

Waith Class Transcript

QUESTIONS RELATED TO THE TOPIC OF THE EARTH PLANE CONNECTION ~ UNEDITED EDITION (FROM TRANSCRIPTS 1987-1996)

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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

Information Given Interdimensionally By Waith Through Mushiba

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Topic Of The Year ~ Earth Plane Connection (January 07, 1992)

We will begin a discussion in this session that will have a consistency of its topic throughout that which is the year on the earth plane, and its basic topic for each of our Public Sessions will be Earth Plane Connection. This means that we will be discussing the earth plane as a vibration, the earth plane as a training ground, and the earth plane as a physical entity. And we will be giving much information that will be in preparation for The New Illusion. This is the time frame now that we had alluded to in previous sessions that we would begin to give more specific information regarding the preparations for The New Illusion. During this year, then, this will be occurring.

We will be wanting to have as much dialogue as we can obtain with our audiences so as to place on the record particular questions that come from those on the plane rather than for us to simply give out the information, as we could easily do, and indirectly answer questions that you might be having. The information that we give now is reaching a wider audience, and there would be many who would benefit by seeing questions periodically interjected into our information. And thus, the purpose of Public Sessions in this year will be to elicit that which will be questions of concern on the plane relating to the various areas of the earth plane, vibrational, physical, especially.

Now. Understand that we know what your questions are and that part of lessons to be learned for many involve speaking out and verbalizing that which is not understood in their mind, and that we would bring into Public Sessions, specifically, individuals who need to hear what is being said at that particular session. But also, for those who are in attendance, they will indeed have a question that might appear to suddenly pop into their head to ask, and understand that it is from guidance that ~ (Inaudible) comes through from higher levels, that you are of service to a greater audience by having a dialogue with us, whether it is with me specifically or one of the other six in The Company.

It is emphasized once again that there is no question that would be considered inappropriate. It may appear to be a bit foolish, but even questions upon which we have given humor to, have helped to make a point relating to a particular issue. We are not awesome in regard to the level of our information. We simply have studied longer, and that gives us a certain level of information. It is our responsibility as a teacher to help all of you to reach the same level of awareness as any who are at high levels, and the only way to do this is partly to ask questions. With that preface, we will begin an introductory-type discussion of the earth plane, sort of an assortment presentation that will place into, perhaps, a summary form that which has been presented by us in the past and will lay the groundwork for future discussions.

The Earth Plane, by Waith and Company, Part I, Session I. ☺ An eternity ago, the earth plane was created. It has always been. The earth plane, contrary to many, is only one of thousands, as you would measure numbers, of training grounds. It is not the only place. It is numbered, however, as one of the most difficult training grounds and one that provides accelerated growth

and accelerated learning of spiritual concepts and principles. The earth plane provides a portfolio of experiences for entities to undertake, much like a Menu, and before your decision to enter into the sojourn of the earth plane, you, as an entity, are enabled to select from The Menu what you would like to take on. And thus, there are some entities who choose a great number of issues to be learned, and others who may select only one issue and decide that their time on the earth plane will be very limited in its lesson learning.

You have, therefore, much flexibility in your own destiny on the earth plane. Once you have indicated to The Universal Consciousness that you will take on the earth plane, you are then committed to it, and there is no reneging at any point in your sojourn. These are issues that we will address as this year continues, the frustration of having taken on certain issues and feeling unable to complete them.

When you are at The Menu, you are given much guidance. You have, each of you, your protector from The Angelic Force who is assigned to you immediately upon your separation from The One. This protector is with you during your selection time, as well as specific guides who are trained in assisting in Menu selection so as to help you in making the right choices. There are some entities who may decide to choose only one item from The Menu in an attempt to try out the earth plane, to see if it is something that they would want to commit a greater lesson learning to. Others may jump right in, with guidance from those who have been trained in that area.

Thus, what you find, therefore, among you all on the earth plane are, first of all, entities who have chosen to come onto the earth plane. All of you have chosen. You have not been forced. There are thousands of other training grounds. The earth plane is one from which you can select. It is indeed one of the most difficult, though not the most difficult. And therefore, as you work with those other entities you find yourself with, know that they too have specifically selected the earth plane. That indicates a certain degree of commitment to learning.

Also, understand, that each has taken varying degrees of difficulty in lesson learning on the plane, and the entity sitting next to you may have perhaps taken ten or twenty lessons to be learned and therefore is, shall we say, juggling many balls in the air ~ is this the correct term ~ yes ~ whereas another may have only taken on one or two issues and finds their path much easier than one who has taken on so many issues. And therefore, you must then recognize that each entity has their own point on the path, and it is not for you to judge. You are only to be concerned with Self's path and not the path of another. It is none of your business. Only your path, knowing that each has made a commitment to learning on the plane.

Now. Understand that at particular times on the earth plane there occurs what is being referred to now as The Shift, and when we first began speaking through Mushiba, we were using the frame of reference of Shift in order to enable those who would hear us to understand our message. There are other more complicated reasons why we refer to what is about to occur as The Shift. We began, however, to refer to this event as The New Illusion, a cleansing of the old and a presentation of the new, and that there is indeed going to be what is referred to as cataclysms, and this is not from our perspective a negative, for cataclysm indicates cleaning. It means destruction of that which is not useful and the replacing of that which is useful.

During the time frame preceding an illusion change, and as you would measure it, it could be anywhere from five hundred to three hundred years prior to the event ~ in this case it has been somewhere between three and five hundred years ago, as measured on the plane, that acceleration began. And this means that entities coming into the plane were charged with specific types of responsibilities to help in this illusion change, for it has been ten thousand earth plane years since an illusion change occurred, and that was, of course, Atlantis. There have been minor cleansings, but not major illusion changes.

As the time of the illusion change approaches, and this is historic on the earth plane, the acceleration that is provided by the earth plane is accelerated, so that entities who enter in during this time frame find themselves in accelerated learning. They find events coming at them very quickly. And there are many, and we speak now of this time frame in which you find yourselves, who have chosen to take on acceleration of the acceleration of the already accelerated earth plane. Thus, for many of you, the feeling of intensity of energy and intensity of issues being presented and not much time in between. You have chosen this. You also may disconnect that acceleration at any time. You are not bound to it until you leave the plane.

Thus, this time frame now, as you see it on the plane, is close. The cleaning which began three to five hundred years ago on the plane has reached its peaking time. It is at its peak now, and its peak will continue for several earth plane years. The destruction of institutions, the destruction of the physical planet, the destruction of relationships that you have had that will change ~ either there will be a disillusion and you will disassociate yourself, or you will become different in your relationships, stronger in many cases in your relationships, for it is based on new awarenesses.

Now. The illusion change, then, that is about to occur is one of many in the Portfolio of Illusions. The Portfolio of Illusions for the earth plane takes approximately one million earth plane years, as you would measure it, to play out. And so, for example, the illusion you are in now occurred one million earth plane years ago, the same set up, packaged a bit differently, but not very much. And the illusion that is about to occur has been on the plane, and many, many entities have been in this New Illusion that comes when it was here before. And thus, it is not going to be new to many on the plane.

Now, an interesting footnote for you, and we will address this in detail as the year continues, is that there are many on the plane now who were in the Atlantis Illusion when it was completed, and there are a significant number of entities who have not come onto the plane in the ten thousand years since the illusion ~ since that illusion ended and have now just come onto the plane during the last three to five hundred years, and more and more are on the plane now. Some have not learned their lessons from the Atlantis Illusion, and others have taken on many lives in this ten-thousand-year time frame and have learned a great deal. And when these two types of entities meet, there is clashing.

And thus, when you meet a particularly strong energy ~ and those who were completing the Atlantis Illusion had achieved very high levels of vibration, not necessarily positive, but very

strong. Some of the dark, some of the Light. Some of the dark have come into the Light during these ten thousand years, and others have not, and you will find yourself instinctively recognizing those from the Atlantean times who may not have learned their lessons, and they are here, in some cases, to finally take on some of their lessons and to come into the Light and to work through in this accelerated time. There are others who have no intention of learning any lessons. They liked it the way they were when they left Atlantis, and they are in now to create mischief, and the reasoning for their being in now will be discussed at a time very, very soon in our sessions with you.

Now. Great amounts of energy on the earth plane are being transferred from one point to another as The New Illusion is being set up at a vibrational level. That which you refer to as the pyramids house the energy that keeps the illusion intact for that which is needed for this illusion. The New Illusion needs a new set of energy fields, different vibrations, and thus, new structures will be constructed, and this geographic area in which you find yourself is an area of one of those structures, one of the Twelve Major Structures. There is energy that is being transferred now from one of the major pyramids to this geographic area.

Thus, you will find what you call strangeness in sensations, the weather being a very obvious indicator, but you will find your own energies feeling certain disruptions, and the more that you as an energy have committed at spirit to assisting in the illusion change, the more you will feel the energy changes, and they will provide to you certain physical discomforts, but you have committed to this, and thus, you will simply work with it. This is not an edict from us but rather a statement that each of those of you who have made that commitment have placed into the record at spirit level.

The Community of Terra Lux is charged with several responsibilities where The New Illusion is concerned, and one of which is to provide sheltering at the time of the illusion change when the earth physically bounces around a bit and shakes up itself in its final upheaval to cleanse itself. This event will only last for a number of days on the earth plane, and while the upheaval is occurring, the structure will be constructed by individuals who have agreed to be Builders.

In the meantime, those who have chosen to remain for The New Illusion will seek shelters around the planet, and they will, if they have chosen to stay, or be allowed to stay for The New Illusion, will find themselves in a proximity of a shelter when the event occurs. There need not be concern about moving to a safe area. You simply will be near an area where a shelter is provided if you are to remain.

During your time in the shelter, there will be teachings from those in charge of the shelter, and in this case, Terra Lux members will prepare you for The New Illusion. We will be there, as well as all of your Spirit Guides and all who are charged with protecting you. When all has settled, you will return to that which is now to be referred to as The New Illusion, or at that point it will be the current illusion, as we refer to this that you find yourself in now, current illusion. And then it will start all over again, and it will build up until the point of cleansing is needed again.

It is all part of the grand plan, you see, and it is not considered a negative, though at times there are sources of frustration for certain levels of energy in spirit when they see what is occurring on the earth plane with energies, and they forget what it was like to be on the plane. Usually, we help them to remember what it was like to be on the plane by sending them back. ☺ It is very easy to forget what it is like to be on the plane.

That is our introductory, or summation actually, of much of what we have given out for information in the past time we have been here. We would now take questions.

A Question Of What It Is Like To Come Out Of The One And Decide What To Do (January 07, 1992)

We all come out of The One, and then we decide, with guidance, what to do. Can this be compared to a sort of assembly line where dolls come out all the same, and you want them a little bit different so you make each one different?

Not really, though many would feel that perhaps that is the case, for there is a sense among many, on the earth plane especially, that as they begin their journey of spiritual knowledge, and they have learned only a little of spiritual knowledge, that all is essentially predetermined with only a bit of variation. And thus, your analogy would properly represent what some on the plane feel, and why there is often such negativity given to spiritual growth rather than so easily saying, "This is the one and only life and there is nothing else." You know, one would not want to think of anything beyond that which is the immediate, current, concrete.

What actually occurs, you see, is that before the separation from The One, there is a plan of action developed with a significant number of energies, and they attach themselves to that which we have referred to as The Lead Energy, and they ~ there is order in all that is done with The Universal Consciousness, so that groupings of energies leave simultaneously from The Universal Consciousness. It is not just here an energy, there an energy kind of thing that just sort of pops out. And thus, there is a group plan, and each looks at what they want to contribute to the whole. So, the major or lead energy has a goal. It wants to accomplish certain things. And discussion is given and decisions are made that such and such will do such and such within certain types of parameters. And then, it is decided where the training grounds ~ which training grounds will provide that which is needed for the lessons.

And thus, working in this same time frame are The Angelics who have been now assigned to each of these energies, and there could be millions and millions of energies coming out of one grouping, as well as the specific guides that we discussed, trained for, actually, Menu Analysis ~ could use that as a term ~ that is a nice phrase, Menu Analysis.

There is much room for flexibility and creativity, and there is continual evaluation at The Lead Energy level with all of the energies assigned to it and continual modification of the plan. Once the plan begins to be implemented, it is not in what you would call stone, that it cannot be changed. And thus, as entities, you know, very wide eyed, looking at the plane for the first time,

see it much as you would watch a television program. They do not feel the emotion that you must feel on the plane. And thus, they see certain scenarios and think that that would be fun to do. ☺

⚙ **Little do they know.**

⚙ **Better off being out there.**

Yes, and you know, then they come onto the plane and they realize that there is much more to it than just observing. And when they have completed that lifetime, as you all know, there is a time of evaluation, generally, after the life, and part of that evaluation is going into The Lead Energy and deciding whether this was the right direction to go in, you see. And so, it is all very, very flexible, yet there is a system by which this all functions, for otherwise, there would be no order in The Universe.

When You Decide On Accelerated Growth, Do Your Guides Change More Frequently?

(January 07, 1992)

It is possible, my love, though not necessarily an activity that would occur. It will depend upon the level of vibration of your guides and what they have been trained in Guide School, the level of training in Guide School. If they have indeed had the instruction on guiding an entity who has taken on acceleration over acceleration, then you will most likely remain with that guide. Guide changes occur as often as necessary. There is no rule that is written. Many, many factors occur, but you, as you accelerate in your own vibration, many of you, become very tuned in with your guides, and if there is going to be a change, you will know it. They will tell you, and you will therefore respond, and that is a lesson in itself. There are many of you who will have a number of guide changes during the time on the plane and will not know it, and that is as it needs to be, for the changing of the guides is necessary to work with the changing of your own vibration, and it does not necessarily mean that your vibration has changed to the point where you are able to connect with your guides.

Among The Many Training Grounds, Is This The Only Ground In Which Humans Are Found?

(January 07, 1992)

In the form of encasement that is found on this plane, this is accurate. This training ground provides this encasement. However, we must qualify that by saying that other training grounds, while having different looking encasements, have the same vibrational acceptance as the encasement in which you find yourself now, which means that there are some training grounds in which, when you are not on the earth plane, you can easily go to, for the encasement that is on that training ground readily accepts the vibration that you have taken on.

Once you have finished the earth plane sojourn, that is, the total number of lessons ~ The Menu has been completely absorbed ~ your vibration then is no longer of a compatibility with the earth plane encasement, and it will then change and become vibrationally acceptable to other

training ground encasements. There are numbers and numbers of training grounds that ~ whose encasements are not compatible with earth plane, and vice versa, and thus, while you are committed to one training ground such as the earth plane, you have a number of other training grounds only available to you, and not all of them.

So, you could, in fact, remember yourself in another lifetime as perhaps a bug, ☺ for it is an encasement on another training ground, not the earth plane bug, though you are vibrationally attuned to the earth plane bug, but another training ground in which the encasement is acceptable.

This Is A Training Ground. What Are We Being Trained For? Why Have We Come Here? (January 07, 1992)

To learn lessons. You have come to learn lessons in a very accelerated manner so that you may then take what you have learned here and Be of Service to Others in The Universe who would need your guidance. There are significant numbers of opportunities for service. The Angelic Kingdom, for example, is an opportunity to Be of Service. Guide School is an opportunity to Be of Service. Before you can return to The One, you must have given service. Simply to have learned your lessons does not enable you to return to The One. It simply means that you have learned what you need to in order to Be of the Ultimate Service. Once that is completed, then you can be considered for return to The One.

In The Beginning, Why Did We Choose To Leave The One? (January 07, 1992)

Boredom. ☺ It is as simple as that. We have talked of this before and it simply is that when there is no beginning and no end, you know, you must do something with all this time. And, you know, contentment, when there is nothing to do except just hang out, as you might call it, with no challenge, for energy likes challenge, we all decide to leave The One at various points.

What If We Made A Mistake In Choosing To Come Here? (January 07, 1992)

Can we make a mistake in choosing to be here? And if we made a mistake, we should not be here? Or with our guides and our Menu choosing?

Yes, and that is an issue, my love, we will address later on in this year, for when there is the sense that an entity really wants to terminate their earth plane sojourn, then certain steps must be taken, and that occurs. Understand that we come and go in The One, and you may come out and decide that you want only to go on the earth plane after looking at everything that is out there, and you do that and you learn your lessons, and then you do your service time, you go back to The One. And then you decide it is really boring again and you go back out and decide to do something else, and it is continual.

Do You Remember From Time To Time What You Have Done?

(January 07, 1992)

There is on occasion upon separation a remembrance. When you leave the vibration of The One, which contains all the knowledge of all that has ever occurred, that you would take with you the vibration of the memory of a particular time out of The One, and that depending on many, many situations, it becomes a bit complex, that when you come out into the vibration that surrounds The Oneness, that immediate vibration, that you would either keep that memory as part of what you will take with you, or it will disappear, and it depends much on what has been decided with the group and The Lead Entity before the separation.

Sometimes, you may want to take a memory with you, and it is not considered advisable that you take that memory with you into new experiences. And as sometimes can happen, right at the time of moving out of The One, an entity may get very stubborn and say, "I really want to take this memory with me, and I have the right to take this memory with me." And they grab the memory, and they ~ and, you know, it is said, "Yes, all right. You can take the memory with you." Humor them, you know. ☺ And they come out thinking that they have the memory, and they won, and The Universal Consciousness has in its ultimate wisdom deemed it not appropriate, and thus, the vibration that surrounds The Universal Consciousness before coming out of that, sort of just grabs that memory and takes it back.

A Question About Our Focusing On The Current Illusion And The New Illusion ~ How To Act

(January 07, 1992)

Regarding these lifetimes that we are in now, you have indicated we should stay with the old illusion and not get into the new one until it comes. Yet, many of the things we do in this lifetime are based on expectations of future events, and if The New Illusion is coming in the next ten years or so, perhaps we should, while not focusing totally on it, change a lot of the things we are doing, since the expectation of what might happen twenty years from now will not be there.

It is a balancing act indeed, is it not, that one must continue to work with the old illusion, for there is a very strong connection from illusion to illusion. It is not simply, "Oops, there is this illusion ~ gone. There is no connection. And we put it on ~ in a Portfolio in storage, and now we start The New Illusion." There is tremendous overlapping that occurs from illusion to illusion, and that you take into The New Illusion certain physical artifacts from the old illusion, and beliefs, and that which are changes that are the result of the merging of the two illusions.

For many, this is a most difficult situation, for many want to stop paying their mortgages now. ☺ And, you know, we indicated very early in our time with you all, so many years ago, that you must continue in your earth plane responsibilities and obligations, but that new definition has been given to long range planning, you know, and that the purpose of our being here, and the purpose of the Community of Terra Lux is to help in this balancing between the physical and the spiritual, and to understand where that fine line actually occurs, and what on the current illusion

can be discarded without creating a disharmony, and what needs to be developed out of the old that will work into the new. We will be giving you some very specifics relating to that which will remain from the old illusion in The New Illusion. We are at that point where we will do this.

You know, it is with the assistance of your guides that you begin to learn that balancing act. You know, that is why your guides ~ many of you have specially trained guides who, when called upon, can help you to see the direction to go in, to understand that this is not to be considered any longer, and that it is ~ something else is part of The New Illusion, and how you will develop. There are many, many tools currently on the plane that have been developed during this three to five hundred year time frame that are critical to the startup of The New Illusion. So, all will not be destroyed, you know. This is a misunderstanding. This is a fallacy.

And the twelve major vibrational areas on the earth plane that will replace the energy of the current twelve major pyramids will each house certain elements from the current illusion now that will contribute to the startup of The New Illusion. Not all the shelters will have all the same elements. Each has their own assignment, and then there will be a blending of this all, and The New Illusion starts up.

Each Time We Come Out Of The One, Are We The Same, Or A Different, Energy? (January 07, 1992)

Technically, once there is a return to The One, there is a merging, and from that merging is absorption, which means that the energy no longer has an identity or a personality. And we say that as a theory, as a concept that exists. Oftentimes, however, because of the playfulness of all energy and the ability to control your own destiny, for all of us, you know, are a part of The One and there is ~ we all decide what we all are going to do, essentially, you know, as disheartening as that might be to some who are ego centered.

Now, what can happen, you see, is that a great deal of nagging occurs, with The Lead Entity being the one who is nagged at, that they want to come out and do the same kinds of things, but they want to use the same energy and the same vibration as they had before. Well, you know, that is boring, too. That is. like, why bother coming back out if you are going to come back out the same way? You want to have a different energy, something more challenging. However, permission is given in many cases for energies to come back out with the same energy that they went in with. Or many times, they will be given the same energy that they came out with, not what they returned with, so that they indeed do it all over again.

Oh!

Not a pleasant thought, is it?

If we lose our identity when we go in, how do we remember what we were after we come out again?

Yes, you see, The Universal Consciousness stores all knowledge, eternal knowledge, and there is a little box, as best as we can describe it, that contains all the knowledge of a particular vibration. And thus, you have access to that as an absorbed energy. You simply go around, and you look, and you sense a certain type of box is meant for you, for there is the ultimate knowledge, you see, even though there is merging and absorption.

You ultimately, once you are back in The Universal Consciousness, you have the knowledge of all. And thus, you would have the knowledge of Self even though there is no identity, there is no personality, there is no ego in the energy, for there is no form to it, but there is the resource of the knowledge. And it is really quite simple. You know, you know all when you are back in The One. You know all that has occurred. And that may seem confusing, but as you think it out, hopefully, it will become clear. For some, it will not, but it is something to be worked on.

We are ready now to depart, and in our next session we will speak more specifically of connections with Planet Earth as they relate to the physical and the spiritual being that you find yourselves involved in. And thus, we will take questions relating to that topic in our next time with you.

Topic ~ The Earth Plane Connection, Continued **(February 04, 1992)**

A most delightful grouping of energies gather in this session with us. And we have given to you, as we entered in, a soothing energy, for the electromagnetic field of the safe area here that you find yourselves is undergoing energy transmissions from other points on the planet that are necessary for the changing times, and when this occurs there is a minor fluffing up of energies. And thus, we have fluffed down the energies to make you feel a bit more relaxed, for this type of energy transmission creates a tension in the electromagnetic field that creates a tightening. And thus, we have loosened that now.

We will continue our discussions now on the topic of The Earth Plane Connection, which is our topic for this earth plane year, each session bringing in more and varied information relating to The Earth Plane Connection, as we refer to it. We gave an introductory to this topic in our last session publicly, and now we will begin to give you some very specific information that will connect each session with the other.

We would want first to explain to you what we mean by The Earth Plane Connection. We know many of you have said "What kind of a topic is that!" Much too general perhaps, and yet, for those on the earth plane who think that there is nothing else but the earth plane, then one would think that it is encompassing all that needs to be known.

The Earth Plane Is One Of Thousands Of Training Grounds, And Multi-Dimensional **(February 04, 1992)**

What we give to you, however, is a much larger perspective, for the earth plane is only one of thousands of training grounds in thousands of dimensions, actually millions of dimensions, that exist, and the earth plane being one of those dimensions, and that we will, in our discussions this year, show you what the connection is with the earth plane to the overall scheme of The Universe, The Universal Consciousness, for there is much more at work here than simply your experiences on the earth plane, and most definitely, more than your experiences in the human encasement, for there are so many thousands of various encasements that exist from dimension to dimension.

Now, in order to get to the earth plane from some other point in The Universe, one must, as an energy, go through many, many layers. We have in the past referred to these layers as muck, sometimes, for it surrounds the earth plane in various energy fields, and for some, it is difficult to get through those various electromagnetic fields, coming and going, leaving the earth plane as well, as entering the earth plane.

The Gestation Period ~ Moving Through The Dimensions, Or Electromagnetic Fields (February 04, 1992)

In order to come onto the earth plane there must be, therefore, a connection with The Universal Consciousness and with your own electromagnetic field as it will manifest on the earth plane. And as you are entering through the various dimensions of the earth plane, in what is referred to as the gestation period, that which is the time frame of preparation of the encasement to enter into the earth plane, there is much coming and going with the newly entering entity, and while the encasement is growing to the point at which it needs to in ~ within the encasement of the now female component of the illusion currently on the plane, the energy that will take hold of that encasement is moving through these dimensions, or electromagnetic fields, on the ~ surrounding the plane.

For some, it is most easy to come and go, and thus, they do. They come into the encasement, try it out a bit, and then they leave while the encasement continues to expand. And for others, however, it is a great difficulty, for they move slowly through, and they are guided through by their guides, and there is difficulty for some in entering into that which we now would say The Earth Plane Connection.

The electromagnetic field of an entity preparing to come onto the earth plane is developed as it moves in and out of these various dimensions. It becomes rather complex, and also an issue of a particular energy's point of growth as to the freedom and the flexibility of moving from one dimension to another. Some will come in ever so close to the current illusion, this dimension you find yourself in, and having been guided by their guides, will stay, and therefore their ~ (Inaudible) electromagnetic field does not have as much diversity of energy as it would have with another who moves in and out very freely and is able to pick up energy from other dimensions. However, this is only a matter of points of growth, and once an energy finally has its electromagnetic field in place, it then enters into the encasement, ready to come into the plane.

Situations Can Occur Preventing The Energy From Staying In The Encasement (February 04, 1992)

And now, there are any number of situations that occur that therefore prevent the energy from staying in the encasement. They may find that their electromagnetic field was not properly developed, and as such, they must leave the plane, and thus, you have this occurrence of entities who come into the plane and they are not in the encasement, the encasement is a shell. Or you will find encasements who come in but are very fragile and therefore leave soon after entry. It is because their electromagnetic field has not been properly created. All this means is that they return into spirit and develop their abilities to further move into the many, many electromagnetic fields surrounding the earth plane. It takes a strong energy to make The Earth Plane Connection. And once this has been accomplished, then it becomes easier and easier to move in and out of these electromagnetic fields. Now, once an energy has developed the ability to move back and forth before entry into the plane, they then have developed a base upon which they, while encased on the earth plane in the current illusion, to move into another dimension while they are simultaneously on the plane.

In your reference to the gestation period, if an entity is having a difficulty coming onto the earth plane through the electromagnetic field, and cannot come or stay, then this woman would miscarry or deliver a baby that is not living.

That is the common terminology, yes, for the phenomena that occurs. Understand that there are interactions occurring between the vehicle who will bring in the entity and the entity itself as to why entry may not occur. What we have described is one scenario as to explanation of what you call miscarriage or birth without energy in the encasement.

There Are Many On The Plane Who Have The Ability For Interdimensional Travel (February 04, 1992)

There are many on the plane now who have the ability for what we refer to as interdimensional travel. And when you go into other dimensions, it is for work to be done on your particular mission, your path, and that it further strengthens your connection with the earth plane, for the more an energy is able to work within the various dimensions and move freely from dimension to dimension on the earth plane, the stronger the growth, the faster the growth, and the more quickly the lessons are learned that the energy decided to take on for the entire earth plane sojourn.

Many now on the earth plane are of an advanced growth mode that enables them to move interdimensionally, for when we require assistance in various dimensions to aid certain activities occurring in those dimensions, we call upon many, many energies to help us. This is particularly true when there are what you would call mass departures on the earth plane where large groupings of energies leave at the same time, and there is, shall we say, a crowded condition at the portal, and we need assistance to process everyone who is coming through, to help them to

go in the direction that they need to go in once they have left their particular time on the earth plane.

Waith Describes Core Earth Plane Dimensions, And That Of The Underground Community (February 04, 1992)

The best way to envision this is to see a ball, you see. And at the very core of ball is an illusion, and it is not the illusion you are currently in, by the way. There are illusions that go further into the ball. Now, this ball of which we speak, has a core. And envision circles around the ball, and this is what makes up the earth plane, many, many dimensions, and you currently are in a dimension of the earth plane that is not at the core. Some would find this difficult to accept. There are further dimensions that go into the core, and it has been referred to oftentimes by us, and by others who have spoken through, of The Underground Community. It is far too simplistic, however, to call it an Underground Community. We have done so in the past simply to present the concept that something other than your current illusion exists within the earth plane illusion. And there is therefore this ~ many other dimensions that move closer and closer to what is the core of the earth plane.

The earth plane's core is made up of a fierce electromagnetic field that is the connector for all of the other dimensions on the earth plane, and that this core of energy is the controlling factor in what is about ~ or is actually occurring now, the transference of energy and information from the pyramid structures into the zones in which there will be new structures to replace the pyramids when that time comes.

Now. Just as you find yourself inhabiting this dimension, so too, are all the other dimensions inhabited, and this so-called Underground Community is simply another dimension that is closer to the core than the current dimension that you find yourselves in. Now, those of you who have accomplished the ability for interdimensional travel are able, of course, to go into these other so called Underground Communities, though they are not underground. They are simply in another spectrum, just simply another dimension. However, what they do now, these that are closest to the core, is to prepare an illusion. such that when the illusion that is currently in your dimension changes and the physical earth shifts, then you will have safety while the physical earth has its smoothing out. And while you are in these safety areas, you will be given the components of The New Illusion upon which you will now be living when you enter back into this particular dimension.

Each of the dimensions will have their own type of illusion shifting, and some on the earth plane during the physical planet's shifting will indeed travel Interdimensionally to assist. Rather than assisting in this dimension for the illusion change, they will assist in other dimensions with the illusion change. It will be determined at the time as to who goes where, depending on the resources available, for we must await certain decisions by entities as to whether or not they will stay on the earth plane experience, or leave it and return once the cleansing of all dimensions has occurred. Thus, we will make assignments at the particular time ~ we, as well as many others from this dimension, to assist in the proper allocation of energies into the areas that they are needed.

It is a time of change that is not quite as clearcut and easily defined as many would want it to be ~ zip, zip, here is The New Illusion zip, zip, we start doing things differently. It is not that way at all. It is evolutionary, as you all know, progressing over some time now. What will be, in fact, the only quickness, or zip, zip, as you would call it, is that of the Earth's axis shifting. That will be quick, like this, (Waith snaps his fingers) and it will create the final shaking. But even that will not take much time, and the new structures will be in place during that time. It will all happen, the final loose ends, and then all will begin once again, except in a different concreteness or illusion.

Those who were perfecting their interdimensional travel will continue now to perfect their interdimensional travel. All lessons will continue as they were. It will not be a time of ~ many think, once The Shift or the cleansing occurs, then all that we have been working on up until that time will cease and we will now be in utopia, you see. Thus, you see, utopia as it is defined on the earth plane now among all of you is the state of bliss, perfection, true happiness. That occurs upon entry back into The One. Utopia is a word that presents a false expectation to earth plane experiences. The purpose of earth plane experiences is to strengthen and to give a sense of a purpose to an energy's movement and existence outside of The One, and this is important to underscore.

If one attempts to seek perfection there will be a disappointment. We have said this before and we reemphasize it now, that you achieve a perfection in the sense that what you come onto the earth plane to do in a particular lifetime is accomplished. That is the perfection. It may be that the lesson you have taken on, you choose to work one tenth of one percent of that lesson in a particular lifetime. The perfection that is achieved is in the accomplishing of the percentage of the lesson that was taken on.

If you were to choose to perfect every area, you would surely have difficulties. It would not be done. And while working toward this perfection, you must always understand that it is important to take what you are doing seriously, but that you do not take yourselves seriously, that you lighten up, that you realize that your earth plane connection will exist for as long as you want it to, and that you have the ability to control the length of time and the number of experiences that you have on the earth plane, be it one thousand experiences. or lifetimes, or ten thousand, or twenty thousand. It is yours to control.

Now, we know that there are questions relating to what we have given in this session, and we would be pleased to take them now.

The Dizziness That I Felt Today, Was That Related To The Electromagnetic Field Adjustments? (February 04, 1992)

Yes. Yes. Many will feel different responses when there is energy transformation occurring.

This could also be that, prior to the acceleration, there would be a stagnated period of time. Does that accelerate?

Yes, that is a most common experience. It is as if the energy is gathering its strength and establishing its base, much like you would look at a sling shot, get it anchored, and then when it is ready, you let it go and it moves rapidly. Acceleration occurs in this respect. There are periods of acceleration. Then there is a catching of the breath, a reestablishing of the base, and then there is acceleration again. For some, this process occurs rather rapidly, so that the rest period, as you might call it, is shorter for some entities than for others. It is dependent upon their own mission, but that is the process. Acceleration, rest ~ acceleration, rest.

About The Shelters, What Is Going To Be, Is Just A Moving Into Another Dimension? (February 04, 1992)

Yes, that is essentially what it is going to be. There will be assistance given to those who have not had the experience of interdimensional travel, to very easily move into this dimension that will provide the shelter while the dimension in which you find yourselves undergoes its shifting. Each dimension, you see, as it has its own cleansing ~ and it will occur in a pattern that is planned ~ this dimension you find yourselves in will indeed become a shelter for another dimension, you see. There is much complexity. We will discuss that aspect in more detail soon in this time frame of one year. So, each dimension will take its turn in being a shelter to another dimension until the total cleansing of the electromagnetic field occurs. It will occur in ripple effects, you see.

So, no one from this dimension will stay in this dimension during that time?

That is correct. There will be various ways in which energies will be brought into another dimension, and it will not be in the same dimension. Some from this dimension will go into one particular dimension. Another group will go into another dimension. They are simply safe dimensions at the time.

About Training Grounds, Do You Mean Other Planets Or Other Solar Systems? (February 04, 1992)

Yes.

How can we on earth understand this?

Ah, the scientist is with us now! (Refers to the profession of the one who asked the question) It is always the scientific mind that would want concreteness.

Training grounds in The Universe are uncountable. There are thousands and millions of training grounds. That which is seen on the earth plane, or this dimension in which you find yourself, are

what you call other planets, they are all part of the earth plane. They are dimensions of the earth plane. They are more concrete dimensions that are seeable. The layer effect that I was describing earlier surrounds the planet Earth. The other concrete planets are part of the earth plane. They have their own electromagnetic fields that are consistent with the electromagnetic fields of planet Earth.

In this cleansing, and we have said this in prior times, it is the planet Earth that will go through a cleansing. The other planets surrounding the earth plane and other seeable solar systems, as you would call it, are still part of the earth plane, yet they are not going through a cleansing. They periodically go through their own cleansings. Some of you have been on those planets during those cleansings.

Does that respond to your question, my son?

Yeah. It is complex. I always try to put some of your statements into concrete facts. Maybe that is the way I am approaching this. When we talk about the cleansing on the earth, is that just the earth itself which goes periodically through such a cleansing, or is that part of the change of the entire Universe? You know? Because I am thinking back to the time zero when the big bang occurred and we know that this was a time when The Universe was created.

According to the illusion that has been presented on the earth plane currently. ☺ That is the knowledge with which you have to work. There is no such thing as time zero, for all has always been. There was never what you call a big, big, big bang. That concept has been placed into the memory banks of the illusion currently on the plane. In new illusions, memories will be different, and the theories that the scientists on the plane currently espouse will no longer be, for the theories now already are crumbling as the scientists look about them and wonder why certain things are occurring.

There is no scientific explanation for much of what is occurring. Those who would predict the weather are finding themselves in a helpless situation, for ~ we allow them occasionally to predict something correctly so that they do not feel bad. ☺ But, for the most part, you know, The Universe simply is taking its course as it needs to. And understand that the planet itself, the electromagnetic field of the planet, is in control of its own energy, just as each of you are in control of your own energy. And if you are ill, if your encasement is ill, you are able to cleanse it. You have the power, the control over your own electromagnetic field. The planet Earth is, just as you are, able to control this. And thus it is that if there are earthquakes and hurricanes and tornadoes, which are the three major physical events that are aiding the cleansing, it is developed because the electromagnetic field of the planet so designs it as it cleans itself.

Understand that every training ground in every dimension has the ripple effect for the entire Universe. So, anything that occurs in this dimension, or any other dimension, in some way affects all other energies, all other dimensions in The Universe, even though those other dimensions are not at the time experiencing the phenomena. Every dimension has its periodic cleansing. It is a part of the setup, the way The Universal Consciousness designed the play to act out.

Question And Discussion About Feeling Depleted In Your Electromagnetic Field (February 04, 1992)

Lately, I feel a need for hibernation, that I do not want to connect, socialize or talk a lot because I feel a sense of depletion. However, at the same time, I am aware that I am an electromagnetic field which also is connected to the Universal field, and therefore should not run empty. About the electromagnetic field of everyone, where are the connections that the physical encasement, or the psyche, feels empty, and yet it is in abundance connected? What are the mechanisms?

It is all very well organized actually, for your electromagnetic field, each of you as individuals, is connected to The Universal Consciousness. You know this. And when your particular needs dictate, your electromagnetic field does not deplete. It simply appears to deplete. What it does in actuality is draw in closer, for there is a calling out from the Soul of certain needs that must come from a higher source and that you then wait for that to work its way through the system. It is most important to have periods of rejuvenation, periods of what appear to be depletion of an energy. When you feel depleted, do not moan and groan, but rather say, "This is designed specifically for me to evaluate where I am in my path, in my mission," for it is so easy to become engrossed on the earth plane aspects of your mission that you can forget the spiritual source from which you must draw in order to accomplish what you are here to accomplish.

This depletion illusion is meant to help you draw within yourself. You go closer to Self. It is important to draw within Self, to be constantly energized in that you are working with other energies and you are socializing, as you call it, and you are working, and you are doing all these kinds of activities. It disallows, then, the extreme need for Self-containment, you see, so there must be periods of time in which you draw inward. For some, it requires more time than others. For some, it is the entire experience on the earth plane. (Someone laughs)

Ah. Laughable, yes, but nonetheless, accurate. The entire experience is to be inward, and it is necessary in many cases so that the next time on the plane can be spent in Being of Service to Others more largely. It is a learning time. It is a training time. And thus, you see such variations with entities who are on a Spectrum, if you will, of shyness, as you would call it, or introspection, and those who are very outward, and all variations along The Spectrum. And the balance toward which you would want to work is that you recognize when you need to draw inward, and you do it, and you do not make apologies for it, nor do you make excuses. You simply do it. And then you become stronger as a result of it.

(There is a long silence) *You all turn into my little introverts now. ☺*

Waith Explains The Terms Electromagnetic Field And Dimension Are Used Interchangeably (February 04, 1992)

Concretely, the earth is as it is. But you are talking about dimensions, that is another dimension?

When we refer to a dimension, we refer to it as an electromagnetic field. The two are interchangeably used. Dimensions are electromagnetic fields. So, you are in, now, this current illusion. It is a dimension ~ it is an electromagnetic field. Surrounding this electromagnetic field, you find yourselves in is another electromagnetic field, slightly different, yet harmonious, in which there exists concreteness, illusion though.

Would that be an altered state of consciousness?

Yes. It can be. Many of you, when you go into the dream state, for example, are so good at interdimensional travel that immediately when you go into the dream state you are in another dimension, doing stuff. That is why sometimes you return from the sleep state exhausted, where you have been out there being a busy little bee. Yes, and when we speak of altered states, and we have discussed this in some detail in the past, it is simply another dimension. It is another level of consciousness, another awareness.

**Waith Discusses The Issues Of Illusion ~ Of Time, Of Concreteness ~ Of The New Illusion
(February 04, 1992)**

When you speak of the length of time that we are able to create for ourselves, what dimension is this taking place in?

Time is peculiar to the earth plane, and it is created by the illusion. The New Illusion that you will find yourselves in will have a different perspective of time, length of time, shortness of time ~ time. And it will be created by The Universal Consciousness, the combined experiences and memories of all energies who will create a new illusion where time is concerned. The new way of viewing time will have a bit more relaxation and flexibility in it than the way time is now measured on the plane. There will be soon on the plane the beginnings of this new illusion of time. It will be subtle at first, and then there will be, by many who are tuned into this phenomenon, that time is changing.

Then would you say that time is really not time because by not having contact I have passed into a new interdimensional ~ (Balance of sentence inaudible)

Absolutely. In fact, you are not quite all with us now! ☺

When we think about time, we on the earth plane think about time calculated out of the rotation of the earth around the sun.

Yes.

That is the way we measure the time, but I think when you talk about time, it is a different time.

There is no time. That has been one of our major adaptations to the earth plane during this time of orientation that we have had, these years becoming acquainted with all of you on the plane, for when we have been on the plane with Mushiba in other experiences, we were able to work with time because we were in the illusion. When you are not in the illusion, working with earth plane time is a most difficult component, and we found that so many of the questions asked of us during these past few years related to time ~ "Tell me when this is going to happen." And we had ~ well, we made some attempts with time, and we have adapted rather well, and are able to plug into the illusion now in a way that will give you a connection where time is concerned, and it is done through a process of connecting with the physical earth's electromagnetic field and the way in which the illusion has been presented to you for time, the rotation, as you discussed.

However, it is all illusion, you see, and there are many on the plane who are interdimensional simultaneously, you see. Part of your energy is in one dimension and another part could be in another, or two or three or four, and it works that way because the particular energy who is traveling Interdimensionally has at a spirit level been able to rid the constrictures of time. And even though there is adherence to time in this illusion, you are here in this time and this place, this part of you, but other parts of you are in other illusions now, you see.

Time is one of the major issues I am struggling with. When you, for example, say the development of our electromagnetic field to a higher level, this is time. It does not happen simultaneously. It takes a number of reincarnations. It takes a number of training grounds. Isn't there a sequence of events which you would call time?

All happens simultaneously. Time is an illusion. Time is an illusion that has been developed to separate simultaneous, so that all that is occurring is simply an instant. (Waith snaps his fingers) It is not ~ the coming and going from The Universal Consciousness is an illusion meant to create separateness, meant to create the playground, meant to have some fun, you see, coming out of The Universal Consciousness.

And in order to do that, to separate from that which is One and harmonious, there must be illusion that it is not simultaneous, that indeed it takes thousands of lifetimes to work through something, and therefore that is time. One lifetime, "I was here for eighty years." Another lifetime, "I was here for fifty years." And the total time, then, spent on the earth plane equals ~ it is an illusion. It is needed to maintain that which all of us have created as The Universal Consciousness. If we eliminated time completely on the earth plane, then there would be nothing. It would not be. It is part of the scenario, just as the chair in which you sit now is not there, but you believe it is.

And it is my illusion then I am sitting on a chair.

Yes. The illusion is that there is a physical encasement there also.

I do not know. It looks concrete.

Well, it is. Illusion is very concrete. It needs to be.

The difficulty lies in the semantics of illusion, what things are different to you than apply to us, to the western mind.

Yes.

The Difficulty Of Speaking In Language Perceptions, Geographically, And Universally (February 04, 1992)

Illusion is having difficulty understanding illusion because he understands it from our culture. (Referring to the person who first asked the question)

That is because he has a ~ the beginnings of your time on this plane were in ~ spent in a geographic area that had a different language. We utilize the language of that which is where we find ourselves and where Mushiba came into. And thus, language, yes, is ~ oh, we have said this before, how limiting language is. For communication in the dimensions in which we have found ourselves lately, time, do not use language. There is no language. It simply is understood. But a part of the experience of being on the earth plane is to understand the differences that occur and to question and to ask what this means, what that means.

Words are different to different people, and we will be talking more about different illusions and will give a standard of definition by which you may then base your perceptions. When we speak in another session, we will do this, and part of the work of Jenjura in our company is to do research. He is the Librarian, and he will search out the best way in which we would present the standard for illusion, as well as other words that we will be using that may create a confusion in the mind of the reader of our information.

The Issue Of Judgement In Thinking That Everyone Should Believe As You Do (February 04, 1992)

Our lives must be organized, daily, yearly. That is why it is extremely important.

For you, it is. And for many others it is, my son. For others, they have gone past the so-called importance that you attribute to this particular activity. Understand that each of you sees the world around you from your own perspective, and therefore you believe, many of you, that the way you see things is the way everyone else sees things, and that that is incorrect, and one must be most cautious of that, for it is a physical manifestation of judgement, the concept we speak of so often, that the working toward nonjudgement must be consistent. And when you believe that someone else places the same importance on things as you do, that is a judgement. When you believe that the world revolves around the way you believe, that is a judgement.

It becomes important that you understand that everyone on the plane is at a different point in their path, in their growth, and that it is not to be judged. but rather, to simply be, to understand it, to accept it so that others will do the same for you, to understand and accept that you are on a different path than someone else may be. You may be at a close point with another in growth, but each of you is in a different point in your growth, and that is what makes the earth plane so interesting. That is why it is so much fun to set up the play, for all energies are more than willing to come in and do a particular role, you see, and then they do their role, and then they leave, and they come back and do another role. And you all work in harmony. Whether it appears to be harmonious or not, all that is working on the earth plane has been placed there by those who are on the earth plane.

And so, what is important to you, my son, maintain that. Do not try to make what is important to someone else, important to you if it does not feel appropriate, nor would you impose what is important to you onto another who has a different priority, or a different perspective, or a different way in which they run their life. Run your own life, my loved ones, not others.

The Human Encasement Is Not At The Top Of The Food Chain (February 04, 1992)

In our humanity, sometimes I think we are a little bit less than sensitive to other life forms. Is there a gentle, compassionate, and focused way that we can help other life forms?

We will be providing certain techniques in the coming sessions, for The Earth Plane Connection topic will encompass all that is on the earth plane for life forms. We have addressed the human encasement in this session; the human encasement, thinking that it is at the top of the food chain. It is not, my dear ones.

In The New Illusion, Will The Concrete Earth Still Appear To Be Revolving The Way It Does? (February 04, 1992)

It will be a concrete planet, much as you now know it. It will have a different way of controlling itself, just as sometimes after you have gone through an illness and you have cleansed your body, you no longer eat certain foods and you begin to do certain things to change and keep your newly-cleansed body clean. And this is what the planet will do. It will have made available to it by its higher sources new tools to keep it operational.

It will still be spinning on an axis around the sun?

Not necessarily.

A Discussion Of Accelerated Growth By Going To Different Dimensions And Illusions (February 04, 1992)

When we able to spread themselves over different illusions, what would be the purpose of going to different illusions and bringing back information to our illusion?

Understand that whenever you go into another dimension, it is for purposes of working on the mission that you have taken on for the earth plane, and that it actually is an accelerated growth potential, for you may be working on, let us say, an issue of patience, just to take one particular issue, and in this illusion you are working on it, and because you are able to go into other dimensions, you then can take that practice and work on patience in three other illusions, say, at the same time. Therefore, it speeds up your lesson that is being learned at the core, which is where you are now. This particular illusion is your focal point. You move out to go into other illusions, returning back. When you return back, you bring with you the experience that has occurred in other dimensions and you put it into the portfolio, if you will, and it lessens the amount of learning in your central illusion, you see. So, it is like you are taking an accelerated course in school, you see. It can be ~ it is not something that a large majority of energies choose to do.

Like transferring for a year to another school.

It could be that type of analogy. Yes.

Is this most frequently done during the dream state?

Not necessarily. During the dream state it is more easily achieved, for the encasement is able to go into this condition of altered state very easily for the most part, but as we have said, you know, our friend in the room here is not in the sleep state, at least in this dimension, and yet is in other dimensions simultaneously working. We will be giving much more in this area, for we know that there are questions that will come as a result of the information we have given, for some will find it new information. Others will say, "Yes, I knew that." It is now being placed into concrete words. So, we have much tell you.

Are there safety factors involved here if I choose to accelerate continuously? Could I put myself in jeopardy?

As long as you continue in your meditations, in whatever form that takes, to ask for protection from the highest source of Light and ask your guides to protect you, as long as you are asking for protection and recognizing that the more you accelerate, the more vulnerable you are if not protected properly, then you are safe. There are issues of abuse that we will not begin our discussion in this session, but having the ability to do something like interdimensional travel brings with it the possibility of abuse of that unless it has been placed into the spirit context. And we will discuss this at another time. You are safe now.

We now will prepare to depart and wish you all a wonderful electromagnetic experience. As you return to that where you live, we send to you an energy that will give you a protection, for there

is still much energy transference occurring, and you will feel, some of you to a greater extent, the effects of it as you move into that which is the outdoors where much of the energy sparks through certain energy fields.

The Earth Plane Connection, Continued ~ Encasements In The Various Kingdoms (March 03, 1992)

Now. As we continue in our discussions for this year on the plane, The Earth Plane Connection, our focus of discussion in this session is related to the connections of the various encasements on the plane that make up the kingdoms, as we refer to them, The Animal Kingdom, The Mineral Kingdom, The Plant Kingdom, Air, Fire. The elements that you are all familiar with are all encasements of energy, and we reemphasize, as we begin this discussion, that all energy is equal. Simply being in the human encasement does not make you as a human encasement superior to any other energy, for all energy comes from The One, and all energy, therefore, is one and is connected. It is simply encasements that are taken on in various kingdoms for lessons to be learned and scenarios to be played out.

All Energy Outside Of The One Is Encased ~ Intelligence, Soul, Memory (March 03, 1992)

The Human Kingdom is perhaps the most arrogant on the earth plane, as you would describe the personality, in thinking that it is superior, and therefore, in control of the other kingdoms that appear different, or appear to not have what you would call intelligence. Intelligence is an encasement in itself, and it resides within an encasement. That which you call memory is indeed an encasement, and it is a part of the Soul's memory which is also an encasement. The Soul is an encasement, my loved ones, remembering that energy in The One is total Being and that anything outside of The One is an encasement. Energy outside of The One is encased.

Connections Of The Various Encasements On The Plane That Make Up The Kingdoms (March 03, 1992)

Now. We therefore take on encasements within encasements. To understand this, you would think of the analogy of placing a box that is small inside another box that is small, or placing within a circle another circle, and that it is infinite in the number of encasements that can fit within an encasement. All energy currently on the earth plane encases itself within each other. You are all encased within a larger encasement.

We mentioned awhile back that the human is not the end of the food chain, as you call it, on the earth plane. Rather, the food chain is not something that moves from one end to another end, thus, signifying beginning and end, but rather, is a circle. Now. Understand the implications of this, for the circle is neverending. The circle is The One, and therefore, there is no end to any food chain, as you would call it, but rather, in the form of dimensional energy the loop effect takes place, and all feed on the other.

Creating Your Own Energy Circle, Starting Small And Expanding As You Learn And Integrate (March 03, 1992)

Just as energy feeds on energy, so too, do encasements feed upon encasements, all contributing, my loved ones, to the greater good. It is the feeding effect, one upon the other, upon the other, upon the other, that creates expansion and growth. For the circle that begins small, widens as the process occurs, and each energy begins itself as a small circle when it separates from The One. And in the sojourn on the earth plane, the connection that each energy who journeys on the earth plane, each connection creates larger circles as your sojourn increases.

If it takes you ten million earth plane years to complete your sojourn, your circle increases proportionately to the lessons that you have learned, and, that you integrate within all of those encased on the earth plane so that a part of your energy also has within it the energies of certain of The Animal Kingdom and certain of The Mineral Kingdom and certain of all the different encasements for energy on the earth plane. And there is a connection of spirit that gives strength, then, to the energy as it begins to expand itself. It does not mean that you do not ~ that you are not working on your own issues as a human, and the animal works on their own issues as animal, and as mineral, etc., for that separateness is very much there. But each makes its own Energy Circle that comprises all of the encased energies which then enables each circle, each energy that is you, to call upon when in need the energies that you have connected with from each of the other kingdoms, and they you.

Choosing Your Energy Circle To Integrate With Other Kingdoms (March 03, 1992)

Some on the plane have developed very strong connections with The Animal Kingdom, with The Mineral Kingdom, many of the kingdoms, and are able to communicate to the greater kingdom through their own connection that is a part of their energy. Each on the earth plane has the potential for communication with any other kingdom that is encased on the earth plane. It simply becomes a matter of development of that ability, increased awareness, increased vibration, so that potentially, each of you has the ability to freely communicate with your own Energy Circle to then expand into the greater kingdom.

There are some, for example, in this gathering now who have developed their abilities to communicate with The Mineral Kingdom, and that first began by development of their own Mineral Kingdom connection, and once that was established, connection with the greater Mineral Kingdom began to occur. Some energies focus on developing communication with one or two of those Energy Circle companions.

Other energies decide that they want to develop the entire Energy Circle. It takes many lifetimes, of course, to do this. And it creates, then, a tremendous growth potential. It is most beautiful and most positive, for when there is the sense of harmony within your own Energy Circle, you then

are able to respond to the needs of other Energy Circles. It creates a very heightened awareness, and it presents to you the opportunity for greater power to heal, to Be of Service ~ for all energy has intelligence, or memory, and those energies that you have made a part of The Circle contribute their own memories from their own experiences, thus, enabling you to have the greater advantage of a far more advanced knowledge than simply your Self, your own soul memories, you see.

All energy has not only their own soul memory and their own energy field, but all these other energies. And just as you as human are able to connect with the others in your Energy Circle and learn from them, so too, are they with you. There are many on the plane who would describe their experiences of connection with particular animals, for example, and if there is that sense of connection with a particular animal, it is most appropriate for you to believe that it is that energy that is a part of your Energy Circle.

Those on the plane who have chosen accelerated growth during this time period on the plane will also understand that the entire Energy Circle has taken on accelerated growth. Some of you may feel, actually feel, the earth as it undergoes its cleansing. Some of you may not. The difference simply is that if there is a feeling of the pain that the earth is going through, it is that your Energy Circle connection to the earth has been developed and is strong, and therefore, you have a direct connection with the greater energy known as the earth and its components.

Not all Energy Circles choose to develop themselves. They may choose to remain hidden from each other for any number of reasons, and it may be indeed for the entire connection with the earth plane that this occurs, where there is virtually no awareness of the other kingdoms that make up The Energy Circle of each. That is one scenario.

Levels Of Awareness Within Energy Circles Encased Within Energy Circles From Other Kingdoms (March 03, 1992)

Other scenarios simply include various levels of awareness of the others included in The Energy Circle to the point of total awareness of the individual energy from the other kingdoms that make up The Energy Circle, not just the general energy kingdom, so that there are many on the plane who know specifically the energy of each in their Energy Circle. They may even have a name, and there is free flowing communication to the degree that it is not even thought about, but is just simply felt. There is not the awareness of a conversation going on, but rather, simply a knowledge, an awareness, that enables you to feel connected to all on the earth plane. Within these two extremes are all of the variations, and each of these variations are each of you at various points in your path, as we have indicated before, and you are all here to help each other in the development of awareness of The Energy Circle.

The Energy Circle Is Unique To The Earth Plane ~ Other Training Grounds Have Other Methods (March 03, 1992)

We present to you this information that goes beyond discussion of electromagnetic fields in terms of you being alone. You have a group, each of you, on the earth plane. This is unique to The Earth Plane Connection. When you are not on the earth plane and you are in other training grounds, this Energy Circle does not exist. This is strictly for the earth plane sojourn, for other training grounds have other methods by which teaching occurs. Remember that the earth plane is considered the most accelerated for learning and one of the most difficult, but presents the greatest opportunities for growth in what you would call the shortest amount of time, as measured in any dimension. Even ten million earth plane years is considered a short amount of time to learn particular lessons.

Each Energy Circle Has The Responsibility To Be Of Service To Other Energy Circles **(March 03, 1992)**

Now. Included in your Energy Circle are, then, very unique qualities, unique to the extent that it pulls in the uniqueness of so many other energies, each representing a different kingdom on the earth plane. And each Energy Circle, as it develops in its strength and in its own awareness, has the responsibility to Be of Service To Other Energy Circles. It is a far more advanced theory that we give to you than is currently on the plane for general understanding, for the theory of Being of Service to Others is generally accepted. What we present to you now is an advanced application of that very simple theory, and that is that you use the combined energy of many different kingdoms to advance The Energy Circle's ability to Be of Service.

If you have, for example, developed your abilities to communicate with The Mineral Kingdom through your own Mineral Kingdom connection, what greater way to Be of Service than to help those who have a lesser understanding of the power that The Mineral Kingdom has toward healing and relieving of anxieties and distress, for you will be able to work with another Energy Circle in explaining the properties of a particular member of The Mineral Kingdom.

The Building Circles Of Strength **(March 03, 1992)**

And thus, your own healing is advanced, and your own Service to The Universe is advanced, for the issue becomes now not service strictly to individuals but Service to The Universe, for Being of Service to The Universe is Being of Service to Self, and thus, The Circle. For when you are of Service to Self, you are greater in your abilities to Be of Service to Others. And as you are able to Be of Service to Others in a greater capacity, you are then able to Be of Service to The Universe in a greater capacity, which then circles around, and The Universe sends it back to you, so that as you strengthen and send that to The Universe, The Universe sends back to you the strength that you have developed, and it becomes a part of you, and the circle continues, and thus, you build on your strength. And as you send it to The Universe, it comes back to you stronger, and you have a base, then, of greater strength, and it builds, and it builds, and it builds. And your motivations become greater in their spiritual context as you grow and strengthen. And The Energy Circle grows and strengthens.

That is what we give to you for basic information in this session now, and we would welcome discussion and questions.

What Is Memory Made Of ~ Where Is It Located In The Body ~ Memory Loss, Breakdown (March 03, 1992)

In my working with the physical body, I find that the body tissues themselves have memory. Is there a particular substance that is the memory carrier, such as water or a chemical? What binds memory to itself? What is the stuff that is memory?

Memory is Self-contained as an energy. It is an encasement within an encasement. It attaches itself. It becomes a part of the Soul memory of the individual, and it becomes a part of the greater memory banks of The Energy Circle. First and foremost, it is energy memory. Now, the way in which memory manifests itself in the encasement is determined by which kingdom it is interacting with. So, for example, with The Human Kingdom, the physical composition of the encasement is different from the physical composition of the encasement of a blade of grass. Energy wise, however, it is not. It is exact, but the physical composition, it is. So, it would, therefore, acclimate itself to the needs of the particular physical composition of a particular encasement.

For the human encasement, it is represented by the composition that you refer to as mucus. Yes. That is correct. The mucus that coats the lifeline of the physical encasement, that which is referred to as the spine has a particular substance that coats it, and we call this mucus. It is in this substance that the energy known as memory attaches itself to the human, understanding that as each of you are, in one instance, energy, and, in another instance, physical manifestations of energy. So too, is memory.

The memory that is required to be utilized from the major data bank of The Energy Circle is called upon as needed for lessons to be learned, and it is, as you might picture it, simply taken out of the computer, the stored knowledge is taken out of the computer and physically imprinted. It is what you would call the printer for the computer. You physically place this, then, into the spinal mucus. This is where the knowledge is contained for that which operates the physical encasement and any issues that may be evolving around it.

In Working With The Spinal Area To Help Entities Understand Certain Ailments Or Afflictions (March 03, 1992)

For those of you who are involved in energy work in healing and in assisting entities to understand why their encasement takes on certain ailments or afflictions, it is critical that you work with the spinal area, and as you who would read this information in the future, would be developing your own abilities to read energy, as you moved your hand up and down the spinal area, you would receive the information. You would sense the information that would then guide you to the proper treatment and counsel of the individual with whom you work. Not all on the earth plane who heal in this manner of energy have this ability. It is an ability that is

developed and can be developed simply through meditation and a conscious working with energy. There is much more that we could give you in this area for information. We will limit that at this point and pick up on it in another time when we would devote specifically to healing.

The mucus that you are talking about, is that what we would call the cerebral spinal fluid?

Yes. It has a thicker property than is generally acknowledged from those in the medical community on the earth plane.

So, the ventricles would be involved in that memory and in the consciousness of a memory.

They would house certain components of the memory, much like you would think of having a storage room with little rooms off to the side to house specific information.

What is the cause when someone has a memory loss?

What causes an apparent memory loss can be attributed basically to a disassociation within The Energy Circle with itself at energy level. And this occurs. Oftentimes, however, it is very temporary. It may be ~ when we say temporary, it could mean several lives. That is temporary in the scheme of the greater sojourn on the plane. It simply means that there has been some type of disassociation at the energy level with each of the components in The Energy Circle, thus, causing a breakdown in the general data bank, or computer that makes up The Energy Circle and all of the individual memories that contribute to that. When that occurs, it creates in the entire Energy Circle a breakdown. It is a very common occurrence for energies to have breakdowns. They may last what you would consider an instant. For example, you may suddenly forget something, and momentarily this occurs, but then it is back instantly. Or, you forget something and you remember it months or years later. There is a reason for that occurring and that is to help in the healing of a particular energy who is a part of The Energy Circle. Once that healing has occurred, the memory returns.

Oftentimes, you have experienced remembering in dreams, in the dream state, or suddenly you will be doing some other activity and something that you had forgotten quite some time ago suddenly returns. It explains, also, the phenomena that you experience where you begin speaking about a topic and you say, "Where did that come from? I did not know that." And we have in the past, and many others who speak through from higher dimensions, have said that the Soul memory will kick in and give you information as you need it, and this is true in its simplistic form.

We present to you the advanced. It is not totally advanced. There are more advanced discussions that we would have, but this is more advanced than you would be accustomed to, that as The Energy Circle, which may have had a breakdown ten lives ago, has now healed itself, and it becomes appropriate for you to have the memory regained. So, it is no different for you to suddenly find yourself knowing something that you did not consciously have gained in this lifetime, than it is for you to have forgotten a particular recipe, and how to achieve ingredients

to that recipe, for the memory to be there in this lifetime, just as the memory from another lifetime would come flooding in, you see.

Trauma Within Your Energy Circles Causing Disassociation And Reassociation In Learning Lessons (March 03, 1992)

The cause for disconnection, or disassociation, is created by particular traumas that impact upon The Energy Circle that can come into any one of the encasements. It is not necessarily coming from your own specific energy. It could come from ~ let us say, that one of your energies is a flower energy. It may be that whatever has occurred within the electromagnetic field of the energy known as the flower that is a part of your Energy Circle, has created a loosening of the flow of energy.

The very fine thread that connects all energies back to The One is, in miniature, in The Energy Circle, and while there is not at all a severing of that cord, there is a loosening of it, a slacking of it, that does not allow for a free flowing of the energy within the circle. But rather, there would be ups and downs that create stoppages when it is in a bottom point that then creates a difficulty for the flow of energy to move up. And sometimes, the cord can be firmed again very easily within The Energy Circle, and other times, it takes time, as you would call it, which could be many, many lifetimes, or could be within a particular experience, and once that cord has firmed itself again, the energy flows.

This is how we would refer to disassociation, for what happens, then, is that if you were to picture a circle, and picture ten different energies imprinted upon this circle, each one connected very closely by this thread, there is free flowing energy occurring, and harmony is in existence. Something occurs, and this becomes very unique to The Energy Circle, that places a burden, let us say, something heavy is placed upon the part of the cord between two of the energy encasements in a circle, and that heaviness brings the cord down. Then there is less of a connection. There is a separating apart of the energy, two energies' components, that has occurred as a result of this heaviness coming between them. Once that is lightened and lifted, then the cord becomes strong again. Most Energy Circles, in their work on the earth plane, find themselves with these little indentations. This is a part of the strengthening, for an indentation occurs, this is, in essence, a lesson to be learned, and when the lesson has been learned, the pressure is off, and the indentation goes back to the straight line of The Energy Circle.

How Do You Bring In Other Various Energy Kingdoms Into Your Energy Circle? (March 03, 1992)

Ah. That is all very, very organized, as you would expect. Nothing less than organization from The Universal Consciousness, for when you, as an energy, make the decision to come onto the earth plane, and remember that not all energies who come out of The One come onto the earth plane, but once you have made that decision, there then is a consultation with your Angelic Protector who calls in other guides and others who are especially trained for counseling in the development of an Energy Circle, and there then is the calling in of other energies who also have

said they want to go onto the earth plane, but they do not want to go on right now, let us say, as a human. They want to come in as any various opportunity presents itself, and that there then becomes a discussion that all parties concerned agree that they will be a part of each other, and they will form an Energy Circle.

And there is also agreement in the fact that all who are a part of each other in a Circle agree that they will take on the encasement of those other kingdoms as part of their sojourn. And that when, for example, you as a human finish your human sojourn on the earth plane, and all the others in your Energy Circle have completed their sojourn in their particular kingdoms, all go off the earth plane and reassemble. There is a return to The One temporarily, momentarily, to reassemble and to gather up the, let us say, the stamina to once again go back onto the plane, and all those who were in The Energy Circle now switch. So, one who was in The Energy Circle as part of The Animal Kingdom may now become part of The Human Kingdom, and you would take its place in The Animal Kingdom, all agreed upon.

We emphasize to you that as you look at others on the earth plane, indeed as you would look at any other energy, be it a blade of grass or a pebble of sand, you must not judge superiority, for you do not know if that blade of grass in its last sojourn on the earth plane was indeed human. It is an ultimate discussion of judgement. And also, to remember that commitment to the earth plane as a learning ground is not limited to only coming in as one member of a kingdom. It means that one must take on all of the roles of the kingdoms that have been gathered in The Energy Circle.

The Energy Circle, while composed of all of the various kingdoms that exist on the earth plane, is not necessarily demanding that you take on all of those kingdoms, but rather, that prior to the first entry onto the earth plane there is agreement made among all in The Circle as to who will do what and how each will affect each other and interact with each other. That has already been planned prior to the first entry onto the plane. There are many who would read our words who once were a blade of grass.

Is There A Set Order Of Progression Into The Various Kingdoms Within Our Circle? (March 03, 1992)

There is no set order of progression, my loved one. This is a false understanding on the earth plane that The Human Kingdom, therefore, is superior to, that there would be a movement from a lower kingdom. It is not thought of as lower or higher. It is thought of as equal, and it is thought of only as however you work it out with your Energy Circle. In one Energy Circle, you may find that there is the human and then the mineral and then the plant, or you may start out in The Plant Kingdom and work your way around to various ~ you may become part of the air energy. You may start out as human and then move into air or fire.

What we have not included in this discussion, and this will come at another time, are particular kingdoms that are a part of the earth plane that you are unaware of. Just as there are some in the other kingdoms that are unaware of The Human Kingdom, so too, are there energies that exist in

dimensions that you as humans are unaware of but are a part of your Energy Circle. And just because you are unaware of them now, does not mean that you are unaware of them, but rather, encased as a human, you are unaware until you begin to expand your own consciousness and become better able to connect with your Energy Circle and the data bank that your Energy Circle has, the tremendous potential that this data bank has. And it is this data bank that connects into The Universal Consciousness.

About The Preplanning Of The Energy Circle, And What Happens If There Is Disagreement (March 03, 1992)

To what extent does the reality that we create here on the earth differ from that which was planned by our Energy Circle?

The Energy Circle plans the reality in conjunction with the Spirit Guides and The Angelic Protectors of each individual energy before the actual sojourn begins. There is the discussion of the various illusions that are in The Portfolio of the earth plane, and there is a scanning of those illusions that is presented as part of the planning process, and there can be, then, what you would call the sketch of the sojourn.

Now. This is subject to change at any moment, for as all of you know, coming onto the plane and getting into the concreteness of the illusion is often so different from viewing it from afar. And as you would view a concept and prepare the concept on paper, shall we say, and sketch out the concept, when you begin to build the model, there are differences, and thus it is in your own planning for your lifetime, and once you come onto the plane and see the illusion from the illusion itself, living within the illusion, rather than outside of the illusion, then there are constant changes, and it is done at spirit level with the entire Energy Circle.

What happens if the entire Energy Circle cannot agree?

That does happen, and it does create this condition that we have called disassociation, for then there is an immediate dropping of the line, the energy line, thread, that goes through each of the energies in The Circle. Within each of those energy points that do not agree, there is the pressure, the dropping down. And in some cases, the entire Energy Circle, as you would view it from spirit, is a series of little balls, and little drops, and little balls, and little drops, and the entire Circle just looks like it is dysfunctional, and indeed it is. And there is much more to that discussion that we will present at a future time that relates to the learning of lessons, and we will relate it also to the concept that we presented quite some time ago of the process of learning lessons and the four stages of learning lessons ([April 17, 1990](#)), and we will connect this at a future time with this new information that you now have, and you will understand it in a more advanced manner than was originally presented, for the original presentation was kindergarten level.

Is Each Person Essentially A Community? Is The Energy Circle And The Soul The Same Thing? (March 03, 1992)

Yes. Yes. You do not need me! ☺

Will You Discuss The Water Kingdom? (March 03, 1992)

Yes, and water is an encasement. Water is ~ in fact, there are several of you in this gathering now who have already gone through The Kingdom of Water and you have the sense of water within you. For once you have experienced the kingdom, the essence of that experience remains with you, and in some cases very strongly. But this is for another discussion, my love, in which we will be addressing a very specific issue, and that will tie in that which we have presented in this session.

Is our horoscope with the water signs then a clue to what our sojourns have been?

We cannot say yes or no to this. This is not one of those yes or no questions. It is a part of that which you choose as your entry combination and is related to another concept which we have not presented yet, and when we present that, it will then naturally flow with a response to your question. We know that there are many questions that are in your minds and we would want you to meditate upon those questions, and we will be giving in other sessions more opportunities for questions. We will balance the amount of time that we spend in presenting a concept with allowing more questioning. The information that we have given in this session was of necessity longer in its time duration from us so as to implant into each of you all the questions, for we have given information that is generally not discussed on the earth plane and is now time to be presented, discussed and disseminated to those who would understand and be ready for the information.

Topic ~ The Earth Plane Connection, Continued (April 07, 1992)

The vibrational configuration in this gathering is most harmonious and very bright and bouncy, and it is appropriate for what we will discuss in this time with you. We have, in our past few Public Sessions, given quite a bit of information that would be considered serious and very difficult to understand for some, and that part of the mission is to help in the achieving of the balance between earth plane and spirit and that in order to bring balance there must be lightness and joy and happiness to offset the seriousness, the sense of responsibility that is inherent in each mission that each entity undertakes on the earth plane.

It is the responsibility of others within The Company to provide certain Lightness, and Farena is the one mainly responsible for the Lightness. To call upon Farena enables you to experience a sense of joy and, at a minimum, a sense of relief from the seriousness of the task or the lesson that you take on. Farena has in the past provided for you all a sense of Lightness when she has entered in to be with you. For this session, Farena will speak to you for some time, and you will

be able also to ask questions of Farena. We shall return when it is appropriate and answer any remaining questions that you might ask. Thus, for this session we devote to lightness and joy and happiness and laughter, the balance. We shall return shortly. For now, enjoy what Farena has prepared for you for this session.

**Farena Comes In With Lightheartedness, Her Poem Harmony, And Techniques To Help Self
(April 07, 1992)**

Farena: Hello-o! Ah-h. Well! I have a poem for all of you, and, ah-h, my love, you can assist me. You were not planning to be here, were you? (Her plans changed at the last minute to enable her to come) Stand, my love. Now, your energy says that you must turn. Yes. You see, the brightness. We have prepared a poem. The title of the poem is HARMONY.

*Harmony means to be happy
Harmony means to be free
Harmony means that we have let go
Harmony means we are love
Harmony means we can hug
Harmony means we can fluff! (Group laughter as Farena fluffs her skirt)
Harmony means we are balanced
Harmony means we can laugh
Harmony means we can fluffy our aura!
Harmony means we can play
Harmony means we can swish
Because we have learned our lessons
We have passed the test, and we can dance
Harmony means that we touch another with our love
Harmony means we take the sense of Self from the Heart Center
And we send it out
Harmony means tip-toe, tip-toe and say hello
Harmony is freedom!
Harmony is balance*

*Harmony is development of our wings ~ they become bigger and bigger and send out love
Harmony is achievable by all. You simply have to let go. That is how we learn lessons, we let go
The end*

Thanks, Farena. That was beautiful. Pretty outfit.

Farena: Thank you. Do you like my new dress? (Spoken as she flips her new skirt) I am learning. I am very much a student, but we must always be Light. Regardless of the seriousness of what we take on, we must be Light, and we must give ourselves joy and comfort. It comes from Self to say I AM BEAUTIFUL. It is not bad to say that about Self. It is appropriate. It is correct. It is the right thing to do.

Farena Gives The Group A Technique For Making A Basket Of Beauty (April 07, 1992)

(Farena instructs the group to repeat phrases, along with her. All are repeated as given.)

- *Everyone say I AM BEAUTIFUL.*
- *Again.*
- *Say the word BEAUTIFUL.*
- *All male energies ~ let me change that. ☺ All those in male encasements say BEAUTIFUL.*
- *That was not so hard now, was it? ☺ Let us say I AM BEAUTIFUL.*
- *Ah, I am not convinced. ☺ Say it again.*
- *Ah, now, all the female encasements.*
- *Now, all together, again.*
- *Now, take your hands and crisscross so that the palms touch the shoulders and the middle intersection is at the Heart Center, and say I LOVE ME.*
- *Now, go to the person on your right. The person on your right. It is not so hard! ☺ The person on your right. Look at that person, ☺ that beautiful person, and say to that person, I SEE YOUR BEAUTY.*
- *Now, to the person on your left. Look at the person on your left and now say I SEE YOUR BEAUTY.*
- *This energy that is here now moves so that you form the circle temporarily. Move over so that you all see each other. I form in the middle.*
- *I have formed an Energy Basket. It is the composite of the basket of energy from each in The Company. We even let Waith participate. ☺ We would like each of you to send into the basket from your very inner Self a small portion of the beauty of Self. We would begin with (Name given) and proceed around the circle, each in your own turn sending a small part of the Self beauty. Begin, my love. And as I move around, send your part of your love.*
- *Now, we have a Basket of Beauty. Now, we give back to you, to each of you, a Basket of Beauty in miniature form. Each of you now will have your own Basket of Beauty that is filled with the beauty of all in the room, to take with you, to call upon when you hug yourself.*

This technique can be used even when I am not here. You may take this technique and go into your private lives with others you know and form a circle and envision a basket in the middle, and as we have done now, you take the beauty of Self and place it into the basket. When it is

complete, the basket will automatically disperse itself to those in the Energy Circle. And you can do this over and over again, and it will give you Lightness ~ it will give you joy, for you will feel the beauty. And if you call upon Farena while you do this, I will give to you an aroma. You will smell Farena. Now. I am allowed to stay for a while longer to answer any questions.

How are things in spirit these days?

Farena: How are things in spirit these days? How are things on the earth plane? ☺

Very earthy.

Farena: It is very spirty then. ☺

Do you like that skirt?

Farena: Yes. I was supposed to be the one to find it, but we did have to call on Waith. We are learning. ☺

You have expensive taste.

Farena: So, does Waith, but we have learned how to get the bargains.

Farena Gives A Technique To Help Relieve Burdens By Fluffing Your Aura (April 07, 1992)

Farena, it is very hard to maintain lightness and a joyful feeling on the earth plane.

Farena: I remember.

Is there a way when someone is faced with something that is getting them very upset?

Farena: Go like this! (Farena fluffs the aura around her head, hands moving rapidly back and forth) Ah, but what this does, you see, this is what you call the Crown Energy Center, and this is where the burden is placed, but this is where fluffiness needs to be, and you can do this yourself. You fluff your own burden.

In the middle of the office?

Farena: Mushiba does this all the time, and now when she does this no one notices because it is expected. This is fine, and it lightens others who may be in an environment of difficulty. When you go to these very serious meetings where everyone is so concerned about the seriousness of

the situation! (Group laughter as Farena speaks in an exaggerated low voice) Just for a brief moment and then stop and look around. ☺ It works. You must not take yourselves seriously. What you do is serious, your mission, your sense of responsibility, but, oh, my loved ones, does that not become the issue after a while? The responsibility of having responsibility, and you Lighten yourself by doing this.

If you are not quite ready to do this with others, simply relax in a chair and go like this. As you bring your arms into the resting position that is a common position and is acceptable, you would first bring your arms to the shoulders and simply go like this, ☺ pet yourself ever so inconspicuously. It can be done. You must practice.

Oh, there is so much seriousness. It is an illusion change that is upon the earth plane, and there is so much seriousness! What will we do without the bank! ☺ It is not for you to worry about. The Universe takes its own way. Indeed, do not believe the illusion, and at the same time, you must believe the illusion. You take it at its earth plane component of reality and you balance it with your own sense of understanding that it is not really there. And you find your own ways of being Light. Lightness comes from within. You call upon the Light externally to help you to work the Light within. Ultimately, upon return to The One, there is total ability for Light within. It is a progression.

Some of you would find it very easy to do this and to fluff your own aura. Others would find it more difficult. Seek out those who are able to be Light, regardless of what occurs. Call upon your Spirit Guides. Your Angelic Protector is there to help you with Light. You simply say, "Hey, Angel! How about Lightening me up?" ☺ It is as simple as that. It is your Angelic Protector. It is the responsibility of your Angelic Protector to immediately come running into your vibration and Lighten you up, but you must ask, and you must be willing to receive from The Angelic Protector. If you block The Angelic Protector's attempt to help you Lighten, then you will not. Next?

You mentioned something earlier about the burden of responsibility placed on us at the Crown Center. Could you be more specific?

Farena: It is at this Center that the Higher Consciousness moves in through all of the energy fields. It is the Higher Consciousness that takes on the Soul memories, and it is from the Soul memories that responsibility for the issues is stored. And thus, as you, on the conscious level of earth plane, determine that you want more responsibility for your issue, you call through the Crown, and then the Higher Self says, "Alert. Alert. Alert. Calling all soul memories! Calling all soul memories!" Goes into the Soul memory. Unlocks the little door. "Yoo-hoo!" Brings out the Soul memory. Shuts that little door. We do not want more than we need coming out, you know. Comes into the higher levels of Self, and then, whish, it comes down, but when it comes down into the conscious, it comes through that murky stuff that surrounds the earth plane vibration, and just like all of you, you get stuck.

Soothe it as you feel the burden. Understand that there is a transfusion of soul memory coming through, and that at that point of this sense of heaviness, it is the most appropriate and most important time to soothe. There are many who simply visualize the soothing. Others need to do

this as I have demonstrated, so that they feel they are concretely participating in that which is occurring.

(There is a pause) *Do you like my toes?* (Group laughter as Farena lifts her feet and wiggles her toes) *Oh, you are all so serious! And you are all saying ~ well, not all, but some would say, "Who is this spook?!"* ☺ *"We are here to learn serious stuff! Let me hear serious information. None of this fluffy."*

Farena Discusses The Importance Of Finding The Balance Between Fluffiness And Seriousness (April 07, 1992)

Isn't fluffy just as serious as nonfluffy? It is just as important. As opposed to fluffy seriousness.

Farena: That is a topic for a new poem. ☺ Serious Fluffiness. We will have to think on that, my love. Serious Fluffiness. It is very serious to be fluffy, but you can be too serious in your fluffiness.

And you say, "I have to lighten up. I have to lighten up."

Farena: "I have to be fluffy. I have to be Light. This is serious!" ☺

I am serious. I must relax!

Farena: Do not laugh. This is serious! We have to be fluffy. We have ~ you will be happy. You will be Light. You will be joyful. You will be swishy! (Farena swishes her skirt)

- ⊗ **Farena, I know that you have finished recently with the earth plane, like maybe twenty or thirty years ago, and when you were here, were you like you are now?**
- ⊗ **Were you fluffy, and Light, or were you serious?**
- ⊗ **Did you have a different perspective? Did you get a different perspective when you got in spirit, and stayed there?** (Farena takes her white chiffon skirt and holds it over her face like a veil. (The group laughs)
- ⊗ **That was the harem life!**

Farena: I achieved a balance. Sometimes, though, I was a bit too serious, and sometimes I was a bit too fluffy! It is hard to believe. In another life.

She was a Salome.

Farena: In another life.

Discussion Of The Energy Circle And Components Of Lightness Within Each Energy Grouping (April 07, 1992)

You were saying that it can be helpful to some of us to be around Light people who are able to appreciate sparkly things. It seems like there are certain animal encasements, like otters and butterflies and dolphins that just seem very playful by nature. **Who seem like good companions for us.**

Farena: Yes, in the Energy Circle that Waith described, there exists components of Lightness within each energy grouping. There is a very playful crystal and a very serious crystal. This is a very serious plant. This is a very playful plant. (Farena points to plants in the meeting area) Serious. Playful. Surround yourselves with the balance. In all energy forms, there exists seriousness and playful.

Some energy finds itself at its mission in its current encasement to be strictly serious. Others find to be strictly playful. They seek out each other to bring harmony, to bring completeness. It is very difficult to expect that each of you would have that total harmony of serious and playful within Self. That is part of the mission of all who come onto the plane. Some of you have achieved that balance to a greater degree than others, but each would be sometimes too serious and sometimes too playful, and that is fine. That is fine, but make certain that you surround yourself more with what you are lacking. If you need more fun in your life and more playfulness, seek out those who can show you how to achieve that. If you are frivolous and considered too playful and not serious enough, seek out those who would give you a sense of seriousness, balance, harmony.

Discussion Of Food ~ Meant To Bring Out The Lighthearted ~ Food Brings Entities Together (April 07, 1992)

Thank you with your assistance in helping me learn the playfulness of combining the energy groupings from The Food Kingdom.

Farena: Oh, we have only just begun.

I kind of gathered that ~ and keeping me Lighthearted in this.

Farena: Yes. Oh. Food is meant to bring out the Lighthearted. Food is meant to help in the harmony development. Food brings entities together. Bless the food. Honor the food. Respect the food, from whatever source it comes.

Waith is reminding me to remind you of what has been said before that you do not have to, in order to be spiritual, not eat meat, not consume nicotine, caffeine, but rather, it is a degree of learning to let go. Harmony. But that while you are engaged in this development, if you smoke, if you eat meat, if you consume other additives, that you give respect to it. You honor it, and you bless it, and there will be harmony development.

What Do You Mean When You Say Let Go? (April 07, 1992)

Farena: LET GO is the most difficult phrase to implement. It means that the issue is no longer there if you do not think about it. It simply does not exist.

In other words, just trust.

Farena: Trust comes as you let go. Once you have begun to let go successfully, trust builds until you reach the awareness that you have total trust in being able to let go, and then letting go becomes easier, and fun, because you are free. The less you have holding you, defining you outside of yourselves, the freer you are. For nothing can control you outside of yourselves, but that is the ultimate understanding.

A Question About The Fluctuation Of Seriousness And Lightheartedness On The Planet (April 07, 1992)

Farena, does the level of seriousness and Lightheartedness fluctuate from time to time on the planet, overall? Or is it always the same?

Farena: Oh, no. The planet Earth now is very serious, is very serious because it is so ill, and it begins to feel Light in certain areas because it is being cleaned. It is fluffy again. It will soon feel more and more fluffy, and there will be more Lightheartedness. The illusion on the plane now, oh, it is so serious. And when fluffiness is attempted, there is this attitude, again, "Who do you think you are? Let us take this problem seriously!"

I can fly, you know! (Group laughter as Farena flips her skirt like wings)

Are Our Spiritual Guides Having More Problems Trying To Help People Than They Have Before? (April 07, 1992)

Farena: No more than normal. Except for those who might be deciding now whether to accelerate their learning on the earth plane, and it means that the guides who were formerly assigned to them, they have to be reassigned. That would be the only difficulty, for you all have the guides assigned to you that can guide you in the path that you have taken, you see, so it is not that it is more difficult for them. It is that the guide you have has been trained specifically for whatever issues you might have taken on at this time on the plane, the illusion change.

But there were times on Earth when there was much Lighter than there is now.

Farena: Oh, yes. And you will see it returning soon. It begins, the Light begins to come through. And as the illusion begins to evolve out of the old and into the new, you will see more and more Light. You will see it in the eyes of others you meet. You will see it in the behavior of those you meet. You will hear it in the voices of those you meet.

This would make a nice tent! (Playing again with her skirt)

Does Our Seriousness Have To Do With Our Feelings Of Urgency About Our Soul's Mission? **(April 07, 1992)**

Farena: Oh, yes, my love. Yes. That is why we have this emphasis on Lightness, the exaggeration of it. Peek-a-boo! (Group laughter as Farena peeks around her skirt) In order to balance there must be exaggeration at one end and at the other end a little equilibrium, a little equilibrium.

And yes, when many of you come onto the plane, the sense of urgency to get the job done ~ in this lifetime! Because that is all that it is, the sense of impatience you develop. As you Lighten, your level of patience increases. It is easier to see that all exists simultaneously, and that if it does not get done in this time on the plane, oh, back again, back again.

This is a time of seriousness on the plane. Many have entered in to learn seriousness. And thus, you will feel this sense of burden, for you have taken that on as your balance, for you were balancing in another life by being very gay and not serious, and now you are very serious. "Oh, I must get this done, by twelve noon tomorrow, or else I will be a failure. Oh-h-h. And why ~ why doesn't Waith give us more information now! Now! We want to get on with his mission!"

He will get on with his mission, believe me, in all good time. You all be concerned with your mission. And you must develop your own level of patience with your own mission. When you begin to feel impatient, it shows that you have lost sight of the beauty of Self. Stop, and say, I AM BEAUTIFUL. Pull yourself back into Self, into that which is the core of who you are. Only you will believe that you are beautiful as a result of trust within. Do not worry that you might be too serious. Heed our words earlier. Seek out those who are not, or who have balanced in very positive ways, who can be a child and playful and immediately also be serious about the mission of Self.

Much easier to discuss, you know, theoretically, philosophically, spiritually. Understand, my dearest loves, that the spiritual path has a bad rap on the earth plane. There is, somewhere, this development of a definition of what you should act like if you are in a spiritual mode. You must all be a certain way. That goes against Universal Laws. You must be who you are.

This is why the Community of Terra Lux has formed, for you are who you are. You do not have to be a certain way in order to be accepted into Terra Lux. It is the balance of earth plane and spiritual. It is the balance between playful and serious. You can be who you are, and you will find in the community what you need to help you balance. You do not have to be vegetarian in order to be spiritual, and anyone who would say to you that you must behave in a certain way or else you are not spiritual, "You did not say ~ that was not a spiritual thing that you just said!"



In the spirit world, do you talk spiritual or do you talk as you are talking with us now?

Farena: We do not talk. ☺ Not the way you know it here on the earth plane. We do not talk. This is only an illusion that comes through. We use Mushiba's vocal cords. It is not an easy thing for us to do this, for spirit simply is, and there is a communication in ways that are not understandable by most on the earth plane. We communicate. Talk is not communication. That is not for my discussion. That is for one of Waith's serious discussions he will have very soon!

When Was The Last Time That Earth Was Very Light? Was It Recently Or A Long Time Ago?
(April 07, 1992)

Farena: At the beginning of this illusion, and slowly, as with every illusion, it begins to lose its Lightness. Each illusion has a different time that it takes to reach the end, and proportionately, then the illusion increases in its heaviness as it becomes time to cleanse. Okay, off with the old, on with the new!

Farena Talks About Her Responsibilities With The Group On Color And Harmony With Music
(April 07, 1992)

You should all have something in your wardrobe that makes you laugh! ☺ That is wonderful. (Throughout the session, Farena has been playing with, and fluffing, her skirt.) For, you see, what you surround yourself with contributes to the level of Lightness, and part of my responsibilities that will begin now to unfold is to help you select the right colors to surround yourself. The formula has already been given by Waith. It will be developed soon, and in harmony with music. And Barjan and I will do much music that will provide a Lightness. And you surround yourself with color and sound appropriate to your vibration, and this is the important thing. You each have a different appropriateness for color and sound that surrounds your vibration and helps you through the serious times. Stay tuned, for we will be giving more on this. I was a queen in one life! (Group laughter as Farena swishes her skirt)

Waith has indicated that it is time for me to return back into the fold.

Thank you very much, Farena. It was nice. Delightful having you here.

Farena: Thank you. The others will be coming soon and will also talk. Remember the Light. Remember the joy. Remember the harmony and remember the basket. I love you all.

We love you, too, Farena.

Waith: Well! That was quite an interesting discussion that you all had with Farena, now, wasn't it? We allowed her to have Mushiba attired in what you see on the encasement to give the

proper effect of Lightness. It is so very important that the Lightness be maintained, and we are prepared now to perhaps take any further questions before departing.

You are all so serious! (A long silence) It is for the very specific reason that we had Farena come in at this time in our discussions of The Earth Plane Connection, for the sense of burden is tremendous with many; many who are gathered here in this session and many who will read this transcript, the sense of burden is overwhelming. And indeed, to hear Farena, for some, would say that this is certainly not appropriate for a spiritual path that she is not to be taken seriously.

Farena said many, many facts tonight that helped clear up, in my mind. She said a lot, beautifully.

Indeed. Even though she is not still capable of shopping properly. ☺

You know where the sale rack is.

Well, you know, this has taken us quite a bit of time in interchange here, spirit and earth plane to ~ and with Mushiba badgering as she does with me sometimes, we simply learn now how to manifest certain things.

Sale tags? ☺

You know, it is for our own protection, for if it is not there, then we must answer to higher sources. ☺

That sounds like a neat trick for us to learn. Will we have a course in that?

It is a trick that all can learn, manifesting, you know. Manifesting is really quite simple once you have got the knack of it. Of course, once you have achieved ~ it will be a topic soon for us in Public Session, a discussion of manifestation.

A Discussion Of The Emotion Of Feeling Unworthy (April 07, 1992)

Can we do worthiness for our homework?

The sense of not being worthy weighs heavily upon many on the plane currently. Even those who are of advanced awarenesses who have come in specifically to aid in the Earth changes feel a sense of unworthiness. It is all part of lessons to be learned. There are many who are on the plane now who are back to have a refresher course in what it is like to be on the plane and to indeed have a resurgence of the Soul memory of certain emotions on the plane that will, therefore, enable them to help others who truly have that issue.

Those who are back on the plane who have finished their work on the plane are placed specifically in situations where the issues, for example, of judgement ~ which remains, you know, once you are off the plane ~ the issues of judgement come back and you begin judging again so that you will understand why others judge at a certain level. The sense of not feeling worthy is also such an issue, and that to remember what it is like to feel unworthy. It is the emotion of fear. It is the emotion of self degradation, many, many emotions that are felt. Some would indeed come back onto the plane and have the appearance of an addiction so that there is a reminder of those who struggle with the addiction, even though that particular energy has no longer the issue of the addiction.

Those who take on that type of path are those who are committed to learning to either be a Guide or an Angelic Protector. And in order to be those, there must be sensitivity to ~ an understanding of ~ the issues, and it is quite easy to forget once you leave the earth plane what it is like to be on the earth plane. And thus, we find so much burden at this time of the illusion, and you will find more and more coming from us that will help you to balance the seriousness and playfulness and Light. Ah, yes.

The Feeling Of Urgency To Be Getting Things Done, And Not Knowing What To Do (April 07, 1992)

Is that why some of us feel an urgency to be getting on and doing something, and yet not really knowing what we are doing?

Well, most appropriate, my son. Yes. There is the sense of knowing that you are here to do certain things, and yet you do not know what it is. It simply means that it is not time for you to know what it is, and that the issue of patience within Self needs to be developed, and trust, knowing that you will be presented with what it is you need to do when it is time. For The Universe sees the larger picture. On the earth plane you see only a portion of that, and thus, the emphasis we continually give to meditation, finding your own answers. You will see the larger issues through your meditation that you would not see in the conscious state, which is what you are, most of you now, in, currently.

If Time Is Not Real, What Difference Does It Make Whether It Is Time Or Not? (April 07, 1992)

On the earth plane, however, time is real, and thus, it must be dealt with. It is too easy to say, "Oh, what is time?" That is a most philosophical question, metaphysical as you would call it on the plane. You are on the plane. You are in an illusion, and part of the illusion is time. You therefore must adhere to it, even though in other dimensions, time takes on a different perspective and indeed does not exist. If you were to go into the nothingness of which The Universal Consciousness is not there, there simply is nothing. Nothing. There is no time. The Universal Consciousness is an illusion. Therefore, once an illusion is presented, concreteness takes form in certain ways. And on the earth plane, time is one of those concrete issues.

It has taken us quite, quite an adjustment to work into the flow of time on the earth plane, in the illusion, for we see the flow in a different way. It is why it is difficult to pinpoint us, "Well, what exact date will The Shift occur?" Anyone who would give you exact dates on Universal matters, things of The Universe, things of spirit, be careful of them. Giving exact dates from spirit is most difficult and wrought with error. We can give approximations.

And for us, when we say, it is soon to occur, soon must be carefully interpreted, as many of you have learned. Soon could be several years, as you measure on the plane. But from our perspective, as we see the flow of energy, soon is immediate. When we say, oh, it will be quite some time, as you measure on the plane, it could be meaning into The New Illusion. It could be ten, twenty, thirty, one hundred, one thousand years, as measured on the plane. However, we have been able to bring that into a perspective.

- ⊗ **It is broken.** (Referring to the tape recorder)
- ⊗ **You have to talk all over again.**
- ⊗ **But the other one's going.**
- ⊗ **Is the pause button on?**
- ⊗ **No, it was not. It says run. It is not.**

We will discuss the issue of why that occurred. Mushiba will discuss that with you. Let it go. We depart now. You see how easy that was. When there is a blockage, let it go until The Universe provides a smoothing out. It is not meant for something to occur, even though you would say, "I want it to occur!"

So, we need to have compassion for our finite perspective.

Yes, indeed, you do. You must love Self.

Earth Plane Connection, Continued ~ Altered State, Known As The Dream State (May 05, 1992)

We, in this session with you, give you the topic in the continuing saga of The Earth Plane Connection of what can best be understood with earth plane knowledge as energy layers. We have discussed energy groupings, and we have discussed interdimensional travel. Now we give to you a topic that will surely bring about discussion.

When you go into the dream state ~ and it is referred to as a dream on the earth plane ~ but rather, as we have indicated before, it is an altered state ~ and when you go into this dream state, you have oftentimes what you call dreams. And we know that there is much on the plane relating to dream analysis, and that if you dream a particular scenario that it is a symbol for something far deeper. And yet most on the plane have considerable difficulty in dream analysis, for what appears to be the analysis by ~ in some book that some other individual has

predetermined to be the answer relating to the masses, presents difficulties for many, for it does not feel right when they read that, for example, if there is this transportation mode, automobile, in your dream, that, oh, heavens, it represents the body.

What does that mean, "It represents the body?" We understand that for many on the plane, there is the need for the beginnings of acceptance that dreams indeed mean something beyond what you deal with in the current consciousness, and that it is ~ (The telephone rings) My, that has a strong vibration! A most inadequate way of communicating, by the way, on the earth plane. However, that will be subject for another session. It is so critical, as we have said before, that each entity on the plane seeks their level of knowledge and that, for many, many, many, it is important to begin to realize that the dream state is, first of all, another dimension, another vibration, and that it provides information to each of you.

**Waith Gives An Advanced Awareness Of What Is Referred To As Energy Layers ~ You Have Access To Those Layers Of Past, Present And Future Relating To Your Own Soul Memories
(May 05, 1992)**

However, what we will now give you is an advanced awareness of what we refer to as energy layers. The layers surrounding the earth plane exist simultaneously ~ past, present and future. And, you, as an entity, have access to those layers of past, present and future that relate to your own soul memories. When you have a dream, there is nothing fictitious about it. It is indeed a replaying of something from the past or a foretelling of something to come that relates to your energy field ~ that relates to your path. When you have a dream, you may be recalling a very specific past life, or you may be connected to a past life of a lifeline of yours, or you may be connecting into something about to happen.

Now. One of the ways in which entities incarnated on the plane are able to work through the issues is to go back and forth within these layers, so that, oftentimes, when you are back in time, you may be, in fact, physically back there in that layer reworking that particular lifetime, which accounts very often for ~ when you return to the conscious state you feel tired, for you have been a busy bee. You have gone back into another time.

There is also the possibility of simply observing. You go back to a particular scenario that your soul has released for you to review, and you remain detached, and you view that which has occurred. The same applies to the future, so that you are, each of you, able to begin working on a particular scenario before the conscious state is ready to work on it, so that you have laid the groundwork, shall we say.

**It Takes A Certain Meditative Ability ~ You Can Control Your Dreams
(May 05, 1992)**

Now. All have this capability. However, not all utilize it, for there is this sense that, having a dream, you are not in the dream. It is, rather, someone else; but it is you. You are one of the

figures that play out in this dream, and it gives you the opportunity to see what you looked like in another time, or what you will look like in the future, and that you can control, absolutely control, your dreams. It takes a certain meditative ability before going into the sleep state to say that you would want to return, or go forward, to a particular scenario, or simply to say, "I would want to return to that which is appropriate."

Now, understand that this is what you call regression, and that it is appropriate for those of you who claim to not remember dreams or to have difficulty in remembering a dream, that you work with one on the earth plane who is able to help you through this process of regression. And there are many techniques popular on the plane for that, that would help you to gain a sense of understanding and confidence.

Before Going Into The Dream State, You Should Surround Yourself With Protective White Light (May 05, 1992)

When you go into the dream state, it is critical that you surround yourself with protective White Light. This protection helps you to pull out of that dream state in a way that gives you advancement to your path. The use so commonly on the plane of saying prayers before going to bed comes from the time many, many, many, many, many thousands of years ago on the plane, of protection. It has evolved over time as saying prayers. However, it was a ritual that was utilized at the beginning of this illusion currently on the plane and has been utilized in all of the illusions, that there is a ritual of protection before going into the sleep state, and that if that ritual is not observed in some way, whether formally or informally, consciously or unconsciously, then there can be a difficulty in working through the layers of energy.

The layers are really not layers. This is the only way in which we can describe it so that it would be understandable or to have a frame of reference. There is total webbing, integration, and when one of you would ask us, for example, to discuss a past life or to give you information about your path and your soul, we go into this webbing that surrounds your own energy group, you see. And to understand fully, you must understand, of course, that which we discussed for energy groupings, and the energy grouping has this energy webbing or energy layer around it.

It is yours, unique to each of you, and if you would go to any on the plane who has the ability of working with energy, often referred to as psychics, they have certain levels of ability to go into the web. The higher the advancement, the greater the ability to go into the web, into the layers. But even at very high levels, for us, it is difficult at times to get through, for there is so much crossing around, you see. But you ~ you will see a web.

Connecting With Your Higher Self And The Ability To Read Your Own Energy Layers (May 05, 1992)

However, each of you has the potential, and indeed many of you work now in this incarnation to develop that potential and increase your own abilities to read your own energy layers. It is all

there for you, and it is the ability to connect with the Higher Self through meditation, and to then have the Higher Self request from the Soul that which will be important for you to learn and to connect with in the web, the layers.

Your Dreams Are Specific To Your Path And Only You Can Interpret Them **(May 05, 1992)**

There is no need when you reach a certain level of awareness to have to refer to symbolism that is much too abstract, but necessary for many, many entities in interpretation of dreams. Rather, as you advance in your own awarenesses, this is not a generic dream that you are having, my loved ones. This is very specific, very, very specific to your own path, and only you, ultimately, can interpret that. If you are in one of your layers and you are riding a horse and the horse falls down, that relates specifically to issues you were dealing with in that particular scenario and not some mass-produced interpretation of what it means to be riding a horse and then fall down.

For some, this is the beginnings of tuning in to their dreams and recognizing that there is something beyond the concrete illusion. But as you develop, many of you who are reading ~ will read this information ~ may not be at the point yet of self-interpretation. But many, many on the plane now are developing that, or at least the beginnings of it, and it is appropriate that you would seek out spiritual advisors who, upon discussion from you as to what you dreamed, could indeed tune in, you see, to that layer and help you to understand what it means.

Many times, you know, you simply would return to a lifetime that was most enjoyable, and you would want to observe it again, or even relive it again, and that you indeed do this, and that when you are in that layer working through a scenario, you are awake in that layer. And when you return to another layer, whether it is this one or another, you are asleep in the other layer in which you were awake. Consciousness relates to that layer in which you currently are working, so you are asleep in other layers now as you are awake in this layer.

Now, what about interdimensional travel? And how does that all relate to what we have just given? We have connected the energy grouping, and we have connected it with the layer, or the web, and now, where does this topic of interdimensional travel fit in?

As we indicated in discussing the topic previously, many entities are capable of moving from dimension to dimension and still maintaining a consciousness in the current illusion. This simply means that whatever dimension, which is also a layer, that you find yourself in, awake, you have the capability of diffusing your own energies and applying a certain percentage of your energy to move into another layer, or another dimension, and be simultaneously working ~ so that while you are awake, you may be asleep. And when you are asleep, you may be awake. And that if you find yourself suddenly quite fatigued during the course of the day in your current illusion, chances are quite high that you have been traveling, that you have sent out a part of your energy, a percentage of your energy.

This is a capability that comes from training and experience, that each of you has the power to accomplish, just as going into other layers during the dream state is a power that comes from training and experience, and oftentimes, you go into the dream state and you do not move from the current illusion. You simply ~ your energy hovers within the vibration of this layer in which you find yourself. For some, this is a lifetime. They have not come into this incarnation to do interdimensional travel or to do dream state work, but rather, to do other work in their path.

This topic we have discussed is not something that all entities on the plane do. Some are not advanced to that point where their training and experience has given them that capability. Others may choose not to do it. Others may not want to do it for many reasons, which, of course, you would not judge. And then there are others who do this continually, or some who do it periodically as the need presents itself. And there are many now on the plane who are beginning to be aware of this capability and are working to increase their own abilities.

So, as we have said so often, you must not judge another, ever, but especially you must not judge by appearance. You know not where an entity is on their path. And, again, we would say it is none of your business. And only if you are asked for assistance from one who would seek guidance, or you would seek another for guidance who has the ability to help you understand your layers, your web, only if those situations occur, do you get involved. As you look at entities around you now, see around each entity layers and layers of energy, and provide to any who would need it, your service to them, without imposition, and also not to hesitate to speak with those who have a spiritual mission of service, to seek their guidance, for the student must go to the teacher to learn so that eventually the student can teach.

This will conclude our presentation of the material, for now, at least, on this topic, and we would take questions or comments.

You spoke about the various levels. Are these synonymous with various bodies spoken of by others, like the etheric, astral, Buddhic?

Those, and understand we do not use the word LEVEL in this situation, we use the word LAYER, which is different, but understand that words or definitions will vary from awareness level to awareness level, and that words such as you have just given, my love, relate somewhat to that which we have discussed. They are simplistic, however, but necessary in order to bring the concept of layers that surround what appears to be this concrete encasement that you inhabit, to understand that there is much more to the energy than that which is seen and that there are many, many, many, many layers. It is not to be disregarded, this ~ these definitions, these words that you have given, for they are accurate and appropriate for those who would have the awareness that this is where you are connecting with your knowledge. Information we have given is actually much more simple, but it involves a far more complex concept.

**The Soul, In Conjunction With The Higher Self, Can Indicate The Body Needs Rest, Staying In The Encasement, Or Interdimensional Travel
(May 05, 1992)**

I frequently crash physically in the midafternoon. I always thought that it was a hypoglycemic sugar crash. Does that mean that I might be out? Another part of my consciousness would be off doing something else.

Understand that interdimensional travel often is affected by the way in which you take care of your physical encasement, relate to your physical encasement, and that the Soul gives direction to the Higher Self which then, oftentimes, without an understanding at conscious level that it is occurring, gives certain signals to the conscious energy to do or not to do certain physical, or encasement-related situations that would enable, then, by, let us say, in your situation, and for many who also need to maintain a certain electromagnetic level, that you consciously will not consume that which would prevent the fatigue ~ or you consume more than you need to that would create fatigue, so that you would be forced to go into the sleep state to take what you call a little nap. But that, in essence, this means that the Soul in conjunction with the Higher Self has indicated it to be appropriate for some type of either rest, staying within the vibration, or travel, that would be then appropriate to that which you are working on in your current illusion.

Now. Important to remember is that you, the entity, have complete control. It is your Higher Self working with the Soul. You at conscious level think you have control. You do not. You do not, nor would you want to, for then you would be most boring, for you would relate so strictly to the earth plane that you would not be moving along your path. For being on the earth plane is in itself a layer, and being in a layer allows you only to see that which is in that layer. Your Higher Self is able to see beyond the layers and therefore give you guidance from an overview, as opposed to that which you see only around you very closely. This is true in any of the layers in which you would find yourself, and it is the connection with the Higher Self that allows, then, the higher knowledge, the higher attainment of your own mission.

Exactly, Just What Are Layers?

(May 05, 1992)

Regarding this layer issue. I understand that we are all surrounded by electromagnetic fields, which makes logical sense to me, but now, you are adding another dimension, the layer, and several layers, and they are webbing against each other, which now even identically the layers around the earth. So, I have problems to understand this.

The layers of the planet Earth are the layers of the planet Earth. The layers of your energy are the layers of your energy. Each entity has their own layers. What is it you do not understand?

My question is, what is it? You can say there are layers, but my question ~

It is energy. This is what we gave as our topic, energy layers, and it is your own energy, it is your own electromagnetic field that is this layer effect, just as the planet Earth has its own electromagnetic field, and its layers or webbing are comprised only of its electromagnetic field that controls it. Now. We have yet, and this will not be for this session, to discuss the interconnection of layers. That is for another time.

Can we think of these layers as being different frequencies of energy?

They are not really different frequencies. They are all the same vibration of your energy. They have different percentages. Your energy has a total percentage. For simplicity, we would say you have an energy that is one hundred percent, for you at least to understand, and that you as an entity determine where you will place the percentages of your own energy. So, for example, you may say that in this current illusion, this layer in which you find yourself, you will provide ten percent of your energy, and in another layer, you will provide one half of one percent, so that you decide, based on all of the layers with which you find yourself working, where each layer will get their proportion of your total energy.

Now, we have discussed layers of energy as they relate to your energy, your each individual energy, for the earth plane sojourn. There are infinite layers of your own energy that stay out of the earth plane energy field. That, too, will come at a future discussion time. It will be enough to absorb that which we have given now, but rest assured that it is part of our discussion of The Earth Plane Connection, and it will continue and be further discussed before this year, as you measure it, on the plane is complete. There is much more to this, my scientist.

Can each stage in your soul development create a certain layer around you, so when your soul progresses in a particular lifetime, that you then create this layer around you, which will stay with you when you reincarnate in another lifetime? Does that make sense?

In its simplicity, yes. We will leave it at that, for if you are able at this time, now, to understand what we have said in the perspective as you have just given, then we would keep it at that for now until we give you additional information.

Astral Projection (May 05, 1992)

I would like to know the differences and variations between the deeper stages of sleep and astral projection and achieving astral projection. I have obtained that state and I find it most inquisitive, and I would like to learn more and possibly be able to obtain it on a regular basis for healing, not only of myself but of others.

That which you define as astral projection is what we were describing as observing, rather than participating in, a layer. When you are able to move out of the encasement and remain within the current illusion and to travel, this is a technique that you must use very carefully. This is not, as we refer to these Ouija boards, this is not a parlor game. This is something most powerful.

And we have essentially addressed the issue, that you have the capability of observing, and that when you move into any layer, you are capable of observing, so that just as you would perhaps use this layer to observe those others who interact with you in this lifetime ~ go visit friends and lovers ~ you also are able to do this in other layers ~ so that when you are in the dream state,

and you move around and you are observing and you are not actually in, you are awake in that, but yet you are asleep, you see, because you are projecting, and you move about and you observe not only Self, but all those who might interact with you. Thus, you find great enjoyment if you use this properly and not abuse it. Yes. This is appropriate for you to have as knowledge now.

Can The Dream State Just Be An Overactive Imagination? (May 05, 1992)

There is no such thing as imagination. We have discussed this issue of imagination. It is a most common response on the earth plane that an entity would think that this is not real. We have emphasized so much the importance of meditation in reaching the Higher Self and understanding all that you hear from Self, that it is not imagination, that if you were to act upon that which you hear, you would be far better in your path than to not act, and to trust Self.

However, we must emphasize that this cannot be done without calling in the Protective Light, for the forces of dark would attempt to make you think you are hearing something from Self when in actuality, it is something coming from the dark that makes you believe that it is Self. And it is only through experience, trial and error, that you learn if something is from Self or from the dark, and it is why it is so critical that you always call upon the Protective and the Highest of the White Light before you do any meditation. When you begin to think that you hear something that you would like to say is imagination ~ that if you think it is imagination, that you call upon your guides to help you to know the difference.

I have tried this, but I do not know if I have succeeded. I have no experience with meditation. I have tried meditating, but I seem to end up contemplating on meditating, so I do not clear my mind.

We would indicate to you ~ and we very rarely do this in a Public Session, but we will use this as an illustration for the topic of layers ~ you are connecting with a scenario that you are preparing for your next lifetime, and you are working with your guides. You are not aware of this at your conscious level. This is why we indicate that the Higher Self is actually in control of all that goes on, and you are playing with different possibilities for the next lifetime. This is done by all of you. You plan your own life.

Recurring Dreams (May 05, 1992)

I am having recurring dreams for years. It stopped a couple of years ago, but a couple of weeks ago, one came back to a very disturbing conclusion. I would very much like to avoid that ever happening, if possible.

And you have that capability, my love. Oh, yes. You see, you are in ~ your Higher Self is in control of what you do, you as an energy. And that oftentimes, when you project into a possible future, it is specifically for the purpose of arranging that; and that you would have this dream, as

we have said, that seems so real, and yet it is real, and you are being given an opportunity to try it out.

For oftentimes, you see, and we have also discussed this, in planning a lifetime, an energy gets carried away, you see, for from a distance, it does not look so bad, but when you actually get into it, you say, "Oh, my! I should have listened to my guide. He cautioned me that I was taking on more than I should have, or that I did not need to do all of this in one lifetime, or this was not necessary to do. There were other ways to learn the lesson."

And thus, you, my love, have control, here with your Higher Self and with your guides, and that you simply now concentrate on perhaps redesigning. Listen. Listen, you see. This is the most difficult component of being on the earth plane, especially, is to listen. Listen. You have much guidance coming from all the other layers and the higher sources of energy that come in and give guidance, your Angelic Protector, your guides.

One time, I had a dream that was someone else's, and I repeated it. I thought it was my dream and he said, "That is my dream. I have been having it for years." Is this possible to tune in?

You were, my love, as we had just a while ago said, observing in another layer, and while Sleeping Wolf was actually involved in the layer, you were observing it. So, it is very simple.

Is It Possible To Interdimensional Travel With Another? (May 05, 1992)

Yes, indeed it is ~ if there are connections that you have in a layer. This is something that, again, will be part of more advanced discussions, but when you have shared a lifetime together or a scenario together, you form compatible layers which then enable you to travel.

And go to a lot of the same places.

Indeed.

We have given you much, much information that, for some of you, you understand already. It explains a lot that you may have felt some confusion and now it presents clarity to you. Others will reject what we have indicated. That is fine, for you must work within your own levels of understanding. Others will come to understand their knowledge. But we have given you, shall we say, food for thought, and for those who would return to additional sessions that we have as this year continues, you will have an opportunity to have digested that which we have given now, and with the additional information, then, have questions that will be most appropriate for your own growth and understanding, as well as being placed on the record for those who would also be going through their own growth and understanding in their path toward the Light.

Is The Webbing Around The Energy Group What Is Referred To As The Akashic Records? (May 05, 1992)

Yes. We say this with a bit of qualification, for it will come in our future discussions, that that which you refer to as the Akashic Record, there is the Master Library. Then there is the reference material that relates to each energy ~ so that when we are asked a question, for example, we sometimes go right to the reference; so, we go right into your own memories, your own storage. Other times, because it relates ~ the question that has been asked relates to other scenarios with other energies, we must refer to the Master Library.

We have access to the Master Library. Many on the plane have the capability of gaining access to ~ and this is this psychic phenomenon that we refer to ~ have the capability of gaining access to your own webbing and sensing information and may have varying levels of access to the master files, but not complete. And thus, you will find, and we have indicated this before, what appear to be contradictions of response that an energy would give to various psychics, for their ability to gain access to information is dependent upon their own levels of awareness and their capabilities.

Could you elaborate on the Master Computer and the way their information is being stored? I was of the same understanding that these layers are the Akashic Record for each individual, and all the information is only around this individual, not somewhere stored in the Master Computer somewhere.

It is both. You have the master file, which is necessary for organization. There is that word again.

Who manages the five billion numbers of souls?

The five leaders of the kingdoms. The Five Kingdoms each have a leader. In this kingdom, Amelius is the leader. He is one of those. We have discussed the structure. And so Amelius, along with the other four, and certain helpers, are charged with the responsibility of keeping the Master Records. It is the only way in which the illusions, in all the levels, in all the layers, in all the dimensions, can be maintained.

Understand that you allow another to infiltrate your own layers, your own web. It is not something that would be imposed upon you. You allow it at some level, even though at conscious level you would say, "I do not want that person to invade my layers," and that person does. It has been the result of your allowing it at some other higher level for issues we will not go into now, for it is time for us to depart.

**When We Are In These Other Dimensions Or Other Energy Layers, Do We Have Bodies? And Are Those Bodies Asleep When We Are Awake Here?
(May 05, 1992)**

Oh, indeed. Yes. Whatever you happen to see, is it. Yes. And it is important that you retain as much as you need to on what that body looked like, and if you were actually back in that life

working, what it felt like; for if you have been consciously aware of this dream, this layer working, it means that it is information for you to use when you return to this state. Just as when you move forward or back, you take what you work on in this layer, and it all connects. There are reasons why.

Is There Any Way You Could Tell Whether A Dream Was Concerning A Past Or A Future?

(May 05, 1992)

To know if the dream is a past or a future, again, comes from the meditative connection, in knowing that your guides will give you the answers if you ask. And so, oftentimes, you will, as you develop this ability, know that you are reliving. You will know this. Other times, you will know that it is something you have not experienced. It does not feel like you have experienced it, and therefore, it would be something for the future. When you do not know, you would seek guidance from those who would be able to give this to you. Again, it is trusting in Self. Sometimes, it does not matter if you know, for that which you connect with, be it the future or the past, does in some way connect with what you do in this current layer that you find yourself.

We would qualify the question that was asked, and the definition is of kingdom. We most frequently use the word kingdom to refer to the various encasements, The Animal Kingdom, The Plant Kingdom, The Mineral Kingdom. There are also ~ the usage is there of The Five Kingdoms that organize The Universe. Our response to you, my love, was the kingdoms of encasement rather than the kingdoms of The Universe, and we would want that to be on the record. And we will, however, discuss that in times to come.

We depart with leaving you with many questions, which is appropriate. Meditate on that which we have given you.

Earth Plane Connection, Continued ~ Manifestation

(June 02, 1992)

We continue our discussion on this earth plane year, with the major topic being The Earth Plane Connection, and for this session we speak of a topic we know weighs heavily on many of your behaviors, and that is manifestation. We would begin the discussion with laying of a bit of groundwork, as you might say, for manifestation is not accurately understood by many, and it has a balancing dimension to it. It is not simply something that ~ it is very popular on the earth plane jargon now to say, "Well, simply manifest it." And this is not really accurate. What you first must understand that manifestation is a physical interpretation of a spiritual tenet, a spiritual belief, and like everything else that comes from the spirit in a physical form, it can be abused, and it is, therefore, a lesson.

Now. Manifestation simply means the earth plane ability to bring into physical form that which is a spirit form. Now. Many think manifestation means bringing in money ~ manifestation means

the ability to acquire possessions. Manifestation is only one very small part of a greater spiritual scheme of illusion on the earth plane.

Remember that each of you creates your own illusion within the greater illusion that is maintained on the earth plane by The Universal Consciousness. The land, the trees, the buildings ~ indeed, your own physical encasements ~ are illusions that all energies have determined to believe in while being on the earth plane. It is a contract, if you will, that is made with The Universal Consciousness, for if there is not the acceptance of the illusion that you find yourself in, there is no way in which you may learn your lessons, that the illusion, the physical aspects of the spirit, allow for the scenario.

Thus, as you sit here in this gathering, you are indeed manifesting, for you have determined individually that you would be able to indeed be at this session. That was coming from your soul, that you would have the resources at the physical level to indeed be here, that you would have this transportation, and that this transportation would have the necessary ingredients to make it operate. This is all illusion. This is all a manifestation. So, each of you, without even realizing it, manifests on a consistent, regular basis, for if you did not, you would not be here. It simply would not be ~ you would not be able to be on the plane.

Now. Where the real heart of the issue comes in for this subject of manifestation is the ability to control, to consciously control that which you want to be within your own illusion. Each of you has the ability to bring into your own illusion that which you determine to be necessary to carry out your mission, your path, your lessons, your teaching, your learning. Whatever it is you have determined at Soul Level, you have the ability to bring it into physical form.

Of course, as most spiritual tenets are concerned, it is easy to talk about, not quite as easy to implement. The difficulty that many find in applying the idea of manifestation is that it is not done within a spiritual context. It is done with the idea of it being the gaining of possessions, the accumulation of possessions above and beyond what is needed, and this is the key point. What one entity needs in the way of physical possessions differs from others. You must be careful of being judgemental. Be very careful.

This is not about being poverty-stricken. Being spiritual is not automatically meaning that one has nothing at the earth plane. It is not that at all. Being spiritual simply means that you are on your particular path. It is different from another's path. What you need will be different from what another needs. One individual may need much possession in order to learn particular lessons, while another individual needs nothing at all in comparison to that individual. It does not mean that one is more spiritual than the other. It simply means that each entity is at a different point in their learning of a particular lesson.

Now. Manifestation means that an entity has connected with their Higher Self to have an understanding of what the needs are of the Soul at spirit that then manifest and bring themselves into physical form on the earth plane. It is when manipulation occurs with The Flow of The Universe, when the ability to manifest becomes in and of itself an abuse, that difficulties occur. It

is very easy to manifest, you see, once you have the trick of it. It is always the way, is it not? It is always the operative phrase, you know. Once you have the trick of it, then you wonder why it was such a big deal to begin with. The ability to manifest comes through an ability to communicate with the Higher Self, which is done, of course, through a meditative state, an altered state, whatever that happens to be for each entity.

A Technique Is Given For Learning The Ability To Manifest **(June 02, 1992)**

There are, however, certain guidelines for manifestation that can be easily followed, and it is these guidelines that we will give to you now.

- *The first guideline, Number One, is that you focus your energies upon that which is referred to as the Third Eye. The Third Eye, you understand, sees the Soul, sees the spirit.*
- *Number Two ~ you bring the Third Eye into a position of looking down into that which is referred to as the Solar Plexus, that Energy Center which is the point of receiving in, from the spirit, information. It is the receptacle that is open for energy to move in and out. The Third Eye, then, looks down into that particular Energy Center.*
- *Number Three ~ the Higher Self is given attention by the Energy Centers that come from that which are the fingers by the fingers being placed, as you see I have done now, around the head or that which is referred to as the Crown Chakra, placed downward, sending energy. (The hands form an inverted pyramid with the fingertips touching and pointing towards the top of the head) The energy that is coming from the finger area comes from the entire energy field that makes up your particular vibration. As the fingers are placed upon this part of the energy field, without touching the physical encasement, you are ready for step Number Four.*
- *You now begin to visualize that which you want to manifest. You visualize this item with a very bright White Light surrounding it, soft and fluffy, and you spend as much of your time as you need to, to visualize, with the hands remaining in the position, as in the step previous to this one. When you feel that the visualization has been saturated with the White Light, you then bring the hands down with the fingers pointing toward that which is the front of the encasement (still forming a pyramid), and you are bringing the visualization down with the hands, and you bring it down, down, down, into that which is the Solar Plexus area. You then place your hands facing each other at the Heart Center area.*
- *The next step is that now the Third Eye sees very clearly what you intend to manifest, and you allow yourself to have the Third Eye connect with that which is the Solar Plexus, continuing to keep your hands facing each other. This is containing the energy. When you feel that the Third Eye has seen enough, you are ready for the next step.*

- *The next step is to bring your hands closer together, still palms facing, and bringing them to the area of the Solar Plexus and gently smoothing over the entry way to this Energy Center, closing it, thus allowing the visualization to remain within the Solar Plexus. You then bring your hands up beside you, with the palms facing up, to receive the Light from the higher sources, and you raise your hands slowly, slowly with the palms up, and as you do this, you call upon the very Highest of the White Light and the guidance from those spirits who guide you and protect you, and you slowly bring your hands together, fingers together, to form the circle.*
- *Once you have completed these steps and your hands are in the form of the circle, you then would move into a state of altered consciousness as you are able to ~ meditation or simply to relax ~ and to feel that which you have manifested and to send out to The Universe, through your own energy and vibration, the belief that you trust in the manifestation coming about.*
- *That final step takes as long as you need for it to take. For some entities, this entire process only takes an instant, for it is an automatic type of connection. For others, it is the beginning of the ability to manifest, and wherever you are in your abilities to manifest consciously, this process will guide you. If at all, it will keep you focused on the spiritual aspect of manifestation and will give you guidance from the higher light so as not to abuse that which you manifest.*

Now. It is quite easy to have a technique. That is the easy part. What now happens is that when you have the power, you must learn, each of you, how to use that power, for the temptations to abuse are great, for once you have achieved a certain level of manifestation where you see it happen immediately, "Oh. This is what I have envisioned and suddenly, there it is ~ that can be quite heady, as you might say. And this is where your spiritual path and your calling upon the Higher Light helps you to keep things in perspective.

If indeed you have determined that you need one thousand dollars, fine. You would be able to manifest that. But if indeed you learned that you could then simply have money where there is no need for it in your own life, but yet you determined that you would manifest it anyway and abuse that manifestation, then you have other issues that you would be working on. It is not easy to have a power, my loved ones. It is a part of the journey on the earth plane, through all the many lives that you encounter, yourselves and with other energies. It is in the learning of the spiritual use of the power.

There are many on the plane now who have achieved the ability of manifestation where it is simply a natural occurrence, and they have, however, had other lifetimes in which they abused the power; for remember, as we have said so often, balancing requires going up and down as you would on a teeter totter, and that in order to achieve a balance, there must be behavior in a direction that is opposite to ~ you go up and you go down. And thus, in order to achieve balance, there must be abuse.

This is a given, and, it is also why we caution so often this judgement upon another, for if you see what appears to be abuse of a power, it is none of your business, first of all, what that entity does. It is that entity's point on a path, and that you do not know whether that entity is learning or teaching, for there are many who would appear on the plane to teach, and therefore, would give the illusion of abuse in order for another to understand what abuse is. This applies to all lessons, and specifically, has its application with the issue of manifestation, for manifestation is a power that enables you to have power over others.

That is a topic of continuing discussion at another time. We would take questions from any of you relating to manifestation.

Is This Technique To Keep Us Focused On The Soul Path, Or About The Energy Centers? (June 02, 1992)

Is the point of the ritual merely to keep us focused on the Soul path, or is there a significance about the Energy Centers that are involved?

The key word you have given, my son, is ritual, and for many, many on the plane, it is important to have that which you call ritual, or a physical symbolism of an activity that many do not need to use. Many of you here, and those who would read our words would find that they do not need to go through that ritual, for they have already, in another lifetime, done a similar type of ritual to achieve that which is a vibrational accomplishment. And thus, the answer really is YES to the entire question, you see.

The Issue Of Manifesting Emotions And Imposition Upon Another (June 02, 1992)

You talked about manifesting physical things such as money or objects, things that we do not need physically. Would manifesting certain emotions be considered an imposition, imposing? Like, somebody you know, you wish them to be happy and you would like to try and help them manifest it. But would that be more of an imposition than a manifestation?

Yes, my love. That would indeed be an abuse, for, as we indicated, manifestation gives an entity the power over others, and what you have brought up as a question will be an appropriate forum of discussion when we move into that area before this earth plane year is complete. For being able to manifest for oneself is fine, but to be able then to impose upon another's energy field, is indeed abuse, and very easily achieved once one has accomplished the ability of manifestation.

When I tried manifestation a couple of times, I always think my intent is to do this according to the will of heaven and for the good of everyone concerned, so that an abuse does not occur. In other words, I try to get what I need, or what I should have, without imposing or abusing anyone else.

What you are attempting to do is to be all to everyone, and while all of us are connected, we are of The One. In order for Oneness to occur, there must, as we have indicated in our Guidelines for Growth, a singleness of purpose, a singleness of activity, as well as a unity, and that in order for the whole to be satisfied, the individual energies must find what the need of the individual is, first and foremost. If you continue to say, "Well, I need this, but maybe I do not because the rest of the world around me maybe does not like it," then you send mixed signals ~ this is the best definition we could give ~ to The Universe.

What you need to do is to focus on what you need for Self first, because once you have achieved the ability to find what you need for Self, then you work into the larger group, meaning what do you need to give to others; how can you best Be of Service to Others. You must Be of Service to Self, first and foremost, for without that, you will not have the ability to Be of Service to Others.

And we understand that this is a rather contradictory concept that many on the plane feel that that is being selfish when you think of Self first, but it is not when viewed from the spiritual context. It is being selfless, for you determine what you need, you strengthen from within, and it therefore gives you the ability to strengthen from outside, to give. The more you have to give, the more you will give. Thus, concentrate not on what you are manifesting for Self as it will apply to others, but as it will apply to you, and then it will automatically apply to others.

Manifestation Is A Menu Item That Can Be Selected When You Come Onto The Earth Plane (June 02, 1992)

I have read the phrase *Be careful what you ask for because you might get it* ~ that you need to be extremely specific in what you are trying to do. This is confusing to me.

Indeed. What you read, my love, and what is currently on the plane as relating to manifestation, needs to have a stronger emphasis on the spiritual ~ The Universal Consciousness aspect of manifestation. Understand that once you have achieved the ability ~ you have learned how to manifest, and you have balanced ~ you have abused and you have gone the other way and allowed others to abuse you in terms of manifestation ~ and you finally have this ability, it simply is. It is not a situation where you think about it. It simply is a Flow with The Universe where you know instinctively. You know from within what you need and that it will be provided without having to go through the ritual.

Now. The ritual, however, is the tool, is the tool to help you to work through your balancing of the issue of manifestation. Understand also that manifestation is one of those Menu items that can be selected when you come onto the earth plane, and that not everyone on the plane is working on an issue of manifestation. They may have decided not to take that as part of their journey on the earth plane, and it therefore is not an issue. They do not even ~ it is simply not for them.

If it is an issue, then you will find yourselves abusing and being abused, abusing and being abused, until the balance occurs, and it indeed takes many, many, many lifetimes. You find

yourselves now at an accelerated time on the earth plane as you are about to go through a cleansing and an illusion change, and thus, the issues of all on the plane accelerate also, and you become more aware of the issues that you have chosen for this lifetime to work on. This is simply your own heightened awareness, many of you, also, in this opportunity to advance in the learning of this particular issue. And you, my love, simply want to do it right, as many would want to do.

There Is No Right Or Wrong In Lesson Learning, It Is Only A Matter Of Balance (June 02, 1992)

I would hesitate to do it unless I could really, really feel and absorb the right way to do it.

Ah, but understand that if one were to continue hesitating it would not be done. The only way balance occurs is to do something, and it is not quite what you wanted it, and then you do it another, and you learn from that, my love. The Universal Consciousness is there to give you the guidance as you move through your lesson. Understand from our perspective that lesson learning is not a matter of right or wrong. It is simply a matter of balance. That is all. Balance. And if you do something that does not seem quite appropriate, it is only for the development of Soul that you as an entity are concerned with. So, try it. Do not be afraid, and if it does not work, so what? You simply try it again. Then you get it right.

I will blow up my house or something.

Well, you see, if your house were to be blown up, you could simply build another. ☺

Group Manifestation Issues ~ It Is Not A Parlor Game ~ Manifestation Is An Individual Issue (June 02, 1992)

Could this be done in a group? Would anyone in a group have to have resolved the manifestation difficulty they might have before attempting it as a group project?

Group manifestation is another issue completely which is something that we will discuss as time progresses on the plane, for manifestation is not a game to be played. It is not what you call this parlor game in which a whole group of you would get together and say, "Oh, let us manifest something now." It is an issue of the entity individually, remembering that there may be some gathered in the group who do not have manifestation as an issue, and that because of the varying points of learning of the issue for those who do have manifestation as part of their Menu on the plane, there needs to be caution.

It ~ group manifestation can be led by one who has the ability to monitor and keep the vibrations harmonious. Otherwise, very difficult situations may come as a result of group manifestation. We are not a proponent of group manifestation. As we have discussed this thing called the Ouija board, it is dangerous. It is not a parlor game. You open yourselves up for

mischievous entities. Group manifestation is not a parlor game. Many think of it in the same venue as the Ouija board. It is not. Manifestation is an individual issue. There are spiritual leaders on the plane who would have the ability to guide a group manifestation. However, we caution very, very strongly the use of group manifestation.

Isn't a healing circle an attempt at a group manifestation?

Healing circle is technically not a group manifestation. It is a sending of energy to a particular entity without imposing, simply sending one's energy to another for that entity to take if wanted. It raises the issues of abuse also because of the power by some to impose their energies upon another. And while you would think that you would be manifesting, you are simply sending your energies as a group. So, you have gathered your group energies. It does not technically fall within the arena of manifestation. That is an entirely other issue for discussion, of course.

Manifestation Does Not Automatically Happen ~ Opportunities Are Presented By The Universe (June 02, 1992)

Doesn't the individual have to contribute at a significant amount of effort to make things happen, to manifest? One cannot just simply wish it would happen. Don't you have to get out and work diligently to see that it does happen?

You have brought up the earth plane dimension of manifestation, for there are many on the plane who feel that simply wanting something will produce it, and this is not accurate, but also there can be a ~ too much of an emphasis on going out and getting it. There needs to be, once again, the balance, the understanding that The Universe provides the opportunities. Once you have sent out to The Universe that you want a particular item, you have manifested, then immediately, The Universe begins sending opportunities. It does not just automatically happen. The opportunities are presented. It is then up to the entity to recognize the opportunities and to then, in working with The Universe, manifest through the opportunities.

If you indicate that you need to be working in a different area, you want to move into another work environment, it will be presented, and it is in the opportunities being presented that many entities fail to see the opportunities, for they see opportunities from their own perspective rather than from the perspective of The Universe, "Well, I want to have a new job in such and such a company." Well, that is not necessarily what The Universe is going to respond to. The Universe will respond to the need for work within a particular environment. This is where the difficulty occurs in entities having, as you might say, blinders on and expecting to be given what they want rather than what they need.

In Manifestation, Is It Better To Be General Or Specific? (June 02, 1992)

Does one need to be very clear in order to manifest? Say, you would like a new job but you do not know which direction to take, what the new job is to manifest?

One does not have to be specific, my love. One can, and in many cases, an entity, at conscious level, is not certain specifically, just that there needs to be something in a more general area. You may feel, for example, that you need to have more awareness of certain spiritual issues, and you manifest it in your visualization. You would manifest simply the words SPIRITUAL ISSUE or SPIRITUAL GROWTH surrounded with White Light, and before you know it, you find yourself here listening to us. ☺

Thus, you do not need to be specific. Many who have perfected this technique go from the general to the specific depending on where they are in contact and in harmony with their Higher Self and The Universal Consciousness. Oftentimes, it works more to your advantage to be more general. But, to be ready to see the opportunities presented in a way that you may not have ever expected, to be open to that which you would not expect. This is the difficulty, this is ~ oh, we find such a difficult issue on the plane, to simply be open to that which would present itself, knowing, my loves, that nothing is presented to you that you cannot handle, that you cannot deal with, and that everything that is presented as an opportunity does not necessarily have to be acted upon, but that many, many, many on the plane do not see what is presented to them. Rather, they want to control that which is presented to them.

And the flow becomes so much easier when one simply responds and waits for that which feels appropriate, without, of course, going to the extreme and waiting until it feels right, for then, one would never act. But rather, to learn from within Self when to act and when not to act, when to not take an opportunity, and when to take an opportunity. This is not something that we could say to you in an answer book, "This is when you would do it, and this is when you would not." This is the joy of being independent as an entity. You make your own decisions. We all make our own decisions.

In Manifestations, Are We Working With Physical Laws And Cause And Effect?

(June 02, 1992)

On the earth end of the manifestation, we are talking about working within the physical laws and cause and effect and things like that as opposed to just having things appear?

Yes. There are other issues of manifestation where things simply appear that is topic for many, many sessions actually, for things, as you would call them, can simply appear, and that is something quite different. Yes. For now, we will leave it at that.

And Do Manifestations Also Make Things Disappear?

(June 02, 1992)

Yes, indeed. Yes. We have given you all an introduction to manifestation, as you can well see now that there are many issues relating to manifestation which we will address as time goes on. We have simply given the beginnings of the discussion. It has much, much to it.

In The Manifesting Technique, Is There A Nonabusive Object That We Can Practice With? (June 02, 1992)

In the practicing of the perfection of this manifesting process, is there a nonabusive object that we can practice with? The need would be merely to have verification that the process is working and not necessarily something to eat or drink or something like that?

Oh, very, very good question. We have waited ~ we have remained in the vibration for this question to come, for what you would do to verify is to manifest that who is your Angelic Protector. Remember, each entity has an Angelic Protector different from, and separate from, any of the guides that you might have, and you simply need to manifest or envision, shall we say, the word ANGELIC PROTECTOR, and surround with the White Light and call upon The Angelic Protector. Now. What will happen, if you are on the right track, you will feel yourself filled with White Light. You will feel this, many of you for the first time, but you will feel it. If you need to work on this technique and you are not going in the direction that is appropriate, there will not be the sense of being filled with the White Light. It is very simple.

Now that that question has come onto the record, we are prepared to depart, and we, in our preparation for departure, would send to you all an energy of guidance and protection, for your Energy Centers, as you have been in this gathering, have opened, and we now, in group, close those Energy Centers so that those mischievous entities would not be able to enter in. We smooth all of your Energy Centers.

Continually do this yourselves, my love, as you find your Energy Centers responding in your spiritual path. Smooth your Energy Centers and protect yourself from those who would want to disrupt your Centers. Remember to always call upon the Highest of the White Light and to call upon your guides and your Angelic Protector.

We have been most pleased and honored to have been of service to you in this session. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.

Earth Plane Connection ~ Energy Centers, Commonly Known As Chakras (August 04, 1992)

We continue our discussion of our major topic for this earth plane year, and that is The Earth Plane Connection. We will continue our discussion and give you a topic now that, while we have spoken of this topic in other times, we place it into this context of The Earth Plane Connection; and that is Energy Centers and how it is appropriate for the growth that you all find yourselves now undergoing, some in a very accelerated manner, and that your Energy Centers that are commonly referred to on the earth plane as your Chakras are referred to by us as Energy Centers.

They go by many names, and remember that in your quest for understanding and awareness that basic concepts go by many different names on the earth plane and be careful of being limited in your understandings of the basic concepts by that which is given a name that is not exclusionary. If a person does not understand a concept by the name you know it by, it does not mean that it is wrong, you see. Be most careful of those types of judgement.

The Energy Centers that you are all most accustomed to consist of what we refer to as the tunnel that goes up through the center of the physical encasement. However, the physical encasement is only a small part of that which helps to operate this tunnel. There are three other areas to be concerned about from an energy perspective. We will address that first and then explain to you how you can begin to open up your Energy Centers.

As you all know, you deal with spirit and you deal with earth plane in the balancing of your issues, and that both are interconnected; and that in order for that at earth plane, or physical, to manifest, it must first be addressed at spirit, and there must always be the higher order in the understanding of your issue, the spirit issue.

Now. In between the spirit and the earth plane are layers of energy and layers of vibration that relate to your particular energy field, and we have addressed in a session not too long ago, this Circle of Energy, your Energy Circle that each of you have that encompasses all of the other components of Energy Kingdoms that exist in The Universe. And you would be able to refer back to that written word that we have discussed. (See transcript [March 03, 1992](#))

A Visual Description Of The Energy Centers And The Very Thin Cords (August 04, 1992)

Now. This Energy Circle that you have is unique to yourself as well as connected to The Universal Consciousness, and as your Energy Centers, this tunnel, if you will, begin to expand and become cleaner and more vibrant, there are very, very thin cords, if you will ~ this is the best way to describe it, thin cords ~ that are connected with each Energy Center to this Energy Circle that surrounds you, so that you would see, visualized, this tunnel moving up the encasement from the bottom to the top, from the top to the bottom, and that the cords move out into this Energy Circle, as you would think of a wheel ~ and you would then see the spokes moving out to form that which moves the wheel.

And it is, then, each of these cords that keep the Energy Circle that surrounds each of you strong and indeed intact, without crumbling, you see, for to have the Energy Circle simply existing around you would make it vulnerable to crumbling, to disintegrating, for you would say, "Well, where is the connection?" remembering that all of us, as energies, are connected to The One by what we have described as a thin cord, which has also been described by many others coming through from this end, for information. Thus, we now say to you that the cord is connected even more so with each of the Energy Centers.

Now. As you begin to increase in your own awarenesses, you begin to open up other Energy Centers. There are more Energy Centers than simply those which have been described traditionally as the Chakras. As we move into The New Illusion, it will entail having more openness in certain parts of the vibration.

Some Changes In The Energy Centers In The New Illusion **(August 04, 1992)**

And thus, as we have described in earlier times, the opening up of new Energy Centers means finding areas ~ perhaps, you see, on the shoulders, and in the back, and on the fingertips ~ and that as we move into a New Illusion, certain Energy Centers in this tunnel will have opened completely, and therefore, will take their place within that which is the total vibration, making room then for the new Energy Centers that are beginning to open, subject to lessons to be learned and greater awarenesses to be had.

Now. The Energy Centers that will subside in The New Illusion are those at the lower level of the tunnel, for the issues of that which you call sex and sexuality will be most different in The New Illusion, and thus, the Energy Centers will not be subject to the opening, for that will have been accomplished, that opening, by those who will be here for The New Illusion. And those who chose or are unable to remain in The New Illusion after The Shifting, will, at the time that is appropriate, reenter onto the earth plane illusion and begin once again to work on those particular Energy Centers that they left the earth plane closed, if you will.

Now. We have given out a technique for the opening of the new Energy Centers, and our beautiful community members have finally, shall we say, gotten their act together in producing that which is the technique that we have given and the guidance and the assistance from The Mineral Kingdom for this. There are many of you who are not ready for the opening up of the new Energy Centers, and that is fine, for all progress at their own speed on their path. And what we simply present to you now is this connection, then, with the spirit and with the Energy Circle that you have.

Each Of The Energy Centers Play A Part In Lessons And Balancing That We Go Through **(August 04, 1992)**

Now. When the Soul determines that certain lessons need to be worked upon, the message is given to the Higher Self. This is the connection. The information is stored in the Soul. The Higher Self is the connector, is what you call the intermediary between Conscious Self and the Soul. And thus, the Soul gives to the Higher Self the information. It triggers that which must be learned ~ or that which needs to be remembered from another time. It is then the responsibility of the Higher Self to connect with Conscious Self, and as you, most of you, know, that this is primarily done through the process of meditation. What we add in now to this is the component of these cords that are connected to each of the Energy Centers; for each of the Energy Centers play a part in the lessons and the balancing that we all go through.

Thus, the Higher Self, then, will send a vibration into the consciousness, that which you are currently aware, through one or more of these cords of energy that connect to an Energy Center. This is the way in which the energy comes and goes, you see. It is all very methodical, very well organized, if you will; and it is when you work on a particular issue that that Energy Center goes on alert, shall we say.

And thus, if you are dealing with issues of judgement, then that which is the Heart Energy Center is one of those that goes on alert; and the information that is needed from your soul comes through the Higher Self, and the energy is sent through the cord that connects your Energy Circle with the Heart Energy Center. And then all of the other energies in your Energy Circle that are a part of your total vibration become involved, in some way or another, depending upon their connection with that issue to which you find yourself now working.

Discussion Of Lessons And Balancing, Ego, Blockages In The Energy Centers **(August 04, 1992)**

And when it is time to ease up, shall we say, on that lesson that you may be working on, that information and that energy is sent back through the cord that connects the Heart Center with the Energy Circle, goes back into the Energy Circle and then goes back into the Higher Self and then back into the Soul. Now, this sounds all very easy, you see: Soul, Higher Self, Cord, Energy Center ~ poof! You have done it, you have connected. Now, of course, you all know that it is not quite that easy now, for if there are blockages anywhere along the way ~ and of course there are, and that is part of the fun of it all, you know ~ then that is when the importance of working with your guides and your Angelic Protector come in.

And understand that there are some major points of placement in this activity where blockages occur. First of all, you see, the Soul and the Higher Self are very critical in this process. They are, indeed, the most critical, and the Soul is ever ready to operate, to do what it needs to do. It is the Higher Self that can create blockages by saying, in essence, "I will not open up the door. I am in control." Now, this can occur for many, many, many, many lifetimes where the Higher Self says that it is in control, and the Soul waits patiently until itself ~ you, each of you ~ resolve the conflict within Self, for it is a Self-conflict.

Now, once that barrier has been broken down, Higher Self now is all excited and ready. Now, we will talk to Conscious Self. It is not always true, is it, now? "Higher Self to Conscious Self. Higher Self to Conscious Self." Conscious Self says, "No, I am in control. It is I on the earth plane. This is where the action is. This is it. I do not need a Higher Self." And this can go on for eternity. ☺ As long as it goes on, that is as long as you stay on the earth plane, and you can stay on the earth plane for eternity if you so desire.

Now. Once, of course, that blockage has been broken down, it would appear, then, that the way is clear. Ah. There is the connection between Conscious Self, Higher Self, and Soul. My, my, what

a utopian thought! You have it all done now. However, the glitch occurs in that these blockages that you have broken down apply only to issues.

So, you see, it does not apply in totality. It means that you may have, let us say, the issue of patience, and you have finally broken down the barriers for this issue of patience, which is connected to one of the Energy Centers that is known as the Solar Plexus, that is one of the Energy Centers, and you would feel, "Ah, all my blockages are down now." However, you may have the issue of judgement, that is related to the Heart Center, and that may still be in blockage, so your blockages may still be there even though you have opened up in other areas, you see. And it is not until you are finished with your sojourn on the earth plane that all of those blockages are gone.

The Goal Is To Unblock The Energy Centers **(August 04, 1992)**

You see, this is why you are on the earth plane. It is to unblock. Now, of course, as you all know, if you eat the wrong foods, sometimes the arteries in your encasement become blocked, and you flush them out because you have been good, and then you start doing the things that blocked them in the beginning, and they block up again. Well, this is true of all of these lines of energy. They block, they unblock. They block, they unblock.

And this sensation that many have felt, this WHOOSH feeling within their Energy Centers, is simply something that can be viewed as the opening of the trap door, you see. You see, you are opening it with this little string, this cord. It is opening up, it is closing. It is opening up, it is closing. As you go through and resolve all of your issues, the blockages occur and then they unblock, and then they block and then they unblock, and eventually, you see, they are totally unblocked. And that is the fun of the earth plane. No? ☺ I sense a negative response to this statement, THE FUN OF THE EARTH PLANE.

A contradiction in terms.

Fun on the earth plane is a contradiction in terms, is it, my love? Yes. Not so, not so. There is much joy that is felt on the earth plane. The earth plane scenario is deliberately set up to tease you and to make you feel at times, "Oh, isn't this a wonderful decision I made to come onto the earth plane? I am enjoying this beautiful day on the plane. It is warm and sunny." Or, "I have just accomplished a wonderful lesson and I have broken through a barrier and I have greater awareness now. Ah, the world is wonderful!" Yes, and then comes a new lesson. Indeed. But it is the growth and strengthening that comes from this, you see.

And thus, now that we have given you a description of the Energy Centers and the interconnectedness with your Energy Circle, the Higher Self, the Soul, and The Universal Consciousness, we would take questions.

What Is The Difference Between One's Soul And One's Spirit?

(August 04, 1992)

Well, understand, my love ~ that is a very good question ~ that spirit is an encasement. It is a manifestation of the Soul. The Soul simply is. And that is the difference. So, you have a soul that continues for the time that you are out of The One. The spirit manifests itself in different ways depending upon the training ground in which you find yourself.

So, for example, on the earth plane, the spirit has a different connection with this vibration and this encasement that you find yourselves in on the earth plane. When you go onto another training ground where the physical is different from that which is on the earth plane, then its spirit connection also changes so that it is in harmony with the scenario that has been determined for that particular training ground. The Soul, however, remains constant, and indeed houses the entire memory bank of the energy, whereas the spirit does not. It houses the information that is necessary for the ~ for that particular point on the path, whatever the training ground happens to be.

What Is The Relation Between The Spirit And The Higher Self?

(August 04, 1992)

The relation between the spirit and the Higher Self is one of, shall we say, co-conspirators, you see, for it is the Higher Self that is, as we said earlier, the intermediary between the Soul and the Conscious Self. However, spirit takes on what you would call The Universal Consciousness representative of the spiritual issues. You know, spirit and spiritual come from the same source. To be spiritual, as we refer to it, is to be of spirit. And thus, it contains the higher knowledge that is necessary and gives it, the spirit, a greater flexibility in working with the Higher Self, you see. It is almost a shadow, if you will, of the Soul.

Does Working On Particular Issues Related To An Energy Center Cause Emotional Or Physical Discomfort?

(August 04, 1992)

Yes, it does. Indeed. It is part of the setup, for the lessons to be learned are a combination of the physical and the spirit; and that, yes, much of lessons to be learned manifest in concreteness, that which is the physical. And that, as the Energy Centers, which we said earlier, are connected to spirit and physical, as they open and close, there will, of course, be disruptions within the electromagnetic field of your encasement, and thus, it creates disruptions at times in your physical feelings. It can create feelings of discomfort, but it also can create the opposite feeling, a feeling of wellbeing.

Thus, it is not always that you will feel miserable because your Energy Centers are opening and closing, but rather, you would feel light and happy. It depends, of course, on the sensations. Usually, as you begin to really take on an issue, initially you will feel a sense of heaviness in the

encasement, in any one of those Energy Centers in the tunnel. And as you begin to work through the issue, you will feel the sense of lightness.

Each Takes On A Very Small Percentage In The Learning Of Lessons That You Go To Work On (August 04, 1992)

It is important to note here that each of you takes on in the learning of your lessons a very small percentage each time that you go to work on a lesson. You do not take on the whole lesson at once. When you enter the earth plane, you may say that you are going to perhaps learn the issue of patience on the earth plane training ground, twenty five percent of it, and the other seventy five percent of it, you will learn on other training grounds. Thus, twenty five percent, you come onto the earth plane in your sojourn and you will say, "In my time on the earth plane, I will take on that percentage." And in a particular incarnation, in which you determine to work on patience, you may then say, "I will, in that incarnation, work on one tenth of one percent of that twenty five percent."

You see, you do not take the whole percentage, come jumping into the lifetime; and that as you say perhaps one tenth of one percent in this incarnation you will work on, but you will not do it all at the same time. You will take a tenth of one percent of that at one given time, and you will work on that, and you will work through it, and you will clean the Energy Centers, and then the Energy Center will close where that issue is concerned. And you may go for many, many earth plane years working on other issues, and then decide that you will take another one tenth of one percent of the issue of patience. And thus, the opportunity will be presented, and the opening will be there, the pulling back and forth of the cord, and you will begin to feel the movement.

Thus, you see, if you were to take on one tenth of one percent of an issue in a particular lifetime, that when you first begin working on that issue in a lifetime, you will feel the discomfort, and it may take you, perhaps, working half way through in that lifetime before you begin to feel the lightening up within the encasement, so that when it is time to open the door again on the Energy Center, and perhaps it is now the fifth or sixth different time you have opened the door and begun, it will not be as heavy this time, initially. There will be a lighter sense of opening up, you understand.

It Is A Personal Situation For Each Individual When Working On Specific Issues (August 04, 1992)

There are times when people have heart attacks, or an aneurysm. Would that be a time perhaps when the opening of an Energy Center is occurring, and perhaps the person is not prepared for it to happen?

The discussion of preparedness is something to ~ always keep in mind that you, at a higher level, are always prepared. It is this conflict between Conscious Self and Higher Self and Soul that can create the sense of "This was a surprise." Conscious Self who thinks it is in control, and that issues such as heart attacks and other very traumatic activities within the encasement are simply physical

manifestations of this opening and closing that signify personal, which of course we do not go into in Public Session, personal reasons why.

One entity who has, let us say, a heart attack, and another entity who has a heart attack, will have them for very different reasons. There is no pat answer that says, "Aha! That person had a heart attack, and therefore, I know exactly what their issues are!" My, my, wouldn't that be easy for you all to be in that role of judge, you see. As we say so very often, you know not what the path of any entity is, simply to know that when a physical activity occurs that, yes, of course, it is connected with an issue from the spirit and has a spiritual dimension, and that unless the spiritual is addressed, the physical will not at all resolve itself. And unless there is some type of harmony that develops at the higher level with the physical level, the physical will continue. And while it may occur no longer in that particular incarnation, the issue is still there and will carry forward into another incarnation.

A heart attack may be a way of teaching. It may be a way of learning. And if it is a way of teaching, it is also something that is connected with spirit, of course. Everything is connected with spirit. It is arrogant to think that nothing is connected with spirit and that you can do anything without the spirit. Everything comes from spiritual, you see.

And thus, it is an individual case and it is up to the entity to deal with it and not for any of you to go running to them and say, "Well, you know, now that you have had this heart attack, I think that you should start reading what Waith has to say." Or, "I think you should be reading this, and I think you should be reading that." And it is not for you to make any of those kinds of judgements. Be most careful of any affliction that you would observe. Be there only to support and Be of Service if asked. That is one of our operative phrases, IF ASKED. Stay out of it unless you are asked. Being asked can come from different levels, but that is another topic.

What Can We Do To Help Clear The Blockages In Our Energy Centers? (August 04, 1992)

When the Conscious Self becomes aware of the connection to the Higher Self and desires for that connection to be opened, why is it not immediately opened and those blockages removed?

Oh! "Immediately, let us open up those blockages and get to work!" Yes. Perhaps it is then an issue of patience. ☺ Sometimes it does, my son, and sometimes there are other issues also working within the Energy Circle in which you have surrounded yourself, and that there are reasons for this, and you must not be discouraged if the first time you feel this sense of connection, everything springs open, "Oh, yes. I see now. I have a far greater awareness." It comes slowly, until it reaches a point where suddenly it does burst open.

It is as if you were wiping off a film that has been created as the result of years and years of what you call pollution on the plane, and it is very thin, but deceptively thin, until you start to wipe it off. And you are first aware that that film is there, you see, and it looks deceptively easy to get through until you start to clean it. Many of you have experienced this. You start to clean it, and

"Oh, my, my! There is more here than we realized," and that you slowly have to wipe it clean, and it seems like it is going on forever and ever.

You do it, and then you leave it, and you come back, and then you leave it and come back, and finally, ah! There is a breakthrough. And once that breakthrough occurs, then the rest of it very easily and quickly, indeed, clears. And this is what occurs as you begin to work through the film. Energy Centers have these films, and the blockages. Every blockage you can think of as a screen that has a film on it, needs to be cleaned. And some energies have learned, over many incarnations and much work, the right kind of cleaner. There are many cleaners on the market, are there not? ☺ And so, you see, it does not hurt to ask another, "What do you use to clean your Energy Centers?"

And we say this not really in a flippant manner, but this is the purpose for information that comes through. The information that we give, the information that is available throughout the earth plane from many, many different sources, is all valuable information that helps an entity where they happen to be in their own awarenesses, to use that information as their form of cleaner. This is how we reach our Higher Self, by utilizing this technique, or this is what someone else says. This is why you look around you, and you see so many books and so much information. It is for you to go to, to find the source appropriate for yourself. There is no bad information. It is all good. It is determined by that which is your need and your cleaning, if you will, you see.

Does It Help To Use Crystals, Color, Or Sound, To Work On And Open Your Energy Centers? (August 04, 1992)

Yes, those are all cleaning elements. It helps in creating a greater awareness, you see. You are the only one who can learn your lesson. A crystal cannot learn it for you.

If you use a crystal, or whatever, to work on the Chakra, does this helps with the issues, or give you a higher awareness?

It gives you a sense of alliance that you have some help. Understand that you do not, in actuality, need that. However, it is a source of assistance which most energies, on the earth plane, especially, find that they need some type of help. And this is what The Crystal Kingdom is here for. It is to Be Of Service, to aid in helping you along the way, just as many in physical encasements, those around you, serve as helpers to you, to give you guidance and consolation and that sort of situation. But ultimately, regardless of how much help you receive from your Angelic Protector and from your Spirit Guides, from any source, ultimately, it is you who face Self. But it is always nice to have companionship.

Why Can't We Just Take On Higher Percentages To Resolve Issues And Get It Over With? (August 04, 1992)

When you talk about resolving the different issues, you have made it very mathematical by saying it is all the way we incarnate, and try to solve one percent of the patience issue, and ten percent of the judgement issue. I tend to simplify it and say, you are coming here and solve one hundred percent of the judgement issue, and get it over with, and come back and do them. Is that because they are all interrelated with each other, so we can only take, in numbers, twenty percent of this, and then you must work on the other one to get this somehow into balance?

We always enjoy it, you know, when (Name given) is in attendance, for the scientific engineer comes out, and we must get to that concreteness right away, you see. This issue is resolved at Soul Level, dear one. It is not for you to muddy yourself in the physical with, "I wonder what my percentages are?" And "Why didn't I do this?" And "Why didn't I do that?"

You see, this is where the physical thinks it is in control. It is going to be this consciousness that, "Well, by golly, I know that I am going to do twenty five percent of it and I am going to do it right now! This opportunity, I am going to take all twenty five percent, and then I am going to take the rest of it and get it over with." Well, this is not the way it works, for the Soul plans out the life, and indeed, the sojourn on the earth plane, and it is the Soul that releases, as it deems appropriate, based upon its higher understanding of the energy, what will be. And if you were to take on the entire issue, its full percentage, in any sojourn, not to mention one lifetime, it would be far too overwhelming, far too overwhelming.

Most energies, in dealing with an issue, to release it into an Energy Center, can only deal with ~ this cord can only deal with a very minute portion, for lessons are energy. And thus, you could not place this ball of energy that makes up the total lesson and push it through this little thin cord at one time. You have to think of it as draining through and moving harmoniously through the cord.

Not to worry, you see. Your soul is in control in connection with The Universal Consciousness, not the Conscious Self. That is an illusion that you are in control. It is the Soul. And the Soul waits patiently, as long as it needs to wait, for the Conscious Self to give up its sense of control. And then, you see, everything becomes quite harmonious and flows very easily. It is all quite organized though.

How do addictions come into this picture?

Those are issues, my son, and they are no different than the issues of patience and judgement and all of those issues that you take on, on the plane. Some energies choose from their Menu, if you will, upon entry onto the earth plane, certain addictions that they will take on as issues, and others do not, you see, so it is simply an issue and it works in the same way, as we have described, this release from the Soul into the Higher Self and through the cords into the various centers in the tunnel.

With the Soul in control and not the conscious mind, it would seem like we could just kind of hang out here on earth and not get worried about anything.

That is where the Conscious Self takes on its arrogance.

Well, if it is not in control, and it is just going along with what the Soul is doing in control, what is there for the conscious mind to do?

Ah, indeed. What is there for the conscious mind to do? This is a question for answering in another time, for it will bring into focus another topic that will come before we finish this earth plane connection topic for this year.

Earth Plane Connection, Continued ~ Playtime On The Earth Plane (September 01, 1992)

As we continue in our topic for this earth plane year of The Earth Plane Connection, we find it now time to present a bit of balance into all of the serious topics that we have presented and the heaviness that sometimes accompanies the information as you search for your path and seek your direction. And it becomes apparent, so often, that the earth plane brings about, to those who find themselves incarnating on it, a sense of heaviness and seriousness that occasionally needs to be presented with a bit of playfulness.

And thus, we speak in this session of Playtime on the Earth Plane. And, you know, to be seeking one's spiritual path does not mean that you would go around with this look on your face and stooped shoulders and be carrying the burden of the ages, but rather, that you view your search for greater awareness through a perspective of play, and that it be balanced, as is the quest that all would seek in the balancing.

Now. You know, to play is not as easy for many of you as we would hope it to be, and thus, we will present to you some ideas about play. And yes, you know, to play means also to be working on your spiritual path. It is not opposite to that which one would feel appropriate to their spirituality, but rather, to the essence of pure spirit, which is Lightheartedness, you see.

Now. We understand that there are certain restrictions that have been placed upon us for this session. (Name given) apparently has to find on this earth plane what you call a longer cord. (For the lapel mic Waith is wearing)

We have to pull you in if you go too far.

This could be used for this what you call jump rope? You could play with the jump rope. Perhaps the Tweety Bird would want to learn to jump rope. (Refers to stuffed Tweety Bird which is nearby) Yes. Now. Are we being unspiritual? Oh. Are we being disrespectful? And, oh, irreverent!

You know, to be irreverent is the essence, the absolute essence, of respect. Does that sound contradictory? As one respects oneself ~ and remember that this is our first Guideline for Growth that we have given, Respect of Self ~ Respect of Self then enables you to be irreverent, for you
Topic ~ Earth Plane Connection

see, nothing threatens you. And being irreverent means that you see the absolute illusionary aspect of all that exists and that in the end, what does it all matter here on the plane? Now. We will play a bit. We want to show you a particular little activity that you can do by yourself. Therefore, you can play with yourself, or you can do this with others, therefore, playing with each other in the same way that you might want to play with yourself.

A Technique Game To Help One, Or A Group, Become Playful **(September 01, 1992)**

Now, we will first do this little activity individually, and then we will have another, so that you will do this together. (Waith seeks out a male volunteer to assist)

Now. The first thing that you do is to place your hands on your shoulders with the tips of your fingers ~ so the tips of the fingers on the very top of the shoulders, you see. And now, you take your feet and you place them heel to heel so that your toes point out. Yes. And now, you move your legs up and down like this. Up and down, up and down. Up and down, up and down, up and down. And you also will be able to learn the sense of balance. Yes, you see. Now. As you are moving up and down a few times, you then begin to move your arms as if you were flapping your wings. You see, so, up and down, up and down, up and down. Yes, you see, up and down. Flap your wings, flap your wings.

Now, as you are moving up and down and flapping your wings, after you have gained a bit of momentum, shall we say, and what this is doing is creating an energy within your what-you-call aura, and it is creating a movement. Now. You move up and down, up and down, and now, you will begin to know ~ you will feel your own energy, and you now move your arms out straight to the side, still moving up and down and fluffing your fingers, you know, as if you were fluffing. Fluff, fluff. Fluff, fluff. And now, you bring your arms up over your head, over the Crown Chakra, the fingertips together over the Crown Chakra, creating the essential Circle over the Crown Chakra.

You have now stopped moving up and down, and you stand now, and you visualize within this Circle your favorite toy as a child. What was your favorite toy as a child? Visualize this within the Circle, surrounding it with Light, beautiful, fluffy, White Light.

And you visualize, and now you move your hand slowly down in front of you, keeping the fingers together in the same position, down through the Energy Centers, down slowly through the Energy Centers until you come to that which is the Solar Plexus, that area, and you then take the image of the favorite toy and imagine that it goes in through the Solar Plexus and fills, now, the Energy Centers up and down, sideways to sideways, filling the entire being. And now, you act as your favorite toy.

What was your favorite toy?

A bow and arrow.

A bow and arrow. Ooo-hoo. Now. How would you act as a bow and arrow, my love? Turn and face. And now, pretend you are a bow and arrow.

I can pretend I am shooting a bow and arrow. But I am not sure how I would pretend to be a bow and arrow.

Farena: Guess who-o-o! I am Farena! ☺ I am one of The Company. Hello-o-o. I am going to help you be a bow and arrow. Yes? Now. There is one thing that you did not do, you see. You are the arrow.

I am the arrow. Oh, good!

Farena: Whoosh-h-h. Whoosh-h-h-h. Feel the energy that comes out of your vibrational arena. Feel that as you go whoosh-h-h, whoosh-h-h. Again, whoosh-h-h-h. Ah-h! And now, take your hands like this, as you had them before, and you place them now directly where you call the Third Eye. That is right. And now, feel yourself ever more strongly as your favorite toy, becoming part of and one with your favorite toy. See this now and see the energy that surrounds all of the imagery and feel the combination. Ah, yes.

And now, you complete the game by bringing your hands back up to the Crown Chakra. The Crown Chakra. And now, open your hands so they face palms up. That is right. And send the imagery to The Universal Consciousness, making the connection with The One, of that which was your favorite toy. And thus, it is.

And now, bring your arms slowly down to your sides, slowly down, with the palms facing to the front. And now, bring your arms with the palms facing up over crisscross your chest. And now, take your hands, each of them, and pat yourself. (There is a patting noise and then group laughter)

Waith: Now, you see, I am back. This is an activity that one can do by themselves. Yes. But now, let us show you how you can combine this if you would want another, or two or three others, to assist you. (Waith seeks out volunteers to assist)

Now. All hold hands. (The three volunteers) Yes. Now. First, you call upon the very Highest of the White Light and envision the White Light of protection surrounding your Circle. And slowly, envision the White Light moving into the center of the Circle and filling the Circle with the White Light. And now, each of you envision an energy of color ~ your favorite color. And envision that going into the Circle of the White Light, filling the Circle with the color of your choice.

Now. We utilize this toy once again. And each of you envision your favorite toy, inside the circle, being smoothed over by the beautiful colors and the White Light, and the toy now is in the circle. And now you have envisioned that it is in the circle with the others.

And now, slowly begin to move around to your right ~ they almost did not get it! ~ slowly moving around to the right. And as you do this, you have an energy that moves through your fingers and hands into that who is on your right, and you begin to feel a circle of energy that is interconnected with each other, moving slowly around. And you encircle now your favorite toy with energy.

And now, you stop moving and you place your right foot into the circle and you shake it all about, ☺ and you do the hokey-pokey ~ ☺ no, you do not do the hokey-pokey ~ you shake it all about, and then you place it back and you place your left foot in and you shake that all about, and you place that back. And now, you, in an attempt to smooth out your energy field, you all now wiggle your body. Wiggle. You wiggle. That is right! Wiggle, wiggle, wiggle. Yes. And you are now shaking your energies and getting them going, you see. That is very ~

Spiritual hokey pokey.

Yes. Spiritual hokey pokey. Wiggle, wiggle, wiggle. This is very good. And now, you take your arms ~ and we will assist you here ~ you take your arms, placing them up, still holding on, and now, bring them into the center of the circle so that all of your hands are touching in what forms basically a pyramid.

And now, envision the toys that you have in the center, moving about and playing, and you envision yourself as a child playing with this toy. And you now envision that those others who are with you in this circle are playing with you, and you bring yourself back to that time frame in which you felt joy and happiness at playing. And the spark of remembrance comes through in that time frame. At this point, you can determine yourselves how much time you would want to engage in this play. That will be determined as a grouping. For purposes of this demonstration, we will continue with the demonstration rather than spend the time as they go off into their own playtime and the rest of you sit here, wishing that you were also playing.

Now you have completed this portion of the game, and you now bring your arms back down slowly into the circle, into the circle, into the circle. You cover, now, the toys, the image of the toys, and they are protected as you give White Light to the playing, for it is an energy. And you now bring your hands back to your sides, still holding onto the hands, as they were originally. And now, you move to the left. Move to the left, to the left, imagining the flow of energy going through your hands creating the bond, creating a unity.

And now, you invoke the protection of the Highest of the White Light, and you slowly stop moving. Slowly bring your hands to your sides, releasing from the other, relaxing. A deep breath up through the Solar Plexus. Breathe in through the mouth and out through the nose. And slowly now, return. And as you return, as you see each other, you smile at each other, remembering the play that has just occurred.

Ah! Indeed. We are most pleased that you participated in this game. You are released now. ☺

Play Is An Energy ~ You Must Allow Play To Be A Part Of Your Life (September 01, 1992)

You see, play is an energy, and you must make time for play. You must allow play to be a part of your life. And indeed, when things seem to be the most serious in your life, where you feel you have the most work to do, and all of these deadlines to meet, this is the time most appropriate to bring about play. And while it may not be possible to physically play, you see, you can mentally play. You can bring about a remembrance of your own playing, or you can be with another, and through a meditation bring about a remembrance of times when you played.

And if, for some of you who are not able to remember a time when it was playful and joy filled, you would have others who you could use as their play to be your play. This is the benefit. And eventually, if you are not able to remember a time of play in this lifetime, you may be able to move right out of this lifetime and into another in which you did play. The possibilities are limitless with this activity.

And the more you remember the sense of fun in playing, the lighter you will feel. And as you begin to be the toy that was your favorite ~ and you may have several from different time periods in your life and from other lifetimes ~ you then take on the energy of that which, external to yourself, created a sense of joy and happiness. And that energy combines with your own energy that currently feels weighted down by the responsibilities of the path.

Laugh Is An Energy (September 01, 1992)

It is so critical, and then it will become easier to laugh. You know, it is so important to laugh. Laugh is an energy! Laugh creates an automatic fluffing of the energy field. Not everyone knows how to laugh. We want you all now to laugh. ☺ Laugh. Laugh. Laugh. Laugh. ☺ What are you laughing at? ☺ Laugh. Come, come now, my love. Nice little loved one. Come on! Come on!

Now, how do you feel when you laugh?

Lighter.

Ah, lighter. And do you laugh enough? When you watch the news, laugh. Laugh. You see, you know, it is so important to be irreverent, and what is so serious that is being presented is specifically meant to try and bring you down. And while it is important to know what is being said out there that is attempting to bring you down, so that you can converse rather intelligently with others, you would want to laugh at it all within Self, to know that it is only an illusion, a very powerful illusion and meant for learning of lessons, yes. That is the one side. The other side is ha-ha! Ha-ha-ha-ha! And you could try out various kinds of laughs, something different from

what you are accustomed to doing in laughing. The energy in the back, laugh, yes. Yes, you see. Now, laugh. ☺

It worked.

Now. Try another way of laughing. ☺ Try another way. ☺ Now. You know the musical scales.

Do, re, mi, fa, so, la, ti, do.

Now, laugh to musical scales. ☺

Barjan, would you assist in the scales so that you could, you know, like this tuning device, enable him to laugh? (Barjan tries to laugh to musical scales)

(Imitates Barjan) I got thrown out of glee club.

You have an excuse, my love. Barjan does not. Try once more, Barjan.

Farena: Barjan! Barjan! Are you being silly? Give him a break! La-la-la. (They sing together)

Barjan: La-la-la-la-la-la-la-la-la-la-la-la-la-la-la. (Sung to musical scales)

Farena: Good. Now. Let us do this. As Barjan does that once more, you laugh in harmony with it. (Barjan sings the scales once again and the person who is trying to laugh to the scales follows him. The group claps at the end)

Waith: That was quite good. Barjan, we will speak with you later.

Barjan: I am sure.

(Addressing the follow-along=singer in the group) You may now go into the middle of the gathering.

The middle?

Yes, and stand.

And stand.

Is that the middle?

No, I thought you were ~ (Inaudible because of laughter)

Of the gathering, not the room, the gathering. Here! Open up your ears. Ears, open up. Open. Open. Now. We want you to direct the gathering in laughter. How would you do this?

We will do a wave, a laugh wave.

You may do what you want. It is now your gathering.

Okay. We will start with (Name given) **and we will laugh going all around. As you get three people away from you, you stop laughing, and continue all the way around, and it ends with Waith. You do the Waith wave.**
(Waves of laughter)

You were not participating in this. Perhaps you might want to start and do this once again! (More waves of laughter)

Ah, you may now sit. And thank you, dear one, for your ~

Wonderful! (The group claps)

Yes. You see the energy that comes from laughter. Know it is important to have the serious, but it is important to have the laughter, and as we present information to you that is serious, we attempt also to lighten that information as we give it to you. Most of the sessions that we speak, there is a balance, at least coming from us. As it goes to you, oh, you take this all, and you just hold it to yourselves as if your entire mission depended upon the understanding of that which comes through.

You will not understand everything that comes through. I do not understand everything that comes through from the Higher Sources to me. This is the way it is, you see. And when you do not understand something, do not be so serious and then feel that there is something wrong with you and you are not spiritual. You do not understand ~ this is foolish. You simply say, "Ha-ha-ha, I do not understand this." ☺ And then you go to somebody and say, "Do you understand this?" And if they say yes, well, wonderful, you have found someone who can help you understand it!

And if they say, "No, I do not understand that," you know that someone else does not understand what you do not understand, and therefore, big deal. And the search continues. Now you have an ally. "Let us go and find someone who understands." And eventually, you will find someone who understands. But in the quest to seeking the understanding, you will have allies. You will not be alone. You will have others who have said, "I do not understand what Waith said." Or "I do not understand what has been said from other sources."

The true freedom comes from letting go of the sense that you must know everything and you must have that totally within Self, the seeking of knowledge. The seeking of knowledge is something that is accomplished with the help of others. Each of you here have your own levels of knowledge and awareness in different components, some understanding better than others. Seek out each other. This is what we all are here for, to share, to give information as guidance and to seek out others for information. And eventually, you understand it. It may not be in this lifetime, but you will eventually understand it. And play!

(Name given) is attempting new stretching of her own awarenesses by attempting to become the mechanical person here, and she seeks knowledge in this area. And any who would have knowledge to share, as we attempt to create a better dissemination of our sessions so that others who are not here may enjoy these sessions via the hearing mode, she is attempting in her own little way to learn.

Yes. Now. Would we have questions?

I have a joke, Waith.

Indeed!

Do you know why angels fly?

No, why do angels fly?

They take themselves lightly. ☺

They take themselves lightly. That is very good, my love. ☺ That now goes into the official permanent transcript to be read for many, many thousands of years to come. Are there any other jokes?

What do angels do for fun?

What do angels do for fun? Now, we have already addressed that many, many sessions ago.

You watch TV, you put your feet up.

There is where we take our wings off. We settle back with our can of beer in front of the television, and actually we are watching the earth plane. ☺ And we click and we say, "Oh, what is going on over here? Oh, that is no fun! Let us see what is going on over here. And, oh, look at that funny little scenario. Oh, my." And we sit, and then we get into our beds, making sure that our wings are safely put aside so they are not crushed during the night when we sleep. "What do angels do for fun?!" Indeed. We ~

(Comment inaudible on tape, followed by group laughter)

Yes, we do. Now. Are there any other questions before we flap away?

Is There Any Color Associated With The Vibration Of Laughter? (September 01, 1992)

Oh, indeed there is. In the coming earth plane year, we will be talking much about color and sound as it relates to playing, for color and sound bring about the sense of play. And the laughter that one has creates an energy and creates, then, a color that can be visualized that is based upon your own vibrational field.

And as we present information in this coming year, you will be able to know how to connect with the color that is currently created within your energy field, and the ability to be able to lighten that color as you laugh, for the laughter creates, as best as can be described, a sparkling color. So, if the color that you currently have around you is, let us say, yellow, you then become a sparkling yellow, a very sparkling yellow. This will be more deeply discussed in the coming year.

Laughing Sarcastically At Something, Or Someone ~ Laughing Is Laughing (September 01, 1992)

A question about sarcastic laughter, the kind of laughter you might get when you are watching television and you do not feel any value to what is said.

Oh, indeed. But, you see, this is irreverence. For to take anything seriously, creates this heaviness, and laughter is laughter. And if you were to laugh at everything that is said on these news programs, and by individuals who you do not have a sense of respect for ~ and we say respect in not the spiritual way, but in their earth plane manifestation ~ then to laugh sarcastically is truly to be laughing, as you would at anything you find ludicrous and funny.

Waith Discusses The Issue Of Judgment And That It Can Have A Lighthearted Side (September 01, 1992)

But it is not a judgement, is it?

Oh, well, you know, everything is a judgement. It is impossible to be on the earth plane and be free of judgement. It is impossible. The move is to lessen the judgement. That is all ~ to become as less judgemental as you can. But, you see, the lesson learning on the plane involves judgement, but in understanding that it is judgement. "Oh, I am judging as I laugh at this person." This is fine, for this helps to release a certain energy that would create a negative judgement, you see.

And we have addressed the issues of judgement from one perspective. Judgement is also something that can be lighthearted, and we will discuss this in further sessions. So, it has a play element too. And as we discuss in the coming year more issues relating to playtime, we will give you the flipside, therefore, of issues, Judgement, Patience, Fortitude ~ all of those wonderful issues that you all work on have a play side to them. And this is what we will attempt to give you for balance as the time progresses.

Group Balancing ~ Differences In Specific Nations And their Abilities To Laugh (September 01, 1992)

When you compare nations with each other like the English people, they hardly laugh. They just smile a little bit. The English gentleman would not laugh where the Americans, they tend to laugh more. The Germans, they are so serious they cannot really laugh. So, it is an attitude that a whole nation is either more in one direction or the other direction according to the individuals.

Yes, indeed. And, you know, this goes to Group Balancing, which we have talked of before, but it is a most appropriate observation, my son, that you make, and one that will be discussed as time progresses, as we begin to present to you more and more play and humor as the opposite of the seriousness, and how you combine the both. So, as you work on patience, you can laugh at yourself. You can laugh at the lack of patience that you might have.

Earth Plane Connection, Continued ~ Understanding Who You Are (October 06, 1992)

We are pleased at the magnitude of the gathering of energy, the combinations of energies who find themselves in this vibration. We will speak with you in this session, in our continuing topic of The Earth Plane Connection, in an area that is described as understanding who you are. You all know who you are, do not you? Yes? No?

There has been much discussion of the connection between the Soul, the Higher Self, and the Conscious Self, and while we have attempted to give you the understanding of the integration of the three vibrational fields, Conscious Self, Higher Self, and Soul, there is still a sense of separateness that each of these three have not really all that much to do with each other. "Well, that is my soul. It does what it wants to do, and that is my Higher Self and it does what it wants to do, and here I am in this current illusion doing what I want to do, so there are three of us at work here." And many of you, of course, at this conscious level, you say, "How can I talk to my Higher Self? I am not talking. I cannot hear me! My Higher Self does not respond, let alone my soul!"

My loved ones, what you need to understand is that who you are in the Conscious Self is the physical manifestation of who you are, the combination of the other two significant components of your energy. You are each energy. Each of us comes from The One and we are a little ball of

energy. If one must put it into concreteness, think of it as just a little ball of pulsation ~ bright Light. That is the essence of each of us.

Waith Gives A Descriptive Of The Soul, The Higher Self, And The Conscious Self (October 06, 1992)

Now. What begins to happen, once we move out of The One, is that we have what are called vibrational fields, part of the Energy Circle. The Energy Circle of which we have spoken is of a larger component, and the vibrational fields fit into that Energy Circle, and in the Energy Circle, then, you find yourself with these vibrational fields. The Soul is the library. This is how you would best think of it. The Higher Self is the library card that allows you to take a book out of the library, your soul, and the Conscious Self is the result of reading the book. And in order to gain access to the library, you need a library card. This is a description that we give you now that is different from another time in which we gave another description to give you a perspective on how to view this process.

Now. Each of you have an automatic capability of gaining access to the Soul's information. It is, however, a condition of being on the earth plane, one of the scenarios set up on the earth plane that at the conscious level, you think you do not have that capability, but automatically and continuously, the library card goes into the slot that opens the door and knows automatically what information it needs from the Soul. And it gains that information, brings it out of the library, and you receive the information that you need to receive, whether you consciously realize this or not.

There is not one action that any of you engage in that is not the result of information coming from the Soul. It is absolutely impossible to act at the conscious level in and of itself. The conscious level is absolutely incapable of operating on its own. It all comes from the Soul. It is who you are, and each of you are reflections of your soul, and each of you, therefore, radiate the love that comes from the Soul and the beauty that comes from the Soul. That is who you are, plain and simple. You are energies of love.

Where it gets muddled is that on the earth plane, the illusion is necessarily presented that brings out such things as ego, blockages, perceived blockages, for there are no blockages, only that which you create at the conscious level. And understand that if you create a blockage at the conscious level, your soul has sent the information zooming through the Higher Self and said it is necessary for lessons to be learned for there to be blockages.

If you feel you are not able to reach your Higher Self, it is because you have determined that you will not be able to reach your Higher Self. Nothing else, no one else. There is no external force that is saying to you, "We are in control. We are the ones blocking your abilities." You, each of you, has made that decision. You are each in control, whether you want to admit it or not, and what you do at conscious level is a very specific plan of action that has been determined at the Soul Level. No one else is to blame, if you would use that word. No one else can take the credit for lessons learned, only you, each of you. But, you see, this is part of the illusion of the earth

plane that would create this idea that you are not in control. You would not be in your physical encasements now, as you are in this gathering, if you were not in contact with your soul. Your soul rules. Whether you are, at the conscious level, aware of the interaction is not even the point. That is not even the issue.

Now, in that knowledge, one should feel freedom. One should feel relaxed, knowing that nothing, absolutely nothing, is going to happen to you that is not already determined by Self, regardless of what someone else may say to you. No one knows who you are except you. You are the essence of a Higher Consciousness, and ultimately, we are all each other. We are simply separate energy forms that have an energy grouping, an Energy Circle, and a vibrational component.

The vibrational components of Soul, Higher Self and Conscious, current consciousness, is not only applicable on the earth plane, it operates, this concept of three vibrational fields, on any of the training grounds. And thus, when you come onto the earth plane training ground, you bring with you, if you have been on other training grounds, the memories of the experiences on other training grounds. And when you go to other training grounds, you bring the earth plane experiences with you.

Thus, you develop, over the experiences being outside of The One, what we call the personality of the Soul, a bit different from the personality of the Conscious Self. And the Higher Self also has a personality, an identity, and the three personalities are separate but one, of course. And it is in these personalities that strength is developed for the total energy ~ you. And it is in the gaining of strength that this thing called ego enters in.

Ego Is The Manifestation Of Personality ~ The Combination Of Soul, Higher Self And Conscious (October 06, 1992)

Ego is very positive if not abused, if it is in balance, just as any other component of concreteness outside of The One. Balance. There can be abuse of ego. But it is critical to have abuse of ego in order to balance and to be able to use ego in harmony, for the stronger Self becomes, then, the stronger Self can become. And thus, it is very important to allow the ego to develop, for the ego is the manifestation of personality. And it is then the combination of the three personalities, Soul, Higher Self and Conscious that bring about the total identity of the energy.

The tricky part comes in when there is an imbalance among the three, and those imbalances can occur very easily. It is a delicate balancing. If there is an imbalance, however, it does not negate the flow of information that comes from the Soul to the Higher Self to the Conscious level. Understand that that information is always coming through. It can be derailed when it gets into the Higher Self, but it is never not coming in from the Soul to the Higher Self.

The issues really take on magnitude between the Higher Self and the Conscious level and between the Higher Self and the Soul. There is not issue with Conscious Self and Soul. There is

always this Higher Self being the intermediary, so it is the Higher Self that has the issue, either with the Soul or with the Conscious Self, you see. And thus, if you were to look in the mirror ~ look in the mirror and say to the mirror, "Hello! I am me." Look at Self through a different perspective. Look at yourself as being in control of yourself. No one has the right to tell you who you are, only you. And each of you is beautiful, and each of you is of the Light ~ to somebody. ☺ Maybe not to somebody else, but that does not matter.

Now. What do you think of this information? Do you have questions? (There is a silence) Surely our hypnotist does. ☺

What Purpose Does The Soul Have If It Already Knows The Answer? **(October 06, 1992)**

You mentioned that all of the blocks we create are created by the Soul, or the process of earth plane personality, or to experience lessons. I assume the blocks are taken away when the Soul has decided the lesson has been learned.

Or learned to satisfaction, maybe not completely learned, but to the satisfaction of the Soul for that particular time frame.

So, the Soul knows the answer to begin with.

Yes.

And who is doing the learning then if everything is controlled by the Soul and we do not have any supposed control ourselves?

Very good question. The Soul is a vibrational field that is a component within the Energy Circle. It is the Energy Circle that then brings in the learned information, you see. We take the ~ we go one step further ~ this is graduate school information ~ that the Soul, yes, houses all the memories, but the greater picture encompasses the Energy Circle, which we have described, which encompasses other components, as you all know, of other energies that make up your total field of experiences.

And thus it is that whatever the Soul then determines has been learned is then stored for the benefit of the total energy in this Energy Circle, and that is where the lessons need to be learned. Remember, we described this Energy Circle as having indentations as it goes from one grouping of energy to another within The Circle, and it is the learning of the lesson that the Soul determines has been completed that fills in those indentations. And once the Energy Circle is smooth, ta-dah! It is ready to return to The One, and it rolls itself right back into The One.

There is far more to this than just the Soul, you see. There is a higher power of Self controlling the total experience, for if you were to accept the premise of simply three vibrational fields

working, sort of together, then it would be, rightly, as you questioned, what purpose then does the Soul have if it already knows the answer? Who is doing the learning? It is the total energy field, which is far greater than each of the components, the vibrational fields. Does that clear it for you?

I think it does. Does that mean that, the WE that I am talking about here ~ being the individual ego, that we are just here to gather experiences for the whole Soul Community or The Energy-Field Community?

Well, we are all here to play. You know, we say this almost every session now. We are here to play. The coming out of The One is a decision made by an energy and that knowing that they are coming out of The One, that there will be the games, for this is the reason for coming out of the One, is to play. It is very boring in The One. The Universal Consciousness knows all ~ very boring. Think of how bored you would feel if you knew everything. What would you do?

Think about it.

You would have nothing to think about. You would know all. You would sit where you are and what would you do? You would ~ there would be no reason to do ~ to be ~ to do anything. You take ~ all the fun now is in the learning. You know, you can go back to The One any time you want.

⊗ **Oh, yeah? How do we do that?**

⊗ **Learn all your lessons.**

⊗

Pushing The Abort Button And Returning To The One Without Learning All Your Lessons (October 06, 1992)

No. You know, we have been on record as saying lessons must be learned, and you must do this, and you must do that, until you are finally through, and you return to The One. Well, yes, that is true. However, each of you also has the option of pushing the abort button, going back, saying, "Ah, I did not like this after all." Many entities do this.

How do you do it?

You simply do it. It is very easy to do, and no one is going to know ~ no one knows that you have either completed your lessons or simply said, "I do not like this after all," and you go back to The One. Nothing has ~ no damage occurs. It is, however, you see, the illusion of being out of The One that creates this idea that you must complete everything that you do before you can be let back in.

So, we are not out of The One at all.

No.

But the Soul has to push the button.

Ah, now, why would you think it is the Soul?

You said the Soul was in control.

The Soul is in control of components of the Energy Circle. Who do you think pushes the button?

Well, if the Conscious Self would do it, it would happen a lot. 😊

Ah. Not as often as you would think, my son.

I would think it is a team. All of them have to be in agreement. Because as long as one wants to stay, you cannot go.

That is most accurate, my love. It is most accurate.

Either all of them go, or none.

Cannot be one!

There would be a hole in the circle.

There would be a hole in the circle, and then everything would fall out.

Is that the purpose for airline crashes? An Energy Circle decides they are going to leave?

No. No, there is much more, related to mass departures. It is not part of this particular activity of pushing the button. Think of it ~ we will go to your question in a moment. Think of this button. Visualize this button. It is round, you see, round button.

And red. 😊

It could be any color you wanted it to be. Round button. Now, it is like a knob. Think of it this way. And here is the Energy Circle, it is a Circle, and the Energy Circle, with all of its indentations, gets together, has a conference, take a vote. They decide, fine, go back. They suction themselves onto the knob ~ the button. And they push it. Whoosh, they are gone. That is a visualization of how it happens, but it is the visualization of instantaneous dissolution of

energy, for energy is an encasement. Anything out of The One is an encasement. And thus, The Universal Consciousness, put on alert ~ Energy Circle entering! Comes in. Gone. But, you see, it is very difficult to gain consensus within one's own Energy Circle, but it is possible, my loves. There is nothing that you, as an energy, do not control.

Now, your question.

Yeah, Waith. What I am struggling with is the fact that our conscious behavior is completely determined by the Soul.

Have difficulty in grasping because you cannot see it.

That is correct, yes. But I am still wondering why there are so many people struggling on their conscious level. Is it because their soul has nothing else to do than to continue struggling because it is boring? I always thought that the Soul itself would develop when the individual at the conscious level will struggle with different issues that the Soul at least will then ~

Yes. When the Soul has determined that an issue needs to be worked upon, it sends that information to the Higher Self, and then at that point it becomes ~ this is where the tricky part comes in, and that once the lesson has been learned at conscious level, it goes back to the Soul and the Soul says "Yippee" and sends it into the Energy Circle which then starts to strengthen, and then it is time for the other lesson. You see, when you come out of The One, all of the lessons that are to be learned are stored in the Soul, you see.

Okay, so there is a purpose behind why the Soul gives out certain lessons to the conscious.

Yes.

It is not just there is nothing else to do.

It is not random. It is not haphazard. It is all very planned by the Soul in conjunction with the total Energy Circle. Conscious Self is simply the playing out of a lesson. That is all. It is quite fun. Now, you know, you might say, "Well, Waith that is easy for you to say. You are up there in the clouds. You are not here on the earth plane." However, The Angelic Kingdom is a training ground, and the same concept applies to the Angelic Training Ground, and that the Angelic, while in a different dimension from you on the earth plane, also has in its own dimension a concrete, current consciousness, a Higher Self and a Soul.

So, you see, I now, in my coming through and speaking to you, am operating at the conscious level of the dimension of The Angelics. I am playing out that which my soul has determined needs to be learned. Part of the Angelic Training Ground is having access to high levels of information and being teachers to other training grounds. Nonetheless, the same concept applies, you see. Do you understand?

The lessons that we learn ~ is that what other teachers, or other sources, would call karma, to take a lesson and kind of work it through, or is that a totally different concept?

There are so many words on the earth plane that are used to describe the same issue or the same concept. Karma is a word that we choose not to use, for we simply do not like the way it sounds coming out of the mouth. We do not have to have a high spiritual reason for not using a word.

😊

Does The Holy Spirit Discussed In The Course Of Miracles Basically Talk To The Higher Self? (October 06, 1992)

About the Holy Spirit and the point of view of the *Course of Miracles*, which says basically that this whole thing is an illusory struggle between The One and the ego, and the Holy Spirit was created as mediator. And from reading the transcripts, and hearing what you say, I cannot get a direct correlation with what the Holy Spirit would be, in the way you describe it, but the question I was trying to ask is, does the Holy Spirit basically talk to the Higher Self?

The best way that we can smooth over this information, for understand that information that comes through from the informational dimensions, such as The Angelics, aims toward specific levels of understanding audiences, and that something is described in a particular way so as to achieve an understanding by groups of entities who have a certain level of understanding. The Holy Spirit, as it is described in this particular message that you speak of, correlates with the Higher Self in the information that we are giving. That is the easiest way to describe it. It becomes difficult for some individuals who receive information from several different sources to correlate.

So, they are basically synonymous?

They correlate, yes.

When An Energy Leaves The One, It Takes What They Determine Is Necessary To Play (October 06, 1992)

As souls or Energy Circles go back into The One ~ is therefore steadily growing and constantly expanding, or does the energy that leaves The One already contain all that?

When an energy leaves The One, it takes with it that which they determine is necessary to play, knowing, however, that the connection back to The One has never been broken, the thin thread as we have described it, and that whenever it is needed, the Energy Circle sends a telegram to The One and says, "More information needed than planned." And The One says, "For a price, we will send you that information!" 😊

Does the One grow? Or does it stay the same?

The One, as you are trying to ascribe it, is not physical. It is not encased. Only that which is encased has the capability of doing anything, growing or not growing or decreasing. The One simply is.

Discussion About Communication Aspects Of The Energy Circle ~ When And How That Occurs (October 06, 1992)

You talked about the various aspects of the Energy Circle, communicating with each other in some form. When does that happen? Does that go on constantly, or only between lifetimes, or only between experiences, or during ~ if we were in contact during our dream state, for example. Or is that a constant thing?

Constant. Continuous. There is the master controller of the Energy Circle that tries to keep all the energies organized. You cannot get away from that word. The Universe is very ordered, very organized, and nothing occurs that does not follow order. And thus, the Energy Circles, while they have the capability, and indeed they do communicate continuously, there is order to that. And there is great control in each Energy Circle as to when certain activities occur ~ the dream state, for example.

When it is time for you to go into the sleep state, the Energy Circle is given that message, "Conscious Self going into sleep state." And thus, certain activities then open up, and information, whether it be through dreams or simply leaving the encasement to do other work in other dimensions, is all under the control of the Energy Circle. And then, when it is time to return into the conscious state, Energy Circle blows the whistle and calls you back in. "Recess is over. Time to get back to work." As you sit now in this gathering, each of you, your Energy Circle is at work getting ready for whatever next activity you will involve yourselves in at the conscious state.

How large is this Energy Circle?

Three by five, two by four. ☺ My love, Energy Circles take their own shape. There is no size as you would want to place a standard. For if there were a size, we would run out of room.

How Can We Understand Your Description Of The One, As It Simply Is? (October 06, 1992)

You described The One as being that it is. Is the reason you describe it as that is because we are, as lay people, could not fathom the information that would describe it?

Well, you know, there is nothing to describe, for it simply exists, but existence is an illusion. Existence, in fact, is an encasement, and therefore, for us ~ and you are correct, you see ~ for us to give you a sense of The One, we do unfortunately need to give you a frame of reference. So, if we were to say that it simply is ~ "is" is an illusion.

So, it is nothing. ☺

NOTHING is an illusion. NOTHING implies that there is something.

But you have a clearer understanding of what you are understanding than we could. ☺ I hope so!

Yes. Yes.

So, as our vibration increases, we will have a better understanding of what the answer would be if it were real. ☺

That is correct. None of what is occurring now is occurring.

A Discussion Of The Game Of Lesson Learning (October 06, 1992)

You described that sometimes the Soul will arrange lessons that look like limitations or blockages for an individual. So, that means that from our point of view, we could not see when someone seems to be in a very limited state, like a coma, or they are born into a role of certain kinds of sense deprivation, or things that we look at as inability to learn, or they may be involved in a whole different set of lessons that are really just beyond ~

Oh, but of course. Everything is a lesson. There is no deprivation. That is not part of the scenario. It is only illusionary that you who would have ~ would think that someone who does not have what you have, is deprived and that, therefore, they should be felt sorry for, that somehow poor things came in and experienced certain situations. It is all ~ you each, in your many, many experiences, not only on the plane, earth plane, but on other training grounds, have gone through all of these issues, or will. It is the game, you see. That is all.

But if the Soul knows all, why do they put us through all these lessons when they already know the outcome?

Who is they? ☺ It is you.

Okay. Why do we put ourselves ~ our soul ~ why does our soul put us ~

That is between you and your soul. For, you see, some entities choose a very different path and do not have what appears to be difficulties, because whatever the path has been is determined by the Soul. So, you decide yourself that you are going to have a miserable life. ☺

That is quite a game.

You have ~ you know, we say that in irreverence. There is no such thing as a miserable life from the perspective of learning and strengthening, for whatever you have decided, and you have that choice before coming onto the earth plane, as you are leaving The One, where you will go and what you will do. You have an unlimited Menu from which to choose, and you make those choices, and then you carry on. Your choices will differ from others. There will be similarities, so that misery loves company, like attracts like, opposites attract.

And thus, as we started out our conversation in this gathering, no external source has anything to do with what you do. You are who you are, unique, separate, yet one. And everything that every one of us do, in some way, impacts upon every other energy outside of The One. But we are separate in respect to development and growth. And, you make your own choices. And only you, only you, can solve whatever issue has been presented. We cannot cure you. We cannot heal you. We cannot learn your lesson for you. We are a source of information meant to guide you, to give you insights. But only you do what you are meant to do, based on your own plan of action.

A Discussion Of Interactions Between Conscious Self, Higher Self, And Soul (October 06, 1992)

I am sitting here at a conscious level and agree with you completely, and things do not change. Is that because my Higher Self and Soul have not decided that we are just going to go along with that?

Could be.

Does my Conscious Self have the ability to make changes in my Higher Self and my Soul to go in that direction?

Remember what we said earlier, that the Higher Self connects with the Conscious Self and that the Higher Self connects with the Soul. The Conscious Self and the Soul do not have the connection directly. So, the answer to your question is yes.

If I can straighten out my Higher Self, I will be all set.

Not necessarily. Do not forget the Soul. For to straighten out, as you say, the Higher Self, only straightens out one component, and the balancing between Higher Self and Conscious Self may be achieved, but the balance between Higher Self and Soul may not have been.

So, we can anticipate taking more time to do this.

You can take as much time as you need, for you are in control, not us. And there is no time, only what is perceived as one point to the next in the illusion on the plane. Thus, you make your own time frames within Self.

We are ready now to depart, and look forward to being with many of you in the next gathering where we can truly have a play time, for we have our own little things planned. Limera? (Stupid Questions Session October 11, 1992) Limera has things planned that she thinks we do not know about. ☺ It is a time of gathering for joyful Lightheartedness and play, for we enter a new phase on the training ground of the plane in which we will be giving you Lightheartedness and ways in which to play, ways in which to reconcile Self and to become more comfortable with Conscious Self and to have fun with Self and to play with Self.

Earth Plane Connection, Continued ~ Energy Dependence (November 03, 1992)

We welcome the new vibrations into the gathering of energy and are pleased at your venturing into our gathering during this most auspicious time on the earth plane known as your election. We make no political comments. So, do not even ask us who is going to win, for it is of no consequence anyway.

Waith Uses The Word Dependence And Addiction As The Same Reference (November 03, 1992)

We are continuing our discussion of The Earth Plane Connection, and in this time frame with you, we will discuss what is best described, in your frame of reference on the plane, as energy dependence. When we use the word dependence, we also use it within the same context as addiction. And thus, we may use the word addiction and we may use the word dependency. It means, from our frame of reference, the same.

There has been much concern and discussion in the illusion currently on the plane of that which is called dependency upon something or someone outside of Self. We will address the reasons for dependency. And understand that while on the earth plane, there will be issues of dependency, for part of the earth plane condition is to work through the issues of addiction and that when one is free of dependency means that you are back in The One. And thus, as with all issues played out on the earth plane, it is an accelerated ground of training for lessons of dependency. Dependency exists in all training grounds, be it the earth plane or any of the others, be they spirit or be they in concrete, as you would know concrete.

Now. There is a sense, then, on the earth plane that one must free themselves from dependency, and this is the ultimate goal, of course, of all energy, for it is without dependency that we all are then allowed back into The One. Now. To be dependent, or to be addicted, means that you are developing a strength of inner Self, and that as you work through your issue of dependency, you grow within Self, becoming less and less dependent or addicted to those items that are external to Self.

Now. You all are at varying points in your path of growth on the earth plane, and therefore, have varying levels of addiction. Remember that the earth plane itself is an addiction. Knowing that, understand that you will always, each of you, have, while incarnated on the earth plane, a relativity of addiction to the energy of addiction of the earth plane. There is an energy of dependency that brings you continually back to the earth plane. Thus it is that to be on the plane means that you have plugged into a particular energy of dependency, necessary, as you have determined by your own planning for your path, to be critical to your own development. The issues of dependency can be worked out on any of the other training grounds, just as any of the other issues, lessons, you choose to work on, can be worked on in other training grounds. The earth plane is a very special training ground.

All Addictions Are Co-Dependent ~ It Is Necessary To Work Through The Issues (November 03, 1992)

Now. There is the issue of what is referred to as co-dependency. All addictions, my love, are co-dependent. You cannot be solely addicted without their being an interchange. It means, therefore, that if you are dependent upon a food substance, for example, that food is an energy, and that food also serves as an addiction to your energy just as individuals would be perhaps co-dependent, addicted, to each other. The Animal Kingdom, The Mineral Kingdom, all is energy, and all are planned on the earth plane to be co-dependent. It is necessary in order to work through the issues. You cannot work through your issues without interaction, you see. You would have no reason to be on the plane.

Co-Dependency Is Not Negative ~ Energy Attracts Energy In Order To Work Through Issues (November 03, 1992)

Thus, it is not to be viewed in a negative sense, co-dependent. This is a phrase that is tossed about these days on the earth plane, co-dependent, as if it were some new revelation, some new behavior that is occurring. It is not. It is the history of the earth plane that energy attracts energy in order to work through issues. That is all that is occurring. Co-dependency is the opportunity to balance, be it with the "co" or be it with that energy simply because the energy has allowed an issue to be worked out, remembering that when you all have issues to be worked through, the balancing may or may not occur with the energy with whom the imbalance occurred originally. We have discussed this in other times.

Exaggerated Addictions At The Time Of The Cleansing ~ Alcohol, Or Mind-Altering Drugs (November 03, 1992)

Now. There are particular addictions on the earth plane that are prevalent now as the time of cleansing comes to finality. For the past three to five hundred earth plane years, as we have indicated earlier, the illusion has been preparing for closure to bring in The New Illusion. And during these final moments of cleansing, all is exaggerated, all is accelerated. There are addictions that are part of the closure of an illusion.

One such addiction is to that which you know as alcohol, or what you call mind altering drugs. These are addictions that are most difficult to work through, and the dependency of their energy upon the energy of others, be they human, animal, mineral, vegetable, whatever particular kingdom, and understand that the energy that comes from these particular substances affect all other energies. You simply are not aware of the co-dependency factor in the other kingdoms unless you are able to communicate with the other kingdoms. What this particular area of dependency is highlighting relates to the vibrational attunement of each of you as The Shift of the axis is about to occur, and the levels of awareness that are, each of you, are working toward heightening, and that you would find yourselves, as you become more attuned to the vibration of the planet, having less and less of a dependency upon that which is mind altering.

The purpose of these particular energies is to plug into, if you will, at a particular point in an energy's path, the ability to see beyond the current illusion, to see that there is indeed something else. And while many would call it a state of stupor, this is not to be viewed as a negative, but rather, to be viewed as a way of shaking the Higher Self into acknowledging that there is more than the illusion that is current. And once the ability at Higher Self and Conscious Self is maintained in seeing higher awarenesses, the addiction or the co-dependency is gone. It is no longer there, for the need that was apparent in the shaking up of the Higher Self has been met.

We have spoken during this year, this topic of Earth Plane Connection, of the Energy Circle and of the connection between the Soul, the Higher Self and the Conscious Self, and that the Higher Self is the intermediary, if you will, between the path and the memories of the Soul and the playing out of that path at conscious level, and that oftentimes, an energy gets stuck, and it is the Higher Self that is responsible for the unsticking ~ and it is then through this co-dependency with mind altering substances. And this can take many lifetimes, my dear ones. It does not just happen in one incarnation ~ there is then the shaking of the Higher Self that then allows a freer flow from Soul through Higher Self into Conscious Self. And the levels of awareness, then, are achieved without anything external.

As You Work Through Your Issues Of Dependency, Be Careful Of The Issue Of Judgement (November 03, 1992)

Awareness, at its height, comes from within, and, as we have indicated so often, it is perfectly all right to use external crutches, if you will, to assist in the gaining of internal strength. It is necessary. It is absolutely necessary. And therefore, as you work through your issues of dependency, you must be most careful of judgement, for this is the area of set up on the earth plane, to test your judgements. Do you judge another because of their dependencies? If you may have already worked through certain dependencies, do you become elitist? Do you impose upon another? Or are you simply available for counsel, for support, for guidance?

Self-Serving Is An Addiction (November 03, 1992)

For, remember that when a lesson has been learned, or so we think, opportunities come around and wham! test you to see if you truly have learned your lesson. Just when you think you have it, and you become rather complacent about having it, The Universe, in conjunction with your soul, says, "Let us really see. And let us see how arrogant or non-arrogant we are about the achieving of heightened awareness. Do we use our newly-gained awareness and sense of freedom to Be of Service to Others, or are we Self-serving?" Self-serving, then, is an addiction.

And thus, The Cycle of Lesson Learning has yet to be complete, for remember, The Cycle of Lesson learning, and this is in our readings (See Transcript dated 04.17.1990), is not complete until you as an energy have taught those who will teach the lesson. And thus, you have much to achieve in the letting go of addictions. And co-dependency, then, is an issue in which you work with the other energy to move away from the addiction of each other, be it human or any of the other addictions. You know, the kingdoms ~ addictions do not occur just, you know, human to human and animal to animal. They cross pollinate.

Now. We would enjoy having a conversation now, a dialogue, with those of you who may have questions relating to the issue of dependency.

All Energy Has Consciousness And Is Of Service ~ All Serves Each Other (November 03, 1992)

You mean those chocolate bars that I crave have a consciousness?

Indeed, they do. Contrary to scientific and arrogant thought that only human and animal have consciousness ~ and there is, of course, we know, debate that even animal has consciousness, that only humans, oh! humans are the only conscious energy. All has energy. Every, every, thing on the earth plane has an energy, and all energy has consciousness. You sit now on energy. It has a consciousness. It is of service. It allows other energy to sit upon it. There is energy that sits upon each of you. At a higher level, you know this, and you have agreed. For these other levels of energy that exist on the earth plane of which you are not aware, you as humans serve in the same function as the floor would serve. All serves each other. And thus, chocolate bars serve as you serve it.

Can You Overcome Co-Dependency, And Retest It, Without Becoming Co-Dependent Again? (November 03, 1992)

Yes. It is part of The Cycle of lesson learning, and that indeed this activity must be undertaken in order to have finally reached closure on the lesson so that there is no need for The Universe to send retesting. There will be a continual retesting until the Soul is absolutely certain that the lesson has been learned and the bow has been tied and closure given.

When you talked about chemical dependency, and if a chemical-dependent person wants to see if it is okay to go back out, as many co-dependent people, if they make that slip, never make it back to the support

group that they need to go to. It is a very dangerous statement for people who are co-dependent on alcohol and drugs to hear that they, after so much time, feel that they go back out, so to speak.

We did not make that statement, my love. You have misinterpreted our words. We have not said that it is all right. What we are saying is that it is an issue of an energy's issue of heightened awareness and that every energy has the right to proceed upon their path and not to be imposed upon by another who feels that this is the right way to work through the co-dependency or through any of what you call chemical addictions.

It takes as long as it takes for an energy to work through their own addictions, and that those energies on the plane who have achieved a level of success in working through their chemical addictions are, therefore, responsible to Be of Service to those who might seek out their assistance. And thus, as you say, support groups are such vehicles that are made available to the energy if that energy so decides to utilize that vehicle, and that no one outside of Self has the right to impose that, that is the vehicle of choice and that if they do not return to this vehicle of support, that something has gone drastically wrong and that you may indeed have failed that individual.

There must be the fine line between Being of Service to an energy and imposing your own views. It is most difficult. We understand this, for we see it from our own levels, to watch another struggling along a path that you have already taken and that you know what is at the end of the path if such and such, and such and such, is achieved and done. But each of us learns our own lessons in our own way, and we seek out the support and the guidance from others without, hopefully, having severe judgements imposed.

Thus, you would continue to provide a support mechanism, understanding that part of the path of those who would provide a support group is also a learning of lessons in how to guide those who follow the path that you have taken. Do you understand? Has this cleared up the confusion?

The way I understood you answered the first question was that if I had been dependent on alcohol, the only way to be sure whether that I have learned a lesson is to have a glass of wine to see if it got me to be dependent upon it. Otherwise, I would not be able to wrap it up and put it in a bow, was the way I understood that you said it.

That is a very simplistic response. However, in its conceptual frame, it is correct, for in the learning of lessons of dependency, as in the learning of any lesson, once you think you have it, then the opportunity to prove that you have it is presented.

Now, in the case of, shall we say, alcohol, it is not always necessarily that you must have this glass of wine. "Ah! I am a reformed person now. I can drink this glass of wine and not become dependent again." This is not necessarily the way in which you would prove that you have achieved closure, for when closure is near for a lesson, it is at a higher level of understanding, and there is a higher spirituality that not necessarily needs to be manifested in the concrete of the illusion, such as the glass of wine, you see. For understand that the concreteness of the illusion is simply the manifestation of issues of spirit, and if there is success at spirit, oftentimes, there is no

need to prove it in the concrete unless it is part of the path and you are at a certain point in the path of lesson learning.

So, for example, in this incarnation, an entity determines to look at a block of lesson learning where alcohol or other mind-altering substances are concerned, and as we have said, the lesson learning is done percentagewise. You do not come into one life and try to do the whole thing. It is not possible. Rather, you would say "In this lifetime, I will attempt to achieve one percent ~ you have one percent you have determined to learn in this particular lifetime, of substance ~ mind altering substances. You may have already learned three percent of the lesson in other lifetimes. You come in. Now, you will add so that you will learn four percent.

It may be, then, at this particular point, in this particular percentage, that you, in this lifetime, prove that you have achieved the one percent by indeed not consuming, after having an abuse of consumption, and then to say, "Now I will see how I have done. I will take a glass of wine." And if you then have no dependencies that result from that glass of wine, that is the symbolism that that one percent has been given closure, and that you would then add that to the percentages learned and go into the next lifetime in which you will work on this issue. It may not be the very next lifetime. It could be ten or twenty or one hundred lifetimes later, but you will pick up where you left off, and you will then go into the next life already having proven that you can abstain and then go back and have a glass of wine.

So, you do not have to prove that in the concrete again, and you therefore go along in the next stage of the learning of this lesson, which goes into the higher levels of teaching those who are learning the lesson. Thus, if you are working in a support group, you are in a different phase of lesson learning for this issue than you would be if you were working through the addiction yourself. Does that answer your question?

Better.

Better. Would you frame another question?

I can think of no instance in my experience when anyone, with what I understand is alcohol addiction, would ever want to pick up a glass of wine to prove anything positively. So, while I understand what you are saying in theory, I would not want to take the chance of doing it myself, and where I am at, I would never suggest anybody else do it unless they try it right after they have a glass of bleach. ☺ And I have said that to myself, when I can drink bleach, I can drink alcohol, because I do not trust my conscious mind enough, with the way that alcohol affects it, to ever take the chance. And I have seen many people who have thought that they were ready to prove something to someone who ended up not having gotten as far as they thought they were. So, I do not know of any instance of anybody who was ever able to do that and have it be a positive result without going through more issues.

And do you have knowledge of all that has occurred in this area? You must be most careful, for you render a judgement. Understand that there are many who work through these issues of whom you have absolutely no awareness of how they have dealt with it, and that each of you encounter entities who come to you, and you to them, at relatively the same point in the path, and therefore, your frames of reference would be close. You would not, for example, meet up

with an entity who did not have this as an issue, for it is at a different point on the path. It is not until you reach the fourth stage of lesson learning that you begin to expand your horizons to understand that there are many, many ways in which entities have responded to this addiction of mind-altering substances.

And therefore, yes, your frame of reference will be limited to your own point on the path, and as each of us reaches higher levels of awareness, we are then able to see the other levels of awareness. But when those who have achieved a higher level than you have in a particular issue, you are not able to see that for you have not reached that level of awareness. Do you understand?

Yes.

And thus, you must be most careful of making categorical statements that you know of no one, for you know not all.

I understand that, but the ones who can do it, I would not come in contact with anyway in terms of attempting to support or help them.

That is correct.

So, then it is just an interesting rhetorical question because it would not show up in my part of the path.

That is correct. And in your own, each of you, quest for awareness, keep in mind this very point that has been made. Be careful of making generalizations of behavior that is applicable to your point in the path that it would apply to all.

What Happens To Our Lessons After The Shift? Is There A Break, Or New Lessons To Learn? (November 03, 1992)

We have addressed that. That question has come before us in another time, and it is appropriate to place it within this context. Simply this, the lessons remain. The packaging changes. And thus, you will indeed carry on the lessons into The New Illusion. They just will appear differently. And there will be some lessons that will be, shall we say, placed on the back burner until this illusion currently on the plane comes back again, when it is appropriate to utilize the lesson within the structure of the concreteness. The concreteness of the next illusion is different from this illusion in many, many ways. But the lessons of judgement and patience and forbearance and addictions and dependency are consistent from illusion to illusion. It is just very differently packaged.

Other Kingdoms Are In The Same Mode Of Dependency As The Human Kingdom (November 03, 1992)

You mentioned other kingdoms, like animal, mineral, or plant, can be just as co-dependent as an energy. Could you explain or give us an example of what you mean?

If you have an animal friend, that animal friend may indeed be dependent upon your energy for its behavior, just as you are dependent upon another for your behavior, and that you would look to another for affirmation. The Animal Kingdom is no different. Many would look for affirmation. Many would not. The Mineral Kingdom is also in the same mode of dependency. It seeks out energies. Many of you have heard crystals screaming "Take me! Take me!" Now, this is no different than you as a human going to another saying "Take me! Take me!" You see? It is all ~ it flows all very naturally. What is applicable to The Human Kingdom is applicable to all of the other energy kingdoms. It just varies in the way in which it is achieved, you see.

Are There Any Techniques For Breaking The Co-Dependency Situations? (November 03, 1992)

Techniques for breaking co-dependency. It is not a quick fix, the breaking of co-dependencies, for you would not want it to be a technique. A technique implies that "If I do this, then poof! It is accomplished." This is not the way of this, as with any lesson.

There are processes by which the easing of the co-dependency can occur, and we, at the risk of sounding like a broken record, will say that meditation, the finding of the answers within the Higher Self, is the ultimate way in which any lesson is achieved. It is in finding the answers within Self that then allows the easing through of the addiction or the dependency. And also, to seek out the guides, both in spirit and in physical, who have been assigned to help in a particular dependency, remembering that you have a portfolio of dependencies, and in a particular lifetime you may select only a few of those to work on, or perhaps just one, and that a guide is provided specifically to help in those particular dependencies, both spirit and physical. And thus, when you are ready for the guidance, it will be provided to you. Any of the meditation techniques, if you will, that we have given over a long period of time can be appropriate to the seeking of the Higher Self.

It is important to realize that when you recognize that this dependency that you have needs to be broken, then, and only then, will you hear what others might give you as guidance. Until inner Self has indicated the need to break the dependency, there is no technique that would be of assistance. Meditation is the pat answer, the easy answer, but, of course, it is not as easy as it sounds to seek the Higher Self information in the breaking of dependencies. Recognition of the dependency as a dependency is an important aspect of the lesson learning. Many, many do not believe that they are dependent, you see.

You referred to having some crutches that are necessary in being in a co-dependent state. Are there ways we can get nudges, like if we lose something that we value a lot, and it is kind of a nudge that we should be going on our way, on our path, in terms of letting go of that particular thing?

To respond to that question, my love, would be a generalization, for the situation that you describe could be in a particular situation a nudge, as you would call it, to let go, and in another situation, it may simply be a way in which a guide is jolting you to pay attention to a particular issue. In another situation, it could be a guide gone awry who has not quite learned how to be a guide yet. ☺ Messed up the message. One never knows, you know. We are all students at some level.

Does Farena have something she wanted to tell us?

Well, you know, you must have seen the bouncing energy, for I was about to say that before we depart that Farena wants to lighten up the vibration a bit, and so it is a tribute that you picked up on that energy, dear one.

Farena: Hello-o-o. ☺ Thank you, my loves. Do you love these beautiful flowers? They smell wonderful, according to Mushiba. Hello-o-o! Are you all very serious? Because Waith just gave you such serious stuff! Now. Hi-i-i! (Farena taps the mic to give the one taping a jolt) We had to wake up! We have a little poem. Now. You have to see the flowers in full effect, and (Name) made this beautiful vibrational attire. Is that the right word? Yes, attire.

ENERGY DEPENDENCE, by Farena. ☺

*I am an energy dependent
And that is very good.
Because without an energy dependent
I would not have anything to do! ☺*

Poems do not have to rhyme! ☺

We will set it to music!

Farena: Oh, Barjan. Bye-e-e-e!

Bye, Farena!

Farena: You sparkly lights. Bye. Everybody be happy now and work on your co-dependencies and your dependencies and your addictions and all that stuff, because then when you do, and you are all done, you can come back to The One, and we can play. Bye!

Waith: Now. We are about to depart the vibration, and we would give you an energy of Lightheartedness that would complement that which Farena just sprinkled out to all of you, to remember that in the seriousness of the lessons, there is the Lightheartedness, the flipside, and to

remember that all that we have said in this year of The Earth Plane Connection topics has a flipside which we will be addressing in the coming year, the lighthearted. So, digest that which you have learned, along with all other serious information that you gather, and prepare for the Lightheartedness of it, for, you know, it is all a game. We reinforce this.

We also, before departing, will, in our final Public Session for this earth plane year, welcome a discussion of your individual Mineral Kingdom friends. This means, of course, that you may bring with you Mineral Kingdom friends, and we will answer questions that you might have. We would encourage you to bring as many as you want. However, we will limit one per person, and then if the time, as we measure on the plane, is appropriate, we can do more, but in order to give each who is in attendance the opportunity, we would limit.

It is also an opportunity for you to bring your mineral friends who you think might need some energy boosting or cleansing, and we will provide an overall cleansing of energy in attendance. If you have a lead mineral, you might want to bring that lead mineral with you, the beacon, if you will. And thus, it will be your agenda and not ours, and it will be our final discussion point on The Earth Plane Connection.

As we prepare for departure, gather the inner beauty of Self around that which is the Heart Center and feel the beauty of Self surrounding the Heart Center. Receive from us the energy of love into the Heart Center. This energy provides a Lightheartedness to the heart, a sense of joy and tranquility, a sense of oneness with self. And now allow the energy that surrounds the Heart Center to move throughout the encasement, filling the entire encasement. Slowly now, allow the beauty of Self to move out of the encasement and fill the gathering, and feel the energy of Self merging with the energies of all others in the gathering, and feel the combined love becoming one strong, unified energy.

And now visualize the planet Earth as it prepares for its final cleansing, and surround the planet Earth with this unified energy of love and tranquility and joy. Wrap the planet with this energy and send to the planet, Unconditional Love.

If The Earth Plane Is A Playground, Why Would We Want To Leave It?

(August 02, 1994)

Regarding your comment about Mushiba able to leave the earth plane ~ it is my understanding and my belief that this is a playground for our learning, and by being in this form on this planet, it is the direct route to our Oneness with The Source. And all of the talk of leaving the planet and getting through your stuff faster, or to leave this place, can you address that, because I am somewhat confused about that at this point. If this is the playground, if this is where we are to learn, isn't this where we want to be until we are ready to decide that we are The Source ourselves and just become that?

Understand several issues here. First of all, this is only one of a limitless number of training grounds. And we indeed devoted an entire year of PLAYTIME ON THE EARTH PLANE as our topic, which will be available for you to read. (See Waith Class Transcripts for 1993)

It is not the only place. It is not the only training ground. It is one of the more difficult. It is one of the more accelerated. And not all energies choose to come onto the earth plane who are outside of The One. Those who do choose to come onto the earth plane, once having made the commitment, must complete the training ground. This is not true of other training grounds, where once you have made the commitment to train on that training ground you must stay there until you have completed the work you took on. But it is true on the earth plane.

Now, Mushiba is in the final, absolutely final, time on the earth plane, if all goes well, if she does not mess it up at the end. When you reach that point, as you would in any school where you are ready to graduate into another level of awareness, into a newer training, more advanced training, you become a little anxious. The vocabulary banks use this phrase cabin fever. You are ready to move into something else, and yet you know you have loose ends to tie up.

There are many on the plane currently who are in this mode of loose ends. This may be their last life. They may have completed everything. Or they may be moving into that mode of only a few more lifetimes to complete. And thus, when you are in this mode of about to move into a higher training ground, The Universe is also indoctrinating you a bit into the new training ground, into the new areas of knowledge while you are still in the other class, the other grade. And so, you see what is ahead, and you see what you have left to do, and you become a little anxious. You want to get on with it.

When you are fairly new on the earth plane, the usual situation is wonderment and great anticipation at being on this training ground and being able to have the opportunities to work through. This is one of the necessary illusions that The Universe presents to entities who are first newly oriented to the earth plane so that it gets you through those first several dozen lifetimes thinking that all is well and it is fine, and then the reality of the work sets in. And it is playtime, but it is work.

And so, thus, what you are hearing may appear to be what you would call a mixed signal, but to those who are ready to leave the plane it is a very clear signal, and to those who are just beginning their sojourn, they are wondering why the others would want to be leaving when this is just such a wonderful, wonderful training ground. And when you are at that point of closure to your sojourn, you too will be anxious.

We make reference to it for the simple reason that we have been Mushiba's Angelic Protector for her time on the earth plane, her sojourn, and we also are tired of it, and have come very close to closure, and it can be almost there, and decisions are made that prevent the life from being the final life, and a few more times in are necessary, you see. But it is all really done in quite a bit of playfulness and jest, for everything outside of The One is a playground.

Don't the critical conditions of the encasement play a role in whether the Soul wants to go, or leave the playground? You are talking entirely from the spiritual point of view. When you will be eighty, you may be not in a good physical condition as you are right now.

This condition that Mushiba will be in will be appropriate for our mission. Understand that any physical encasement on the plane can be manipulated in any way that is needed by the higher sources. That is true of all of you.

I have not seen a person being under fifty or two hundred years old, so they are all leaving between eighty and maximum ninety or seventy.

In your frame of reference, my son, during this particular time frame on the planet at this point in the illusion. How many of you here would want to live two hundred years? Raise your hands. Eh? We have in other times frames, even in this illusion, had longer time spent on the plane, depending upon the mission ~ shorter time frames spent on the plane, depending upon the mission. And when it is time for the mission to be completed, then the physical encasement is simply left to its own path. Do not worry yourself, my son, of how Mushiba's encasement will house our energy.