

# *Waith Class Transcript*

**MAY 30, 1989**

Waith Leads With A Meditation Of Lightheartedness

Understand That Nothing Is By Mistake Or Coincidence ~ Trusting In Self

Feelings Of Frustration When Leaving A Positive Environment And Going Into Negativity

Using The Lightheartedness Technique To Help With Dissolving Negativity

Waith Addresses A Knowledge Crystal That Will Eventually Be Housed In The Community

Receiving Visits From Those In The Spirit Group

## *~ 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.

☀ 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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## Waith Leads With A Meditation Of Lightheartedness

*We would like you, before we begin to speak with you for this session, to take the hand of the one who sits beside you on both sides. And now, as you sit holding the hands of other energy forms ~ and the new energy forms who have just arrived are to please join in ~ you are to take a very deep breath through the nose and hold for a few seconds of earth plane time. And now, breathe out through the mouth. Do this again. Hold, and now breathe out. Now, visualize White Light running from the Crown Chakra down to your shoulders on the left side of your body and through your arm and into the hand that you hold, and send it surging through.*

*Feel the sensation of Light going through your body into the entity on your left. Now do this on the right side. Visualize the White Light streaming from the Crown Chakra down to your shoulder and now down the right arm into the hand that you are holding and feel the sensation of the Light.*

*Now, breathe in once more deeply through the nose and now breathe out through the mouth, and as you begin to come back to the reality of this consciousness from which you left, turn to the one on your right and hug and smile. And when you have completed that, turn to the one on your left and hug and smile. Now. ☺ Now hug yourselves.*

*Most vibrant now, was it not? It is very important that a sense of Lightheartedness prevail, for these are serious times, and it is a serious mission that has been undertaken by the Community of Terra Lux, and all who would come here would feel themselves to have serious issues whether they are a part of the community or not. That is their choice, for all are welcome to be a part of the community.*

*What we would want any entity who comes into the community to feel is the sense of Lightheartedness along with the sense of seriousness of mission, and for all to learn to balance, and not to be overly lighthearted and not to be concerned about the mission and, at the same time, to not be so overwhelmed by the seriousness of the mission that you forget to even smile. It is most important for you to learn this. It is a most important lesson. Thus, we have a sense of gaiety now. Do we not?*

## Understand That Nothing Is By Mistake Or Coincidence ~ Trusting In Self

**I was just wondering if the crystals that I gave by mistake were meant to happen.** (Waith's expression indicates an affirmative) **They are?**

*Is there anything that is done by mistake? They indeed are meant ~ yes. Understand that nothing is by mistake or coincidence, and when you feel that something was meant to be, then it is the process you go through now of learning to trust yourselves in knowing that what you have done is correct. We enjoy very much giving you support in your realizations. However, we do not want you to use us, as you might say, as a crutch for the understanding of that which must come through your own realizations.*

## **Feelings Of Frustration When Leaving A Positive Environment And Going Into Negativity**

**We are coming here to this community where love and harmony and understanding prevails. But going back to our neighborhood then ~ everyone seems so selfish and just thinking only of themselves. How can we influence people to become more understandable to each other, more tolerant, more caring about their neighbors instead of just enjoying their own ego and satisfying their own needs?**

*Yes, indeed. You face a difficult dilemma of that which is the earth plane. The lessons that need to be learned on the plane relate to the understanding of Self and therefore, the understanding of others. And while it might appear that one entity is not in the position to affect large numbers of entities, what you need to understand is that you may not see the effect in the way that you would want to see. For example, in your situation, suddenly all the people are coming to you and saying, "We have seen the Light! We have seen the Light!" ☺ You would not ~ this would not occur. However, what occurs, you see, is with the understanding that all energies are connected, all energy forms are connected to the One, that regardless of what is done by an energy ~ entity ~ it affects somewhere, at some point in eternity, the other entities. And so, you do have an effect. Your every thought, your every behavior has an effect upon every other energy form. We all affect each other.*

*This can be difficult to understand, and it is meant to be difficult to understand, for if you understood it, you would be back with the One, you see. It is part of the struggle, and it is part of the trust in The Universe that every entity takes on as a lesson to be learned that "Yes, my every thought and my every behavior has a direct effect upon every other entity." You may not see the results, but they will occur. They may be ever so small.*

*And thus it is, that you find as a very perfect example that which happens now in this land that Mushiba is on and the difficulties with the entities who surround. And you find yourself, when you are in the presence of myself and the other six, the oasis, the ideal, the peace and the serenity, and you need this to then take with you as you go out into the realities of the world that you find yourself in. It is not an easy task, and we have been on the earth plane not too long ago ~ I have not been absent from the earth plane experience for ten thousand years, I have been with Mushiba very, very recently on the plane and I, therefore, am still very cognizant of the difficulties and understand the frustration of the illusion of those who would, shall we say, pollute ~ who would be of the darkness. This does not go away completely on the ~ once you leave earth plane.*

*Understand that all energy forms are in various stages of development, and it is simply that the earth plane, as a training ground, presents this particular illusion that, as you might say, hits you on the head with the way energy forms can be ~ the way that you would say, "How can they ~ how can they act this way, with all the information being given? And what can I do to help them?" Remember that help, as it is referred to universally, does not have a time frame to it. So, indeed, you may not help them in this time frame. However, the effect of your love and positive thoughts sent toward them could, in fact, have an effect eons from now, you see. It will not be instant gratification. But it most definitely has an effect, and if the thoughts of love are sent rather than of hatred then, or judgement, then it will have an effect, just as the thoughts of judgement and hatred have the effect.*

*Remember that hatred and judgement, by their very definition, have short term effects, far greater than that of love and Light. This is simply the way that it is. It is part of the learning, for it is much easier to think you have learned something if you see immediate response, and much more difficult if you do not. And thus, it is that The Universe allows immediate responses to those thoughts of the negative, for it then truly tests your desires and abilities to learn to send love when you are not given any reassurance that it is having an effect. Tricky, um?*

*However, remember that we, as teachers, understand the need for periodic reinforcement of good behavior, and thus it is that you will on a regular basis receive something from The Universe that is an indication that you are on the right track, shall we say, and that you are indeed learning your lessons of love and nonjudgemental behavior. Does that make you feel ever so slightly better?*

**Yes, at least for the moment.**

*Until you leave the vibration and go back out into the negativity. Remember, we have said this so very often, that all that occurs to Mushiba now is meant for lessons to be taught, you see, for that which needed to be learned on the earth plane has been learned by Mushiba. And thus this surrounding that she is in now with these entities is the opportunity to be a living example to all of you of what we have just discussed ~ that it is very easy, you see, to sit as a group and be happy, but it is also the opportunity to take the energy from each other and use that as a reinforcement of love when you do leave the vibration ~ sort of a shot in the arm, as we might say.*

### **Using The Lightheartedness Technique To Help With Dissolving Negativity**

*And the technique that we had you begin the session with is one that would be very beneficial to use with any other entity. You need only one other entity, and you can, shall we say, trick someone else by simply saying, if they are being very negative to you or you are feeling that they need some Light, to simply say, "Take my hand," and take both of their hands, and as you begin to develop this technique of visualizing the White*

*Light going through your arms, you would be able to do this, and you can zap them some Light.*

It would be nice to do this in a business meeting with ~ ☺

*It is something that Mushiba has done quite often in these meetings you would call business. Of course, she is able to get away with certain things that we understand the male energies are not able to do. Abalma, of course, is not able to do this, but he, of course, looks to her to do this instead. However, you will find that you will have the female energies available to you in this situation when it is needed, and it is part of the Being of Service to each other that is important, for slowly, step by step, you are able to break down the earth plane stereotypes.*

*Understand that the example used of Abalma ~ he also, though, has several male entities who he is able to do this with now ~ it becomes acceptable, you see. Not with everyone. You learn to know the difference. You learn to know who to call upon to help you. You are not here alone to do this by yourself. You call upon your mate to help you. You call upon your friends and those who are around you to understand who might be the appropriate entity to transfer White Light energy to another. It might not you, but rather two other people coming together. Nonetheless, the technique is very effective.*

### Waith Addresses A Knowledge Crystal That Will Eventually Be Housed In The Community

*We would also now address this crystal. There. This crystal has been waiting for some time now to come back into the vibration. It was used in the time of Atlantis ten thousand years ago. It is a knowledge crystal. It contains certain knowledge that will be used for the building of the new structures that will be tapped when The Shift occurs. It has other knowledge that will be given out to the community members. It is a crystal that, after it has had its period of readjustment with you, will find itself in the community house, as we would call it, available to any who would seek its knowledge.*

*It is to have a period of earth plane time, nine months of time, with you where you bring it back into its time ~ bring it to that which it must acknowledge. You will know when the appropriate times would be to have it accompany you to the community gatherings, so that the others in the community can also begin to become acquainted with it and to ask it questions and to learn through meditation and the Higher Self certain answers. So, it is in your care for now.*

### Receiving Visits From Those In The Spirit Group

Was Farena around when I was talking to someone recently? Did we detect the fragrance of lilacs?

*I have just checked with Farena. Yes, indeed.*

Who was around when the the lady lost her purse, and then gave her a full picture of where it was?

*I must check with all of them. They go about and do these little things, you see, and ~ it was Susan. You will find, all of you, that if you pay special attention, that those in The Company will present themselves in most unusual ways to you, and it can serve as company for you in your quest. When we indicated earlier that there are periodic times when we send you something positive to tell you that all is going as it needs to, this is one of the ways in which we do this. So, you may receive a visit from one of The Company members.*

It is nice to know that they are around.

*Oh, indeed. They learn from doing this also, you see, for they are of service when they do this.*

Waith, I am still worried about my horse. He lost his stone last night in the big pasture. I do not know if we will ever find it again. Can I use a substitute stone? I have got two stones and I have a ring with a green clear stone. Should I use this one for him?

*There is no need to use the stone that you refer to, for that which you think is lost will find its way back. It was necessary for the stone to free itself from the vibration for a short period of time, to recharge itself. You will soon find it without any difficulty.*

Thank you for taking care of the eye of my horse.

*Yes. That was Jacques.*

Thank you, Jacques.

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