

Waith Class Transcripts, Excerpts

MANIFESTATION

FROM TRANSCRIPTS 1987-1996

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

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

Topic of Session ~ Manifestation

(June 02, 1992)

We continue our discussion on this earth plane year, with the major topic being The Earth Plane Connection, and for this session we speak of a topic we know weighs heavily on many of your behaviors, and that is manifestation. We would begin the discussion with laying of a bit of groundwork, as you might say, for manifestation is not accurately understood by many, and it has a balancing dimension to it. It is not simply something that ~ it is very popular on the earth plane jargon now to say, "Well, simply manifest it." And this is not really accurate. What you first must understand that manifestation is a physical interpretation of a spiritual tenet, a spiritual belief, and like everything else that comes from the spirit in a physical form, it can be abused, and it is, therefore, a lesson.

Now. Manifestation simply means the earth plane ability to bring into physical form that which is a spirit form. Now. Many think manifestation means bringing in money ~ manifestation means the ability to acquire possessions. Manifestation is only one very small part of a greater spiritual scheme of illusion on the earth plane.

Remember that each of you creates your own illusion within the greater illusion that is maintained on the earth plane by The Universal Consciousness. The land, the trees, the buildings ~ indeed, your own physical encasements ~ are illusions that all energies have determined to believe in while being on the earth plane. It is a contract, if you will, that is made with The Universal Consciousness, for if there is not the acceptance of the illusion that you find yourself in, there is no way in which you may learn your lessons, that the illusion, the physical aspects of the spirit, allow for the scenario.

Thus, as you sit here in this gathering, you are indeed manifesting, for you have determined individually that you would be able to indeed be at this session. That was coming from your soul, that you would have the resources at the physical level to indeed be here, that you would have this transportation, and that this transportation would have the necessary ingredients to make it operate. This is all illusion. This is all a manifestation. So, each of you, without even realizing it, manifests on a consistent, regular basis, for if you did not, you would not be here. It simply would not be ~ you would not be able to be on the plane.

Now. Where the real heart of the issue comes in for this subject of manifestation is the ability to control, to consciously control that which you want to be within your own illusion. Each of you has the ability to bring into your own illusion that which you determine to be necessary to carry out your mission, your path, your lessons, your teaching, your learning. Whatever it is you have determined at Soul Level, you have the ability to bring it into physical form.

Of course, as most spiritual tenets are concerned, it is easy to talk about, not quite as easy to implement. The difficulty that many find in applying the idea of manifestation is that it is not done within a spiritual context. It is done with the idea of it being the gaining of possessions, the

accumulation of possessions above and beyond what is needed, and this is the key point. What one entity needs in the way of physical possessions differs from others. You must be careful of being judgemental. Be very careful.

This is not about being poverty-stricken. Being spiritual is not automatically meaning that one has nothing at the earth plane. It is not that at all. Being spiritual simply means that you are on your particular path. It is different from another's path. What you need will be different from what another needs. One individual may need much possession in order to learn particular lessons, while another individual needs nothing at all in comparison to that individual. It does not mean that one is more spiritual than the other. It simply means that each entity is at a different point in their learning of a particular lesson.

Now. Manifestation means that an entity has connected with their Higher Self to have an understanding of what the needs are of the Soul at spirit that then manifest and bring themselves into physical form on the earth plane. It is when manipulation occurs with The Flow of The Universe, when the ability to manifest becomes in and of itself an abuse, that difficulties occur. It is very easy to manifest, you see, once you have the trick of it. It is always the way, is it not? It is always the operative phrase, you know. Once you have the trick of it, then you wonder why it was such a big deal to begin with. The ability to manifest comes through an ability to communicate with the Higher Self, which is done, of course, through a meditative state, an altered state, whatever that happens to be for each entity.

A Technique Is Given For Learning The Ability To Manifest (June 02 1992)

There are, however, certain guidelines for manifestation that can be easily followed, and it is these guidelines that we will give to you now.

- *The first guideline, Number One, is that you focus your energies upon that which is referred to as the Third Eye. The Third Eye, you understand, sees the Soul, sees the spirit.*
- *Number Two ~ you bring the Third Eye into a position of looking down into that which is referred to as the Solar Plexus, that Energy Center which is the point of receiving in, from the spirit, information. It is the receptacle that is open for energy to move in and out. The Third Eye, then, looks down into that particular Energy Center.*
- *Number Three ~ the Higher Self is given attention by the Energy Centers that come from that which are the fingers by the fingers being placed, as you see I have done now, around the head or that which is referred to as the Crown Chakra, placed downward, sending energy. (The hands form an inverted pyramid with the fingertips touching and pointing towards the top of the head) The energy that is coming from the finger area comes from the entire energy field that makes up your particular vibration. As the fingers are placed upon this part of the*

energy field, without touching the physical encasement, you are ready for step Number Four.

- *You now begin to visualize that which you want to manifest. You visualize this item with a very bright White Light surrounding it, soft and fluffy, and you spend as much of your time as you need to, to visualize, with the hands remaining in the position, as in the step previous to this one. When you feel that the visualization has been saturated with the White Light, you then bring the hands down with the fingers pointing toward that which is the front of the encasement (still forming a pyramid), and you are bringing the visualization down with the hands, and you bring it down, down, down, into that which is the Solar Plexus area. You then place your hands facing each other at the Heart Center area.*
- *The next step is that now the Third Eye sees very clearly what you intend to manifest, and you allow yourself to have the Third Eye connect with that which is the Solar Plexus, continuing to keep your hands facing each other. This is containing the energy. When you feel that the Third Eye has seen enough, you are ready for the next step.*
- *The next step is to bring your hands closer together, still palms facing, and bringing them to the area of the Solar Plexus and gently smoothing over the entry way to this Energy Center, closing it, thus allowing the visualization to remain within the Solar Plexus. You then bring your hands up beside you, with the palms facing up, to receive the Light from the higher sources, and you raise your hands slowly, slowly with the palms up, and as you do this, you call upon the very Highest of the White Light and the guidance from those spirits who guide you and protect you, and you slowly bring your hands together, fingers together, to form the circle.*
- *Once you have completed these steps and your hands are in the form of the circle, you then would move into a state of altered consciousness as you are able to ~ meditation or simply to relax ~ and to feel that which you have manifested and to send out to The Universe, through your own energy and vibration, the belief that you trust in the manifestation coming about.*
- *That final step takes as long as you need for it to take. For some entities, this entire process only takes an instant, for it is an automatic type of connection. For others, it is the beginning of the ability to manifest, and wherever you are in your abilities to manifest consciously, this process will guide you. If at all, it will keep you focused on the spiritual aspect of manifestation and will give you guidance from the higher light so as not to abuse that which you manifest.*

Now. It is quite easy to have a technique. That is the easy part. What now happens is that when you have the power, you must learn, each of you, how to use that power, for the temptations to abuse are great, for once you have achieved a certain level of manifestation where you see it happen immediately, "Oh. This is what I have envisioned and suddenly, there it is ~ that can be

quite heady, as you might say. And this is where your spiritual path and your calling upon the Higher Light helps you to keep things in perspective.

If indeed you have determined that you need one thousand dollars, fine. You would be able to manifest that. But if indeed you learned that you could then simply have money where there is no need for it in your own life, but yet you determined that you would manifest it anyway and abuse that manifestation, then you have other issues that you would be working on. It is not easy to have a power, my loved ones. It is a part of the journey on the earth plane, through all the many lives that you encounter, yourselves and with other energies. It is in the learning of the spiritual use of the power.

There are many on the plane now who have achieved the ability of manifestation where it is simply a natural occurrence, and they have, however, had other lifetimes in which they abused the power; for remember, as we have said so often, balancing requires going up and down as you would on a teeter totter, and that in order to achieve a balance, there must be behavior in a direction that is opposite to ~ you go up and you go down. And thus, in order to achieve balance, there must be abuse.

This is a given, and, it is also why we caution so often this judgement upon another, for if you see what appears to be abuse of a power, it is none of your business, first of all, what that entity does. It is that entity's point on a path, and that you do not know whether that entity is learning or teaching, for there are many who would appear on the plane to teach, and therefore, would give the illusion of abuse in order for another to understand what abuse is. This applies to all lessons, and specifically, has its application with the issue of manifestation, for manifestation is a power that enables you to have power over others.

That is a topic of continuing discussion at another time. We would take questions from any of you relating to manifestation.

Is This Technique To Keep Us Focused On The Soul Path, Or About The Energy Centers?

(June 02, 1992)

Is the point of the ritual merely to keep us focused on the Soul path, or is there a significance about the Energy Centers that are involved?

The key word you have given, my son, is ritual, and for many, many on the plane, it is important to have that which you call ritual, or a physical symbolism of an activity that many do not need to use. Many of you here, and those who would read our words would find that they do not need to go through that ritual, for they have already, in another lifetime, done a similar type of ritual to achieve that which is a vibrational accomplishment. And thus, the answer really is YES to the entire question, you see.

The Issue Of Manifesting Emotions And Imposition Upon Another

(June 02, 1992)

You talked about manifesting physical things such as money or objects, things that we do not need physically. Would manifesting certain emotions be considered an imposition, imposing? Like, somebody you know, you wish them to be happy and you would like to try and help them manifest it. But would that be more of an imposition than a manifestation?

Yes, my love. That would indeed be an abuse, for, as we indicated, manifestation gives an entity the power over others, and what you have brought up as a question will be an appropriate forum of discussion when we move into that area before this earth plane year is complete. For being able to manifest for oneself is fine, but to be able then to impose upon another's energy field, is indeed abuse, and very easily achieved once one has accomplished the ability of manifestation.

When I tried manifestation a couple of times, I always think my intent is to do this according to the will of heaven and for the good of everyone concerned, so that an abuse does not occur. In other words, I try to get what I need, or what I should have, without imposing or abusing anyone else.

What you are attempting to do is to be all to everyone, and while all of us are connected, we are of The One. In order for Oneness to occur, there must, as we have indicated in our Guidelines for Growth, a singleness of purpose, a singleness of activity, as well as a unity, and that in order for the whole to be satisfied, the individual energies must find what the need of the individual is, first and foremost. If you continue to say, "Well, I need this, but maybe I do not because the rest of the world around me maybe does not like it," then you send mixed signals ~ this is the best definition we could give ~ to The Universe.

What you need to do is to focus on what you need for Self first, because once you have achieved the ability to find what you need for Self, then you work into the larger group, meaning what do you need to give to others; how can you best Be of Service to Others. You must Be of Service to Self, first and foremost, for without that, you will not have the ability to Be of Service to Others.

And we understand that this is a rather contradictory concept that many on the plane feel that that is being selfish when you think of Self first, but it is not when viewed from the spiritual context. It is being selfless, for you determine what you need, you strengthen from within, and it therefore gives you the ability to strengthen from outside, to give. The more you have to give, the more you will give. Thus, concentrate not on what you are manifesting for Self as it will apply to others, but as it will apply to you, and then it will automatically apply to others.

Manifestation Is A Menu Item That Can Be Selected When You Come Onto The Earth Plane

(June 02, 1992)

I have read the phrase *Be careful what you ask for because you might get it* ~ that you need to be extremely specific in what you are trying to do. This is confusing to me.

Indeed. What you read, my love, and what is currently on the plane as relating to manifestation, needs to have a stronger emphasis on the spiritual ~ The Universal Consciousness aspect of manifestation. Understand that once you have achieved the ability ~ you have learned how to manifest, and you have balanced ~ you have abused and you have gone the other way and allowed others to abuse you in terms of manifestation ~ and you finally have this ability, it simply is. It is not a situation where you think about it. It simply is a Flow with The Universe where you know instinctively. You know from within what you need and that it will be provided without having to go through the ritual.

Now. The ritual, however, is the tool, is the tool to help you to work through your balancing of the issue of manifestation. Understand also that manifestation is one of those Menu items that can be selected when you come onto the earth plane, and that not everyone on the plane is working on an issue of manifestation. They may have decided not to take that as part of their journey on the earth plane, and it therefore is not an issue. They do not even ~ it is simply not for them.

If it is an issue, then you will find yourselves abusing and being abused, abusing and being abused, until the balance occurs, and it indeed takes many, many, many lifetimes. You find yourselves now at an accelerated time on the earth plane as you are about to go through a cleansing and an illusion change, and thus, the issues of all on the plane accelerate also, and you become more aware of the issues that you have chosen for this lifetime to work on. This is simply your own heightened awareness, many of you, also, in this opportunity to advance in the learning of this particular issue. And you, my love, simply want to do it right, as many would want to do.

There Is No Right Or Wrong In Lesson Learning, It Is Only A Matter Of Balance (June 02, 1992)

I would hesitate to do it unless I could really, really feel and absorb the right way to do it.

Ah, but understand that if one were to continue hesitating it would not be done. The only way balance occurs is to do something, and it is not quite what you wanted it, and then you do it another, and you learn from that, my love. The Universal Consciousness is there to give you the guidance as you move through your lesson. Understand from our perspective that lesson learning is not a matter of right or wrong. It is simply a matter of balance. That is all. Balance. And if you do something that does not seem quite appropriate, it is only for the development of Soul that you as an entity are concerned with. So, try it. Do not be afraid, and if it does not work, so what? You simply try it again. Then you get it right.

I will blow up my house or something.

Well, you see, if your house were to be blown up, you could simply build another. ☺

**Group Manifestation Issues ~ It Is Not A Parlor Game ~ Manifestation Is An Individual Issue
(June 02, 1992)**

Could this be done in a group? Would anyone in a group have to have resolved the manifestation difficulty they might have before attempting it as a group project?

Group manifestation is another issue completely which is something that we will discuss as time progresses on the plane, for manifestation is not a game to be played. It is not what you call this parlor game in which a whole group of you would get together and say, "Oh, let us manifest something now." It is an issue of the entity individually, remembering that there may be some gathered in the group who do not have manifestation as an issue, and that because of the varying points of learning of the issue for those who do have manifestation as part of their Menu on the plane, there needs to be caution.

It ~ group manifestation can be led by one who has the ability to monitor and keep the vibrations harmonious. Otherwise, very difficult situations may come as a result of group manifestation. We are not a proponent of group manifestation. As we have discussed this thing called the Ouija board, it is dangerous. It is not a parlor game. You open yourselves up for mischievous entities. Group manifestation is not a parlor game. Many think of it in the same venue as the Ouija board. It is not. Manifestation is an individual issue. There are spiritual leaders on the plane who would have the ability to guide a group manifestation. However, we caution very, very strongly the use of group manifestation.

Isn't a healing circle an attempt at a group manifestation?

Healing circle is technically not a group manifestation. It is a sending of energy to a particular entity without imposing, simply sending one's energy to another for that entity to take if wanted. It raises the issues of abuse also because of the power by some to impose their energies upon another. And while you would think that you would be manifesting, you are simply sending your energies as a group. So, you have gathered your group energies. It does not technically fall within the arena of manifestation. That is an entirely other issue for discussion, of course.

**Manifestation Does Not Automatically Happen ~ Opportunities Are Presented By The Universe
(June 02, 1992)**

Doesn't the individual have to contribute at a significant amount of effort to make things happen, to manifest? One cannot just simply wish it would happen. Don't you have to get out and work diligently to see that it does happen?

You have brought up the earth plane dimension of manifestation, for there are many on the plane who feel that simply wanting something will produce it, and this is not accurate, but also there can be a ~ too much of an emphasis on going out and getting it. There needs to be, once again, the balance, the understanding that The Universe provides the opportunities. Once you have sent out to The Universe that you want a particular item, you have manifested, then immediately, The Universe begins sending opportunities. It does not just automatically happen. The opportunities are presented. It is then up to the entity to recognize the opportunities and to then, in working with The Universe, manifest through the opportunities.

If you indicate that you need to be working in a different area, you want to move into another work environment, it will be presented, and it is in the opportunities being presented that many entities fail to see the opportunities, for they see opportunities from their own perspective rather than from the perspective of The Universe, "Well, I want to have a new job in such and such a company." Well, that is not necessarily what The Universe is going to respond to. The Universe will respond to the need for work within a particular environment. This is where the difficulty occurs in entities having, as you might say, blinders on and expecting to be given what they want rather than what they need.

In Manifestation, Is It Better To Be General Or Specific?

(June 02, 1992)

Does one need to be very clear in order to manifest? Say, you would like a new job but you do not know which direction to take, what the new job is to manifest?

One does not have to be specific, my love. One can, and in many cases, an entity, at conscious level, is not certain specifically, just that there needs to be something in a more general area. You may feel, for example, that you need to have more awareness of certain spiritual issues, and you manifest it in your visualization. You would manifest simply the words SPIRITUAL ISSUE OR SPIRITUAL GROWTH surrounded with White Light, and before you know it, you find yourself here listening to us. ☺

Thus, you do not need to be specific. Many who have perfected this technique go from the general to the specific depending on where they are in contact and in harmony with their Higher Self and The Universal Consciousness. Oftentimes, it works more to your advantage to be more general. But, to be ready to see the opportunities presented in a way that you may not have ever expected, to be open to that which you would not expect. This is the difficulty, this is ~ oh, we find such a difficult issue on the plane, to simply be open to that which would present itself, knowing, my loves, that nothing is presented to you that you cannot handle, that you cannot deal with, and that everything that is presented as an opportunity does not necessarily have to be

acted upon, but that many, many, many on the plane do not see what is presented to them. Rather, they want to control that which is presented to them.

And the flow becomes so much easier when one simply responds and waits for that which feels appropriate, without, of course, going to the extreme and waiting until it feels right, for then, one would never act. But rather, to learn from within Self when to act and when not to act, when to not take an opportunity, and when to take an opportunity. This is not something that we could say to you in an answer book, "This is when you would do it, and this is when you would not." This is the joy of being independent as an entity. You make your own decisions. We all make our own decisions.

In Manifestations, Are We Working With Physical Laws And Cause And Effect?

(June 02, 1992)

On the earth end of the manifestation, we are talking about working within the physical laws and cause and effect and things like that as opposed to just having things appear?

Yes. There are other issues of manifestation where things simply appear that is topic for many, many sessions actually, for things, as you would call them, can simply appear, and that is something quite different. Yes. For now, we will leave it at that.

And Do Manifestations Also Make Things Disappear?

(June 02, 1992)

Yes, indeed. Yes. We have given you all an introduction to manifestation, as you can well see now that there are many issues relating to manifestation which we will address as time goes on. We have simply given the beginnings of the discussion. It has much, much to it.

In The Manifesting Technique, Is There A Nonabusive Object That We Can Practice With?

(June 02, 1992)

In the practicing of the perfection of this manifesting process, is there a nonabusive object that we can practice with? The need would be merely to have verification that the process is working and not necessarily something to eat or drink or something like that?

Oh, very, very good question. We have waited ~ we have remained in the vibration for this question to come, for what you would do to verify is to manifest that who is your Angelic Protector. Remember, each entity has an Angelic Protector different from, and separate from, any of the guides that you might have, and you simply need to manifest or envision, shall we say, the word ANGELIC PROTECTOR, and surround with the White Light and call upon The Angelic Protector. Now. What will happen, if you are on the right track, you will feel yourself filled with White

Light. You will feel this, many of you for the first time, but you will feel it. If you need to work on this technique and you are not going in the direction that is appropriate, there will not be the sense of being filled with the White Light. It is very simple.

Now that that question has come onto the record, we are prepared to depart, and we, in our preparation for departure, would send to you all an energy of guidance and protection, for your Energy Centers, as you have been in this gathering, have opened, and we now, in group, close those Energy Centers so that those mischievous entities would not be able to enter in. We smooth all of your Energy Centers.

Continually do this yourselves, my love, as you find your Energy Centers responding in your spiritual path. Smooth your Energy Centers and protect yourself from those who would want to disrupt your Centers. Remember to always call upon the Highest of the White Light and to call upon your guides and your Angelic Protector.