

# *Waith Class Transcript*

**AUGUST 09, 1988**

Love And Light And The Joy Of Lightheartedness

It Is So Beneficial For The Soul's Growth To Send Out Light To Those Who Attack You  
Strength In Unity ~ All Energies Need Each Other To Help In Progression On The Path  
When The Soul Says, "Enough Is Enough" And Creates Situations To Help You Balance

Nothing Is Presented To You That You Are Not Able To Withstand

Movement Back And Forth On The Spectrum Of Light And Dark

A Discussion Of Psychic Breakdown Of A Soul ~ And Being Helped By The Angelics  
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An Issue Of Learning How To Ground Yourself

Remember This ~ There Is No Task Too Difficult For Any Of You

**~ A NOTE FOR THE READER ~**

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

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

☀ This symbol indicates multiple responses from class members.

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

*Information Given Interdimensionally*

*By Waith*

*Through Mushiba*

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For more information, please contact us ~

[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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*We come in now seeing great fuzziness among all of you, and we know of the temperature currently encompassing your geographic area as having rather interesting effects upon you. We remind you all that this is a test as well as simply a beginning of that which will be occurring more and more and that this geographic area that you find yourselves in now, and the larger area that it is a part of, will have a very increased level of heat when the cleansing occurs. It is a time now of adjustment not only for the spiritual but for the physical, and we have chosen to speak a bit with you now about love and Light and about joy and Lightheartedness.*

### **Love And Light And The Joy Of Lightheartedness**

*For most of you, you have been going through a period of time in recent weeks on the earth plane of heaviness, great heaviness. These have been attacks from the Sons of Darkness for as we have said so very often, the Lighter each entity gets, the more susceptible you are to the darkness wanting to diffuse you, and so there is in effect a drawing of attention to yourselves as you become Lighter. You become more visible.*

*It is very important, however, that you all keep a perspective about this and to realize that this darkness exists and that it does its work in so many subtle and what might appear to be unrelated ways to you. And one of the best protections is to have laughter and gaiety in your life, and to have a happiness that is an integrated part of all that you do. If you are able to have this as a part of your life, then the surrounding of the Light becomes much easier and it becomes stronger. There is a tendency for many who begin to seek the spiritual path at an accelerated rate to become so very serious about it. We have touched upon this before and we have given this message to some of you individually, and it is time now for this to become a part of group discussion.*

*Mushiba is planning in this short time coming to institute a session once a week, or maybe not once a week but once a month, time frame month, once a month, in which all will have the opportunity to gather where I will not come in, but rather it will be a time of gathering for all to laugh and to share good humor and Lightheartedness and to have group meditations.*

*It will be a time when there will be a sharing of fellowship and where you may all begin to speak with each other about what goes on in your lives. So that for some of you, you may feel a bit isolated from others, except when you come to these sessions, and never have the opportunity to really speak about your life and to see that perhaps some of those negative aspects of your life fall into a pattern where the Sons of Darkness are getting at you individually, for they feel, as is the usual case, that divide and conquer at an individual level can be accomplished, and in recognizing when you gather that perhaps it is part of a pattern that ~ it gives you greater strength, for the darkness cannot win against a united front of Light. It is impossible.*

*So we will be helping you to understand the importance of laughter and the importance of having a happy countenance, smiling. For the smile, the physical manifestation on the face, will then manifest itself throughout your being and can be a reflection of how you feel, or it can be a barometer to help you to lighten up.*

*We have said this so often ~ lighten up, and we mean this not just from the spiritual sense of gaining greater Light but to be lighthearted, to be happy, for this is truly a marvelous opportunity that you all find yourselves in, this earth plane, remembering that of all the entities, the energy forms that are in existence, only a small percentage are allowed onto the earth plane experience at any time frame. And this time frame now that you are all currently in, between the cleansings, there are only certain energies that are allowed in. And there are many, believe it or not, who are waiting to start their earth plane experiences. You will find that hard to believe, some of you, that there would be a waiting list. When you think of all that you go through now you say, "I only want to get out of here, they can take my place anytime."*

*You see, the earth plane is such a very special training ground and opportunity for experience that even at this level, when you are here, you do not see it. But when you are at a different level in a different perspective, you see. And so it is really a time to be happy knowing that you are allowed in and you are progressing and that everything that comes your way is an opportunity to grow and to become brighter.*

### **It Is So Beneficial For The Soul's Growth To Send Out Light To Those Who Attack You**

*And you should actually feel honored when you get these attacks, for the darkness recognizes that you have a certain strength that you have attained and that ~ remember they are no stronger than you, and so they recognize that you are to be contended with for you have reached a certain level. And it becomes quite a challenge and an opportunity to help them, for in your defense of yourself against these dark energies, it is also an opportunity for you to Be of Service, for you not only defend yourself but you send out the Light and this is the sign of true advancement. You send out the Light to those who attack you. You try to help them and diffuse them so that at some level their darkness begins to dissipate some, and they move ever so closer to the Light, and this can be beneficial to your soul's growth as well as to those who might attack you.*

*So we feel that it would be time now as the spiritual community begins to identify itself more now, the time is for the beginnings of the forming of this, and that it is far more than simply coming to listen to me. I am a very insignificant part of all of this. I am here simply to serve as an intermediary for that which you have full capability of doing yourself, and that the true purpose is for the spiritual connectedness and for all of you as individuals to come together as groups and to know that you have each other as a support system, and that this will be critical as you move closer to the cleansing time, for there will be many groups, as we have already indicated, and have already begun to be developed on the earth plane. And the survival and the building of that which must be*

*done will be dependent upon group cooperation and that will not just happen when The Shift occurs.*

*There will not be this scatteredness of individuals who suddenly with a flash of an eye, shall we say, suddenly find themselves in a group. You will, but there will be preparation time before that in terms of understanding each other's souls and missions and purposes and appreciating each other's talents and diversities and accepting the many differences among you and loving the God within each, for it is the God within you.*

*Our purpose in this, Waith and Company, is very small in comparison to that which you do, and so the gathering now will begin to become more concrete, as you have already begun to feel, many of you, with each other. And there will soon be a physical location that will truly be the beginning of a spiritual center, a gathering for all of you to come and have a haven, if you will, at times, for Lightheartedness and to have a reinforcement of the Light and love that is so necessary in growth. Mushiba is working on this now with others who will help in the formation of this as a beginning, and you will all have a stable environment in which you will know, as many of you now know, that you are welcome to come into at any time regardless of the busyness, if you will, that Mushiba has, her time commitments.*

*This is coming very shortly and there will be notification by Mushiba very shortly of the beginning of these gatherings, and it will be most joyous to have you all a part of it. And remember that while I may not be here in vocal contact with you at that time, of course, I am always with Mushiba, and as you speak to Mushiba comes the messages so often from us.*

*She will joke sometimes about how she cannot keep us quiet. For we do start in, many times, and she likes to joke about it all saying such things, as she did not call a group conference here on a particular subject and would like to just each of us start talking with her because we are able to communicate with her while in her conscious state. She will, many times, be talking ~ this annoys her many times ~ she will be talking with someone and we will, me especially, will start giving her some information. And it is as if she is caught in the middle between two dimensions here trying to accommodate at the earth plane level and hearing other things coming in from our level. It can be very interesting ~ and so this occurs. And so, my dear ones, what type of response would you give to that which we have just presented to you?*

**Sounds like fun to me.**

*Thank you. That is what the purpose is. Fun! That is a good word. This is what is needed, is more fun. There is too much seriousness. More fun. Remember that that which you do, the attainment of your path's progression is serious, but it does not mean that you take yourself seriously. It does not mean that you do not smile and you do not enjoy. The earth plane has given you many things to help you to counteract the seriousness of what you are here to do and it is purposefully provided that you have fun.*

*It is the way in which you choose your fun that becomes the issue and realizing that what is fun to you may not be fun to someone else, and vice versa, and this is fine. You choose that which Lightens you and makes you feel happy and able to smile and able to feel good.*

*Test it on yourself that when you smile, how you feel from deep within the solar plexus all the way through. Then see how you feel when you frown or when you do not smile, but simply are gloomy. You see the difference in the way that you feel, and know that regardless of what is going on around you and what is happening in your life, that you have the complete ability to work with it.*

**Sometimes it is not so easy.**

*Yes, we know. We know. But there is nothing that is so devastating that it will destroy you. It is only if you think that it can that it will. Remember that your soul takes on nothing that it cannot handle, but that sometimes you forget this and you think that you are being overwhelmed, and this is why when something that appears to be very negative and overwhelming to you, you start laughing, saying "I can deal with this. Otherwise my soul would not have allowed it." And it is trusting in The Universe, trusting in the ability that as long as you work with The Creator that you will succeed. The whole purpose of Oneness is lighthearted, you see. There is total Light at the center.*

### **Strength In Unity ~ All Energies Need Each Other To Help In Progression On The Path**

**Waith, it has been said that we are often being attacked simultaneously, several of us, and that we should connect with one another when that was going on. For example, there were eight of us. At any given time three would be going through an attack, then the other five at the same time were aware of it and were able to send Light to those three. Wouldn't that be a way of fortifying our power?**

*This is exactly what I have been referring to. There is strength in your unity. And there has been a very severe attack just recently done by a group of those of the Sons of Darkness directly, not their disciples, but them directly, and it took some time before the pattern was recognized, and it was fought off by the group once they realized that there was a pattern. And once they realized that, in unity, they could send enough Light to fend it off.*

*The reason that we now begin to encourage the communion of the spiritual group is for this very purpose so that you will know to be in touch with each other at times other than when you come here. You will speak with each other and not allow the gloom that is so easy to overcome you alone. When you start to feel this gloom, and it will be something that will come upon you in an unexpected way, you will say, "Why am I feeling this way?" And you simply pick up this telephone that does have some good purposes and contact each other.*

*This is very important, and it should be done now, more and more, because as you become Lighter and Lighter, which so many are, you are much more susceptible. It is a fact. And it will help you also on the earth plane to develop this reaching out so that when you are in other dimensions the reaching out is still needed. It is not just a phenomenon on the earth plane. It means that you acknowledge The Oneness and you acknowledge that you are not in this all by yourself, no matter what level you are, and what dimension you are in, that all energies need each other to help in the progression on the path.*

*Yes, you must learn your lessons alone. That is the solitude of the Soul. But the learning of the lessons can be with the help of others, for we are all connected. Remember this. Keep this uppermost, that we are all part of each other and that we form the One, regardless. Even those of the dark are part of you, and recognizing that you help each other is paramount, and it helps to bring Lightheartedness. It helps you to surround yourself with Light for you begin to feel Lighter yourself when you realize that you are not alone in these frustrations that you feel.*

**Waith, I have come to the realization that my body is not fighting off colds and the like that it used to, and I am beginning to recognize that my defenses are down, and my levels of working with this are not in the same manner as it had previously been.**

*What you are also recognizing, my dear, is that that which worked before is not going to work now, nor will it always work, that as your own vibrations change, that that which worked before has to change also. It is why we have said recently that as you become brighter that your own protections must increase and become stronger and they must change, and that as you move from one vibrational level to another there is a transition period. There is a settling in, an adjustment to that new vibration for that which worked at a lower level will not work at a higher level.*

*Thus, you are finding yourself in this transition stage. We have indicated this to you and so you are simply going through that which is normal in recognizing that you must change and that there will be a period of imbalance, as you recognize, that there must be new ways of doing things. You will not recognize that there will be a need for new ways until you realize that the old ways no longer work, you see. So you must have a period of time where the old ways are still being employed and not working so that you can see that they are not working. Do you understand? It is very easy, very simple.*

*It is, however, where problems will occur because people will not acknowledge that the old is no longer working. They will fight it. And you must flow with that which The Universe provides to you and to be ready to alter your behavior in ways that are necessary for a new vibration, and that can mean a very significant vibrational change or a very small minor vibrational change. Whenever something is not working as it used to, that is a signal. You must say, "Oh, this is good. It means that there has been a change." Do not fight this. Do not try to hold onto that which worked in the past.*



*Recognize that you now forge ahead into new frontiers for your soul. View it with excitement that you now will find a way, for remember also that others have gone before you in this endeavor and have done this, and that many others will come behind you and be faced with this. And for many of you it will be a responsibility for you to help those who come after you, to help them in their understandings of things that will work and things that will not work. There are some very basic techniques that work, shall we say, generically, for situations, and then they are then applied more specifically to your own soul's path.*

## **When The Soul Says, "Enough Is Enough" And Creates Situations To Help You Balance**

**I have a question on the same topic. When we experience illnesses, or any of these other problems that stress the human body, isn't it primarily happening because the Conscious Self is really in opposition to the subconscious Self, and we have to learn to get in tune with the other levels so that the body can then be reoriented in the right direction by the right levels of our consciousness?**

*Yes. Basically, my son, this is just what goes on. When there is a physical situation it is many times the result of the Soul taking over and, shall we say, putting a stop to that which the conscious has been fighting, you see.*

*We use ~ we do like to do this. We use Mushiba as an example here, for it keeps her at the levels that we want her kept at in your perceptions of her. When her back problem occurred, at the physical conscious level, she was ignoring the imbalance that was occurring in her own scatteredness, trying to do too much. This was a part of it. It was not the total. She took this on for other reasons also. But what happened was that she just kept pushing herself, not listening to us, to her soul that said, "You must balance here. You are too scattered." And finally, when she would no longer listen at the conscious level, the unconscious took over. Her soul said, "Enough. If you will not do this voluntarily. We will do it for you."*

*So oftentimes when the illness occurs, it is the Soul taking over and forcing the body, the conscious, to pay attention to the messages. Sometimes it works and sometimes it does not. And of course there are many other reasons why there will be physical manifestations of illness that the body takes on, but you are correct in saying that there is somewhat of an imbalance here between the conscious and the subconscious. The Soul has its destiny. It knows what it needs to accomplish, and the Soul is, in fact, the energy form. When you come onto the earth plane you take on a personality of a physical being, and many times there can be occurring a great conflict between the energy form and the physical form, and this is where eventually there will be significant problems.*

*You will find that as you learn what your mission is, what your purpose is, and that you go with this and you are in harmony with your inner self, that you can, in fact, achieve whatever you have chosen to achieve and that there will be very little illness, if you will, unless it is designed specifically for other types of balancing. But general illnesses where*

*you would feel this thing called a cold, this is usually a response at the Soul Level to give the body a little bit of a recess to help you to have, shall we say, an excuse to not have to deal with certain earth plane issues, and this is fine. It is a needed type of thing.*

*It is when there is a constant illness, one little type of thing after another that is a signal of major imbalance and needs to be dealt with. This is why we talk about meditation so much, going to the inner self and attuning yourself with your Self, with your soul, not fighting that which the Soul is here to do.*

### **Nothing Is Presented To You That You Are Not Able To Withstand**

**One more thought on the same subject. When you mention meditation, I look at that as a process that the Soul or the subconscious Self knows that nothing from without this body that we wear can hurt it. But the conscious part of us has not accepted that, and so it must learn how to learn that nothing from without can hurt. Once you do that you can laugh at anything that comes on.**

*That is right. That is right. It is as we said before, that nothing is presented to you that you are not able to withstand. The Soul knows this. There is nothing that can destroy you at the earth plane level, and there is nothing that can destroy you at the spirit level. We would say that so you regress, it does not destroy you. Even the most dark of the Sons of Darkness are quite around, aren't they? They have not been destroyed. Their path has been delayed a bit, their progression toward the Light has been delayed, but they are not destroyed.*

### **Movement Back And Forth On The Spectrum Of Light And Dark**

*Once an energy is created it is for eternity. It always has been and always will be, Creation. There is no destruction, simply a moving back and forth on The Spectrum of Light and dark, for some a more difficult situation keeping their progress going toward the Light. Most will find that they move back and forth on The Spectrum. It is very fine.*

*Think of it as you might a tightrope walker and they must maintain a balance as they move from one end to the other, as they move to go to their destiny, and that sometimes in order to maintain their balance they must step back. It does not mean that they are destroying themselves. It simply means that in order to maintain a balance they must step back and look, and that so often this can mean regression, going into a darker stage, but it does not mean that you will not continue forward. It means that you step back so that you can gain your balance a bit better and then you begin to progress even more. But always think of yourself as this tightrope walker with the arms outstretched, the arms outstretched to The Creator to send you the balance, to send you the energy, and that it can be a very precarious journey.*

**Waith, is it possible to fall off the rope? ☺ ☺**



## A Discussion Of Psychic Breakdown Of A Soul ~ And Being Helped By The Angelics

*What might appear to be a falling off is where The Creator catches you. There have been many who may lose their balance completely, and we call this, in a way that is explainable to you, psychic breakdown. And what occurs is that the energy form loses its balance, and as it begins to feel the sensation of toppling, you are caught, and you are taken into our custody and we soothe you and we help you. We take you into a dimension where there is complete peace and complete serenity and we nurse you back to that point where you were when the toppling occurred. We do not allow destruction. It just does not happen.*

*Imbalance can become major, and when this situation occurs, we are there. Whoever has been assigned to each of you, your guides, when it is recognized, this is part of their Guide School Training, when it is recognized that their charge has become drastically imbalanced, and it looks like a psychic breakdown will occur, that the message is sent. They are not to deal with this themselves. They are to call upon one of The Angelic Force. It is the mission of The Angelic Force. There is a special group, special, shall we say, department in The Angelic Force whose sole responsibility is to catch you when you are about to fall, and so the message is sent from your guide to one of The Angelics so that he comes in and takes over, and when this situation occurs they gently take you and bring you to where you will be safe.*

**Waith, if you are traveling from dark to Light, when you are in danger of this psychic break, what is it? Are you generally on the path from dark to Light, or Light to dark? What is the potential direction of a fall in a psychic breakdown?**

*What is really means, this psychic breakdown, is the Soul's inability to move either one way or the other. It becomes a complete paralyzation, shall we say, and this is the most difficult to deal with. As long as you are able to move from one point to the other, then you are in control with The Universe. It is when you freeze and you have a complete inability to do anything that this breakdown is eminent.*

*It is a very dramatic type of situation that occurs and one in which we do not have to deal with all that frequently. It is not a frequent occurrence. This probably occurs, oh, shall we say, of all the energies now on the earth plane experience, perhaps one to one and one half percent at any point experience this. This is in total. It does not mean that in your time frame, right now, that one percent will experience psychic breakdown. It means that of the millions of energy forms who are currently given permission to come and go on the earth plane over this time frame of six thousand years, that there has been about a one percent occurrence of psychic breakdown.*

*When this occurs the Soul usually is taken out of, shall we say, the lineup of those allowed on the earth plane and kept in safety and security until the time frame is completed on the earth plane for it, in this case this cleansing that is occurring. Those who were taken into our isolation, if it was, let us say, five thousand years ago, let's say,*

*an energy form experienced a breakdown, they are kept out of the earth plane until the cleansing for that time frame has occurred and then they are allowed to go into the next time frame, for it is usually an indication when the psychic breakdown occurs that whatever the vibrations are on the earth plane at that time is not harmonious enough for an energy to deal with it, and if we were to allow the energy to go back into that time frame, a breakdown would occur once again. So there is tremendous protection. Do you understand that? Does that make that clear?*

**Yes. It is like being taken out of the game for a while.**

*Yes. Those are very good analogies that you give.*

**Did you play baseball in one of your lives? ☺ ☺**

*Not baseball, but I did play a particular game in Atlantis where we used something made out of ~ similar to this baseball, and it was a tremendous team sport, one in which we were able to have great fun and a spirit of competitiveness. And when one was not able to play the game as they might want, there was great love and tenderness from all of us, not picking them out of the game, but rather helping them, taking them out of the situation that becomes so difficult and not feeling strong enough to deal with, with all that encompasses you.*

**As We Meet Here In A Group, Do We Also Meet In Other Dimensions As A Group?**

*Yes. Many of you meet at the spirit level who come here to meet at the physical level. You have done this before you even came here. You will do this as you continue, and many of you when you come into this environment recognize us all. It is a reuniting. We have observed such a beautiful reuniting of energies who have been on the earth plane and not been with each other until coming here and of course it is no accident that you meet here. You reunite, and for many of you, you have the ability to leave your bodies very easily and travel and you do this with each other. You decided before coming into this incarnation that you would be a part of that which is occurring now, for you were told by Mushiba and I that this would be occurring. So you simply waited for the time and you agreed together that you would do this and thus it happens. Do you recognize this happening to you, my son?*

**In dreams, projecting forward, projecting backwards, but holding onto the conscious recollection is becoming easier, but it is still difficult.**

*Yes. This is done for very specific reasons of course. For if you were to remember all that would occur when you are not in the physical body then you would not come back.*

**I want to stay where I am.**

*Yes. And so your soul shuts it down, you see. It shuts down the memory, but allows a certain amount to remain so that it is almost like a teaser, you see. And it would become very difficult to really accomplish that which you need to do in this manifestation if all you did was to remember and stay in touch with the spirit at that level rather than the attunement that is so necessary to have between the earth plane manifestation and the Soul's manifestation.*

### **An Issue Of Learning How To Ground Yourself**

*It is so important to learn grounding techniques. You must, all of you, especially as you get lighter and lighter, learn grounding techniques. And it is why it is important to talk with each other and to commune and why we will have these sessions now where you can talk to each other and find out how you ground.*

*Mushiba has very interesting ways of grounding herself, and many of you have learned that unless you do this, this grounding, you lose yourself. For again, it is very tempting to not want to come back. You can, in fact, go into a meditation and unless you have a way of bringing yourself from that meditation, you would not return. You would be there for weeks. And then you do not accomplish that which you came in to do. You simply delay it. It is, shall we say, a fun thing to do, go into meditation, but it is simply a tool by which you will be able to understand that which you must do in this manifestation and then get on with the manifestation, you see. Do you understand? It is very tempting to stay out.*

### **Remember This ~ There Is No Task Too Difficult For Any Of You**

*We want you to know that you are all beautiful and you can all accomplish that which you need to accomplish. There is no task too difficult for any of you. Remember this at the most difficult of times. The Creator is with you. You have a very large force working with you, your guides, those of The Angelic Realm, and The Creator. All are available to you, you simply ask. When you do not ask, we cannot respond. Ask and you shall receive. It is not something new that I have just created. ☺*

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