This indicates a learning mode of the energy. Energy transference simply means that you are learning to draw energy and to give energy to other modes of energy other than human. It is a very important skill to develop in the search for vibrational height.*

*And thus, you have begun your training in this area. Red is a very powerful color vibration and signifies vibrance and power, and it is that which you have chosen in this manifestation to work on. Others who see different colors work on different types of energy transference. You will feel its effects upon your own abilities after The Shift. You will see the effects of the work that you do now. You do this at what is called the unconscious level, the Soul Level, also.*

**Do I do any of it at the conscious level?**

*Not as of yet, for you must first develop this at Soul Level which will then have the implantation into the total energy that will allow you at some other incarnation to develop this and be aware of this at the conscious level. You have just begun. Thus, you have a road ahead of you.*

**Comprehensive Discussion ~ Dominant And Secondary Vibrational Colors ~ Part I  
(November 14, 1989)**

*We are gathered in this session to discuss a topic that will aid you in becoming a bit more comfortable with your own vibration, that is the subject of the illusion of color. For remember that it is illusion, but nonetheless, understand that in that illusion it represents and is symbolic of what you would believe to be of assistance in the gaining of greater strength in your own vibration.*

**The Color That You Surround Yourself With Is An Aid To Connecting With Your Higher Self  
(November 14, 1989)**

*The importance of color, then, cannot be emphasized enough, for the color that you surround yourself with is an aid to that which you connect with your Higher Self through your meditations in strengthening your own awarenesses of The Universe. It is not a trivial subject as some might think it to be, for color can aid you very, very strongly in making decisions about your responses to the illusion of the plane, and it will assist you in maintaining what we would call a stability of vibration within your own electromagnetic field, and it enables you, if you surround yourself with the proper colors for your vibration, to tune in even more to The Universal Consciousness through your Higher Self.*

**As Your Attunements Change, So Too Do The Colors Best Suited For You Change  
(November 14, 1989)**

*Now, there is currently existing in the illusion of the plane an attitude by many entities that color does not affect vibration. And there is actual, shall we say, scoffing at those who would, in fact, indicate color to be a significant contributor to vibrational soundness. Now, the color that works best for an entity will vary from entity to entity, and colors will also vary within the vibration of the individual entity. As your attunements change, so too do the colors that are best suited for you change, and for some entities it will become a situation where if a particular color is worn on the encasement, or is within the environment, it can in fact create a negativity or an activity of mischievousness from those of the dark who could use that color as an entry point to create a little bit of instability in the vibration.*

**Be Careful Of Judging Another For Colors That Best Suit Their Vibration  
(November 14, 1989)**

*For most entities that situation that I have just described is not something to be concerned about. However, it is more important to concentrate on understanding and working with the colors that best suit the vibration. You want to be very careful of judging the colors that another would wear or surround themselves with in their environment, for remember you know not the path that another is on and thus you would not know what is significant for one individual and a ~ as opposed to yourself.*

*And thus it is, for example, Mushiba wears no black and does not surround herself with this color black in her immediate living environment. However, black for some entities can prove to be very, very beneficial to their vibration, and thus it is, that you must be very, very careful, and the issues of judgement, of course, as we have discussed so often enter now into this issue of color.*

### **Waith Gives A Technique To Understand The Color That Is Best For You (November 14, 1989)**

*There are ways for you to understand the color that is best for you. We will give you a particular scenario so that you can attune yourselves to those colors that best suit your vibration, and you will be able then to utilize this scenario that we give you as you sense your own vibrations changing. Thus, your colors will change. Now, you must, first of all, get for yourself a chart, if you will ~ I think this is the proper phraseology ~ something, some visualization of the Color Spectrum that is currently in the illusion of the plane known as the rainbow colors. This is, yes, you must go into that which is called the rainbow. This will give you your basic colors. Add to this, the black and the white.*

*Now, you will have, therefore, in front of you a chart of the colors. You then will take ~ if you are female, your right hand, and if you are male, your left hand ~ and breathing in through the Solar Plexus, breathing in through the nose, breathing out through the mouth ~ you will place your hand approximately one inch over this color chart, and you will continue this breathing process for twelve breathings. And as you are breathing, you are concentrating your energies now on the Third Eye and bringing into your Third Eye the Light that is yours within, and you will keep your hand steady over this Color Spectrum.*

*Once you have breathed in twelve times, you will then slowly move your hand over the Color Spectrum, and as you move your hand, you will slowly lower your hand, and you will begin to feel your hand being drawn to a color. Do not be looking at this, for you will be in a semi-altered state of consciousness, hopefully, and you will then allow the energy that is within your hand now, and you do this slowly and allow the energy that is yours ~ do not try to control this. Let go of control.*

*Allow your hand to gradually fall onto the Color Spectrum, and as it is on the Color Spectrum, allow your fingers to go back and forth slowly, slowly, until you sense a resting spot, and using this which is called the index finger, place upon the spot and the color that this finger is on, then gives you the dominant color that is appropriate for your vibration, at the time that you do this,*

*and you then will take that color and using that as a base for mixture of color. Then you will know the dominant color that you must work with, understanding that you can be utilizing every color, and the black and the white, that is available, but that the dominant color is that which is placed on the ~ that has been placed by the index finger. And when we say dominant color, we would say then that if you chose, let us say, that which is red, you would then use the red in its dominant form in approximately a percentage of 63.2% when you would choose to mix with other colors. Thus it is that we will indicate how you can determine this. Thus it is if you have the red then if you wanted to lighten the red, for example, by using the white, that you would then be able to obtain the color of that which is referred to as pink by utilizing these percentages, you see. Now, you have obtained your dominant color by touching with the index finger.*

### **Finding Your Secondary Color (November 14, 1989)**

*While you are still engaged in this activity, you will now want to find your secondary color. And you will find your secondary color once you have placed your index finger on that spot. You will then simply place your finger that is the final on the hand, that which is the baby finger. ☺ You will be guided to know in which direction, and as your finger, the index finger, is placed on this chart, you then move your hand in the guidance that is given to you without lifting your index finger, and placing the baby finger, and that will be your secondary color. (Waith illustrates the index finger and baby finger motion and placement) Your secondary color is able also, of course, to have mixture with the other colors and the percentage that it would maintain as a secondary color for you, would be approximately 22.8 percent.*

*Now, you may laugh when I give you these percentages. However, it is not frivolous, and you will be able to understand how to know that you have the right mixture and the right percentages by this very simple technique. When you are in the position of bringing color into ~ the proper color into your vibration, and you are serious about doing this. For remember, we have given many techniques, and much that can be done and few have done that which we have given out, for it requires a bit of work and a bit of dedication and commitment. And it is much easier, of course, to not follow certain advice, and we give it only as advice to you.*

*The technique is very simple. You take before you a plain white paper, and you take that which is a ruler and a pencil ~ and this plain paper should measure in inches, 3.5 inches by 12.4 inches. This is what you will work with. You will take your ruler then with this piece of paper, white, plain, with no lines, and you will measure six, three, point two inches (6, 3,.2) inches in the direction of that which is the longer of the paper, and you will place a point indicating this. You will then draw a line coming from that point to the edge of the paper going to the left. That which is remaining to the right side of the paper, the line on the paper, is to be measured, and you will then take that measurement and you will add to that measurement the number 12. This gives you then that percentage of color to be mixed into either the dominant color or the secondary color.*

*Now, you might ask, "How do I utilize this if I would want to purchase, let us say, an item of clothing? How would we know if that color of the clothing contains in its mixture the proper percentages?" We will tell you this in our next session. We tell you this now only because the technique that we have given to you ~ for most of you here now, we know that you are completely confused.*

*What we will do now, you see, is to wait for those of you in the gathering here who like particular challenges of a technical nature, for you to work out this formula that has been given, and when you have worked it out, and it will be by our session of next, that we will then show you how this can be applied, for it is quite simple, but we will want you to have, shall we say, figured it out and give us the answer to the equation.*

Could you clarify the part where you said take the ruler ~ you gave us the measurements for the paper, on one side was 12.4 inches and the other 3.5 inches, and take the ruler with this and measure six, three, point two. Is that 6, 3.2 inches?

*Six, three point two inches. Six, three, point two inches. Ah, (Name given) would have it, she has.*

Six inches, three inches, point two inches.

*So, I leave you with the challenge and with the anticipation of continuing our discussion in the session next. A little bit of something to do. We depart now.*

## Dominant And Secondary Vibrational Colors ~ Part II (November 21, 1989)

THIS CLASS IS A JOINT COMMUNITY EFFORT TO TRY TO RESOLVE THE RIDDLE WAITH GAVE IN PART I OF THIS TOPIC  
(November 21, 1989)

*Well, when we departed in our last session we left you with a riddle, shall we say, and what we discuss in this session will be dependent upon whether you have solved this formula that we gave to you. So, let us learn of your formula, please.*

I believe I have solved the problem. The clue seemed to be the placing of the ruler because when you read the problem and figured which way to draw the line to the left, and what was left to the right, it got confusing, but the ruler seemed to be the key, so that would be you measure out your six, three point two inches and draw a line to the left you would go back to the beginning point. What would be left to the right would be 12.4, plus 12 would be 24.4, 24.4%.

*And who else has a solution? We sense the energy to the left of us. ☺*

Nothing, no comment. It is not completed. I need more information.

*We would want you to express what is on your mind.*

Oh, no. Now I am in trouble. (Long pause) Well, I figured it, but cannot come to a conclusion.

*Present that which you have.*

Can I use this? That is probably why this is here today. (Refers to an easel and paper in the corner) I did not expect that I would be using that. This is a rectangle part here with 3.5 inches ~ I wish it would be millimeters, centimeters. It would be much easier for me ~ and this is 12.4, so then, it says take the ruler with this and measure six inches, three point two. We came to the conclusion that this means 9.2, so we should start from this corner here, take ruler with this and measure the longest side, so the longest side could be the diagonal here, but it is most likely this one. So, this is the longest side. So, what does it mean ~ I cannot read this darn thing, (He is having difficulty reading the handwritten notes from the last session). ~ The longest side place a ~

- ⊗ (Another person speaks) Place a mark at that point.
- ⊗ Indicating a ~ the point.
- ⊗ Indicating this drawing line to the edge of the paper. So, you should go somewhere from here, the longest line ~ and how far would you go? Does it say that? No? Drawing the line towards the edge of the paper going to the left so, yeah because that means from here to there and then going to the left? That which remains to the right of the line on paper is to be measured.
- ⊗ No, it does not. It is over your 9.2 on the bottom.
- ⊗ So, it would start from here?
- ⊗ Yeah.
- ⊗ 9.2.
- ⊗ Mark that point.
- ⊗ Maybe somewhere here and then it says that we should go back to the left which is here. That your conclusion, yeah?
- ⊗ Go to the left again, that means we will end where we started. But Waith is not happy with this, though. 😊

*And what is the disparity that you sense? Be confident in your beliefs.*

Yeah. I would ~ when I walk along this line myself and then standing in this position and going to the left, I would rather go perpendicular to this rather than going back to the point of where I started.

*And where would that then bring you, my son?*

It would go somewhere this way, but I do not know how far it would go, and probably to the edge then, so to this point.

*Yes, continue.*

To the left that which remains to the right of line on paper is to be measured. So that which remains to the right, (He reads from instructions) so I am here now ~ and remains to the right should be this one here. So that should be 3.2. Now, take that measurement and add to it 12. So, we would end up with 15.2. Yeah, 15.2. Ah, that is even better. And now, ~ (He then looks up at Waith for confirmation)

*You are proceeding correctly. ☺*

- ⊗ So that is what we would end up with, 15.2, but what is this percentage or ~ (He is pointing to the percentages referred to in the last session on the easel pad) It should be inches shouldn't it, no, inches? Inches, yeah.
- ⊗ How about the area?
- ⊗ This one here?
- ⊗ Take the area of the smaller one away from the entire.
- ⊗ You mean this one here? That would be something with square inches, no?
- ⊗ The wording, said take the remainder, add to it the value of 12 and that will give you the percentage. So, it would be 15.2%.
- ⊗ Why percent?
- ⊗ This gives you the percentage of color. We have to end up with a percentage here.
- ⊗ Well, you cannot. The only way you are going to have a percentage is if you divide the thing by itself.
- ⊗ I mean what we can, when we go back to this, we can either say the percentage of this related to the whole one or the area relating to the whole area, so that could be a percentage here.
- ⊗ We need a calculator. Did someone bring a calculator?
- ⊗ Waith does not need a calculator, but we need one. ☺
- ⊗ (The one with the calculator states) I get a percentage of 3.2 out of ~
- ⊗ 3.2 out of 12.4.
- ⊗ Okay.
- ⊗ 25.8%?
- ⊗ So, this is 3.2 and this is 25.8%. Now we have a percentage. Yeah, so this is a percentage.
- ⊗ How can you get a percentage out of inches or centimeters?
- ⊗ Yeah, you can say this distance is related to the entire one.
- ⊗ Oh.
- ⊗ So, this 3.2 related to 4.4 is 25. ~
- ⊗ What about the area? Do you want me to tell you the area?
- ⊗ I do not think that is the same.
- ⊗ So, what you can do is multiply 3.2 by 3.5.

- ⊗ Okay.
- ⊗ It should be the same. Because you have the same. And then keep this in memory and then take 3.2 times 3.5.
- ⊗ 3.2 times what? 3.5?
- ⊗ 3.5, yeah.
- ⊗ Yeah, 11.2 and then what else?
- ⊗ Divide this what you have in memory.
- ⊗ Well, I did not do the first one right.
- ⊗ Oh, you did not. Okay.
- ⊗ One more time. 3.5 times 12.4.
- ⊗ Okay. 3.5 times 12.4, 43.4?
- ⊗ Yeah, and put that in memory.
- ⊗ Okay.
- ⊗ So then 3.5 times 3.2.
- ⊗ Okay.
- ⊗ So, do you divide it by memory?
- ⊗ Yes.
- ⊗ 25.8, right.
- ⊗ So, it is the same.
- ⊗ Right. So, we will add then 12 to 25. We end up with roughly what, 37.8.
- ⊗ Why are we adding it?
- ⊗ Aren't we looking for 63.2?
- ⊗ What was the other number, does somebody remember the percentage we had from last time, 60 was it? The major color?
- ⊗ It was either 63.2 or 62.3.
- ⊗ Okay. If you take 63.2 by ~
- ⊗ Okay. If you take the percent of the small area over the whole, the 3.2 times 3.5 divided by 43.4, the area of the whole ~
- ⊗ Right, what you get?
- ⊗ 25 something, add the 12 then you get 37.8.
- ⊗ There ~
- ⊗ But that is not enough that way.
- ⊗ And if you add 25.8 and 37.8 counting for how you round off decimals, you get 62.3 or 63.2 or something. I am just saying it is close.
- ⊗ No, we ended up with 37.8 and this is 60 ~ Oh, you mean the difference is ~
- ⊗ But add those and you get 100%, roughly.
- ⊗ Yeah.
- ⊗ 101%.
- ⊗ Can we cheat a little bit? 😊 😊
- ⊗ Cheat?

- ⊗ Multiply by the fudge factor!
- ⊗ Yeah, that is right this adds up to 101. Was it really 63.2?
- ⊗ Was it 62.3 maybe?
- ⊗ Nobody wrote that down last time? It was a dominant color that was the one, yeah?
- ⊗ 62.3 and 37.8.
- ⊗ Yeah, was it 62.3, yeah? (Group talking)
- ⊗ You wrote it down, right?
- ⊗ Yes, 63.2 %.
- ⊗ So, this is correct here.
- ⊗ 63.2 which means it is 1% over.
- ⊗ We have over 100% here.
- ⊗ There is another figure of 22.8%. It is the percentage of secondary color.
- ⊗ 22.8.
- ⊗ That does not make 100 though.
- ⊗ It was a secondary color though. So now, did somebody figure out what to do with all this percentage here? (Group members discuss figures back and forth)

*Let me assist you.*

Yes, please! 😊

*Perhaps if you would resume your position and allow the energy form of Mushiba now. (Waith stands and walks to easel) Thank you. Leave this as you have it, please. (Refers to page of paper showing the drawings of the rectangle and numbers). I would like attention now. (Refers to talking in room)*

*There is a reason why I have asked you to go through this exercise, for those who will be involved in the managing of the Community of Terra Lux will need the ability to take information that we give and work as a group to conclusions and to work in a harmonious manner, and this exercise was a bit of an attempt to show you some of your areas of expertise and ways in which you will complement each other in the knowledge that you do have and the knowledge that can be called upon by each other to assist in the solution of particular problems that we will present to you. It is necessary for us to present in certain ways for lessons to be learned, for we, as you know, are not the answer man. We simply guide and present to you the opportunities for your own abilities to come forth and to grow as a result of this.*

*This is relating then, as we had discussed in our last session, to the colors that are harmonious for each of your vibrations and the ways in which you can determine the percentages of color combinations once you have determined those colors that are for your vibration at any particular time, the dominant color and the secondary color. Now, this type of information will not be useful to you when you go into a store to purchase something that has already been ~ the molecules have already been placed together into the material. You would only be able to*

*receive a sense from your own self that a particular color would be harmonious to your vibration.*

*What we deal with here is the formulation of the colors at the source and the Community of Terra Lux, in conjunction with the mission of helping those who would come to the community for assistance, would be able to guide others in understanding how to become attuned to their vibrations and to make available to them, once they understand their dominant vibration and color and their secondary vibration and color, that the mixture can be made up for them and that that can be given to them in its molecule form, or the other opportunity of then taking a particular material and, as you would say, dying that material into the color that would be desired by the vibration and it would then be harmonious.*

*And so, what we have presented to the community is the opportunity for the projection of assistance to those who would come into the community for guidance. You are all very close. You have seen, my son, the way in which to interpret this information in a way different from what it might appear to be, and thus it was correct that you took the different perspective.*

*Now, what has occurred is that you are beginning to interact with each other rather than attempting to figure this out yourself in isolation, for the coming age will require group participation and not individual isolation, and thus it is that you understand now that there are a number of entities currently in the vibration who could assist if you, shall we say, put your heads together and determine the correct exact percentages, for you are very, very close to this.*

*What you must understand is that this area in which you have indicated is the dominant space percentagewise that will be used for the dominant color configuration, and also when determining the configuration for the secondary color this space will provide a percentage. You have two issues here. You are dealing with the dominant color and you deal with the secondary color configurations. Do not confuse the two. We would request that you work with what you have presented now and we will give you a little clue. We will not tell you what it means. We will simply give you this little clue and you will then work with it. (Waith draws some lines on the upper left corner of the illustration)*

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**Very well rendered, by the way. Very well rendered.**

*We thank you for your compliment, my dear. Now.*

**So, maybe the measurements indicate the length of a line but it need not be straight and we could be doing circles or something else. We took those measurements to indicate straight lines.**

*Indeed. Remember that when we enter and when we depart the vibration, we give to you the Universal sign of unity which is the circle, and we hope now that the challenge will continue. And understand that the end result will be very beneficial, for an understanding of the right combination of colors will help those who will be in the healing profession as well as those who would simply be available for assistance to a vibration who would ask what colors would be best for them to surround themselves with.*

*We are now at the point of departure time. We leave you with the realization of the strength of unity and the strength of oneness and drawing upon each other's resources for knowledge and harmony, for it is in the practice that the growth occurs and not in the discussion of it.*

**Dominant And Secondary Vibrational Colors ~ Part III ~ New Illusions  
November 28, 1989)**

**THIS CLASS IS ANOTHER JOINT COMMUNITY EFFORT TO TRY TO RESOLVE THE FORMULA GIVEN IN PART I OF THIS TOPIC**

**(November 28, 1989)**

*We continue in this session where we terminated in the last session, if there is indeed something to carry on with in terms of the solution to the formula that we have presented. Are you in preparation now for solution? Or is there still the workings to be completed?*

**We are still working on the solution and we are moving a little bit closer, but I can say I do not have the solution yet. So, we may need some more help.**

*Would there be then perhaps a question posed to me that would aid you in your confusions, the dissolution of those confusions?*

**Yeah, it looks like I will have to continue this. 😊 But because this should be a joint effort, I have some copies made here that maybe those that want to participate could take a copy.** (He hands out copies of written instructions from two weeks ago and goes to the easel)

*That is most excellent, my son, that you have done that. The issue here is not just for the solution of the formula, but for the ability of the community members to work in harmony to solve problems, for we are not here in the capacity to do that, as you realize. We would want to present some specific information to you in this session, and thus, we would encourage you to direct your questions, my son, in a concise and meaningful manner.*

**So, why don't you bring us all up to date on what the goal is we try to accomplish. Look at the first page, just look at the lowest paragraph. We are talking about two colors which are being described in percentage. There is one, the dominant color, 63.2%, and the second dominant color, 22.8%, which is already all on the first page. We did this last time already. So, when you look at the second page, we are**

trying to figure out a percentage which will then be used in order to mix the dominant color and the secondary color. So, any sort of percentage that we then can use to mix these different colors. So, this is the goal, and ~

*I must interrupt you for one moment, my son, for your interpretation is not quite correct in the usage of the colors. The dominant color percentage is that which is used for the dominant color. The other colors then available, not necessarily the secondary color, would then be used in relation to the dominant color. At the same time, if the secondary color were to be used as the dominant color and not the dominant color, then the percentages for usage from the colors in the other ~ other colors in the spectrum would then be utilized without the usage necessarily of the dominant color. Now, if upon examining in detail what I have just said, at a future time you will understand.*

- ⊗ Somebody wrote this? 😊 Okay, so, what we have here to challenge is a rectangular ~
- ⊗ This is a rectangle with 12.4 inches and 3.5 inches. So, the paper tells us, Waith told us, that we should go on the longest line, I think that is hopefully correct, 6 and 3.2 inches. We figured out that this means 9.2. So, we come to this point, and last time we went straight up rectangularly to this point and said the remaining on the right-hand side was 3.2 and we figured this out in some percentages relating to the entire length. And that is not correct. Waith gave us a clue like this one which I interpret so far as saying instead of using straight lines we should use some curves.
- ⊗ So, there are two options, because, see, we are starting from here that could indicate that we should use the circle and going from here, because that is where we ended up, in some of this direction, or we can take a circle starting from the point of origination, yea, and make a circle this way. So
- ⊗ Can I just check something out? ~ She said you gave ~ it says six comma, three comma, point two comma. And when you said it, you said 6 and 3.2.
- ⊗ No, that is what you figured out the first time. That means 9.2. So, this is this one here, yeah, to that point, yeah?
- ⊗ That was not what I meant and I do not know ~ and I am just double-checking which way it really is.
- ⊗ Yes, we had to go 9.2 that is what Waith double ~ that it is what this one is. So, we are here now.
- ⊗ Okay. 😊
- ⊗ Yeah, why do not we just take a trial and see what comes off. If we go, I hope somebody has a calculator. Oh, you have one. If we go from here in a curve by using a circle, we then can easily calculate this distance here. Oh, wait a minute we are doing ~ yeah. Okay. If you would do this, Tom, take 9.2 and multiply this by 9.2. I think we already did this last time around. Do you have that, 9.2 times 9.2 and put this in memory. Who else was here last time? Did you bring your calculator with you this time? Oh, you are so far behind we cannot even see you. There is more room in the middle here.
- ⊗ Do you need help?
- ⊗ Yeah, the more help the better. 😊 So, what is this one here? So, if you take this and take the square root of the difference? Have you done that? Yeah, that is Pythagoras, right.  $9.2^2$  square minus  $3.2^2$  square and let's take the square root of that. And that should give us that one here.
- ⊗  $3.2^2$  square plus  $3.2^2$  square is the square root of, right?
- ⊗ So how much is that?
- ⊗ Should be 9.

- ⊗ So, we have to find this one here, right?
- ⊗ This side here is 3.5, right?
- ⊗ 3.5 right.
- ⊗ Now, the hypotenuse is 4.52.
- ⊗ What a minute, now. 9.2 times 9.2, how much is that?
- ⊗ The square of the hypotenuse is equal to the sum of the squares of the other two sides.
- ⊗ That is right.
- ⊗ You know, with all this ~
- ⊗ How much is that?
- ⊗ Otherwise, it does not make any proof.
- ⊗ 9.2 times 9.2.
- ⊗ (Spoken at same time as above) You know, with all of this calculation it just looks like a pie and if you piece all the little pieces together you will get a circle.
- ⊗ How do I do that? (Group goes back to calculating)
- ⊗ Yeah, it looks like a pie.
- ⊗ 9.2 square.
- ⊗ Yeah, how do I do that? It is 81. ~ ?
- ⊗ Yeah, 884.64.
- ⊗ So put this in memory and then take 3.5 times 3.5 and subtract this.
- ⊗ 3.2 square.
- ⊗ No, 3.5 times 3.5, 3.5 squared equals how much?
- ⊗ 8-1/2 or 8.51.
- ⊗ 12.25.
- ⊗ So, I subtract this from the other one.
- ⊗ I want to add the two?
- ⊗ No, subtract this from the 88.2.
- ⊗ I have 8.508.
- ⊗ How is that?
- ⊗ 8.508
- ⊗ You took the square root, yeah? 8.5, Okay. So, the difference ~?
- ⊗ What a minute that does not wash.
- ⊗ Yeah, it does.
- ⊗ Either that or your picture is off.
- ⊗ Yeah, the picture is wrong. Totally wrong. There is no proportion on it that is right.
- ⊗ Okay. So, then we have 12.4 minus, you say we should then the remaining on the right hand side is this one here. And this is then, what is this, 3 point ~?
- ⊗ ~ 4. Can you subtract the area of the triangle from the whole?
- ⊗ No, we should then subtract this one from 12.4, right? That means 3.9. So, and 3.9% from 12.4, how much is that?
- ⊗ 30%

*Now, we will interrupt you for now, and prepare for me, please, the fresh paper. (Waith goes to easel) Now, you have all become very, very obsessed, shall we say, with very specific numbers, and now, I give you an ultimate challenge that, from now, you are working together at the next gathering of the community would prove to be appropriate and give you the opportunity from now until that particular time to truly search the Higher Self and the recesses of that which is knowledgeable to you from other times. (Waith draws two spirals on the paper going vertically, overlapping, with the whole enclosed within a circle. He writes next to it, circle within a circle within a circle ad infinitum).*

*This must be viewed as a circle within. I dot my ~ it is ~ (There is applause and laughter), within a circle, within a circle and ~ do you understand? This is what you will use in your images and in your Higher Self to view how this truly is different from what the illusion appears to be. This challenge presents to you a changed illusion, for all now will be involved in changed illusions, and we will address this in greater detail before the time frame of this year is over. You each must look at the illusion that has become your reality and to break through that reality and create The New Illusion which would then become the new reality.*

*The most difficult task that is faced by energies incarnating on the plane is this illusion that completely overcomes and dominates your behavior, for you, as it would be said in the vernacular, BUY INTO that which you believe to be true, whether it has been presented to you by so called authorities, or whether you simply have created your own illusion in response to the world you find yourself currently incarnating in, and all the laws, so called, of mathematics are illusion. And depending upon what you would want them to be, you see, determines what they actually are, and if you truly want to expand your awarenesses and your knowledge and to truly grow, you must accept continual changed illusions as the time frame approaches now for The Shift.*

*For what appears to be is not, not only for your own individual illusion, but the illusions presented on the plane for the masses, and thus, it takes courage and strength and fortitude to break through an illusion. And for many, it is a simple task, if only they would go to the Higher Self through meditation and seek the guidance, seek the understanding of what could be. And what we have presented to you in this what appears to be childlike drawing is a pictorial manifestation of a Universal Law. Understand the importance of the use of the circle. We enter and depart the vibration using the symbol of the circle as Universal Consciousness and the unity of such. And understand, and we will give you a further hint here, that all springs from The One that is represented in a circular form on the earth plane.*

*It is nearing the time of departure. In the time remaining then I would address any questions relating to this area or attempt to clear confusion.*

**Waith, is it possible to be specific about when you refer to the illusion we have, and it is not all what it seems to be, and you change your illusions? I need specifics.**

*Of course, you would need specifics, for that is the way in which your consciousness has manifested in lifetimes. And in response to that, it is specific to the individual and the illusion that you have created for yourself, which is your own reality, and that works in conjunction, many times harmoniously and many times inharmoniously, with the overall illusion which has been presented for growth on the plane, and we have mentioned very often the phrase THE CURRENT ILLUSION. Understand that the illusion changes as it needs to, and each of you then must look at your own manifestation and look at all that you believe to be the truth and challenge that which you believe to be the truth, for this is the illusion. And there is the session coming soon, Limera, that will be available that discusses truth, yes ~*

It will be here next week.

*~ indeed, which will give for those of you who were not able to be in attendance, for those who may have forgotten what was stated, a greater insight into understanding truth. However, until you have that information in hand you would want to look very, very critically, if you will, at that which you think exists and then knock it all down, as we might say, and there you will get your own detail, my love.*

Waith, when the whole issue was confusing, or is confusing, because you started with very precise numbers.

*Indeed.*

And everybody was thinking that that was a mathematical challenge so we used the tools we learned in school.

*Indeed.*

And now you are saying that it is all illusion.

*Indeed.*

So, forget this and try in meditation or try a totally different approach.

*Indeed.*

That makes it difficult, yeah. 😊

*Oh, very. 😊*

You do not try to make it easy, do you?

*No, we never promised that it would be easy. And we have used this as a symbol, as well as example, of changed illusions for growth will not be achieved if one becomes what you would call complacent with the world around you, but rather to be always questioning that which appears to be, for truth is as you define it, but there are certain guidelines that come from The Universal Consciousness that dictate the way in which the development of your truth is achieved in the spiritual context, and thus, you must go to the Higher Self and you must go through your meditations.*

*We would want to take the remaining time to indicate one final area of changed illusion and to emphasize to you all, and to those who would read the transcripts in the future, that changed illusion is critical for an entity to achieve ultimate balance of Self, to be able to accept that illusions are not to be always, but are to be changed, and that the illusion may change out of your control. It may come from sources such as us, or it may simply be that you recognize that periodically you change the illusion you have created yourself.*

*We must depart now for our agreements must be maintained with Mushiba and Abalma. We depart now leaving with you quite a challenge, and quite a bit to think about, and we will pick up on this discussion, as you might say, in our next session. Meditate upon what has been said, my dear ones, to gain the awareness of what has been given to you for information. Take upon yourselves now your Light and infuse it throughout your being and feel the warmth and the love that comes from Self, and now send out your Light to those in the vibration. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius through the circle of unity. Farewell.*

### **Dominant And Secondary Colors ~ Continuation ~ A New Perspective Is Achieved (December 05, 1989)**

*We are very pleased at what is progressing here in the way of rethinking the illusion. Many of you in your own manifestations now have begun to look at things differently, and this is quite beneficial for some. There are, of course, others who are not even recognizing that they need to rethink. and that in itself creates the situation of difficulty for some, for they become encumbered by their own making of the illusion and what we would call an overuse of the ego, and this creates the difficulties. And thus, it would be beneficial to send Light to the Universal vibration that those who are struggling with the understanding that there needs to be redefinition of the manifestation will be given extra Light if they so call upon it. It is needed by several members of the immediate community as well as by those others not of the immediate. We sense the flipping of what would be called pages of a book. Yes. And we would take a bit of time now for we sense the excitement that is present here in the rethinking aspect of things. So let us progress.*

No, I am not excited. First, when you had done a circle within a circle and when looked upon from a different perspective, it seemed to be a spiral, and then next, wavelengths, one representing the color vibration and the other representing the individual's vibration, and what we are trying to accomplish here. And that all growth is in spirals also, so that the spiral form is a very Universal form. I do not know, I wrote some notes and I will go over them with you, and then you can respond to them. It is not a matter of solving a formula but creating the basic formula based on color vibration frequencies and human vibratory frequency. Color vibration frequency is constant and human vibratory frequency is ever changing, so the vibratory color of each individual, depending upon where they are in the spiral, does change as you did state. At first, I was trying to figure out before seeing this book on how we could come about trying to determine wavelengths of color, and an individual's frequency or vibratory frequency or wavelength, ~ (Name given) was so kind to bring this book here, *Cibachrome Printing Book* and it goes into light and color and it shows the electromagnetic radiation and wavelength properties and wavelengths and the different wavelengths of every color and measures it in very specific forms and degrees. It is amazing! 😊

*Isn't it, though?*

So that we can identify a color's radiation by its wavelengths, and there is a standard unit of measurement ~ Manometers. And I will not even say what that equals in meters. It is beyond my comprehension now. But it is all broken down into colors, and it is really great. There are a couple of charts here that do look just like the wavelength that you drew.

*Indeed.*

In its final form, and we might be able to use this book in our basic investigation of this, and also, I was wondering if you take a picture or photography of one's aura or magnetic field, we would then be able to see the individual's color vibration ~ vibratory rate, wavelengths and then be able to use that ~ the color vibration and wavelength as well and determine what is right for that individual.

*Ah, my son, what say you? 😊*

Yeah, I must say as an introduction you confused us at the beginning with all of your mathematical approaches there. You did this probably on purpose, I do not know.

*I?*

To really show us how limited we are if try to solve a problem where to try to use our capability which we learned at school for many years. So, that is what probably the idea is behind it. I agree that there is some intercorrelations between light and human being vibration. And what I think, if somebody likes a particular color, a dominant color for example, then his own vibration will match probably to let's say the color green, or there would be a very strong similarity, so that is why somebody likes the color green. But this changes particularly with women more than men that on one day they like another color. They probably like a change in their internal vibration, for on another day they prefer another color. And when it comes to the secondary, and third, I think, it is, again, a body vibration related that I would say the aura consists more of one vibration. It probably is a combination of many different vibrations which you

can, again, correlate the different colors. So, that is the way I would see the combination between us as human beings and colors as we as we can see it with our eyes. It was pointed out by someone here that the eyes can only see a certain range of color. We see, I do not know, from blue to red to ~ there are other areas which are invisible to us, but nevertheless their vibrations are existing. So, I do not know how much this interferes then with human vibration, but I am sure this ~ they call this the infrared, the ultraviolet, which is outside of what we can comprehend with our eyes, but nevertheless it still exists.

*What say you to this, my love?* (Speaking to the one who brought the book)

- ⊗ Oh, we just about covered that.
- ⊗ No, we did not. We talked about colors, circles and stuff.
- ⊗ No, it is true that the person's vibrational level is at a particular vibration in the colors, the color you wear or you surround yourself with, that is complimentary to that vibration as it is measured in manometers, but I do not think that it is quite that simple. Although it can be broken into that specific complement and it harmonizes with and that is why you feel better or you are attracted to that color.

*Indeed. You are all so good, for what has occurred is that as a group here you have been working together and, shall we say, feeding upon each other's areas of expertise. And what we will say to you now will then be taken by those who are expert at this and worked a bit further that, my son, you were alluding to this concept I will present without really realizing it, for the dominant color is in fact what will relate to the vibration of the entity at a certain level in the spiral and that an entity's vibration will move from level to level, as we have so often discussed. It does not occur, however, on a what you would call a daily basis. There more frequently occurs a movement rather rapidly from one vibration to another even though preparation for that jump may take a number of earth plane years to accomplish.*

*Now, the secondary color relates to that which is so often referred to as the aura that surrounds the vibration. The aura is a direct reflection of instantaneous changes in motion and mood and attitude or, as we would call it, the personality that is manifesting in the particular lifetime. Thus it is, that as you have found in this book, certain definitions and guidelines that will begin only, my dear ones, to solve this riddle that I have given to you. Now, (Name given) has the capability of photographing entities in such a way that the aura will show. It has yet to be worked upon in this lifetime. And there are others in the community who have the ability to see auras or to sense an aura. There are others who have this and others who have the capability of developing this.*

*Thus it is that in the combination of what the current vibrational level for the entity is, this is the dominant color spectrum, so too then do you look for the aura to find the secondary color complement. Now, if you will recall in the first session in which we first presented this we gave you the technique, did we not, of finding your dominant color? Thus it is that we will, as you work your way through this riddle, then, show you as best we can with Mushiba's limited artistic ability the actual device in which these colors will be combined, be they the dominant or the secondary, and remember that all that will relate to this will be in the form of a circle much like a pie with definitions in it. Thus, the riddle continues, but we have given you more substantiation,*

*for you are, shall we say, on the right track, for you indeed expanded your own illusion and changed it and recognized that not all that is, is.*

**And I got this not by the intellect but by seeking the Higher Self.**

*Oh, indeed.*

- ⊗ **That is where he got it too, and he did not know it.**
- ⊗ **That is right, and I did not know that.**

*But it is accurate that the information that you receive that helps you crush the current illusion and have the new one that becomes your reality comes from the Higher Self, for that which you call the intellect is simply a part of the manifestation on the physical plane and is related only at the time of the manifestation of this intellect, for that which is called intellect changes from manifestation to manifestation. It is the Higher Self that contains the knowledge, the true knowledge. You see, the intellect is a lower vibration than knowledge, and it is the knowledge of Self that is important and worthwhile, where the intellect is simply a physical manifestation that is useful for the getting through in certain areas of the manifestation.*

**Would there be someone who is wanting to develop this then with the correlation Kirlian photography?**

*Indeed.*

**Mushiba always wears white. White is not a color. White is, as we all know, a combination of the, I think, six or seven basic colors, so this confused the whole issue to me a little bit. Are you talking about basic color or the vibrational-related color? But white is not a color, so.**

*Indeed. You will find that in a number of situations occurring Mushiba in her earth manifestation wears mostly pink, that which is purple, and the spectrum of those colors. We instructed her that when we would enter the vibration that she would be wearing white as a symbol. This will change with the beginning of the year that is to come, and as we have indicated the ~ the entire vibration of Planet Earth shifts dramatically with the beginning of this new year as it approaches The Shift, and the time now has come for the next phase of our mission, and the colors that we have so discussed in these past sessions have not been of frivolous nature.*

*You must understand that we have not done this for amusement, and you will find that the messages that come through, beginning in the new time frame, will be quite different than have come through until now, for we have been setting the stage, shall we say, for the real information, and the colors that will be on Mushiba when we enter the vibration will now be the same colors that she wears on the physical so that the harmony will be present as it was so intended during these adjustment periods. White was needed to keep the adjustment of*

*vibrations between mine and hers stable. White is the stable, understand that white will give stability. Does that satisfy the curiosity somewhat?*

Yes.

*You will ~ you will see the application of this in what is on the plane a very short period of time once the New Year begins. There will be greater challenges presented to each who would read the transcripts, and those who would be a part of the community, the core level, to assist those who would need the guidance will be given greater depth of information ~ greater challenges. We are ready to depart now.*

### **A Question About The Color Issue And Whether It Is Related To Kirlian Photography (December 12, 1989)**

I know you do not want to discuss color tonight, but I wondered if you could just confirm something for me. I have been thinking about this photography all week. Is it related to Kirlian photography? I do not believe it is.

*No, it is not, my love. You are correct in your understanding.*

Okay. I had a vision of a white background, not black, and I was wondering if that was right?

*That is correct, my love.*

All right. I will go from there.

*And you will indeed go from there for you are beginning to receive the correct direction. Seek that which would appear to not be what it is. The ultimate challenge.*

### **Sound And Tone Vibration, Introduction (December 19, 1989)**

*We, in this session, are going to introduce you to something that will, of course, be elaborated upon come the new vibration that begins that which is the New Year on the plane. And just as we have introduced to you color and its significance to vibrational attunement, and given you your, shall we say, homework to use that information in certain ways, we will present to you some preliminaries in the way that that which is referred to as music will aid in the attunement of the vibration. And we will then, with the coming of the New Year, once it has arrived, will have a series of discussions that will place into a greater understanding those issues relating to color that have some of you a bit confused, and the continuing issues of the music and how the two*

*can be used in harmony to create a more pleasing vibration. We will, to the best abilities that we can through drawing, show you some aspects of music, and we may confuse you, but in the confusion then will be created understanding.*

## There Are Key Tones That Interconnect With All Of The Illusions In Existence

(December 19, 1989)

*So, what we will begin with is an understanding of the tones, as they are called, that are music on the plane. Understand that in the spirit there is tone that is used. It is different, however, than it is on the plane, and nonetheless, its purpose is to, at times, give a soothing to the spirit and, at other times, it is to help in adjustment of the spirit and, at other times, it is for joy for uplifting of the spirit. And in The Universe and its wisdom, there are key tones, if you will, that interconnect with all of the illusions that are in existence, not just on the earth plane but in other dimensions where souls go to learn and teach. Thus, what we will give to you as it translates into that which you understand on the plane as notes.*

*Now, understand that I take this information from The Universal Consciousness and place on to the paper that which is closest to the understanding of tone on the plane. It will take a bit of, shall we say, working with, as it did with the colors and as it still does in understanding what I mean. Now, there are twelve basic notes. I will do this now. (Waith begins drawing the notes on the easel) This should be interesting.*

- ⊗ Is learning music part of your training too, Waith?
- ⊗ Only if you are playing the harp.
- ⊗ You got inside the lines everywhere! 😊 (Refers to coloring in the notes)

*Thank you. This now, my dear ones, gives a basic tone from which we will then, with the New Year, give you an understanding of what it all means. But for those of you who are able to read notes and understand as they are on the current illusion of the plane, this will give a certain tone when played out. And thus, we leave it now to you to interpret.*

**You could not hum it for us, could you? A few bars?**

*No. I am not able at this point to do that, my love.*

- ⊗ Could you put lines in it? (The notes are not drawn on a musical staff)
- ⊗ Yeah, right.
- ⊗ We do not know what notes they are.
- ⊗ You want the entire universe. 😊
- ⊗ Yes.

*Yes. The lines, as you would refer to them, are not necessary at this time. It is to understand what tone is, and just as we gave you certain bits and pieces relating to color that was meant to help you to rethink, to expand your own knowledges, thus, we do with the notes. It will eventually all come, of course, as we will discuss it once you have reached certain awarenesses. This all is presented to you now for it relates to changed illusions, as we have discussed, and this, as well as color, will be a part of the changed illusions and the direction in which we will now take you in your quest for knowledge and learning.*

*We are most pleased to also have, as we end the session this time, the blessings from Amelius, for he is nearby now and as is a practice as the end of the year on the plane comes there will be a blessing from Amelius that will help in the changeover from the vibration of the old into the vibration of the new.*

*We, before doing this, would address the question of color, Limer, and of course this is appropriate. (Refers to chart with a circle of six colors with black and white in the center which is to be made available to those who would like to use Waith's technique for finding their vibrational colors) Yes. And this would be as we had described in the first session of color in which we gave you the technique of searching out the color, and it is most appropriate.*

### **A Question Of The Vibrational Names Of Waith And Mushiba (July 10, 1990)**

**Waith, you refer to yourself as Waith and Company. Who is Waith and Company and why do you refer to Cheri as Mushiba? I think that may be confusing for people coming in.**

*Indeed. Mushiba, first of all, is a vibrational name. It is ~ as many of you know, you have vibrational names, or spiritual names, and most entities have many, many vibrational names. It is dependent upon the combination of vibrations meeting in a group setting as to what particular vibrational name would be appropriate for the continuation of a vibration that had been started in another experience.*

*Ten thousand years ago in the conclusion of The Atlantean Illusion, Mushiba was incarnated along with myself in physical and, of course, Abalma, who will also be discussed, and the name that was used in that time frame was Mushiba. It was a name that had been used many hundreds of thousands of years prior to that by Mushiba. And since this particular time now is the replaying of certain scenario from the Atlantean time, the name Mushiba was determined to be the most vibrationally attuned for all of the work that needs to be done, and also is vibrationally connected to the many, many entities who would work closely in The Community of Terra Lux who have vibrational connections to Mushiba and Abalma during that time frame.*

### **Why Do You Refer To Cheri As Mushiba?**

(July 24, 1990)

*Mushiba is a vibrational name, and the entity, Mushiba, chose to use the vibrational as an energy connector, for those who would be coming into the greater mission would feel at spirit level the energy that comes from the vibrations that result from the utterance of the word Mushiba. It is also true of the word Waith, as you would know my vibrational name. And thus, it is for vibrational attunement.*

**Comprehensive Discussion ~ Color And Sound, As It Relates To Vibrational Changes  
(January 01, 1991)**

**The Moon Has Reached Its Vibrational Harmony For The Shifting ~ Showing Different Color  
(January 01, 1991)**

*We welcome the new vibration of that which is called the New Year. The mass of energy known as the moon has entered now into its new phase as it prepares to assist the earth in its cleansing, for the moon, as we have indicated before, has reached its vibrational harmony for The Shifting, and many of you have begun to feel a difference in the energy that comes from this mass of energy, and many of you will begin to feel it more and more. It is a most positive and vibrant energy, and it will begin to show a different color as time on the plane is measured progresses, for as each of you increases in your vibration, so too does color affect your vibration.*

*And in our session with you now, we will begin to give more advanced information regarding color and sound as it relates to vibrational changes, and eventually, we will be at the situation where we can help you to interpret the formula that we gave to you some time ago. We know that the assistance of the color chart has been given by our most beautiful energy, and we would want you, my love, to present now to the grouping the chart that you have, and understand that this is the correct alignment, my love.*

*The colors of that which is called the Chakras or the Spiritual Centers are a different presentation than this particular charting, and there must not be confusion between the alignment of the colors presented in the Spiritual Centers and this particular chart, you see. This chart works in conjunction with the formula that we have presented, and thus, it is appropriate, and it would be most beneficial for reproduction of this now to begin. This would be the first step for the utilization of the formula, for having the correct chart, of course, is extremely critical. And so, we would commend you, my love, for being so diligent in placing this chart in its proper alignment and working your way through the difficulties that you faced as you were attempting to do this. You have done a most beautiful, beautiful work.*

**There Is A Direct Connection Between Color And Sound  
(January 01, 1991)**

*Now, understand that there is a direct connection between color and sound, and that color has sound and sound has color. And in working toward your own harmony within your vibration, the attempt is made by entities to gain in an understanding of the color and sound that is appropriate for the vibration. Understand, of course, that it is all an illusion anyway, and from the energy standpoint, in its purest form, there exists no need for the use of color or sound, but once energy moves into particular dimensions and finds itself in different training grounds such as the earth plane, it becomes very important that the use of color and sound help in harmonizing the vibration.*

*We have had many questions over our time with you asked of color and sound and its connection, and we have given out elementary types of responses so as to lay the groundwork for the more advanced knowledge that we will begin to give to you. And understand that as advanced knowledge is given, it is given out very slowly and gradually so that you are able then to synthesize that information along with the information you have already received, and we will try not to bombard you with the information.*

*Each of you as energies have a very distinctive and unique electromagnetic field. It is different from every other entity's electromagnetic field, and therefore, you would have distinctive responses to color and sound. And if you have an incorrect color on, for example, on your encasement, or in your environment, then it could create a disharmony with your electromagnetic field.*

*Now, in some situations it is not enough of a disharmony to create any difficulty, but as you advance in your own attunement, your sensitivity to color and sound increases. A number of you have begun to experience this. It is important that you keep in perspective the fact that what another chooses for color can indeed affect your own electromagnetic field, and that you must protect yourself against being imposed upon by the selection of another's color, and the selection of sound, around you and that oftentimes when you find yourself suddenly feeling out of harmony and you know that you have chosen the correct colors for the vibration, it is probable that you find yourself in a vibration that has colors that are inharmonious with you, and you must, therefore, send up a protection around your own electromagnetic field that is specific to color filtration.*

*The concept of color filtration is known to some who are in the Community of Terra Lux, and it involves a screening of color from its darkest to its lightest, to its invisibility as a color, you see, and what you then do in your protection technique is this filtering system.*

## **A Technique To Filter Out Inharmonious Colors And Sounds (January 01, 1991)**

*When you find yourself with a color that is inharmonious, you begin to visualize a filtering of that color, and you gradually see this color move from whatever the point is that its magnitude has presented. If it is a dark color or medium range of The Spectrum, you would go to that point in your visualization and you would begin to imagine that it is filtering itself out to its lightest point, until it is no longer. And thus, you have presented the illusion to your electromagnetic field that the color is no longer, even though you are surrounded with this color. And it is a very quick and easy technique to utilize once you have practiced this, and one that many entities have achieved already, and do instinctively, so that they are able to block out inharmonious colors. This is the first step in your own control of the effects of color within your own vibration.*

*The same type of situation exists where sound is concerned. Sound, of course, is something that most on the plane have no control over, being within. Unless you hibernated or stayed within your own home area you would find it impossible to control the sound around you. And thus, when you find yourself in an inharmonious sound situation you simply begin to filter out that sound, and you visualize that it goes from the depth that you are in with it. If it is a high sound, you move it all the way back to its lowest sound so that it becomes nonexistent. And if it is at a very low sound, you move it all the way back to its highest sound. And if it is anywhere in between, as you would imagine it on The Spectrum of sound, you simply choose to move it either to its lowest or to its highest sound. By moving in your visualization, the sound to either one of The Spectrums then enables it to go to that which the electromagnetic field would not recognize, and therefore you have protected yourself with the sound that is inharmonious to you, and you would then be able to filter out the sound, you see.*

*Now. You must be able to do this type of filtering if truly the colors that you find yourself surrounded with, and the sound you are surrounded with, are going to be effective in helping to increase your vibration.*

*When the time is appropriate, and it will be soon, we will go into greater details on the formula, but understand that this formula in which entities will be able to determine their vibrational color will only be effective as a tool for an entity to a certain point of harmony. And unless an entity is able to utilize the total Spectrum here, simply wearing or surrounding oneself with the correct color, and the correct sound, will not be sufficient, for there must be the protection as we have indicated.*

*So, as we begin to put together the information, there will be this packaging, if you will, of the information on protection that we have just given, that would go along with the formula that will be used or the correct color attunements for an entity, and given as a total package so that you would not be negligent in the information given as being incomplete, but rather, from internal and from external sources, color and sound will be harmonious.*

*We, in indicating in our time spent with you last evening, we spoke of music as being so very important in maintaining harmony and that the Community of Terra Lux now will begin to have more music, and the sound of singing will begin to present itself, and also, you will find yourself creating a color environment, and you would want to have combinations of color that are*

*reflective of the community vibration, and that is another little task that we will work on with you as the time is appropriate.*

*We would now take any questions that you might have regarding color and sound.*

### **Would Twin Flames Have The Tendency To Share The Same Colors And Sounds?**

**(January 01, 1991)**

*There is the propensity to do so. Understand, however, that twin flames, even though they are from the same energy, have a different electromagnetic field. Every entity that separates from the major energy form, no matter what that separation is, be it a lifeline, a split, whatever, forms its own electromagnetic field. It is, however, a harmonious electromagnetic field. Thus, the color and sound that is appropriate will vary from entity to entity and will not be exact.*

*There is no electromagnetic field that is exactly like another. Each is in some way different and very distinctive, and therefore, the vibration of color and sound may be different by what you would call a hair, and not distinguishably noticeable. However, it is different, and thus, you may find that twin flames have very similar color and sound frequencies, or they may not, and it is not an indication of anything in any way except that it is different.*

#### **What if twin flames do not have compatibility with their own colors and sounds?**

*You speak of Mushiba and Abalma! ☺ Those of you who have observed how they work together have seen how the harmony exists, and Mushiba has gradually worked her lightness in the pink and the purple into Abalma's energy field, and it is not inharmonious to Mushiba, for she has the screening ability, and rather attempted to combine the two, so that when they were representing themselves as one unit, there was the purple and the black, and it worked to their harmony eventually. And because they decided to do so, Abalma's colors and his sound, music, are becoming more aligned with Mushiba. However, it is not necessary that this occur, and it is only if the twins themselves realize that the disparity of color and sound that each find themselves with is affecting the development of their energy field, then it would be up to them to determine how to work this, you see.*

*Many energies simply will accept the preferences of the other and have the ability to screen out, and therefore, also, make what you would call compromise in the physical environment, just as Mushiba and Abalma did. He would have his black and she would have her pink or purple, and they accepted the other's preferences accordingly. It does not mean that it is a negative if the color and/or the sound from a twin, or any other entity with whom you find yourselves in the same environment, to work against you. Rather, it is simply a disharmony and you acknowledge it and have the techniques with which to deal with the situation.*

#### **In Music, Was Bach Aware Of The Spirituality That He Expressed And Of The Laws He Used?**

(January 01, 1991)

*Music comes through in various ways with the instrument who has been asked to bring it through, in this case a human entity. There is some music that is very directly, as you would say, channelled through. It is not the energy form who is in the encasement who is bringing in the music, but rather, it could be similar to the way in which we come in through and speak.*

*There are other situations in which the Higher Self of the entity is, in fact, bringing in the information for the music, but in all situations, the music comes through from another source, from a higher source. It pulls itself through The Universal Consciousness, and oftentimes, an entity is indeed aware, as you are asking, of the Laws of The Universe with which they are working to bring this beauty through. Other times, they are not, but they are aware that they are a part of a very beautiful experience, even though they may not know. This particular entity of whom you refer was very much aware of the power that was given for his ability to bring through very particular harmonies of music to soothe certain vibrations.*

### **A Discussion Of The Electromagnetic Properties Of Color And Sound**

(January 01, 1991)

**You spoke about the color and sound being energy, as electromagnetic. Is that electromagnetic as we on the material plane understand it? And if it is actually electromagnetic as we understand it, how can we measure this?**

*It has certain properties of electromagnetic as understood on the plane, and it has enough of those properties so that it can have some form of measurement, and indeed, the formula that we have given, which many of you may want to refer back to so that when we have our specific session on the formula, you will have some frame of reference, that formula contains the properties that are known on the earth plane.*

*However, it also contains properties that are not known on the earth plane, and this is the reason for the, what you might call stumbling block that occurred, for we needed to give this formula so that there could be the beginnings of the thought process and an understanding that not all is known on the earth plane, you see. The scientists believe they know all that there is to know, and when particular formulas are given, they are applied to the knowledge base that exists. We will give further information that will, if you will, fill in that which is not known, and it will become then very clear and understandable and easy to apply, this formula.*

### **Discussion Of The Three Major Energy Fields ~ Electromagnetic, Auric, And The Soul Fields**

(January 01, 1991)

Could you tell me if the polarities that exist on the chart's polarity ~ does that also apply to the Soul vibration and the auric vibration? Are they also at polarities, and when one changes do, they both change to be in balance with the polarity?

*Conceptionally, my love, yes. The auric field, as you refer to it, and the Soul field also work in conjunction with the electromagnetic field so that there is ~ there are several layers of energy fields in which we find on the earth plane. And the auric field is actually the middle field. The electromagnetic field is the one that immediately surrounds the encasement. The auric field then goes out surrounding that, and then there is the Soul field, if you would refer to it in that way, and each have points of polarity.*

*At any one point there is an opposite, and when one of the polarities shifts in any way, of course, it will affect the others, and it is in this shifting that disharmonies occur. And it is important with the use of color and sound, when it is properly applied, to help in the balancing of these polarities, and if particular colors are used in connection with a particular vibration of the three various energy fields, then the harmony can be shifted into its proper position.*

*Healers are able to work with energy fields and are able to sense where there may be a disharmony in the energy field, be it the Soul, Auric or Electromagnetic Field, and this is why many who develop their abilities of healing are so attuned to color and sound, for they know basically at the Soul Level, if not at the conscious level, the importance of color and sound in working with an entity's energy field. It is an ability that every entity has. It just needs to be developed. You can balance your own energy field, but it does take many, many, many incarnations, and indeed, it takes the desire to want to do this. Otherwise, you may find yourself in altered states of harmony when the magnetic fields move around a bit.*

When you explained the filtering out process, something came to mind that I read in a book. I am wondering if it would be helpful for other people to see the chart that would help them to understand it as well as I did ~ that it goes from infrared to ultraviolet color.

*Indeed. Yes, that would be a most appropriate point of reference, my love, to give to others, and perhaps you may be able to reproduce this. Yes, most beneficial.*

### **A Question About The Screening Process, With Color Blindness Or Tone Deafness (January 01, 1991)**

Is there is any connection between the screening process that you talked about and what we refer to as color blindness and tone deafness, and if there is, what the connection is.

*Color blindness and tone deafness are issues relating to the Soul and certain types of balancing, and it is a most interesting discussion, and we will present that discussion when we give our next advanced topic on color and sound. So, you would hold that question for now.*

## The Advanced Ability To Hear Color And To See Sound (January 01, 1991)

I once experienced seeing sound and hearing color. Can that be reproduced in meditation?

*Indeed. Each of you has the ability to hear color and to see sound, and it is a very advanced ability. The techniques are something that need to be used properly through meditation and not to be played with. It is an ability that is subject to abuse. It is one of those powers that need to be used in a spiritual context, and if used improperly can be abused, for being able to hear color and to see sound gives you as an entity a tremendous power with another's electromagnetic, auric, and soul field, and if it is used in a spiritual context, it can be used to help heal. If not, it can be used to abuse. And thus, if you are presented with the opportunity to develop the power, you may find yourself not adequately prepared for it and would want to seek through your meditations as well as others who have the power and use it through a spiritual context so that you do not abuse it. Many of you will be presented with this opportunity.*

## Are There Distinctive Colors That Go With The Planet Earth's Time Framing, As In A New Year? (January 01, 1991)

*To answer yes is much too simplistic. It is a most complex discussion, for the earth itself, the planet, has its electromagnetic field, its auric field and its soul field. It is an energy form, and therefore, it has its own response to color and sound. And much of the disharmony that is occurring for the planet now relates to the very drastic imbalance of the three energy fields, and when it is more attuned and in balance, the earth has very distinctive colors that go with its time-framing. Its colors now are in disarray, and therefore, it would be most difficult, if not impossible, to say that because this is a new year, that a particular color is appropriate. This was true many, many, many hundreds of years ago on the earth plane. Now, of course, since we are with you to help in The Shifting, you will find that nothing applies when it refers to the planet, for the disarray reaches acceleration now.*

*What is appropriate, however, is in understanding when an entity, when any energy form is experiencing a disarray in its energy field, that its colors are in disarray and that by simply sending the soothing White Light out, this helps in the disarray, but it is only sent as a help and can be taken by the energy form for healing. Healers know that they cannot heal the energy, only the energy can heal itself, but that by sending energy and Light, it will assist the energy in adjusting its own energy field. And this is currently what the planet is experiencing. It is receiving much help, much White Light, and it is therefore enabling the planet to soothe itself. And there are parts of the earth now that have begun to heal, and you will see that as certain upheavals occur, there becomes a settling in and a soothing out, and so it is begun ~ it has begun.*

So, we can assist by just visualizing the White Light.

Yes.

**After The Shift, Will The Earth Give Off A White Light Of Its Own?  
(January 01, 1991)**

*It will give its ~ the Light that is appropriate for its vibration at that moment. It will be much different than what you are experiencing now, for the energy field of the planet is so strong and so dominant, as it relates to all entities on the plane, that it affects all entities in some way. Some may feel it more than others, and many of you have, and once it has adjusted itself, then its energy field will be in harmony once again, and the color and the sound that emits from the energy will have a most dramatic effect upon those who have remained on the plane.*

**Has the color been determined yet?**

*That will present itself at the time of the balancing. Each illusion has different responses visually, and color in The New Illusion will be different than it is in this illusion. Its concept will remain the same, as we have presented, but the actual colors will be different.*

**Has The Earth Been Going Through Another Vibrational Change Recently?  
(January 01, 1991)**

*Yes, and it will continue. It will ~ there will be fewer periods of easing between changes.*

**Is the discomfort that some of us had recently due to the vibrational changes, or attacks from the dark, or both?**

*There were very definite attacks occurring in an attempt to keep many of you from giving your loyalty to the mission. There were many, many attacks occurring. It was what you might call the last-ditch effort. And now, we have a new round of attacks. But understand that you all now have such an awareness of the attacks that you are, shall we say, onto their efforts to create disarray, and a most beneficial advantage is that you speak with each other, and you help each other through, and you recognize when another may be attacked and say, "You are being attacked."*

*In conjunction with that also was some Earth Changes vibrationally, as it relates to the moon and the pulling of the energy fields between the two, the moon and the earth, that created for a good number of entities on the plane an encasement difficulty, and those types of encasement difficulties will continue to occur if an entity finds themselves sensitive to the changes of the earth, and thus, it is part of attempting to help the planet through its own difficulty and eventual cleansing.*

## Is The Moon Itself Cleansed Like The Earth Is Cleansed?

(January 01, 1991)

*It was going through vibrational changes much like what the Planet Earth is experiencing. However, it was not to the same degree by any means, and it has completed its cleansing, and therefore it has now aligned itself along with other, what you call planets, to be of assistance to the earth when the final cleansing occurs.*

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

(July 07, 1992)

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

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

So why are you telling us about gaiety? I thought that was Farena's job.

*Ah, it is. It is. However, coming from the head spook, gives it a bit more, shall we say, credibility in that if the head spook can be gay and lighthearted and frivolous, then so can all of you, you see. We will switch roles one of these sessions and Farena will be most serious.*

That is hard to believe. 😊

You do not believe? 😊

## Is There Any Color Associated With The Vibration Of Laughter?

(September 01, 1992)

*Oh, indeed there is. In the coming earth plane year, we will be talking much about color and sound as it relates to playing, for color and sound bring about the sense of play. And the laughter*

*that one has creates an energy and creates, then, a color that can be visualized that is based upon your own vibrational field.*

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

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

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

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

### **The Importance Of Color And Sound That You Surround Yourself With (January 05, 1993)**

*Now. We plan to have discussions of color and sound. There is a very special time that is planned with Farena and Barjan, who many of you know, in which sound, especially, will be presented in a way that will help you to, as we have said so often, fluff up your aura. It is most important to fluff yourself up. If you are not able to keep yourself lighthearted, it becomes a bit difficult to expect another to. And at the same time, if you are able to keep yourself lighthearted, it becomes your responsibility, then, to teach that to others. As you learn, so then must you teach. And as you teach, so too do you learn.*

*So, we will have much in the way of lightening up via color also, for each of you is able to become more harmonious within your own energy field by the types of color that you surround yourself with. And we have given out the information on the filtering out process, and we will elaborate on that in the coming months in sessions that we have. For when you find yourself in a vibration where the color and/or the sound is inharmonious to that which you have determined appropriate for yourself, you are able to filter it out. Now, we have indicated in other times that this is possible. We have been rather vague on how to do this, and we will become more concrete in the techniques of filtering out inharmonious color and sound.*

*You will have available from us the ways in which to determine appropriate color, and that, you know, this changes, sometimes within an earth plane day and sometimes day to day, but more often, you have a range of colors that are both dominant and minor that for the particular point in your path that you find yourself, those colors are appropriate. And understand that we view black and white in the spectrum of color even though we know on the earth plane they are considered noncolors. We include black and white.*

### **Waith Talks About The Concept Of Colors In The New Illusion (January 05, 1993)**

*In The New Illusion, the concept of color, of course, will remain. The colors will be different. And it is most important on the earth plane to understand that color is used as an energy indicator on the earth plane and on several other of the training grounds, but it is not something that is used in all training grounds. However, since you are all on the earth plane, it is appropriate that you know how to associate with color and sound.*

*And the issues of judgement will prevail as we present information to you, not only color and sound, but also play ~ for each of you is on your own particular path, and you are at a particular point in your travels. And it becomes most important that the overriding issue of life on the earth plane is that of working through judgemental attitudes and working toward Unconditional Love. It is never achieved to perfection while outside of The One, let alone on the earth plane, but the standards must be high to achieve what is as close to perfection of Unconditional Love and nonjudgement as is possible on the earth plane. So, you see, it would be very easy to say, "That person is not playing the way I think they should be playing. They should be lighthearted. They should ~ you should do more. You should laugh more. You are not playing enough." You must be most careful of these judgements.*

*Playtime is a spiritual activity and, therefore, you have permission to play, if you are so inclined in your spiritual path. Most on the plane have difficulty in giving themselves permission to play, for they feel it would take away from the greater mission. Well, play is a mission. Play is part of balancing and, therefore, it must be attended to. So, you will have fun this year on the earth plane! ☺*

*Oftentimes, you know, it is very good to use exaggeration. We have done this on several occasions. Yes, we have ~ we have been known to exaggerate a bit! Farena, more than any of The Company, has been known to exaggerate a bit, and that will continue, and in fact, we will show you ways of exaggeration. Understand that in the issues of balance, as we have said so often, the teeter totter must go up, you must go down, up and down, up and down, until you are able to come to that balance. That is achieved through exaggeration, the highs and the lows.*

*Thus, it will be with play and with Lightheartedness, that at times you will be perhaps perceived by others ~ and who cares what they think ~ that you are too lighthearted or too serious. But as long as you know that you are attempting to achieve your own balance, that is all that matters,*

*and that you would strive to understand that others are seeking their own balance, and that it is appropriate and beneficial to discuss with others their striving to balance without saying, "My balancing is better than your balancing. And if you do this, then you will surely balance because it worked for me."*

*It is good to relay experiences. There is this fine line, this balance, between relaying experiences and Being of Service to another, and judging. It is a line often crossed. But, you see, of course, it is often crossed, for unless you keep crossing back and forth, you will not find the point of balance. And thus, it is all right. Life on the plane is, by definition, a life of imbalance, for you know, and we have said this in other times, that once you balance, The Universe says, "We will let you stay balanced for X amount of time," depending ~ it could be a day, a week, a year, a nanosecond, ☺ and then it is time to work on either something else or a higher level of that particular issue that you had just balanced.*

*And thus, all of us, you know, not just the earth plane but all who are out of The One, are in a constant state of imbalance. That is what makes it so exciting. Think about it. When things are even keel, it is rather boring, isn't it? When you think about it, to not have anything going on, just things going along without any disruption, without any issues being presented, it is really very boring. And, you see, that is why we all come out of The One. This is very boring in there. We want to have some fun, so we come out. And that, by definition alone, means that there will be fluxes that occur. And it is fun, then, to try and regain the balance between seriousness and Lightheartedness, for once that thread melds and becomes One, then it is time to return into The One, be absorbed, get bored, come back out, the new little Energy Circle, new little tasks.*

### **Can You Dream In Color? And If So, Is That A Dream From Your Guides? (January 05, 1993)**

*Oh, indeed, you can dream in color. We have given some preliminary discussions of dreams and what it is all about, which you might find interesting to read, my love. We plan in this year to go into a discussion further of dreams, for it is part of the ways in which one can balance the play and the seriousness. So, yes, you can dream in color, and it is not necessarily something that comes from your own guides, but rather, it is coming from Self, and that one would need to connect with a particular color in order for that dream to be effective, or to perform the service that it is meant to perform.*

### **Playtime On The Earth Plane ~ Visualizing Color and Sound (June 01, 1993)**

*We, in this time with you, plan to continue in our discussions of Playtime on the Earth Plane, and we thought that we would give you some perspective on play on the earth plane. You know, for many, many entities on the plane who feel that it is all work, there must be a perspective of play and Lightheartedness. Yes, the earth plane is considered a Work Planet, and it is considered one*

*of the most difficult of the training grounds that are available outside of The One. And yes, it is a training ground in which accelerated growth is available. It is one of the few that has that particular component built into it. And thus, it would seem that when you are on the earth plane training ground, that the sense of play would almost be a contradiction for the basic purpose of this particular training ground.*

### **Differences Between Some Training Grounds Regarding Concrete And Nonconcrete (June 01, 1993)**

*Now. This is not correct, for the most important component to keep in mind with the earth plane is that it is a training ground of balance between concrete and nonconcrete. This is not always true on other training grounds. With other training grounds, some represent development of nonconcrete strictly, and the encasement that the energy takes on is invisible, if you will, to what your perspective would be on the earth plane. Other training grounds have strictly the concrete. And the earth plane, then, provides both ~ the opportunity for balance. And thus, those who are on the earth plane now have chosen a very, very accelerated and strengthening path.*

*Now. Play is critical to balance. I will not bore you with some of the trite sayings that are on the earth plane now regarding all work and no play. I said I would not, now. Now, what is available, however ~ thank you, my love. (Someone hands Waith a marker) Yes. Now, I was being discussed prior to entry here ~ I tune into this, you know.*

*They were discussing the writing utensils and were mentioning the fact that I do this all the time (Remove the cap) and do not write, and therefore they dry out. Is that the correct ~ dry out? And someone had to run someplace and find black, you know, for Mushiba only uses other colors. So, we will christen this now, as you might say, for we are going to discuss with you color and sound as a plaything.*

### **Discussion Of Color And Sound As A Plaything (June 01, 1993)**

*However, it is not as frivolous as you might at first glance think, for remember that all that we provide to you for information has a spiritual component, as you would call it, that which is the balance, and that as we provide to you this latest little play toy, it is also going to aid you in your vibrational attunements, for each on the plane now undergoes vibrational changes. It is a part of what happens when there is a cleansing, as is occurring now. Thus, when you begin to feel your vibration dragging down, you know, and you are feeling that the burdens of your path are far too great and you question when another who is feeling lighter at the time would say to you, "But, you know, you asked for this!"*

*We know that when one is feeling a little bit down, one does not need to hear another who is not, saying, "But, you know, we each ask for these tests." We know. We know this. And thus, it is up to each of us, all entities, to keep themselves as light as possible in understanding that indeed the path that each of us chooses is our own decision.*

*Thus, when we are starting to feel a bit down ~ and this is an earth plane applicable toy only. This is not needed on other training grounds. So, on the earth plane, when you put this into your soul memories and you go onto another training ground, you cannot take this one out of your soul memory and use it. You can only use it on the earth plane. So, put this into the Soul memory ~ this toy can only be used on the earth plane. And then whenever you come back on the plane, you can pull it out and use it.*

*Now, here it goes. The first one relates to color. Now, we are not going to talk about the usual color and sound discussion that we have had in the past. This is going to be a bit different, for the color and sound information we have given in the past and how to find primary colors and sub primary dominant and minor and all that will be discussed at another time. This is a vibrational attunement, so view it in that respect.*

**A Technique, Visualizing Color ~ To Lighten The Spirit (Next Section Will Be One For Sound)  
(June 01, 1993)**

*Now. First, color. What you do is visualize your very, very favorite color. This toy can be used with any color at all, and, you can also use it with not just your favorite color. You may use any color that you happen to be attracted to at the time that you are using this technique. So, you have your color now. You would find some item that is this color. It does not matter what it is. Something. And in your mind now you are holding this item. So, here is your item. Item. (Waith writes the word ITEM on the paper) Here is your item.*

*First, you visualize your item. You have not gone to your item yet. Visualize it. You are putting it into a nonconcrete form. This is an important first step, a nonconcrete form. Once you have the nonconcrete form, and as you are visualizing it, you envision that there is fluffy White Light all around it. Now, once you have this visualized, you go to the concrete item, and you will find yourself in a position with your encasement that is the most comfortable, whether you would want to sit or stand or walk, any form of movement or nonmovement with the encasement is appropriate.*

*Now, you have this item, then, that has this color. We will indicate that it is color. That is the key here, not the item but the color that this item is. Now, you have visualized the item. You now are holding the item. And now, you begin ~ you may be walking, whatever, so what I am about to tell you, remember that some of you have a higher comfort level with others observing you than others might have. So, what you do then is, you are walking, perhaps, and you have your item, and you have your item right at what you refer to as the Solar Plexus. This is the entry Energy Center for vibration. And so, you would be appropriately walking, or if you are sitting, it*

would be like this. And you begin, then, to pet your item. You are petting your item. Now. There is something very significant with the petting, for what you do now is that you connect vibrationally with this color, for color, and especially if you are working with a favorite color, is going to soothe the energy field. Remember, if you will, some of you, that we have spoken of color as the soother of the energy field, and if you surround yourself with the appropriate color, you will lighten your vibration.

What this does, this little technique, is to take your mind, this earth plane mind, off of the difficulties. It is to lighten up, and it is better, even, if you do this with others. Many of you have found yourself now with energies who have become very accustomed to you doing strange things. This will not make any difference to many of them. They will just say, "Oh, there she, or he, goes again!" And if not, this will be a way to get them to not really think too much of what you do, but rather, to be intrigued by this activity, that you soothe. You are ~ in petting, you are soothing, you see. You will not just take this item and go hard like I do with this writing utensil. You would be soothing its vibrational field, and at the same time, you are bringing the color into your vibration.

Now. Color that is your favorite will be useful, then, at three levels of awareness. You will have your level of nonconcrete where you have visualized the item, and as you are visualizing this item, the color is also in there and it is seeping through into the level that becomes concrete, where you have the item. And once you have the item, and the color then begins to, in a concrete manner, filter into your greater vibrational field, you then have the third level. This is what we would refer to as Interdimensional ~ so that all three levels are now taking the vibration from the color. And the color, then, on its own, has a way of connecting with your vibration where it is needed.

Now. The length of time that you would be petting and soothing would be dependent upon the amount of time that you need to do it. I would not say to you, five earth plane minutes, thirty earth plane minutes, but rather, as much as you need, or as little as you need. Once you have felt the connection, and once you have felt that all the levels of which we speak have been touched, you would then take the item, and you would place it under a white light, much like the lights that are available, but it would not be one of these ~

### Fluorescent lights.

Fluorescent. Yes, we were searching the memory banks. Mushiba has an aversion to this kind of lighting. So, you would find a very soft white light and you would place the item, then, under this, the glow of this light. And you would then take the image of what you see, this light shining upon your item, the light ~ (Waith writes LIGHT on the paper)

It is drying out. (The marker)

*We will talk! You will envision now the light shining upon the item. You will take that image in your mind and you will then envision it as you did the item originally at the beginning, the first step. So, you have now the concrete and you see the white light. Need I tell you it is symbolic of protection, the white light shining upon your item? And you then bring it back into that level of mental and nonconcrete, and that gives the closure to this technique.*

*And once you have done this, you may put your toy away into the Soul memory until it is time to bring it back to play with. And it is a toy in the sense of playing and not a toy in the sense of a lesson to be learned. We refer back to the reference of Toy Box that is on the record. So, we then now give you this use of color. What will be appropriate, as we give further information relating to color and how you will be able to use it to smooth out and soothe your vibration, this will also fall very nicely into this.*

*Now, as you begin to utilize this technique and the color, you would want to begin adding sparkle to the color. Now, you may use this with black, even though on the plane there is this sense that black is not to be thought of in this way. You would not be able to use this with white, for you would not be able to visualize white in the sense of its application into your vibration, and also visualizing white light onto white creates a difficulty, at the earth plane level only, however.*

*Now, what you would want to do then is, let us say, that you chose orange as your favorite color, and the first time that you did this little play toy, whatever it was that you were envisioning, would have any degree of sparkle to it. It could in fact be very, very, very, very dull, at the very far end of The Spectrum of subdued, and of course at the other end of The Spectrum is complete sparkle, non-subdued, and everywhere in between ~ so that wherever you find yourself relating to the color and its sparkle aspect, you then would progress each time you used this technique to envision more sparkle ~ so, to sparkle. (Waith draws sparkles around ITEM) We often refer to it as Farena's word, the fluff or fluffy. It may mean that for you the item will change, then, or it may mean that you are able to add sparkle to the item, or it may mean that you simply envision more sparkle until you reach the point where the concrete matches the nonconcrete. So, this is for color.*

*Now. We will give you one for sound and then we will take questions about both of the toys. Now, sound. Sound. You have your job to do. (Addressed to the person who is turning the paper) We sensed that you did a very fine job.*

## **A Technique, Visualizing Sound ~ To Lighten The Spirit**

**(June 01, 1993)**

*Now, sound. This one is a bit different. Sound is not just music. Music is a result of combinations of sound. So, when we say sound, we mean anything. And for those who, at concrete, at earth plane, do not hear sound, they can still utilize this technique, for it is a visualization as well as a concrete, and we will explain this. Sound ~ you would choose any sound. It matters not. It*

would be a favorite sound. It would be a favorite sound. It could be the click click of a pen. It could be the tick tock of a clock. It could be the sound of this (The marker) trying to make impressions after it has dried out a bit. (Waith tries to write with the marker) Sound. We sense this not to be right. Sound. This one is very simple and quick and can be done without anyone noticing, unlike color, even though color can be done alone. Sound can be very easily done, for it is the recognition of an impression.

Now, those who on the earth plane are not able to hear as each of you in this session are hearing, still have a sense of sound, for vibration is sound. And even if one is not able to see and hear, perhaps they have taken on that path of not seeing and not hearing, there is still the ability to sense sound. And there is still the ability to visualize. Even if one does not see, one is able to visualize within, for that is the spirit dimension. That is the Soul's ability to connect with the Higher Self.

Now. What you would do, then, with the sound ~ and again, view sound as an item. Simple. So, you take the sound ~ and let us say that it is the sound of meow, from a kitty cat, meow. That is the sound that you hear, and you do not have to actually hear the sound. You know, many of you who live with the cat encasement are well aware of what the sound is like and probably would hear it as you would be visualizing. So, you have the meow, and you visualize the meow, the sound, the item, as if it were in a cloud. This is different from visualizing the fluffy White Light. This is a white cloud. (Waith draws a cloud around MEOW) This has density a bit. You know, cloud has substance. We use substance with this, for you will not be bringing it into the concrete as you do with the color. You will be keeping it in the nonconcrete, and therefore, you will be visualizing it, and at the same time that it is nonconcrete, it will be concrete. You see? This takes a bit of practice. It will not happen the first time that you do this.

However, what you will then begin to feel is a lightness about you as you are visualizing nonconcrete and concrete simultaneously, and what this, in effect, can do is bring you off the earth plane ~ for many of you this is an added benefit to this particular technique ~ for momentarily ~ and you could be doing this visualization, once you have practiced it, for what you call seconds on the earth plane.

So, for example, let us say that you need ~ you are making a telephone call, and you have been put on hold, and this makes you a bit upset. We know that most of you this never happens to! But for those who might feel a bit upset at times when you have been put on hold, while you are on hold, and rather than listening to the sound that often comes through when this occurs, you could automatically go into your favorite sound visualization, and by doing that, momentarily, it blocks, and therefore you are able to lighten yourself considerably. Now. Are there any questions?

## Discussion Of The Dimensional Coexistence Of Concrete And Nonconcrete (June 01, 1993)

In the beginning you had mentioned concrete and nonconcrete interdimensionally. Is that where concrete and nonconcrete meet? I do not quite understand.

*They do not meet, my son. They coexist, and there is a difference. And yet, coexistence means that they are meeting, but in the sense of linear meeting, as you would understand it on the earth plane, no, but they coexist. And thus, when you bring in dimensions into any type of discussion, it inherently means that those dimensions, whether they be two, three or one hundred, or infinite dimensions, would coexist in that particular exercise. We would not go any further in this, for it would bring us into a discussion of Interdimensions, which we have already briefly given and which we will be discussing further. But that is an appropriate response to your particular question.*

*So, what you are doing, then, with the color technique, is viewing things Interdimensionally and with three dimensions, as you might say. The sound is essentially one dimension. It requires no closure as the Color Play Toy requires, for closure is necessary when more than one dimension is used. This particular visualization can be done at any moment, when you want to tune out, for example, something that is going on, and for many of you, you do not need this particular technique to do that. We understand. You have developed your own abilities to tune out. However, this could give you a fluffiness about you, for you feel the comfort of the white cloud. So, it is an added component of protection and comfort that comes with sound.*

*Now. If an individual does not hear as you hear, the sound, the hearing, the sense of hearing is either nonexistent, as you know it on the plane, or limited, this technique can be described in whatever way is used to communicate to the individual, and the individual then goes into the Higher Self and has the vibration. Whatever energy comes from the entity can be used within their own visualization, you see.*

Thank you, Waith.

*Oh indeed, yes. It is commonplace to us at this vibration to understand, unlike many on the earth plane, that the concrete senses that are evident are not limitations if one does not appear to have them, as defined on the earth plane, for all comes from within. All sense of concreteness comes from an understanding of the nonconcrete.*

*And thus it is that when you find yourself on the earth plane, you are concrete and nonconcrete, and the playtime comes in the balance. As you begin to achieve a balance between nonconcrete and concrete, in whatever small issue you may have taken on, it then becomes an opportunity to visualize a letting go and using color and sound to help you through the muck that occurs when there is a letting go process.*

*When you are letting go of an issue is when you feel the most mired down. It could be for some the entire lifetime. For most it is not. For most, as you go through a series of balancings, you feel light and airy and wonderful, and that means you have balanced. And then, you will have times*

*when you feel less light and airy and that means that you are working through. And it is during this working through time that you utilize the toy for play, to help you bring back the balance. This is not a quick fix, by the way. This takes some practice and, for some, you may find this not a necessary tool for your balancing. For others, you may grab onto it and find this is truly what will help you through, at least during this point in your path.*

*So, this is a way to play. You know, when we introduced the topic of Playtime on the Earth Plane, there were many who snickered who thought that this was frivolous ~ "We are here to learn spiritual beliefs and spiritual concepts! We are very serious about this," ~ I sensed from many, and indeed, was challenged by several individuals who thought that this was not an appropriate topic for Waith. But you see, all that occurs on the earth plane is the concrete, is the physical manifestation of the nonconcrete, and play and fun are concrete and nonconcrete.*

*And just as it is very important that you have concrete fun and playtime, it is not always possible to fit that in because of the path you have chosen. And thus, this is a way to, in your own individual time frame, play a bit. It is not really a meditation, but it is a visualization. For many of you, meditation is very hard work, and therefore, we would say to you, this is not a meditation. For those of you who view meditation as play, this is meditation. View it in what you would feel most comfortable. Questions and issues?*

### **Waith Answers Various Question Regarding The Techniques Given For Color And Sound (June 01, 1993)**

**Can you change the color or sound depending on what you are trying to ~ like depending on the mood maybe?**

*Oh, indeed. This is not something that once you have chosen a color or a sound, it becomes permanent for you for eternity. It can change each time that you would do this. We indicated that you would choose your favorite color or your favorite sound only as a frame of reference to yourself. It could be any color any time. It could be any sound any time. And indeed, at a particular point you may feel that red is your favorite color and you visualize the red, and then another time you think that a combination of colors, polka dots ~ you could visualize polka dots. It is color. They have to be colored polka dots, but again, you can do this, and the same with sound, depending upon what you call your mood. Yes.*

**Do you have to have the item in hand or can you visualize it?**

*For this particular technique, my love, you need to have the item in hand. It is a part of the interdimensional aspect of this. If you find that there is a particular color that you would like to work with and you are not able to find an item, then it means you must go search for that item, and then the search itself could be fun and playful. Generally, you know, you would not make this difficult. Generally, the color that you visualize, something that you would want to visualize,*

*you have something in that color, unless, like many of you, you try to, shall we say, make this mountain out of a mole hill, make it more difficult. However, if you do, as your question indicates, find yourself in this position, then go for the search, for the Soul has in some way seeped its way through to bring this about.*

**When you were talking about it, I just wanted to piece it together if I could. I pictured my sneaker because I like the color. And so, when you were saying visualize something, visualize the item and the color that you want and put a lot of light around it and you hold the item and you pet it, and then ~ what do you do after that? ☺ How did you do it?**

*You must have taken the item and placed it into the Solar Plexus area. You must remember that, so that if it is on the foot, ☺ to bring that foot up to that area, it would be a bit difficult. But the next step is to place that item under the white light. Now, if you are, again, if you are able to bring the light to the foot, then you could indeed do this without taking the item off the foot. You could use a portable light, you know, what you call this flashlight. And it is at this step that closure occurs, for then ~ you look, you physically look at the sneaker, as you would call it, under the white light and you would bring it into the visualization, the first step that you, in the nonconcrete, envisioned the item, but now you are envisioning it after it has gone through the dimensional aspects, now brings it back into nonconcrete.*

*What do you think of these two toys we have provided?*

**It is great.**

*Some of you would attempt the techniques to lighten the spirit, and also remember that it is not a frivolous activity, for it serves a purpose, and that is, that it helps to soothe the vibration. Some of you have found ways that are appropriate for yourself to soothe your vibration, and others need, perhaps, a new infusion of ideas to help soothe the vibration.*

*It is most important that whatever it is you use to soothe your vibrations, when it is needed, that you have something to soothe your vibration, for it is part of the earth plane journey to go through the ups and the downs, and when you are up and feeling Light, there is no need to soothe the vibration, but when you are in one of the lows, all must come from within Self, and only Self can soothe the vibration permanently. External assistance may be given to help soothe the vibration, but that is at the concrete level. It is only in the combination of the concrete and the nonconcrete that real soothing occurs that is appropriate for your individual vibration, for there are many standard external soothers that only work part way.*

*You know, think of how certain conditions on the earth plane that are used for soothing work for some people and for others have no effect. And what applies to one person may not apply to another because of the nonconcrete, the internal response to the external, the concrete and the nonconcrete. You begin now to look at it in those terms rather than simply to say spiritual and physical, for spiritual, as you know it, is a component of nonconcrete, and physical is a*

*component of concrete. And we will have more to say on that at another time, for it takes us out of the discussion of Playtime on the Earth Plane, but leaves you with anticipation of expansion in understanding that there is much more to this than what we call spiritual and physical.*

**When we are in a room that is a certain color and we feel that we really enjoy the colors, is that also coming into our Inner Self? Is that helping inside of us?**

*Yes, it would be. And also, if there is a color that is inharmonious, unless you are able to block the effects of the inharmonious color, it too would have an effect. But we will have more to discuss on that when we go into the color formula. We will revisit the color formula soon.*

### **The Hearing Impaired Have The Ability To Tune Into The Frequency That Is Its Energy (June 01, 1993)**

**I need some additional explanation about how you define the nonmatter sound. I understand the matter sound. That is what we are hearing with our hearing device. That could mean a certain frequency, but what is the nonmatter sound? Is that what connects us, for example, to the Higher Self or Flow of Energy? Is this what you call the no-matter sound?**

*What you describe is the phenomena of nonsound as it relates to the earth plane, and when one is attempting to visualize sound, for example, without the ability to hear, as you would call it on the plane, there is a compensation that occurs in an entity who has taken on the path of not hearing earth plane wise, and the compensation allows a tuning into a different frequency, and that each entity on the plane has the ability to tune into the frequency that is its energy.*

*It is just that many either have chosen not to do this, or have not developed their abilities to do this, for it takes an awareness and a discipline to tune into one's own sound, and ultimately, this is what you would do in your meditations, is to tune into your own sound. When we have indicated that you find the answers within Self, this is a minor component to the tuning into your own sound.*

*And yes, there is a connection vibrationally between the Conscious Self, as you find now, the Higher Self and the Soul, and as we have spoken of the three being ultimately in harmony with each other, there is, as best as can be described, a very fine thin thread that goes through from Conscious Self, to the Higher Self, to the Soul, and it is this same fine thread that then goes into The Universal Consciousness that connects all, and it is a finetuned sound. Many who are not able to hear on the earth plane level have a higher ability to hear into The Universal Consciousness. It is one of the tradeoffs that occurs when entities take on the path of hearing inability at earth plane level.*

*So, all can play, regardless of the senses as they are exhibited on the earth plane, and all can hear. It is just the level of hearing that one would have. Not being able to hear at an earth plane level*

*is not a negative, usually, by that entity who has taken on the path, for far greater abilities are being developed when the senses are different with one than they are with the NORMAL earth plane senses.*

*We are about to depart now and have been most pleased to have shared with you toys to play and to have fun with, and you will find that there are variations on this theme. As you yourself utilize and play with the toy, you may find new uses for these two toys that we have given to you, just as any toy that you have in your environment may have uses that were not part of the way it was put together. Feel free to share those new uses with others and not to be afraid to try new uses. Once you have come up with the way to use it, then play with the play toy in new ways.*

## **Can Specific Colors And Sound Help You Deal With Your Toys? (August 03, 1993)**

*Color and sound.*

**For example, if my toy were truth, would it be good to visualize a specific color to go along with truth as well as specific sounds?**

*Yes. Yes, to both of those questions, and indeed, we will be going very specifically in our discussions of color and sound before the year on the earth plane has completed. I believe that the schedule, as you call it, of our discussions, our topics ~ we have given preliminary information in our times with you of color and sound. What seems to occur on the earth plane is the tendency for entities to be told that color ~ a certain color goes with a certain something else, and a certain sound goes with a certain something else.*

*We are aware of, for example, what are ~ we call the Energy Centers, which are also referred to as the Chakras, that they each have a color associated with them, and we are not disrespectful of this, and for many it is appropriate that they have a specific color or sound that they are told they must focus on. This is appropriate at a certain point in your development. However, as you advance in your own awarenesses, you begin to develop the ability to have your own color and your own sound based upon that which is appropriate for Self.*

*So, if you were going to focus on truth or patience as your favorite toy, you would be able, through your meditations ~ and we will be giving a specific technique for this for the beginnings of visualizing and coming to terms with your own color and sound, so that it becomes unique to Self ~ and that once you have felt comfortable with this color and this sound, that you have this in your environment, that it be a part of who you are, your own sound and your own color, and you follow your own sound and your own color. It may be very similar to others, and for each of the various large issues that you have, you would have different colors and different sounds, and for your overall vibration, your total vibration, you would have a color and a sound.*

And this may change.

*And this may change. Indeed.*

**Topic Of Session ~ Color, In Its Regard To Energy ~ All Color Is Energy  
(November 02, 1993)**

*For our session with you, we will give to you some discussion on color, but in its regard to energy. This discussion will be a continuation of some of the information we have previously provided relating to the effects of color on the vibration, and more importantly, in this time frame, the abilities that color have to the transformation of energy into concrete form. Energy is nonconcrete, from an earth plane perspective. In other dimensions and in other training grounds, energy takes on a different sense of concreteness. The way in which energy, then, on the earth plane is manifested is through color, for everything that is concrete, as you know it on the earth plane, has color, even if it is transparent. Transparency is a concreteness. Transparency as defined by the earth plane illusion is concrete, even though some would argue that transparent is not concrete.*

*Therefore, color is the earth plane physical manifestation of energy, and therefore, color is not to be disregarded. We have indicated in the past how important it is for each of you to surround yourselves in the vibration of the color that is most appropriate for your vibration, and we have indeed given techniques in which you are able to determine color that is appropriate for your vibration. And with the categorizing now that has begun, you will soon have easy access to these techniques upon which we now give added information. Color to each energy form is critical to its continuance on the earth plane sojourn. Think about this. If you had no color around you, there would be no energy. When you see whatever you see, it is energy in its concrete.*

*This then gives the added dimension to the discussion of energy that many would say applies only to living entities, living being defined primarily as human. More enlightened entities on the plane in the human form acknowledge that The Animal Kingdom is indeed alive. There are many who do not believe that The Animal Kingdom has soul in it, which is where they are in their particular point of growth.*

*There are many who would also recognize that The Mineral Kingdom is life, and that The Plant Kingdom is life. There are, however, significant numbers of humans on the earth plane who draw the line, if you will, at that particular point and indicate then that life exists only in those particular arenas and do not therefore acknowledge that life is what makes up energy, and energy is what makes up life, and that what you sit on now in this gathering is life, for it is energy, and that each energy takes on an encasement, and that the encasement has color, varied colors, and that each energy form surrounds itself with many other energy forms that take on color.*

*The chair in which this encasement is seated is surrounded in a color that is harmonious to the encasement, and it was mutually agreed upon by the encasement of this chair that its color would be harmonious with that energy who would be utilizing this chair. Thus, you each can determine the colors that surround you in the various encasement forms, and that you acknowledge that it is energy to be treated with the same respect that you would treat another human, another energy form such as an animal, and that it is of service to the greater Universe as well as to each of you.*

*This pillow that you sit on ~ this pillow, is energy and is to be accorded the same respect as you would another human, for it has said to the higher levels that it is here to Be of Service, and you sit upon the pillow, for that is its purpose. That is its mission. And its color at this point in its path is appropriate to the greater vibrational elements of this surrounding. It may find a new color, just as many of you find new colors, and it would be appropriate.*

*This concept that we elaborate upon now, for we have briefly discussed this in a prior Public Session, is one in which many humans take issue with, for to look at what is called inanimate on the earth plane is to say there is no life. And when one looks at the issue of life as energy, and that each energy form has a purpose in the greater whole, it gives you a different perspective on the entire issue of what is life and what is not life, and, the issue of the respect, for recall please, that our GUIDELINES FOR GROWTH have as the first guideline RESPECT OF SELF and the second guideline RESPECT FOR OTHERS. And if you respect everything that surrounds you in your environment, be it animate or inanimate, you then respect life and its totality as it relates to The Universal Consciousness.*

*It is important that you find the harmony of objects that surround you and their harmony with each other, and that if any object is in your vibration, you have mutual respect, and that if you are to care for a particular object, that you do so. The human encasement is cared for by higher levels of energy, levels of energy that are off the earth plane, and just as those of us charged with protection and guidance in other dimensions to those on the earth plane dimension, so too are you charged with protection and guidance of those energies that are now in your vibration.*

*Many laugh, you know, at Mushiba on occasion, for she has named everything, and many of you do this also as a matter of natural behavior, and understand that it is not simply a game that is played here when inanimate objects are given names, for they are energy and there is the ability to communicate. There is the ability to communicate with the energy that makes up this chair.*

*And it is the higher order of understanding that you now would take this information and begin to integrate it into your own meditations to have a greater understanding, and for many, a greater acceptance of the fact that life is energy and energy is life, and that it exists in everything. The earth plane is an energy form and therefore everything that makes up the illusion of the earth plane is an energy form. The illusion is an energy form.*

**When You See Color, You See Energy ~ The Blind And Color Blind Are Able To Visualize And Make A Connection Between Color And Energy**

**(November 02, 1993)**

*Color ~ when you see color, you see energy. For those entities who are not in this lifetime seeing, or those who are unable to distinguish color from another color, this exists only at an earth plane illusionary mode and that those individuals indeed sense color. Just as we indicated that to hear sound does not necessarily mean that one must hear through the normal human encasement ears, that hearing is a higher level. Well, my loved ones, sight is also a higher level. And just as you are able to visualize color without sight, so too are those who are unable to see through eyes able to visualize color and to indeed make the greater connection between color and energy.*

*Now. Many disregard the importance of harmonious color in the environment and simply in a haphazard manner take this and this and this ~ this, that and the other thing ~ regardless of the harmony of its relationship to the greater environment. We do not by any means indicate that you must match. There is a difference between what we refer to as the harmony and the matching, for you could indeed utilize all the various spectrums of color within one environment and have harmony. Or, you could have disharmony. It is all in the way in which it is all brought together and the respect that goes with the bringing together.*

**The Responsibilities Of Self To Bring In Harmonious Colors Into Your Inner Environment**

**(November 02, 1993)**

*It becomes then each of your responsibilities to Self to bring in the harmonious color into your inner environment, that which closely surrounds your encasement, that which is the clothing of the encasement, and then to move out of that level into a further level so that you eventually find yourself in the greater context of color harmony, and that you have enough color harmony surrounding your close vibrational field, that when you are in an environment in which there is disharmony of color you are protected. As you begin to gain greater awareness in the importance of color and its manifestation as energy, it becomes then your responsibility to help others to understand the significance, and that every item, everything, is energy. Would there be questions?*

**A Question On The Reproduction Of Colors And Energy**

**(November 02, 1993)**

**When you have something like a copier or a computer, do colors come in almost like the way they come into a human ~ when they are born at some point, the Soul enters in? Big copiers and little copiers. And when you change their parts, does that have any effect on their energy or, you know, like they do for a person?**

*Many of them like to have their parts changed. Yes, you know, it is a very interesting topic of conversation that we think would be appropriate when we give an enlarged discussion of energy, for you know, we have talked so much of energy and almost everything that we would talk about in some way would reference itself back to the topic of energy.*

*There are walk-ins in every energy form. It is simply not human. And as some of you have already acknowledged, The Animal Kingdom has walk-ins. Each energy has the ability to move in and out of the encasement. The human encasement is no different in concept than the chair encasement, you see, in terms of the movement of energy, in and out. And there is a similarity. We would again emphasize that the concept of birth, as you know it in The Human Kingdom, is essentially the same in all of the other energy forms. There is suddenly the movement into the encasement.*

*If you build something, for example, you build the chair, you see. You take the material that is used for the chair and that encasement now, the wood ~ we will use this as an example ~ the wood used to build the chair is an encasement whose energy has left. And just as you would consume meat from the animal, the energy has left that encasement. However, encasements reconfigure, and a new encasement then becomes the encasement, you see. It is new, and is therefore the vehicle for an energy to enter in.*

*The human encasement is constructed in much the same way, you see. The body, as it is constructed within the female, is illusionary but has come from other sources, and when it is ready for its function, it is infused with an energy. Thus, the chair is built from encasements of energies that have left and becomes a new vehicle for an energy. When it is time for it to no longer function, the energy leaves and takes on another form, just as human energy takes on other encasements once it has moved out of the particular kingdom ~ The Human Kingdom, The Animal Kingdom, The Plant Kingdom.*

*It would be perhaps a special topic session. We feel it would be appropriate since there is such an obsession with this topic in many quarters on the earth plane that we would address this from the higher level rather than the base level of earth plane configurations.*

### **Is The Way We See Color Just Different Vibrations Of An Energy?**

**(November 02, 1993)**

*Essentially yes, my son. You each see color differently. You know, the color of this pillow is seen in general as blue. However, the vibrational component of this color is different to each one of you, and yet you are not able to compare concretely with another. Well, what shade of blue are you seeing? It is an impossibility, for you see it vibrationally and you think that the way that you see it is indeed the way that it is. And it relates to your own vibrations to the degree in which you then see the vibration of that color. And as you, in your own vibrations, change, so too do the vibrations of your sight change.*

Is that the way a blind person would see color, through the vibration, regardless of what he saw with his eyes?

*Essentially yes, just as an entity who does not hear does indeed hear vibration. There is a sense of vibration. There is the ability to see color without seeing color, for it comes from a higher dimension, and it is the ability to sense the color that actually provides the harmony. And seeing color is simply a nice residual that comes from that.*

Your whole body senses or sees the color, not just your eyes.

*Yes, indeed.*

**Are Scientists Correct When They Say Animals Do Not See Colors The Way That Humans See?  
(November 02, 1993)**

*Well, you know, just as humans are not able to tell what other humans are seeing for color, how could any entity say that of an animal? They do not know what an animal sees. They do not know what they see.*

They think they do.

*Oh, well, indeed. We are on the record many times in our discussions of the arrogance of many in the scientific communities that exist on the earth plane that they think they know it all.*

*Animals do indeed, just as all energy is able to respond to color, for color is life ~ it is energy ~ energy is life ~ life is energy ~ therefore, there must be a response by every energy form to its color. This chair responds to its color.*

**Are There Implications In Color Blindness For One Who Sees Differently Than The Consensus?  
(November 02, 1993)**

*Indeed, there are implications to this. Some of it relates to lessons to be learned and some of it relates to a vibration of the entity, and it becomes an individual situation. What you call color blindness, by the normal standards of earth plane, we find amusing, for again, who is to determine what the actual hue is that is being presented?*

*And while you could very easily say, well, that person is saying that he or she is seeing red when we know that it is green, does not in any way acknowledge the higher levels of awareness of color, for color is one, and each color is an encasement in itself. And just as all energy is part of*

*The One, this also includes color. And that if you were to take all of the colors and bring them into the higher level of understanding, the higher dimensions, they would be the same.*

### **A Question About The Different Colors In A Painting And The Creation Of A New Energy (November 02, 1993)**

**When someone creates something like a painting, they would have all the different colors which had their own energy, and the canvas, and they create the painting and even frame it. Do they create a new energy that goes into the finished creation?**

*Yes. What occurs is that each color is its separate energy and it creates then a whole energy, so that there is wholeness as well as separateness.*

**The person who is doing the painting, do they put any of their energy into their creation?**

*They can. They may not necessarily. It is certainly part of the scenario that they could, but it is not automatic. It is all part of the contract of energy groupings, whether or not that would be included.*

**Does intent have something to do there?**

*Intent in what way, my son?*

**I intend to put my energy into this creation.**

*It can. We then move into other issues where abuse and imposition can be discussed, which we would not want to move into in this time with you. Intent at the spiritual level is appropriate. However, intent can also have imposition as its flipside. So, we would indicate briefly to your question then, and simply to your question, that, yes, intent can be a part of whether the energy goes into the painting.*

### **A Brief Discussion Of The Basic Characteristics Of Color And What Color Means In Its Harmony (November 02, 1993)**

**There are certain realms that I have heard of, for instance, the Gold Realm. I have tried to envision what that might mean. Does that mean that there is actually the color of gold in the energy at that realm?**

*We do indeed plan to give in a discussion the basic characteristics of color and what color means in its harmony. The gold, for example, for certain levels of vibration is very, very harmonious, and to other levels is not. However, in our wanting to give you appropriate information, when*

*you ask a question relating to, for example, The Gold Realm, we must access the frame of reference that it relates to on the earth plane in order to give you the proper response.*

*There are discussions planned by us in the future with you all that will, for example, give you added insight into the Energy Centers and the appropriate colors that are associated with that, and also elaborating on the new Energy Centers that come with changed polarities and the colors that are associated with those.*

*The Gold Realm relates to a specific training ground that is accessed by entities who have a specific protection role in their mission, not necessarily coming from The Angelic Kingdom, but oftentimes they are from The Angelic Kingdom. We would discuss this in greater detail at the time when we do give a discussion of what color can mean and how it can best harmonize with your vibrations.*

### **It Is Possible To Have Life Without Self-Consciousness (November 02, 1993)**

**You mentioned that if color relates to energy, and energy in turn relates to life. Is it possible to have life without Self Consciousness? Or must they coexist?**

*They do. They do coexist. There can, however, be situations in which life exists without Self Consciousness, at the conscious level. However, energy cannot, at its highest level, exist without consciousness. And so, it is part of energy that consciousness exists. However, part of the illusion in particular training grounds is indeed the sense of no consciousness. There are forms currently on the earth plane that fit in this particular. You may know some of them.*

**Do you have an example of it?**

*We are facetious here. We often enjoy connecting with Mushiba when she has encountered an entity who in her mind starts to say, "This individual does not have a clue." This is the terminology I pull out of the vocabulary banks.*

*There are many forms of energy on the earth plane that are life, that exist, but are not aware of their existence at this particular level. This chair is an example. It is aware at higher levels of its harmonic importance to the greater whole, but at its conscious level it does not have that awareness, but it has an awareness of being. This is the best way to describe the situation.*

### **Are Different Realms, Like The Angelic Realm, Associated With A Particular Color? (November 02, 1993)**

In the different realms, is each realm associated with a particular color? Like, for instance, The Angelic Realm, is there a particular color that fits that vibration as a whole?

Yes. We are polka dots. ☺

Yes, you are correct, and as the question asked of the Gold Realm, as we are accessing now a frame of reference, it is often referred to as a Gold Realm on the earth plane. Yes, the Angelic does have a color that is given to appropriate audiences for visualization to enable them to make a harmony connection.

For some entities, the color white is associated with the very highest of energy, and the White Light, the purest. For others, white is not the appropriate color. Rather, it could be indeed transparent. It could be pink. It could be orange. It becomes then a bit more complex when it comes into the individual response. For the masses, it is quite easy, for we would say, for example, that white is the visualization of The Angelics, for the masses. And, yes, we would find our discussions in the future directed toward those realms as they are understood at the earth plane level.

### Respect Color, Knowing That It Is The Physical Manifestation Of Energy, And Energy Is Life (November 02, 1993)

Are humans shades of gray, moving towards white? I mean, you know, what is the group color?

Well, you know, that brings in a very interesting discussion of the Spectrum of Light, which we have touched upon in various Public Sessions, that all entities are on The Spectrum, that you are dark to one entity but Light to another entity, and that when a grouping gathers of entities, there becomes a mixture, so that you would take all the different points of Light that each of you are, and from The Kingdom of Amelius, for example, from his highest level, he would look and, yes, it would be some shade of gray, as you would refer to it.

However, that is only applicable when you put it into the frame of reference of white and black, you see, and that is not all there is to it. That is far more complex, for other components enter in, not only your own point on the Spectrum of Light, but also the other colors that are part of your vibration, often referred to as the aura. Those are all mixed in, so that we look at a rainbow actually when we see any group. It is very rare that when looking at a group of energies, that it is black. It happens but very, very rarely. It is usually very bouncy and vibrant.

So, you know, you are all rainbows. You are most beautiful, all of you, and as a unit, even more beautiful. And this is what you look at, yourselves. If you look at everything as color and harmony and energy and life, you will have a greater ability to be within the flow of all that works. Look at color now as life. Respect color, knowing that it is the physical manifestation of energy, and energy is life.

*And on that note, we would begin the departure by having you focus now on a color that you love very much ~ and bring that color into that which is called the Third Eye. Visualize the color within that Energy Center. Feel it filling the Energy Center. And now visualize your own encasement filled with this color. You are filled with the color. It moves through your entire encasement. Envision the color hugging your energy and becoming One with your energy. Feel The Oneness and feel the harmony. Enjoy The Oneness and enjoy the harmony. And as you enjoy The Oneness and the harmony, we send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

## **Are There Specific Color Frequencies That We Could Use To Assist Specific Kingdoms? (March 07, 1995)**

**Without trying to be too specific, are there specific color frequencies that assist specific kingdoms?**

*That is not our style. There is too much of that out on the plane now that says you must attune with a particular color to do a particular kind of activity. We prefer to encourage you to find your own frequencies. When you subscribe to what another tells you is the proper color for a particular activity, you are using someone else's truth without coming to your own truth. Visualizing the color red may be beneficial for some for soothing, and for others, it is not. It is what is vibrationally correct for you. If you feel comfortable with a particular color, then that will reflect itself in the way you send that light energy to another.*

*We have indicated that gold is the color of the light to the earth that we encourage in this earth plane year, but that is not a definitive. That is simply a guidance that you could perhaps use the color gold as a high vibration. But for some, the color black may be a high vibration, you see. It is what is appropriate to your own sense of comfort ~ and find that. It is very important that you find that vibrational frequency, that color, the sounds, you know. We will revisit the discussion of color and sound in a short period of time to reinforce the importance of finding your own colors and your own sounds, not someone else's.*

*You can begin by using something that has been given out to see how it feels, if it works for you, but do not feel that you are unenlightened because you cannot connect with a certain color. The color green is supposed to be used for healing. For some, that is appropriate. For others, it is not. There is the tendency, then, to feel that you have failed because you have not met someone else's standards, set by someone else rather than Self. You set your own standards after you have looked at what others have set, and you come to your own sense of Self. Do that, my love, and you will find yourself flowing much more easily than if you try to flow according to someone else and what they say is appropriate. Hear your own song, each of you. Hear your own song. Yes, my love.*

**The reason I asked about the colors is, just as a certain tool can help in a specific situation better than another tool might, I thought it might be helpful so we could explore the kaleidoscope.**

*Yes, indeed. Color is a tool. You do not need to have color to help. You do not need anything. Color is a tool. Find your own color.*

**Connecting With Your Own Essence ~Visualizing Your Favorite Color ~ Finding Your Own Sound**  
(April 27, 1996)

*Now then, here is your essence. (Waith draws on the easel) Visualize your favorite color. What is your favorite color? Go like this with your hand ~ out ~ and put that color in the palm of your hand. It is a ball of that color. Now close your hand, visualizing that color. Bring it into that which is referred to as the Solar Plexus. Open your hand ~ palm inward ~ and push the color in. There it is. It is at the center of your being.*

*Now, all you need to do is visualize that color that is at the center of your being whenever you want to make the connection into your essence. It is really a very simple procedure. After you do it a number of times, it becomes automatic. You simply always feel that essence ~ that color. And from that color, comes your sound. We have spoken of color and sound. (Waith writes on the easel) They are each other. Out of color comes sound, and out of sound comes color. You can hear color and you can see sound, after you work on this exercise for a while. And then you will hear your sound through the color you have chosen for Self.*

*Even if you were all to select the same color, you would hear different sounds. The reason for that is you would have chosen a different spot in the vibrational grid, for no one energy can occupy the same exact spot in the vibrational grid. By that definition alone, you must differ, you see.*

*How do you focus on your spot? Think of it as your spot. Try not to think too much in terms of this movement interdimensionally at this point, but rather, concentrate on your spot. Because in order to move more and more interdimensionally, you must know more and more of your sound. Some of you move very effectively interdimensionally, but could move even more effectively if you fully connected with your sound.*

*What would happen, then, is that here is the dimensional grid ~ we make it as if it is connected, but there is a beginning and an end. (Waith draws on the easel) You would jolt the energy a bit. (Someone is dozing off) Thank you. We rest our case. ☺ And she wants to become more grounded! Some have really no trouble moving interdimensionally.*

*So then, here is your dimensional grid. That dimensional grid then becomes part of a larger dimensional grid, which is what we are now enlarging upon. When we said that you can only be in one spot ~ that no other energy can occupy the same spot ~ it means, in an expanded*

*version, that your dimensional grid can only occupy one spot within the greater dimensional grid.*

*We have talked so often of the difficulty of giving information about past lives because of this grid effect. Jenjura spoke of it in *The Webbing Effect*, which we will not discuss during this weekend of time, but has an application. We will connect the grid and the web at another time.*

*Understand that this is being given to you to help you to find your essence, to connect with your essence, to hear your sound. So over here, there could be another dimensional grid ~ and over here, another one ~ and over here, another one ~ everywhere ~ dimensional grids everywhere.*

### **The Next Activity ~ Designing Your Own Sound, A Beginning (April 27, 1996)**

*You each have a sound that you are attempting to bring into some sense of the concrete for yourself. Your next activity, and your final activity, will be to design your sound. It will be a beginning. In this design, you are not to talk. But, of course. You are simply to go into the operational area ~ you can go outside ~ and you will design in your mind symbols, and place them onto paper. They can also be represented by any kind of concrete symbol. You can use feathers. You can use paint. You can use sparkles of some sort. Anything ~ leaves, twigs, grass. It is the beginning of bringing you into really, seriously, hearing your sound.*

*It will change. It MUST change as you go through your path. But at this point now, what is the symbol of your sound? You may begin by using what you know as current symbols of sound. But understand that all of these concrete symbols of sound originally came from an abstract ~ originally came from someone who heard something, and said, "Oh, this is what it sounds like." ~ whatever that means, it is what it sounds like to me. Maybe it sounds like this ~ to me. (Waith is drawing) Maybe it sounds like THIS ~ to me.*

*This is an exercise to bring you outside the limitations that the earth plane has given for what is correct. This came from someone's imagination, as it would be called. At the time, it was probably viewed with trepidation by the world ~ until it became proved, accepted, by large numbers. Before you knew it, it always existed.*

*Well, it is time now to create your own reality for sound. It is your reality. It does not matter if another accepts it, for it is your sound. You can choose to share it with another, or not. We will give you one earth plane hour. We will leave now, at which point you will work on this. We will return to listen to your interpretations of your own sound. You can add color to this, you know. These are not always black. They may be drawn in black, but they are not. These are green, actually. They can be any color, any way of doing this. We will then return for the very final closure of the weekend, and this is your activity. Also remember to add a bit to the banner ~ no excuses accepted at this point.*

(The group dispenses for a one-hour time frame so participants can work on their activity)

*Welcome back. In our final playtime activity, you have begun to give credence to your own sound by creating. Let us share with the others what you have started with ~ not to think that it is the end, by any means, or all inclusive, but simply the beginnings of it. Let us simply go around in the circle.*

My sound is sort of a buzz. It's always there whenever I'm alone, and that's what it must be ~ a buzz. In my mind, I saw yellowish and gold and pink magenta, and sort of like the sky. It was probably the sound waves that I was seeing.

*Very nice, my love.*

Okay. I've never been able really to hear a sound. However, I never tried. This time, I did. And I heard a very familiar sound that apparently, I've been hearing and not paying attention to. And it's just so light, so what I drew was actually very light.

(The participants relate their individual experiences with illustrating their sounds)