

# Waith Class Transcript

MAY 31, 1988

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The Effects Of Sound And Music For Your Vibration

Using Meditation To Protect From Incompatible Noises

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How To Deal With A Heightened Sensitivity To Situations Of Daily Living

*~ A NOTE FOR THE READER ~*

*Waith's words appear in this font style.*

*If one from his Spirit Group speaks, they will be identified.*

Questions and responses from those in the class appear in this font style.

*(References to names have been edited for privacy)*

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

*Spiritual Path Adventures (SPA)*

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## The Effect Of Colors For Your Own Personal Vibration

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**

*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.*

### Using Meditation To Protect From Incompatible Noises

*One of the tremendous lessons that Mushiba has had to take on since living in this environment in which she finds herself now is the ability to protect herself from the noises that come from those who live above. And it was quite a battle at first. She now has learned how to instinctively, just naturally, protect herself. It was difficult. There were times when the difficulty was so tremendous that she could not concentrate enough to allow my vibration to come in in any way with her and there was not enough protection. And that has been all taken care of now. It was a tremendous test.*

*Each of you also have your own kind of tests that you must look around you to those noises that you might find overwhelming and realize that this is a way for you to learn to protect yourselves automatically. You cannot rid yourself of them as long as you are on the earth plane. They will always be with you. There will always be noises that you will not want around and yet have no way of getting rid of. You certainly cannot tell someone to turn off the radio if you are in a public place and you do not like the music. You must learn how to live with it without it damaging your own vibration.*

**When one has learned that, is it possible then to go into a quieter environment?**

*Yes. You must see the example that Mushiba and I give to you now, you see. There is an awareness of a number of noises overhead, around, and yet it does not disturb. There is complete ability to protect against it, and this is true in everything now where Mushiba is concerned. She is able to block them out and so can all of you do this. It just takes desire and practice. You do not want these things around you to influence you and yet you have no control.*

*You see, you have control pretty much over the colors that you surround yourself with, simply by wearing certain things. But with sound you do not have that type of control and therefore you must create it yourself, protection. It is all from within. No one else can do it for you and there is no magic formula. It simply means that you begin to meditate, you begin to concentrate, you begin to surround yourself with the protective Light, the White Light that we speak of as a metaphor, and you can gradually walk about in your world with the noises around you, but free from them.*

### A Discussion Of Artificially Controlled Environments

**Some new office buildings have windows that do not open. I have a physical reaction to it where I cannot breathe. If I must be in this type of environment, I need to constantly energize my immune system by breathing techniques and using crystals. Is this the same type of thing? Because of your own sensitivity you must make adjustments to the environment.**

*This is correct. You have, of course, a very heightened sensitivity to this particular type of environment. It also has some past life ramifications which we will not get into at this time. What it does point up is the tendency now on the earth plane, especially in this country America where so many Atlanteans have returned, they are reliving from Atlantis ten thousand years ago especially, specific types of structures and environments that were constructed during that time that were an attempt to sterilize, an attempt to control the environment. What they did not realize then, and still do not realize, this is why it is happening again, is that these types of structures and environments in fact create more problems, for when you try to artificially control an environment, each energy form is being forced to adhere to the conditions of someone who has set up the environment and your own abilities to then immune yourself, make yourself immune, immunize yourself, and it does not occur.*

*It is far better for a vibration to be in a natural environment where the sounds from all around come and you are able to take care of your own protection based upon what your vibrations are as opposed to being forced into an artificial situation where, for some, it may be compatible for them, but for others it is not. Therefore, many problems begin to arise. There becomes a tremendous imbalance in energies and this is why you will find so many energies having physical problems as a result of being exposed to this type of controlled environment.*

*This controlled environment was also carried to tremendous extremes in certain parts of the land ten thousand years ago where actual, what you might call bubbles, were constructed over land masses and there was an attempt to shield out the forces of nature and allow in only that which the builders, those who thought they knew it all and knew what was best for the general population, they determined how much of the sun's rays would come in. It proved to be an incubator for disease and it was one of the contributors to the cleansing of that time frame, why it was necessary, for each vibration, each energy form has the ability to protect itself against the forces around. It does not need artificial protection.*

### **Regardless Of The Weather, Be In The Natural Environment 15-20 Minutes Each Day**

*If any of you find yourselves having to exist for a length of time in a structure such as this that has been described, we recommend that you attempt to leave that structure during the course of the day. For example, if it is a work environment, and you must spend your work day, try to get out into the fresh air regardless of what it is doing. If it is raining, if it is cold, if it is hot, whatever is the natural state of the climate, allow yourself to be in it midway during your time in this structure for a period of at least fifteen to twenty minutes each day. This way you can recharge yourself and you will not begin to feel the overwhelming constraints that will occur as a result of prolonged exposure to this type of environment, controlled.*

*It goes also for this thing called air conditioning. You must be careful about prolonged exposure to this, for it is artificial. The physical body is designed so that it can, and in fact must, expose itself to the natural elements. It is designed accordingly, and when that natural flow is disrupted in any way, imbalance begins to occur. This is not to say that you should not be in air conditioning, but that if you find yourself all day, for example, in air conditioning, that during the course of that day, you should seek the natural elements midway through your day. Even though you may not have this air conditioning in your home environment, if you go to work, it is important to not have prolonged exposure to artificial stimulus.*

### **What Are Some Causes That Affect The Cleansing Of The Earth?**

**I would like to ask a question about the cleansing. Is the time for it brought on by simply an astrological clock? Is it set by so many revolutions of the earth and so forth? Or is it something that is brought on by man and his vibration?**

*It is actually a combination of what you discussed, but not quite as simple. You see, the planets and what you call the astrological combinations are directly affected by mass vibrations. This is an issue that has not been widely discussed on the earth plane, and in fact, you may be hard pressed to find anyone who would be able to discuss it, or it has been filtered through to the earth plane from this dimension through Nostradamus, the one known as Nostradamus, but it is not understood in his readings.*

*It has not been translated properly ~ that all of the vibrations from the past, and as they are now on the physical Planet Earth, from all of the energy forms, human, animal, plant, all affect the movement and the behavior of the planets, for the planets are all part of what we call the earth plane. Therefore, the aligning of the planets and the astrological significance of the time frame that is known as the year 2000, all directly relates and is connected to the vibrations on the earth plane.*

*We have said from the beginning that if the vibrations of the energies on the earth plane were to change dramatically, then The Shift could be averted. This has a direct connection with the alignment of the planets and also with physical earth itself ~ for all are One, all are connected. One cannot behave, or do, without effecting everyone and everything on Planet Earth, as well as in all dimensions, for we are all part of the One, so that The Shift could actually not happen. We say this, for we do not want all of you to think that there is no hope, but as we have said before, if all continues on the path that it is now without any change, then The Shift will occur. There will have to be a cleansing, for all of the vibrations now have aligned the planets for certain future behaviors that will work in conjunction with the pole that balances Planet Earth.*

*It does not address the entire issue, for there is a greater complexity here that we feel at this time is inappropriate to give in an open session for levels of understanding. However, it is something that perhaps can be addressed in a session with a few people*

whose levels could be understood and further questions could be addressed concerning it.

### Why Do We Have So Little Evidence Of Atlantis? It Seems A Great Deal Was Lost.

*Purposely lost. All was done by forces beyond the comprehension of most of the energy forms now on the earth plane. We have said in earlier times, earlier sessions, that there have been many, many cleansings and that we have purposely destroyed evidence of many, many civilizations, shall we say. Your scientists currently on the earth plane track down evidence that we want them to know about. There is much that has been completely wiped away, so their evidence of evolution, and finding, shall we say, fossils, are remnants that we have allowed to remain for very specific reasons. There are remnants of Atlantis that we will allow to surface to the appropriate people.*

**Is there anything about the Bermuda Triangle? They are always saying that the ships and airplanes ~ that there are problems. Does that have anything to do with Atlantis, or is that another topic?**

*No, it does not relate to Atlantis, per se, though it does relate to an area of control that we have allowed from other dimensions of the earth plane. Remember my discussion of dimensions of earth plane, and all of you find yourselves in a particular dimension, and that there are other dimensions of the earth plane, and they are still earth plane, but they are dimensions of which you are currently not aware. It is an issue that we need not go into at this time. However, it is of interest that some of you may enjoy hearing about.*

*Now as far as remnants of Atlantis, when The Shift occurs there will be tremendous remnants of Atlantis. The land mass itself will resurface. There will be a part of it that will be very close in proximity to that where you are now, for this land where you find yourselves now will no longer be inland. The ocean, the water will be near, the shores will be near, and the land mass of Atlantis will be close by and you will have the opportunity to explore. For many of you, you will know exactly where to go to find that which you had then. It will be good for you all.*

*There is a remnant of Atlantis that we have given back to Mushiba recently and she will share this with you at some future time. It is something that she had in the temple ten thousand years ago that was used to help in the healing and the energy projections. She is recharging it now. It will take some time, and for some of you as the time nears and you become ready for this, there will be things given to you for we can materialize anything that we want from anywhere. Nothing is ever lost, you must realize that. What might appear to be lost is only by your own perceptions, for all is illusion.*

**Waith, about the land mass of Atlantis. I read or heard at some point that when that land rises in the sea that one cannot go on it for a period of time because of the atmosphere in conjunction with the rising land, or the bacteria, or some kind of contaminants. Is there anything to that?**

*Waith: There will be a period of time, though not very long, in which there will be a, shall we say, a realignment of vibrations. Realize that the land mass has been, and is currently, in a very, very different vibration since it is under the water, and when it resurfaces it will take some time for the vibration to settle and become compatible with the new vibration of the earth plane. Because of this time of realignment there will only be a few who will have the capability of going onto the land mass as soon as it resurfaces.*

*The majority of energies remaining on the earth plane will find themselves in a period of perhaps several years of earth plane time before there can be total comfort in going onto the land mass. And those who are able to go onto the land mass will be those who are very highly evolved and highly attuned, for they will not be affected by the very high frequency that the Atlantis land mass will bring. Those of a lower frequency would find themselves short circuited if they were to go onto the land mass too soon. This will occur very naturally, for when you are ready to go onto the mass, it will happen and it will be readily known when the land mass is prepared for the masses to descend upon it.*

**The American Indians were very highly evolved spiritual people who lived in tune with natural law and they were completely destroyed. Is there some explanation to that? Is there more needed than just spiritual growth?**

*Yes. Their attunement was not what was needed. There is much more involved. This group of souls to whom you refer are evolved and have attunement with nature. Attunement with nature is only a part of the total attunement. There needs to be an alignment with the inner self, and for many of the Souls their alignments were relying upon external forces and not internal, and so many of them were destroyed. Those entities currently incarnated on the earth plane who have taken on the form of Indians are more highly advanced than times earlier and they, like so many others, will have large numbers who will survive and large numbers who will not. There is no one group of energy forms manifesting on the earth plane now who have exclusivity to evolvment spiritually, meaning that simply by belonging to a particular group gives one a charter membership.*

**You mean if we come here, there is no guarantee ~ ☺**

*That is correct. No guarantee, at all, for all must come from within, all of the evolvment and all of the answers, and in fact all of the questions ~ unless you question you will not know the answers.*

### **Farena Gives Some Advice On Assimilating Information At Your Own Pace**

**Waith, I was wondering if we could speak with Farena.**

*Ah-h-h. Yes. Farena would enjoy speaking with you all for a brief moment. I will move over in the vibration and allow Farena to enter.*

*Farena: Hello! (Flips her hair). Thank you for asking for me, my dear! I have been with some of you. I have been having a wonderful time trying to communicate to you. Ah-h-h. Waith has said that I can stay only for a brief time so, my dear, do you have something you want to talk to me about?*

**Are there any general guidelines you can give us regarding the bombardment of input Waith is giving to us right now?**

*Farena: This one is so difficult, for all of you would like to know how to take on all of this information that Waith gives. He is a little rascal at times. He just gives so much! You should imagine what it is like at this end. You think you have it with all kinds of input. He just gives us so much. We have to understand, and then go, and do. It is difficult ~ and the way we handle it, the way I handle it, is I just take a little bit of it at a time, and I do not let him make me feel overwhelmed, because he does not want you to feel overwhelmed.*

*He has so much to tell because he has so much from The Universe, and Amelius gives him so much information, and at times it is even overwhelming for Waith, information he gets from Amelius. And we just take it a little bit at a time and work with just as much as you can. And I do not try to compete with any of the others here because some of them learn it much faster than I do, but I eventually catch up with them because I learn it in my own time, and that is what you should do. And if it starts to get too overwhelming, then you just say STOP to yourself. You will not be able to stop him from giving you all the information, but you can say stop. 😊*

**Farena, how can we best communicate with you?**

*Farena: You know this already. Yes. You do. In your meditations. It is only through your meditations and finding the answers in yourself that you can learn this. There is nothing that I can say to make it happen for you except that it comes from within and you must be patient. I sense impatience with so many who want to do it now ~ and it will not happen now. It does not happen now at any dimension. Patience is a Universal lesson that we all encounter at different levels. We have different lessons in patience to learn, and you must accomplish it at this level you are on now before you can begin to accomplish it at higher levels. I must depart now. I love you all. Waith will return now. Bye.*

**I would like to say thank you to Farena in her attempts to communicate with me.**

*Waith: It highlights the learning process that occurs at all levels, not just at the level that you find yourselves now, feeling so frustrated so often, and thinking that once you get*

*out of the earth plane dimension that you are home free. You are not. As Farena had alluded to, Amelius at times bombards me with things that I must digest, that I must pass on to others, or not. There is information that I am not able to pass on. There are levels of learning that occur for myself and others at this same level as myself at The Angelic Force. It never stops, you see. It just varies in its intensities and complexities.*

### Difficulties In Discussing All This With People In The Organized Religion

*This is the difficulty that I have in telling people in the organized religions, because they say there is heaven, hell, and purgatory, and that is it. And I am telling them there is more than that and they say, "Please do not change my ideas."*

*Then do not try. People will hear only what they are ready to hear and need to hear. Do not try to save the world, for the world will not be saved unless it wants to be. And you must not try to force yourself upon others, and force your beliefs. Unless they are ready to hear, they will not, and especially if they ask you not to, then back off, by all means.*

### Waith Discusses The Energies Of The Sun, The Positive And Negative Effects

*About the sun, I know that there are healing and almost medicinal energies from being in the sun, but I am confused because I know also with the ozone layer being the way it is right now, there is also a negative effect. And I wondered if you could comment on that. Is there a period of time in which it would be healthy, and after which it would deteriorate in terms of its effect? And when you have clothing on, and you are in the sunlight, are you still receiving that positive sun energy?*

*Let me address this very briefly, and simply, and then let us bring this particular question into the session on healing that has been requested. The rays of the sun, if channelled properly, are healing agents. If not used properly, can destroy, for they are very powerful. And, yes, when clothing is on the rays of the sun still penetrate. You must take caution in your exposure to the sun. This is no great wisdom that I am giving to you. This is knowledge currently existing on the earth plane of the dangers of the sun if used improperly.*

*The sun rays were not intended to be used as conductors of prolonged intense rays, so that, for example, to sit in the sun for hours and hours upon end, day after day, is not the purpose. There is something about the inactivity of that behavior that creates a further damage from the sun than if one were to be moving about the environment working or playing, but to simply lay there for hours and hours creates some interesting side effects.*

*So, I join in your many profound doctors and others on the earth plane who say to you to be very careful about your exposure to the sun, and that you should have, if you are going to be exposed to the sun, to take castor oil and mix it with fresh lemon, two parts*

*castor oil to one part lemon, fresh lemon it must be, and place this on your skin and this will help in protecting your skin.*

**What about lemon juice?**

*Not unless it is from the freshly squeezed lemon. Do not use this concentrate that is found now. Get the fresh lemon and squeeze it and use the pulp from it as well as the juice. That will help.*

*For those of you who have taken on in this incarnation very fair skin, you have done so purposely. Pay attention to the effects of the sun upon that. For those of you who have skin composition that allows greater exposure to the sun, then you may take greater exposure to the sun, keeping in mind however that too much of it will damage.*

**I know from Astrology that the sun represents the male principle, and the moon represents the female principle ~ is it also one way of balancing, how we react to sunlight?**

*Yes, you are correct in the point being made here, and it is an issue that we would like to address at a future time, and in fact it would blend very nicely with the healing session, for the sun has such significant role to play on the earth plane. The sun is part of the dimensions of the earth plane. It is not a part of the total. It does not appear in all of the other dimensions. It appears only on the earth plane.*

### **How To Deal With A Heightened Sensitivity To Situations Of Daily Living**

**Waith, can you help me? I react extremely painfully if I see an animal run over in the street, or bulldozers digging out new lands, or building new houses. I understand they have a purpose. I tell myself this but cannot get rid of the pain I feel. Is it just for me to experience it and to be compassionate with it, or how can I deal best with it?**

*You will have to experience it. You have a heightened sensitivity to these areas. Mushiba also responds this way, so you may want to talk to her about how she handles it. If any of you feel a reaction to any of this land being dug, insects being stepped upon, it simply means that there is a level of sensitivity in you that is connecting you with the One, connecting you with all of the life forces, for all are One, as I have said so often. You do not, in fact, want to shield yourself from this. It serves as a reminder to you of your Oneness, and recognizing that there is purpose to all that occurs, and that you cannot interfere in that. And so just experience it, and as it is happening, call upon the God within to help you to get through the experience and to better understand as a result of it your interconnectedness with all. It will make it easier for you somewhat.*

**I just want to be cautious not to get opinions or to start judging what is happening.**

*This is correct, and you will be able to do this if, after you have experienced a particular episode, to meditate for a few moments to draw upon your energies and to focus yourself and it will help you.*

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