

# *Waith Class Transcript*

**AUGUST 29, 1989**

Importance Of Lightness And Laughter And Keeping Things In Perspective

Waith Gives A Technique For Fluffing Up The Aura

A Question About Rebirthing

A Question About Atlantis

Prayer, The Bible And God

Is It Appropriate For Society To Make Judgements, To Imprison, And Execute?

## **~ 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*

A Publication of Terra Lux Media ~ 1989

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## Importance Of Lightness And Laughter And Keeping Things In Perspective

*We send you the blessings from the very Highest of the White Light and the Universal Forces. We would begin by expressing a sense of, shall we say, appreciation to those of you who attempted to bring Lightness to Mushiba's anniversary of entry to the plane. You must understand that Mushiba and Abalma at spirit level are very, very Light and very, very, very carefree and yet, of course, a strong sense of responsibility. Mushiba incarnated tends to take things a little seriously at times and you all assisted in helping her to be Lighthearted and have brought out the Light Spirit in her and this will continue to occur, and it is from our perspective, and also from Abalma's perspective, very appreciated, and we were present at the occasions and found them to be rather interesting in their vibrational attunements.*

*Remember that there are connections with all and there is a very strong connection with the entity who entertained, for those of you who participated in it. So we, as always, say to you that it is very important that you maintain a Lightheartedness and a sense of humor. And yes, there is for many of you a very strong sense of responsibility for the mission that you have come in to accomplish, and there can be the tendency for so many accelerated entities now incarnated to lose sight of the carefreeness, humor, and that the earth plane is simply a stage.*

*The earth plane is simply a role that is taken on to accomplish and that it will be better accomplished if there is gaiety and lack of taking oneself seriously. Take what you do, what your mission is, seriously, so that it will be accomplished, and yet there is the fine line that it can be taken too seriously, even the mission, and there would be the losing sight of the fact that it is eternity that is discussed here. And if you accomplish a particular mission, so be it, but if you do not accomplish it, so what, for you have forever, and for some they may choose to not return to The One, to not return to The Universal Consciousness. There are others who will come and go from The Universal Consciousness. After they have completed a journey and returned, as we have said before, they begin to get bored, or whatever, and go back out again and do it all over again ~ continually, continually, continually. ☺ ☺ Yes, the laughter is important.*

*Indeed. We know for many of you right at this moment in the illusion are feeling the stresses of so many activities, and it was with consultation with Mushiba that we determined to not speak on the topic that was scheduled for the time frame about to occur, for it was in an analysis of the vibrations of so many of you determined that rest and free time was needed. When there is discussion of work and that which the entity takes on, the stresses can become overwhelming and there can be so many stimuli coming from so many different directions that you can lose sight of the greater picture.*

*Even though you meditate and attempt to center yourself on a regular basis, it occurs that an imbalance can come about, and this simply means a deep breath must be taken by many. And with the influence of Mushiba and the energy output as well as Abalma and the energy output, it can, at times, appear overwhelming to those who would work very closely with the two, that the attempt to stay with them in their own abilities to project energy would be too much. And thus, we will at times calm everything down, if you will, and do periodic fun conversations, for the intensity of information is not to be given out every session that we enter, for you need to have Lightness. And thus, we would take this time as we are here in the vibration to talk of Lightness, to talk of gaiety, for it is for many spirits a very deep part of their consciousness.*

*You must understand that there are not a lot of entities in spirit form who have, shall we say, a natural gaiety about them. It is something that is learned and needs to be developed. Even the spirit itself, that which you are when you separate from The Universal Consciousness, the spirit is either a gay spirit, shall we say, or not. And The Universal Consciousness, you must understand, as a total energy form is very, very Light and is very, very carefree, if you will, for it is the ultimate in flow, allowing all to simply happen. And when that is allowed to happen, the flow, then there is no stress, you see, for you know that it will simply be.*

### **Waith Gives A Technique For Fluffing Up The Aura**

*And thus it is that many spirits need to be given an example of how to be carefree, how to be Lighthearted, you see. And we have a particular technique for you, to keep you Lighthearted when things begin to get just a bit too much. And what you do, you see, when you begin to feel a heaviness within you and feel a sense of intense responsibility and that oh, all that you are involved with the community and with the responsibilities of preparation for The Shift and all of this begins to overwhelm you and you think, "Am I able to do this?" And you perhaps have had some type of attack by the darkness, and you are, shall we say, numb now from all of what goes on, you see. You simply begin to do this.*

*You know, The Pyramid Shape for now until The Shift is a very, very important vibrational attunement. You take your hands and you place them into The Pyramid Shape, like this, (Fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) and then you take and you place it over the Crown Chakra, as this, and as you do this, you smile. Many of you may have to force yourself to smile. You bring yourself into a very wide smile, for this brings out the energies from the encasement, you see, and you can do this either alone or with a group of people, you see.*

*And as you are smiling, you see, you bring your hands up high over your head so that there is an apex that is formed from the pyramid, and then you take your hands and you move them down in front of you, smiling all the time. See? And you bring them down into the Solar Plexus area. This is the Chakra that brings in the energy, you see, and you*

*go like this with your hands, you move them around and around (Palms facing in toward Solar Plexus, elbows waist high, and rotating hands rapidly around each other). And what you are doing is sort of fluffing up the energies that are waiting to come into your Solar Plexus and at the same time, you see, you give it a fluffiness. You see?*

*And you do that and you continue to smile, you see, and then you move your hands continuing then back up to the Crown Chakra. See? (Rotating hands as he talks) And then you move your hands around your entire vibration, you see, for you have an aura and you are going to fluffy up your aura, ☺ ☺ so you go all-I-I-I the way down around your aura and you bring it back up, fluffy, fluffy up your aura. See? And you are smiling all the time. (Waith is smiling while he demonstrates this) How do you all feel now that you are fluffing up your aura?*

**Fluffy!**

*And after you have felt a sufficient amount of this fluffiness, you then bring your hands back to the Crown Chakra, back to the apex. And then you go like this, you move them back and forth together and then you slow down the process and you take a deep breath, and you bring your hands down close to the Crown Chakra and to the pyramid position, breathing in deeply and bringing your hands then down, around, and in front of you placing them together in pyramid form and then into circle form, the eternal circle, and then place your hands, palms up, on your legs and that will do it!*

**I think when the children are fighting this will prove a good technique.**

*Yes, when you find that the younger entities around you, your children, or any others, begin to have words of disagreement, then you would use this technique of fluffiness, and you see they do not even need to know that it is a spiritual technique, but rather simply a game that could be played to fluffy-up. It is important to maintain these attitudes that we speak of.*

*We would take questions of a limited nature in this session, and on any topic that you might like to discuss, and we would venture to say with the grouping being as small as it is that you may attempt to ask a personal question and we will determine whether it would be appropriate to answer it in open session.*

**Waith, the technique be good to do daily?**

*You could do this whenever you felt like doing it.*

**Start the day off. like that?**

*If you would want to do that then it is appropriate. It is simply another technique and if you choose to do it ten times during the day, that is your decision.*

### A Question About Rebirthing

**I have been thinking of doing rebirthing as a preparation for the time ahead of me. Could you comment on how rebirthing works and will it be beneficial?**

*As you refer to it, the rebirthing process, is simply one of those areas that go into regression. It is a form of going back into seeking certain memories that occur during the period of time when you were coming and going while the physical encasement was preparing itself, and also for some it can be a memory jog to the actual birthing. You must understand, however, that not all entities are in the encasement during the birthing process. For some it is critical that they be in the encasement for lessons to be learned and experiences to be had, but for many it is simply that once the encasement has entered, then the spirit goes into the encasement.*

*Also, it is generally experienced that the entity, the spirit, will visit the encasement while it is developing so as to get a feel for it and to understand what that particular encasement is going to present to them in terms of structure. And understand that for this reason, there are many times what you would call spontaneous abortions where the entity enters the encasement and decides this is not the encasement that it wants. And the word goes out to appropriate energies as to whether or not they would like to take on the encasement, and if it is decided no, then the encasement simply dissolves as it needs to.*

*The rebirthing issue for many entities is a very helpful, beneficial process, for there may have been, for example, some trauma that occurred in the actual entry onto the plane. It also can serve as a rather enjoyable process, for many entities find it very enjoyable to come and go while the encasement is developing, and it can be beneficial to recreate that, to get a feel for that experience.*

*For yourself, my love, we would not recommend that you go through this process. At some future time, after the encasement that develops within you now has entered, if that so be the case, then it would be appropriate for you. It would be disruptive now to the vibrational field of the entity about to enter.*

### A Question About Atlantis

**Some time ago, someone asked about Atlantis, and you said, "Look around you." Now, I have always wondered what you meant. Did you mean this was Atlantis also?**

*No, that is not what we meant. You take a bit out of context that which was said and when the time comes that we discuss the Planet of Atlantis it will become clearer to you,*

*but as you look around you, you see Atlanteans from a prior time. All who come into the community now were in Atlantis in some way, not all during the final cleansing ten thousand years ago, but those who will be a part of the core Community of Terra Lux were all in Atlantis with Mushiba, Abalma, and I during that time ten thousand years ago. So, we will discuss it at a later time, but as you look about you, the entities who you see are from Atlantis.*

### Everyone?

*Not every person who you would meet, but those who you would meet though the community. You will find many of the animal spirits returning also. And, of course, the crystals.*

### Prayer, The Bible And God

*I hate to throw conventional questions in because some of what I hear is so unconventional and hard for me to comprehend a lot of it. I know what I feel, and I know what my sister has experienced as far as different levels that we come across, spiritual levels, or whatever. I hate to blow everybody's mind with conventionalism but I believe in a Holy Spirit just like you believe in a soul, and I believe it is all connected with God. I believe in individualism. I still believe there are rules you must live by, and I like to believe in the Bible and pray before I read the Bible. And a lot of times the Holy Spirit works in me when I do read. How come you approach it so differently and as far as ~ (Word inaudible) to make you happy by praying, that makes me happy.*

*Indeed. The approach that we have is really no different than the approach that you have, my love, for you understand that The Universe is The Creative Force and that the name of God as it has been given on the plane is simply another name for The Universal Consciousness, and that there are many vehicles that are provided on the earth plane for entities to gain access to the knowledge that is contained in The Universal Consciousness.*

*Now, one of those vehicles is that which you refer to as the Bible. And that information, understand, was channelled through from The Universal Consciousness to certain entities who were entrusted with that information, and it was meant that that vehicle be available for entities at whatever point in the path they happen to be, and that the use of prayer, as we have said time and time again, is a very, very beneficial means of obtaining a centering within the Soul and that there are many ways in which one can maintain a level of gaiety and happiness ~ many techniques. And we have presented through time, as we have been giving information, many different techniques and suggestions, and we give them not as definitive edicts but rather, "Here is another technique that you can place into your portfolio," shall we say, that depending upon the conditions of your mind and your spirit at any point in time, you would have then to call upon different techniques to assist you.*

*Remember that each of you as spirits call upon the Higher Self, that being the spirit of Self, to reach The Universal Consciousness which is, as you would want to call, God, The Creator, whatever name would want to be given to that which is The Universal*



*Consciousness, and that by connecting in your own way is the goal that we are here for, to assist all to find their Higher Self, and that which will give each of you your own answers and not answers from us, but rather guidance from us.*

*And thus, what you present is really not out of the realm at all of what we present. And while you may think that it is conventional in earth plane definition, it is actually rather unconventional, for there are a significant number of entities who would disavow prayer, saying that prayer is hocus pocus and there are significant numbers of individuals on the earth plane now who would have nothing to do with anything that is not concrete, faith, as you would have faith in reading the Bible, you would have faith in prayer.*

*You see, prayer is an act of faith and that is spiritual, the Universal component, and there are, in fact, very, very defined rules from The Universe. It is not all helter skelter, and in fact, your sister might assist you in the readings where we have presented the structure of The Universe and how it is all managed and that there are very definite conditions set up.*

**You are saying that this is the way for me.**

*Yes. Yes indeed. Whatever makes you center yourself and whatever helps you in dealing with the issues that confront you is what is important, and each individual has their own way, and we are here to help give various techniques that can be drawn upon when appropriate and that which feels right for you. There is no one way that is appropriate for any entity. It is that which you determine. And that which you do is quite appropriate for the development of your soul at the point in which you find yourself. Do not ever make excuses for yourself, my love, and that which you do.*

### **Is It Appropriate For Society To Make Judgements, To Imprison, And Execute?**

*It is necessary that the conditions be set up as they are, for it is then with the setting up of these conditions, you see, that enables you how to become nonjudgemental as you see the world about you and you see what you would call injustices. You work toward alleviating and ridding the earth plane of injustices and that in itself is a lesson, you see, and thus it is all very necessary.*

**What about the people who are in a position of judge and those people must weigh the situations that are presented? And suppose they make the decision to give someone a death penalty, and now we have that person that made the judgement and we also have the person that carries that out. What kind of karmic effect does this have?**

*Well, you understand from what we have said before, that you as an entity cannot look at any other entity and judge what karmic or balancing is going on here, for it may be, for example, in that which you have cited, that the entity who was the judge, who has*

*placed another entity in the position of being placed into death, may, in fact, have been put to death by the entity who he or she now puts to death, you see, and it may, in fact, be a balancing.*

*When the issues of killing and death present themselves it is not very easy to look and make judgements. You should not judge at all but simply to say there is some type of balancing occurring here. There may, in fact, be some balancing that is coming about for an entity who has, let us say, killed another, now may find themselves in a position of having, as you would say, karmic responsibility and that The Universe will demand that they balance in some way, whether it be in this incarnation or in some other incarnation, and that all those around the entity involved in the situation are also involved in attempting to grow and to understand why this has occurred. There are many reasons why entities are killed, as we would say.*

*Understand, and we have said this in the past, that an entity, whether they be killed, whether they take their own life, or whether there is a departure because of disease or whatever, it is that time for the entity to leave, even though it may appear that it is sudden, the taking of a life, it is time and the situation was presented and was in such a way that it was the way it was to be. It is difficult for many entities to accept this as part of the Universal balancing, you see.*

**Let us say there is this balancing between these two entities. Will those two people continue to balance now until there is a lifetime of mutual forgiveness?**

*Yes. That is the only way in which it is completely solved, you might say, so that it could be many, many lifetimes of balancing, and a bit is balanced each lifetime, and when the balancing finally occurs in a lifetime, they must return in another life to make certain that this has actually occurred and there would be hopefully then a very harmonious interaction.*

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