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

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

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Waith, When You Mention The Fourth Dimension, Is That The Astral Plane? (April 11, 1989)

No, it is not the astral plane. It is closer than the astral plane.

So, it is part of an etheric area of the physical plane?

It does not have the murkiness, if you will, that the astral plane has. It has a much lighter field of energy that enables the formation and the breathing of the energy as it prepares itself for entry into the plane.

When People Are In Other Dimensions, Spirits, Do They Basically Look Like Human Beings? (August 01, 1989)

The only manifestation of human as you have come to recognize it is evident on Planet Earth, remembering that the earth plane is made up of many planets and many dimensions. Only on Planet Earth itself is the human form as you know it manifested. Encasements take on many different forms, many varieties, as we have alluded to in the past, and in some dimensions, it is purely energy that is manifest, the essence, if you will, yes.

Do We Live In A Similar Manner On Other Dimensions, Or Is It Energy? (April 17, 1990)

It is very dependent upon the particular training ground. There are other training grounds that have physical encasements very unlike what is on the earth plane. There are training grounds where there is energy only, but for the most part, the major training grounds involve encasements of some sort, of the energy. The training grounds that do not require encasements have different approaches to the learning of lessons, and this is something that we will, again, when we discuss this issue of percentages, present to you.

On The Earth Plane Is An Electromagnetic Field That Encompasses Approximately Ten Levels Of Consciousness

(August 18, 1991)

Think of the levels of consciousness as waves of energy surrounding your energy. On that which is called the earth plane, is an electromagnetic field that encompasses approximately ten levels of consciousness, if we were to put a particular number to it. This means that within those levels of consciousness there is contained the appropriate soul information that is necessary for your incarnation on this particular plane for this particular time.

Many of you have heard of the Soul memories, and that it is appropriate that that which is needed in the incarnation is contained in the levels of consciousness, and that which is not remains in the Soul, and as it is needed, the Soul brings into the levels of consciousness the appropriate information. As you work through your path in the incarnation, information from the Soul filters in through the higher consciousness and into, then, the levels of consciousness appropriate for the earth plane. We make this distinction.

The Higher Self Is The Top Level Of The Ten Levels On Consciousness ~ The Key To The Soul (August 18, 1991)

Now. In order to open the Soul, one must be able to connect with that which is referred to as the Higher Self. The Higher Self, for application on the earth plane, is that top level of these ten of which we have referred. It is the level that is the key to the Soul, and it is that level to which each would strive in their incarnation to reach, so that upon the reaching of the Higher Self, it is an indication of the growth that has occurred, and the ability to use the tools within each level of consciousness, and that the tools and all the information that is in those ten layers of consciousness now are in a working order, and you are now able to begin pulling out of the Soul additional information for additional growth.

The Tool Of Regression Is A Way Through These Levels Of Consciousness (August 18, 1991)

However, as you all know, this is not an easy task, and when you yourself try to work through your levels of consciousness, you can become what you would call bogged down, trapped within your own limitations of movement through your own knowledge, and it is at that point that you would perhaps seek out another who would be able to connect and help you to move through these levels. That which is called regression is a way through these levels of consciousness, and when blockages occur, that which is regression is a way in which the flood gates can be opened, and once that has occurred the entity is then able to continue working through the levels so as to reach the higher consciousness. This is appropriate for the earth plane sojourn.

Once an energy leaves the earth plane in the incarnation, it moves into other levels of consciousness. There are infinite levels of consciousness, all moving back toward The Universal Consciousness, The One, The Whole, of which we are all part of. And thus, knowing that we are all part of The Whole, The One, The Circle, it then means that your levels of consciousness overlap with the levels of consciousness of all. We are all connected, and that what one of us does affects the other, and it is in that understanding that an energy is to Be of Service to another to help in the growth and to help in the ability to expand the levels, to expand the awarenesses.

All energy has the ability to move out of a particular training ground into a spirit world while still encased in a particular lifetime. For example, you are in your life on the earth plane now, and you are able, many of you, to go beyond, to transcend the Higher Self through your meditations,

through your own abilities. Many are able to do that which we do, and that is to bring in other energy forms, be it as we. or of the Higher Self. And when you do this, you see, you move out of the energy field that surrounds you within the earth plane and you move into other levels of consciousness.

If you work with this knowledge that you have, the ability to go into higher levels of consciousness, when you are in that level you seek out the tools, you call upon your Spirit Guides, you call upon all the Light that surrounds you, and you work with the tools, and you then bring that information back into the conscious level of the earth plane in which you find yourselves now, to Be of Service, to help those along the way who struggle. It comes from Self, the ability to work with the tools, to recognize the tools, or to call upon those of higher energies charged with the responsibility to help, if you only ask. It is a simple situation of asking for help, and it will be given to you.

We are, therefore, here to Be of Service and to answer questions and to help, for we would anticipate specific questions, and we are now prepared to respond.

What Can Be Learned From The Past, And How Can We Rectify The Mistakes? (August 18, 1991)

To learn from the past is critical, as you know, and how you learn from the past is by accepting, first and foremost, that what has been has been, and that you must look at what has been as a signal to what will be, that you must, first and foremost, forgive Self. if there is something from the past that disturbs you. The purpose for knowing where you have been is to help in the growth for where you will go.

Now. In a particular lifetime. it is appropriate that you work with specific issues that relate to the past, for if you were to attempt to deal with the issues that have been in many other lifetimes all at the same time, it would not be possible. And thus, you must then segment that which comes from the past into that which you will work with now to grow for other times. Think of it much as the turning of a page in a book. You are on a particular chapter, and that is your lifetime now, and you move from information in another chapter, and you work with that specifically, and you concentrate on an issue, so that you would look at the past as issues that must be worked on for now, that will help you for the future.

There are situations in which you will find in this lifetime, you have only a small portion from the past to work through, to deal with, and once that is done you then put it away, and when you have put it away, that is a signal from the Soul that it will now present you with something else to work on, and from the past, then, will come an issue. You do not have to look for an issue, for surely it will come your way! ©

Why Are We At One Level And You, The Archangel, At Another Level?

(August 18, 1991)

What would there be in the physical form to learn transformation, where upon the earth, there are more limitless ways to have greater access to this information? And, why are we at this level and you are already at that level?

The Universe and The Universal Consciousness is an encasement for energy. Energy simply is. Now, it gets rather boring simply being, and thus, energy requires to become. And thus, it was decided that The Universal Consciousness would be formed so that we would have something to do. Really, as simple as it is. Now. We have, then, things to do, and energy moves in and out of The Universal Consciousness doing things, playing. We really refer to it as playing. And it is determined by all, you see. All energy is connected. It was determined, this Universal Consciousness, that we would have issues and we would have things to do and that we would form training grounds. The earth plane is a training ground. It is one of the most difficult and accelerated of the training grounds.

The Earth Plane Is A Level Of Consciousness Within The Universal Consciousness (August 18, 1991)

Now. All of the training grounds, and there are just thousands and thousands of training grounds, exist in various levels of consciousness. The earth plane is a level of consciousness within The Universal Consciousness. Now. When all energy is in school, and this is how it is referred to, and that is a spirit type of situation, certain lessons are learned in spirit.

You know, it is the concepts that are learned. And then, we send you into the field. We say, "Now. It is time to determine if you learned your lesson in its application." And thus, we take on encasements, and we refer to kingdoms such as The Human Kingdom, and The Animal Kingdom, and The Mineral, and The Air, and The Angelic Kingdom, and all different kingdoms. Everyone has a choice as to where they want to go. There is no mandate. There is no head person who says, "You go here and you go there." It is simply that you make the choice yourself.

So, the earth plane, then, is considered. within the school, the place to go if you really want to learn your lessons. It is the most accelerated. This is where you can really, in a short period of time as measured on the plane, learn a lesson, and then go back into spirit, evaluate it, and determine what you are going to do next. Now. Once you have completed a particular journey, let us say, the earth plane, you then have the decision to return to The Universal Consciousness or go into another kingdom, learn some more things, become an Angel ~ you can be anything, you see.

However, understand that, random as it might appear to be, it is very ordered. The Universal Consciousness indicates, then, that there will be order in the way of the illusions, and the way of the tools being presented, and thus, it presents an order of, as best as can be described,

organization within The Universal Consciousness so as to aid all of the entities who want to go about and do what they want to do without organization. But there must be organization in order for you to be able to go about doing things without organization, and thus, we are a part of the higher order of organization.

About The Shelters, What Is Going To Be, Is Just A Moving Into Another Dimension? (February 04, 1991)

Yes, that is essentially what it is going to be. There will be assistance given to those who have not had the experience of interdimensional travel, to very easily move into this dimension that will provide the shelter while the dimension in which you find yourselves undergoes its shifting. Each dimension, you see, as it has its own cleansing ~ and it will occur in a pattern that is planned ~ this dimension you find yourselves in will indeed become a shelter for another dimension, you see. There is much complexity. We will discuss that aspect in more detail soon in this time frame of one year. So, each dimension will take its turn in being a shelter to another dimension until the total cleansing of the electromagnetic field occurs. It will occur in ripple effects, you see.

So, no one from this dimension will stay in this dimension during that time?

That is correct. There will be various ways in which energies will be brought into another dimension, and it will not be in the same dimension. Some from this dimension will go into one particular dimension. Another group will go into another dimension. They are simply safe dimensions at the time.

Waith Explains The Terms Electromagnetic Field And Dimension Are Used Interchangeably (February 04, 1991)

Concretely, the earth is as it is. But you are talking about dimensions, that is another dimension?

When we refer to a dimension, we refer to it as an electromagnetic field. The two are interchangeably used. Dimensions are electromagnetic fields. So, you are in, now, this current illusion. It is a dimension ~ it is an electromagnetic field. Surrounding this electromagnetic field, you find yourselves in is another electromagnetic field, slightly different, yet harmonious, in which there exists concreteness, illusion though.

A Discussion Of Interdimensional Travel ~ Awareness ~ Testing ~ Abuse (April 05, 1994)

Could you describe the difference between the fourth dimensional state of being versus third, and what the fourth dimensional state would be like?

Well, you know, some of you are already in fourth and fifth dimensions, and sixth and seventh ~ there are infinite dimensions. And we are not prone to give definition so explicitly to certain frames of reference that other sources have given on the plane that is appropriate perhaps to a particular entity's own path.

We prefer, rather, to give it in its Universal application, and that we would respond then to your question by bringing you into reference on our discussions of interdimensional travel. We have spoken in a rather limited manner in the past regarding interdimensional travel, interdimensional communication. As you grow in your own awarenesses, as you strengthen in your own abilities, your own ability to move interdimensionally increases, and that there are many among you who are able to function interdimensionally, and it is not even discussed. It is not what you would call a big deal.

It becomes a significant occurrence when it is first occurring with an entity, when they are first aware that they are moving into multidimensions, that they are able then to see and sense in a larger perspective, to see a larger picture, if you will, to have a greater awareness. As you are able to increase in your own abilities to function in a new dimension, then your own comfort level, and your own abilities to function within several dimensions simultaneously increases.

There are many on the plane now who are experiencing heightened awareness of their abilities to move interdimensionally, and it creates in them a sense of disequilibrium. In some, there is a sense of anxiety, and in some there is a sense of excitement. And in some, there are all of those feelings, plus more.

When one is able to, in the dream state, be aware that you are dreaming ~ and to actually manipulate within the dream state. the scenario, so that you feel a sense of control as to what is going on, or you are at least aware that you are in that particular state ~ is the signal that you are now interdimensional in your movements. There are many among you on the earth plane who appear to be in this illusion, in this dimension, firmly rooted, and yet, as you would speak to an individual, that individual is relating to you interdimensionally, is receiving information and is able to see and sense you as an entity at an interdimensional level, able then to perhaps connect with you in a far greater way. It is a way of Being of Service.

It is also a way to be tested for abuse, for it is a very powerful ability to develop, to be able to communicate interdimensionally. And of course, as with all abilities, entities are tested for their use of those abilities and their abuse of those abilities. And if they are used within the spiritual context, the higher purpose, then all is well. If they are used to attempt to manipulate another, then of course issues of abuse come in. And those are topics for other issues that we would respond to. So, interdimensionally, my love, you can develop this ability easily. It is simply a desire to want to do it.

The Shift, The Underground Community, Other Dimensions, And Shelters (June 07, 1994)

Will The Underground Community Dimension Be Affected By The Pole Shift?

The Underground Community, as we refer to them, are in a different dimension. They are charged ~ and we have also discussed this ~ for they manifest, The Underground Community members, quite often, with assisting in the particular shifting. Their dimension will not be affected. They are, however, in certain locations around the planet, helping to build underground shelters. However, they are not shelters as you would know them. They are dimensional shelters, and thus, many who would go into what you would call an underground shelter are simply being guided by The Underground Community into a different dimension, which is, as best as your frame of your reference knows, under the earth, within the earth, and will be safe there during the upheaval of The Shifting.

Understand that The Shifting, and all of its disruptions, will only be a matter of what you call days on the plane. Time spent in the underground shelters is very, very minimal. Depending of course on where you are located and other issues will also determine how long you will be in a shelter. And we have also given discussion on shelters in terms of different dimensions. We will not at this point go into the topic of, what you call, space ships and those coming, from your frame of reference, from other planets. They are other dimensions and they are arriving in great numbers now to aid in The Shifting.

Who are those that are going to be going in the other dimension? Those who have raised their vibration?

Yes, indeed. It is imperative that those who do remain on the planet after The Shifting be also vibrationally attuned to the new vibration of the planet. If you are not, you will simply leave. It is no big deal. You will come back again when you are ready, when your vibration is ready to accumulate its own energy experiences to then come back on the plane. You know, it could be, earth plane time, several hundred years, several thousand years, several million years. But while you are off of the training ground of the earth plane you will be in other training grounds. You will not just be hovering around hoping that your vibration will change.

It would be too easy.

No, you will have to work at changing your vibration, you see, on other training grounds so that you can then come back onto the earth plane and do it again.

Finding The Point That You Exist As A Connector In The Dimensional Grid (April 27, 1996)

So, you find a point. This point, then, serves as the connector into the dimension, the dimensional grid that you exist in. You see, it is here. Then you very easily can track the flow of that particular energy line, and you can track it to any point where you think you are now fully

enmeshed in the grid. So, in this case, we would track it around until we perhaps reached this point. We feel it is maybe in the middle of the grid. This takes imaging on your part.

You reach that point, and you then define yourself as being in the middle of the dimensional grid. This is where you plant yourself. This is where you root yourself. Some of you are already rooted in this dimension. Others are around trying to find their root. Some have not. They float, free-floating, and many times they do it for a particular lifetime, or they do it for several lifetimes. It is all right to free-float. At some point you will need to root. This allows you then to have a focus of Self, for you have now defined your position in the dimensional grid. It is at this stage that you would then present your essence. You would say, "This is my essence. This is where I am."

Ability To Spread Your Essence Throughout Your Dimensional Grid ~ Interdimensional Travel (April 27, 1996)

From this essence, you would then begin to spread yourself out. This is what we refer to as interdimensional travel. It means that you have the ability to now spread your essence throughout your dimensional grid. You start with your own dimensional grid, and then your dimensional grid is then superimposed upon a larger dimensional grid. But first, you start with your own. You have all of these tentacles. They can, in fact, simply fill this grid. You can work with one at a time or you can work with many. The better able you are to move interdimensionally within your own dimensional grid, the better off you are at growing ~ the stronger you become. If you stay rooted, you will not grow. You will stay right there, which is fine for some lifetimes ~ for many lifetimes. You must, eventually, to get off of the earth plane, move interdimensionally.

Now, we can say that in this gathering, you are, each of you, able to move interdimensionally. It is an easy thing to do. You may not even realize that you do it. As you are sitting here, we are aware of interdimensional movement.

Your Own Dimensional Grid ~ Superimposed Upon A Larger Dimensional Grid, Which Is Superimposed On A Larger Grid, And On And On (April 27, 1996)

So, as you are gathered here, you each are in your own dimensional grid, and that is superimposed upon a larger dimensional grid, which is superimposed upon a larger dimensional grid ~ and a larger one ~ and a larger one ~ until finally, where do you think it all ends?

It doesn't.

It does not end. Ah, so you would say then that there is no beginning and there is no end.

I said the dimensions ~ there is no limit in this case ~ but each dimension might have a beginning and an ending.

Ah, you see it is very important to clarify. The dimensions begin and end. Space, as you would define it on the earth plane, is limited on the earth plane in the illusion. Only so many dimensional grids can fit into the illusion of the earth plane. Once the space is filled, that is it. No more shore leaves given. You have to wait until there is an opening. And that does not mean that when one entity passes away, as you call it, on the earth plane ~ "Oops, they have left ~ someone else can come in." It means that the dimensional grid has to have left.

This is an elaboration upon when we have said, in terms of population of energy kingdoms on the earth plane, and that it is indeed shrinking, for the illusion is coming to an end. And as an illusion comes to an end, so too does the shrinkage occur ~ the vibrational space. The dimensional grids now are reconfiguring, for the vibration of the earth will necessitate a different kind of space allowable. Then it will expand in the new illusion, and expand and expand, until it reaches the halfway point in the illusion, and then it will decrease. Basic illusion stuff.

So, here you are now, at the end of an illusion, working on finding your sound. You are working within a shrinking space. What implications do you think that has upon the vibration as a whole of the planet? Any ideas?

It's easier to find your sound.

Very good. If the space is shrinking and the vibrational grids are leaving, with none being allowed to fill that space, then it becomes easier to find your sound. It becomes easier to find essence. For vibrational grid means the entire journey ~ the sojourn ~ not just the life. And thus, at the end of every illusion, there are many, many who are finishing not only their life, but their sojourn on the plane. It is simply the way it is designed.

Therefore, space is made available, and with that, it shrinks. It immediately moves in and eliminates that space, so that by the time of the illusion change, there is very little space left, which is the reason why we indicate that so many will be leaving at the time of the illusion change, and only so many will start up The New Illusion. There is simply no space, vibrationally. So yes, you are now able to find your sound much more rapidly. There is less gridding to be concerned about.

Meaning Of The Phrase "Eternity is Young" ~ Concept Of Heaven And Hell ~ The Dimensional Grid ~ Taking Responsibilities For The Stories Of Self (April 27, 1996)

We would perhaps now, loved ones, move around a bit so that you can see my great artistry. First of all, Mushiba resurrected something that we wrote down quite a while ago which has been hanging here. "Eternity Is Young". What does that mean? What is eternity?

Forever. There is no end.

There is no end. But yet we talk about beginnings and endings, so what is eternity if there are actually beginnings?

The beginning and the end.

The beginning and the end. But eternity would imply ~ what?

Never ending.

Never ending.

A circle.

It would indeed represent a circle. Yes. But if there is no beginning and there is no end, how can we say that eternity is young? For that would imply then that young would end with old.

Not necessarily. I don't see it that way.

Why? How do you see it, my love?

Eternity is now, always. It's always now in eternity, so to speak.

Very good.

Because whenever there is an end, there is a beginning, and when there is a beginning, there is an end.

Ah! If something is young, what eventually happens?

It gets old.

It gets old. And when something is old, what eventually happens?

It dies and goes to heaven.

More Discussion On The Concept Of Eternity, And Where Is Heaven And Where Is Hell? (April 27, 1996)

Goes to heaven! Where is that? Where is heaven?

Right here on Earth.

How far above the Soul is heaven? How long do your arms have to be for that? ©

- Have to stand on a chair to reach it.
- They could go somewhere else.

Where else would there be to go?

- I won't mention it. I don't want to go there.
- ☼ H-E-double hockey sticks? ☺

Go to where?

Hell.

Oh, you mean there is a place to go? Is this a particular room? Is there a special gate that you go through?

The door of my ex-wife's house!

Yes, well, many would say that where you are at any point in your path determines whether you are in the darkness or the Light ~ or as the earth plane calls it, heaven or hell. There is no spot out there in the ether that has a sign that says Heaven up there in the sky. And conversely, there is no spot that is an open fire pit below that says Hell. Those are concepts that have been brought into the illusion to help entities understand the idea of dark and Light.

Of course, it has become dogma, as reality, for concepts have a way of doing that. They become so ingrained in vocabulary that they become The Truth. In actuality, all that we are talking about here is The Circle. Our journey outside of The One is a circle. However, our journey ends, but yet it does not end. For being in The One is a continuation of the journey, you see. No matter what we do, we are always new ~ for young implies NEW. We go through a cycle. We are young. We become old. Our path becomes old.

Our path finishes its journey. You do what is called death. You leave an encasement is all that is happening. You are not dying. None of us die, as you would define the word ~ finished. There is no such thing as FINISH. If that were the case, then you all would have cause for concern. We all would. There is no finishing ~ ever.

Eternity means no finishing. It just means going on and on, and on and on and on ~ ad nauseam, sometimes. But there is always the hope that because of this cycle of young to old ~ to departure ~ back to young ~ this is a circle. You see? It is an impossibility to escape the circle, no matter how much you would try. There is no end, and therefore, you exist in the moment. And yet, you exist at all time, as it would be defined, TIME. You are here now, and yet you are not. But you are here now and you must deal with that. You must deal with the concrete illusion in which you have found yourself, in which you have rooted yourself, for that is all part of the game.

We set up our own scenarios, each of us. Some of you have very interesting stories that you have established. The purpose of our saying to you, "Set up a story for this item" was to concretely illustrate to you that you each set up stories for yourself. You have a creative corner out there in the Universe. It is a special room, creative room ~ go in ~ Mushiba has just come back from some store where she has picked up all kinds of little doodads. You go in, however, and you look at everything, and you bring a friend with you sometimes. You say, "Look! Let's do this! Let's play together. Let's design our next life together."

It is much more complicated than that, but this is its concept ~ the simplicity of it. You each design your own life ~ every life. Now the problem at concrete often is in not wanting to trust the Higher Self. "I am not the one who would have made up this kind of life," you would say at concrete. "It' is not my fault. I did not choose to be born. I did not choose my parents. I did not choose to come in with a disability ~ mental, physical, emotional. I did not choose to be female ~ I did not choose to be male. I did not choose any of this."

Yes, you did. Taking responsibility for what you have chosen is the first step in finding Self, for you acknowledge that you worked at concrete in conjunction with every level of Self, that nothing outside of Self created this scenario. You may have received guidance. We help many determine what kinds of stories they want. That is what the guides are for. That is what the Angelic Protectors are for. But you do not have to listen to us.

Many of you do NOT listen to us. We may say, "I do not think so. You better step from that scenario and look at its implications. It may be more than you want to take on." But we cannot impose that. There are rare occasions where we are allowed to impose. That comes from Amelius. However, most of the time, you are on your own. "Okay, you chose that ~ do it!" And hopefully, you will be wiser as a result.

"Oh, I should have listened to my Angelic Protector. After all, isn't that what protection means?" You learn from lifetime to lifetime who to listen to for advice and who not to listen to. Because when you first start out, you may not be sure who to listen to, and that is a wise decision. "Who DO I listen to?" You must find that out yourself. Sometimes it means tripping on your path, but it is the tripping that brings you back to yourself. In the SEARCH FOR SELF, there is always, then, the need to bring others into your environment.

You must then remember ~ ETERNITY IS YOUNG. Remember that Eternity is Young. Remember that within your circle ~ just as you have a dimensional grid, here is you, your little circle. You have an Energy Circle that you are part of. We have talked of that very often. You are within a larger circle which is within a larger circle which, of course, is the never-ending circle.

However, let us remember that within all of the circles there are other entities. So, within your circle which is in a larger circle, which is in a larger circle, there are all the others who are a circle within a larger circle, within a larger circle ~ the dimensional grid brought now into circle format. Circles, circles, circles overlapping with circles.

It is an impossibility to be on the plane and not be balancing with something. It could be the carpet that you are balancing with. It could be that little spook mobile over there on the plant that you are balancing with. It could be another human being. It could be a light bulb. "Oh! That light bulb went off just when I needed it!" Oh, my, that you did not anticipate that it was going to expire when it did is something that you need to look at. "Why did I not know that it was ready to go, and it expired right at the moment I needed it!" Well, imagine that. Do you think that there might have been some energy connection between you and the light bulb? That may sound foolish to many, but to those who understand its implications and the concept between energy connection, they find themselves leading a rather harmonious, flowing life. For while there will be obstacles placed in their path, they have an understanding of the connection of EVERY THING to them.

Everything that you find yourself a part of, you have a reason for that. It may not necessarily be balancing, but simply it is all part of the story line that you have developed for yourself. You come into Terra Lux. It is a most harmonious environment. It gives you a sense of comfort and safety, and a sense of the energy. You are connected in some way now with all of the energy that is here. So, group balancing ~ it is important then that you not only recognize group balancing, but that you help in the balancing.