

# *Waith Class Transcript*

**AUGUST 30, 1988**

A Guided Group Meditation To Help Soothe The Environment

There Are Many Ways Light Can Be Sent ~ It Is Simply A Matter Of Imagery

The Universe Is The One ~ The Creative Force ~ The God ~ Universal Consciousness

Would You Elaborate On The Big Bang Theory?

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Farena, Could You Tell Us A Bit More About Yourself?

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

## **~ 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*

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## A Guided Group Meditation To Help Soothe The Environment

*We are very pleased to have so many vibrating energies in the environment, and we would begin this session with a brief sending of the light, for there is, shall we say, stimulation in the environment that may create disturbances in the energy fields. So we would ask you all to join hands with those around you. You need not get up from that where you find yourself implanted. There is we realize no room for the circle and that is not necessary. For I will give you a technique to envision. So that each of you now should have in each of your hands another.*

*Now, close your eyes, and envision around you first a circle of White Light. Start envisioning this around your body, your entire body, very close to you. And as you develop the comfort of that picture, allow the Light to begin to move away from you, still maintaining its shape, and envision the circle of White Light around you, connecting with the person who is on your right side. And let the merging occur between your right side of the White Light and that of the person on that side of you so that the right side of you now encompasses and is merged with the Light from the person on your right.*

*Now do the same for that on your left. Open up the left side of your circle of White Light and connect with that person on your left side. And now connect with the energies that are to the front of you, doing the same technique of allowing the merging of your circle of White Light with that of those in front of you.*

*For those of you who have energy forms to the back of you, do the same. Connect now with the energy of the White Light that is behind you. And now each of you in your imagery search out to find if there are any disconnected White Light circles in any area of the environment here, and if you should see one then open up your energy field of White Light and allow it to merge.*

*What we now have is one large interconnecting circle of White Protective Light. And you have now all been a part of helping to quiet the environment. And as you go about in your group meditations when you would be with more than one other person this is a way, one of many techniques available.*

*Now each of you, as you come out of the semi meditative state, we would want you to hug the person on your right, to hug the person on your left, and to hug those in front of you and in back of you. And then when that is completed we will talk about what has just occurred. Slowly now open your eyes and enjoy The Oneness that has been created.*  
(Everyone is hugging and talking)

*You see, it has temporary effects. ☺ ☺ (There are sounds of children playing in the street)  
However, if practiced on a regular basis it can have a more permanent effect upon your own environment.*

### **There Are Many Ways Light Can Be Sent ~ It Is Simply A Matter Of Imagery**

*There are many ways in which the Light can be sent. There are many ways in which you can surround yourself with the Light. It is simply a matter of imagery, being able to center yourself somewhat, to rid yourself of all of the stimuli that you find on a daily basis that will help you build around you the Light that serves as a cushion, an insulation. And while the noise and the darkness that is always around will remain, it will have less of an effect upon you as you begin to practice surrounding yourself.*

*And it is best to continue this and not to let up in surrounding yourself, for it gives you, shall we say, a warm fuzzy feeling to have the White Light around you and to know that you can do this yourself, and that you can call upon others to add to the energy field of your own White Light to help you when you need it. And it is so critical that you feel that you can call upon others to help you, for that is part of that which is the One.*

*We are all part of each other and while we operate as individual energy forms in our own paths toward Oneness, we are One and therefore can call upon each other for help. There will be those who will respond and those who will not. This is all part of an individual soul's path. And those who would respond to you are those who simply would respond and who are ready to Be of Service. Those who would not are not to be derided in any way but simply to be recognized as unable to respond at a particular time. Therefore you call upon someone else to help you. This is the way of the path. But there will always be someone ready to help you along in your path. You need only ask and look around you. The Universe will provide to you that which you need, always.*

*We thought that for this particular session that we might talk a bit about The Universe. We know that there are questions that many of you have about what The Universe is all about, what we mean when we say The Universe, for it seems to be something rather overwhelming. And we will take questions in a moment that will help in the guiding of the information that we wish for you to hear during this session.*

### **The Universe Is The One ~ The Creative Force ~The God ~ Universal Consciousness**

*We would begin by telling you that The Universe is the One, that each of you is connected to The Universe. It is The Creative Force. When it is mentioned that God or whatever other name would be given to that Creative Force, it is The Universe. So that when you say that you connect to The Universe, you are connecting to The Universal Consciousness in essence and therefore you are connecting with yourselves at the very highest level.*

*And you are all capable of doing this. And when it is said that you would Flow with The Universe, it means that you flow with yourself at the very highest level. It is not some external force that helps you. It is yourself, but it is you allowing yourself the connectedness with all that is One and all that is eternal. And so, you flow with yourselves, for when you give up control at the earth plane level of that which you feel must be and allow, as you would say, to Flow with The Universe, you are not allowing some external other energy to actually control you, as one might think. But rather, in giving up the control at the earth plane level, you have achieved the ultimate control, for you have connected with all and allowed that which is to be, to be.*

*There is much more in that which goes on, on the earth plane. For many who are just beginning to blossom in their understanding of the spiritual, there is a connectedness with that which may only be of the earth plane in thinking that this is all that there is. But as you begin to unfold in your knowledge and your wisdom and all of your awarenesses, you will realize that the earth plane is simply one stop among many, many and that there are many dimensions in which the growth occurs. As we have indicated prior, the earth plane is one of the more, shall we say, invigorating stops along the way, one of the more concrete, one of the most visible in its lessons to be learned, and certainly one of the more accelerated of the planes available for growth, and all quite fun.*

*Now, we know that there are many questions that we may answer that will help by being placed on the record, so that there will be some understanding among many of you who are just beginning your, what appears to be, your search. There are several of you now in this environment who are feeling that you are just opening up your Spiritual Centers.*

*There is one particular who Mushiba will speak to at another time who will have tremendous soul memories now occurring that show a very highly advanced energy form welcoming into the spiritual community, as all of you are welcomed into the spiritual community that forms now. So, let us take questions.*

### **Would You Elaborate On The Big Bang Theory?**

**Regarding The Universe, you mentioned last time that there is no beginning and there is no end. It is all in a circle. And we start again and again. But there is this other theory, saying that The Universe was created on day X, where scientists say there was this Big Bang, where everything started. Could you elaborate this into more detail?**

*Yes. Of course. As we have indicated in prior times, that which is allowed for information at a particular time on the earth plane is purposeful for lessons to be learned. The scientists, as you would call them, must have something concrete in which to explain the nature of things, and so it would appear, and it has been made that way from this end, that there was, oh, a day that everything started.*

*Remember the discussion of last time when we talked about illusion, and many times we have talked of symbolism that is presented for an understanding of the finite mind to that which is infinite. There are many who would not be able to comprehend the fact that there is no beginning and no end. And this is all part of the learning. When one separates from The Oneness to travel into dimensions of learning, there is a leaving behind in the Soul memory the understanding of the infinite. And as one approaches the end of the journey, the understanding of the infinite becomes greater. The Soul memory begins to return.*

*It would be far too incomprehensible on the earth plane for most to discuss and to understand the infinite, and therefore the illusion is presented that there was a beginning. And this is all necessary and a part of that which must be set up, shall we say, for the earth plane experience. And it will always be this way, you see, from cleansing to cleansing.*

*Certain illusions are set up. And in this particular situation, it has been presented that X number of billions of years have been the earth plane, or the planet, and those others that surround the planet, that make up the earth plane, And so the illusion continues in the way in which we would want it to be, The Universal Consciousness. There is no one person, you might think, directing and saying, "We have control over this. We are setting the illusion." The illusion is maintained by the One, by The Universal Consciousness, and that which is deemed necessary at the particular time frame is what is presented. So you have, therefore, a very finite understanding of that which is not.*

### **From Where You Are At, What Is Time? What Does It Look Like?**

*From where I am at there is no time, my son. It is part of what has created some difficulties in the transference of knowledge from dimensions other than the earth plane. For it is actually very ~ if I were to describe it to you, you would see ripples, and there is no beginning and there is no end. And again, it goes to that which we talk as infinite. That which is, as part of The Universe, flows continuously, and on the earth plane, time is simply another illusion that has been set up. It is necessary so that ~ you see, on the earth plane, there are beginnings and there are ends. Illusion, of course. And when we are asked, for example, when a certain event will occur, "When will the one and only true love enter the picture?" It is difficult, for we must plug into the illusion. And I have had, as many of you know, some difficulties in this area of time, as do most who are plugged into The Universal Consciousness, those who would be, as you call, psychics, those who are able to connect with Higher Selves.*

*You might be able to understand this by thinking of your own meditations. When you go into your own meditations and you begin to go into an altered state, do you not lose consciousness of time? Do you not, when coming back from your meditations, marvel at the time that has elapsed? And while in your meditations you are not aware of time, but simply that which is. This is the way it is when you are not incarnated, when in the dimensions of the spirit. There is simply an awareness of what IS rather than what must*

*be done. And it is when the spirit incarnates that what must be done becomes evident, and therefore constrictions must be placed so that there can be an understanding of that which is being accomplished at the physical manifestation form.*

*Know that there are many other dimensions in which there is a physical manifestation, not just the earth plane ~ many other types of physical encasements that would be foreign to you except to know in this manifestation, in this conscious manifestation, that you would not be able to comprehend other types of physical encasements, but that when your spirit does take on an encasement, wherever that might happen to be, that there are some types of illusion that are needed. For just as the encasement is limiting, so too must be the experience, and it is when you go into altered states and reach your Higher Self and then reach The Universal Consciousness, whether it be in your meditations or simply in a higher altered state, that you are able to attain, you would lose this illusion.*

**Then, if we did not have a limitation of time and the earth plane, it would tend to make the earth plane experience not as valuable?**

*This is correct. It would not be that which the earth plane has been set up for. It is very necessary for there to be time on the earth plane, as you know it. It is all part of the schooling and the lessons that need to be learned, for in understanding a sense of timing, one is then able to flow without time, you see.*

**I have experienced time being flexible, though. Sometimes when you do not think you have time, then time seems to move very slowly, so that you can get done what you need to.**

*It is that which you create in your mind.*

**So, if you realize that time is an illusion, then you can almost flow with it.**

*That is correct.*

**And change it to meet your needs.**

*What actually occurs, is that the time itself does not change. That is a fixed on the earth plane. The illusion is fixed. However, the illusion of that which you have to accomplish fluctuates. And if you begin to work with this in your meditations by taking that which seems to overwhelm you in activity, "Oh I have so much to do, and not enough time to do it," it is a lesson in learning how to take that which you have determined needs to be accomplished and work with The Universe and the illusion of time, and so that you can actually think that time has slowed down, for it simply means that you have adjusted your own illusion of that which you must accomplish and you relax about it.*



Waith, is that something like when you are in an auto accident and everything goes in slow motion?

*It could be very similar to that for that which is on the earth plane remains a constant. Each of you is the variable. And as we have said before, you all buy into the illusion, and as long as you agree to it, then to you the illusion remains. As soon as you alter that in your own consciousness, then it can, in fact, accelerate or decelerate depending upon what is occurring.*

*And very often when there is a critical point in your manifestation, there will be one of those two events occurring, either an acceleration or a deceleration, and this is created by your own mind, and it is part of a protectiveness that comes also from the spiritual to help you get through a particular critical point, be it as you indicated an accident or some other event that the Soul has taken on for learning. It is part of calling upon the spirit realm to help in responding to the illusion of the earth plane.*

### Questions About Florida, The Midwest, Hawaii ~ As It Relates To The Shift

Last week, in talking about the drought in the Midwest, the various things that are taking place in the cleansing, I was thinking that a while ago you mentioned that in Florida, they let the retired people be. Did I understand this to mean that Florida itself does not seem to be having that much of a problem as other places are?

*Yes, you are essentially correct, my dear. Remember that we have said that there are areas now throughout the Planet Earth that fall into several categories, those that have been determined to be safe for the cleansing ~ so where you are all located now in this geographic area, it is safe. It has been determined already by the vibrations that have been created. There are those that have already been determined to not be safe simply because of the inability to raise the vibration, and then there are those areas that are in transition where it has not been determined yet whether it will be safe or not and therefore they go through many testings.*

*This Midwest, for example, is in a testing mode. Florida has been determined not to be safe, and so the saying that you have that I take from Mushiba's brain here, "The calm before the storm," and those who might appear to be in a relatively peaceful environment are simply enjoying their last stand, shall we say. Areas that have been determined to be safe will undergo this cleansing effect but will not have any major damages occurring. Those in transition will have major damages occurring, and the way in which they respond to those major damages will determine whether or not they will be safe.*

I read in the transcriptions, you mentioned about Hawaii, and you had said that you were watching a section of Hawaii very carefully.

*That is correct.*

The Japanese are well aware of our going in and buying lots of land and people are moving. I am wondering if they are helping you out.

*They are doing, simply what needs to be done for certain lessons to be learned by that group of entities who have chosen to manifest in this particular race. What they do simply is at the physical in terms of lessons for those who would be a part of the buying and selling. It will be ending shortly and it will end rather abruptly and there will not be any further discussion of it, for there will be other types of activities that those who you would call Japanese, and those who you would call Chinese, would now be preparing. And this game that they play now will no longer amuse them for it will have taught them the lessons that they need. They are very close to the end of that which needed to be learned and that which needed to be taught.*

### **Sending Light And Love To The Universe And Feeling The Ripple Effect**

I was wondering, in my meditations I send the Light and love and peace and healing to The Universe, and then I feel a ripple effect coming back to me. Is that my Higher Self or The Universal Consciousness? Or what is the difference?

*When you connect as you do, my dearest, to The Universal Consciousness, the ripple effect that you feel is simply all. It is The Universal Consciousness responding to you. Many will feel this. who have attained a certain ability, such as you have, to be sensitive to the ripple effect. It is there for anyone who sends out love. You can immediately feel the response if you are so attuned. It is always sent back. It is simply that you may not feel it. You are feeling it.*

*Many of you would be able to say that you have experienced this and maybe have not understood what it was, when you are meditating, when you go deep into your meditations you feel a certain sensation. They are all around, even now as we speak, and the love that has been sent out from this gathering is being returned. You send out love to The Universal Consciousness and you are sending love to yourself as well as to those, all of those, and so, yes, you are feeling your Higher Self is receiving back that which you have sent. It is also receiving back the love that is sent from any other energy form.*

So then am I coming in touch with my Higher Self by feeling that?

Yes.

Because sometimes I feel that without sending it, not in meditation, just at certain times I can feel like a staff of love coming through.

*Yes. And that means simply that you are a receiver of a high level of that which is being sent from others. Know that the enormity of the ripple is beyond comprehension, that*



*you feel a very infinitesimal response, for if you were to truly be open to receiving all of the ripples, you would literally not be able to absorb it. It would simply crush you in its vibration, and so you receive that which is just ever so much and soothing to you.*

## Expansion Of Consciousness In Meditation

**Sometimes in my meditation I feel like I am expanding. I feel as large as the room but at the same time there is a little me inside of the bigness and I do not really understand what that is.**

*You are simply responding once again to a finite, to that which is infinite. For when you are an energy and not within a physical encasement, you feel the enormity of that which is and yet have an understanding of yourself as one energy form, and thus, if you are able to begin by feeling that you are part of one particular encasement that is larger than your physical encasement, so a room, for example, to understand the connectedness between yourself as one energy, nonetheless connecting with something much larger, and you begin to have an understanding of the connectedness of yourself as an energy to that of The Universal Consciousness.*

*The technique that I guided you with earlier is a part of a greater technique that many of you will be able to employ in a short time where you take the very small and enlarge it, and you see how easy it is to connect with other energy forms using the White Light Circle as your symbol, you see.*

*In spirit form, protection simply is. It does not have to be visualized, as it does when you are on the earth plane, or in fact in any other physical encasement, and it helps in the understanding, for when you leave the earth plane you have a greater depth of knowledge of The Universe. And again, it helps you in attaining greater advancement toward becoming One again.*

## A Discussion Of A Group Member's Spirit Guides

**I see in my mind my spirit guide and maybe another one too, and the way that I see him, I think it is him, is different than the way I used to. I would imagine other people go through this as well. Is it limiting to see or imagine a spirit guide as some one way?**

*The spirit guide ~ it is not a complicated question, my dear, for us ~ the Spirit Guides, remember, are also at various attunement levels and therefore able to take on varying degrees of illusion, if you will, and that they are assigned to other energy forms for teaching as well as learning. Your particular guide of whom you speak is a very advanced energy and is able to work with you in advanced ways as you need it, as you begin to grow. You see this guide with you now is hopefully going to stay with you for the duration of this incarnation. You have had a switching in the guard, shall we say, in recent time, for you outgrew rapidly those who were with you prior. This happens many times to energy forms.*

*What occurs now, and we will use you as an example, for it is done many times with other energy forms, your spirit guide is able to show a particular dominance of energy form to you depending upon what your needs are. And when you first began connecting with him, you were needing certain types of confirmation that were known. He has an ability, he is very balanced in the male female energies within himself and he is able to show you initially a strong, strong male which was what you needed.*

*There will now become some changes in that now that you have become connected with the energy and feel the connections. You will not fear and you will better understand the messages that will now be presented to you that will show other forms, you see. The male energy is symbolic of certain things, the female energy is symbolic of other things, and it will help in opening up your awarenesses and breaking away stereotypes. The color pink. I will not elaborate on this. Those of you who would like to know the story can simply ask the dear one here.*

### **An Uplifting Visit From Farena**

**Waith, can we talk with Farena as planned tonight?**

*Ah, indeed. Well, we feel that would be fine since you have asked for her. She is anxious to come in and just say hello to you. Remember as I have said before that you must ask for the others to come in, for we will not just do it ordinarily unless it is something special, and thus we will allow Farena to enter in and I will return upon her departure.*

*Farena: Hello! Here I am finally.*

**We missed you. You have been busy We heard you were on vacation.**

*Farena: You missed me? I have not been anywhere. I have been right here. I was with Abalma, my twin flame. We were celebrating his entry onto the earth plane. It was very nice. I am very pleased to be here. What would you like to ask me?*

**What did you do to the crystal that I had that you did not like? I was wondering what became of it.**

*Farena: It is in a nice happy place now. It needed to go someplace else as all little crystals do. It is a baby and now it is growing. You helped it in its babyhood.*

### **Farena, Please Tell Me About This Water Planet You Used To Live On.**

*Farena: Ah, Water Planet, most enjoyable. Water Planets are very ~ Waith was talking earlier about other dimensions where there are physical manifestations, and on the*

*Water Planet is all water, but life is very similar to that on Planet Earth except that the illusion is water and the illusion is that you go through it like air on Planet Earth. It is water, and it creates not as free a movement as on Planet Earth. There is a heaviness, but it is more soothing an environment than Planet Earth. Much more soothing. It is comforting, and it is a planet where great healing lessons predominate, and for many of you who have healing abilities, you have spent many incarnations on Water Planets and it has helped you to understand certain lessons in healing, and it helps you to raise your vibration, and you can go onto a Water Planet while still on the earth plane experience.*

*So, when you are not manifesting on the earth plane, and you want to manifest in some other form and not simply be in spirit form, you can go onto a Water Planet. And when you finish there you can go back onto the earth plane, and for some of you it creates problems when you go back onto the earth plane. It means it is simply a greater alignment with other dimensions where there is stronger illusions, and the air on the earth plane, Planet Earth, creates spaciness. ☺ ☺*

**Farena I was wondering if you were trying to be kind to me and point out to me that the magazine that I was reading was not what I should be reading at the time? They hit the floor many times. Was that you trying to communicate?**

*Farena: Yes. I am getting better. Many of you will have to admit. I am able to communicate with many of you now in your meditations, and I am not dropping things that I used to. I am trying to get your attention sometimes, and that was one of them.*

**I caught on quickly this time. Thank you very much.**

*Farena: You must continue to meditate. You must, you must. I am just able to start communicating with you and you stopped! ☺*

**I will try again. Be patient.**

*Farena: Yes.*

### **Farena, Could You Tell Us A Bit More About Yourself?**

*Farena: I am one of Waith and Company. I am one of the six who has been chosen. Of Mushiba and her twin flame, her twin flame is here with me, and my twin flame is on the earth plane, and we both as energies, though there are four separate, there are really two energy forms. We are special charges to Waith. Mushiba and her twin being the predominant special charge of Waith, Mushiba being chosen to become an Archangel at some time, we being chosen to be, my twin flame and I, of The Angelic Force, and I am in training now. I have finished my time on the earth plane. Mushiba's twin flame has finished on the earth plane and we hope Abalma will finish on the earth plane in this incarnation. We are not sure but it is very possible. And then there will be a uniting. And*

*Mushiba's twin flame is not a part of Waith and Company. He does other things that he and Mushiba do in spirit form. And I, however, am beginning my training at the beginning stages of The Angelic Force, and my very specific purpose with Waith and Company will be revealed in a time to come. Certain events are about to occur that will then allow the true mission of what I am here for.*

*There are others in Waith and Company, Francis, for example, who is here to help in raising the consciousness of The Animal Kingdom of those of you to come to understand The Animal Kingdom, and he soothes The Animal Kingdom. You have seen, many of you, how he has helped Barnabus. And Jenjura, who some of you have spoken with, is our researcher, and his task is to take all the questions that we all sense from you and place them into some type of order so that Waith can present them in a way that is needed at the time. And Jacques is the healer. Jacques is the physician. Bathusela, many of you know Bathusela, she is a very special Angelic Emissary who has been with Waith for eternity. I am new to all of this and it is very exciting and I am learning, I am learning how to communicate with all of you through your meditations, and I have had some rocky roads here, as many can explain to you. ☺*

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

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

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

*I will be able to come to you in your meditations, but there is something that you can do. You must go into an environment that is all white. You must place yourself into the position known as the Yoga, and place your hands as you see me now doing, the left hand cradled into the right hand, and the thumbs of the hand risen, as you see them, and raise your hands over you, as you see me now doing. And when they have reached that which is over your head, center the Light which is yours of the Whiteness into the solar plexus, that spiritual center that receives the spirit.*

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

*And this will begin to open up that blockage that you have been feeling and it will allow you to hear. It will take a little time of doing this. It will not happen the very first time.*

*And your hands will move by themselves. When you first begin to do this you will do this yourself, your hands ~ you will move your hands yourself. You will know, however, that you are approaching the unblocking when your hands and arms will move from the energy, and when you take yourself out of your meditation, you will bring your hands and your arms back down into the lower Chakra position.*

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

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

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

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

*Farena: I certainly will try. I will be there if you call me. Whether I can communicate with you ~ I will try. I must depart now. I love you all so much! Bye, bye. ☺ ☺ Okay, Waith.*

*Waith: Well, here I am again! ☺*

**A hard act to follow!**

*It is becoming that, isn't it? ☺ It is most pleasing to all of us that she blossoms as she does, and it is most pleasing to me since she is one of my charges, most specifically, to have watched the growth. She serves us all well and she serves all of you well.*

*Well, it is really time now for us all to depart and all who are part of Waith and Company send to you all much love and protection and guidance. We are here for all of you to call upon us whenever you need us.*

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