

# Waith Class Transcript

## QUESTIONS RELATED TO THE TOPIC OF EMOTIONS, FEELINGS AND BEHAVIORS (1987-1996)

*(Topics Include Anxiety, Fear, Harmony, Hate, Lightheartedness, Love, Madness, Mental Breakdown, Negative Moods, Playfulness, Positive Moods, Psychic Breakdown, Seriousness, Solitude and Strength, Tranquility, Unworthiness, Work Environment Issues)*

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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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## Emotions And Feelings

(August 06, 1987)

*It is a very nice feeling, you see, we feel here. Many people on the earth plane are under the impression that we do not feel ~ that there is no emotion. When one is not on the earth plane that is quite untrue. We have varying levels of emotion. If one does not feel ~ one does not have emotion, one does not grow. It is very healthy to be emotional. It is far better to have emotion where you are feeling something than to block that and to become, as you might say, completely rational and behave in a way that is considered rational. That stunts growth.*

*It is important to have a sense of objectivity about your life and how you all are conducting yourselves. To say that you do not want to be emotional ~ that it is best to not feel, because feeling causes pain ~ it just stunts your growth. I know that all of you are experiencing lessons now where feeling is concerned, and you are all thinking that it would be far better to be rational about all of this and to not feel, because the pain can be so great at times. Know that the more you feel, the greater your growth will be ~ and you must follow what you are feeling and not what someone else tells you, you should be feeling.*

*It is your Higher Self that we are here to help you relate to, and to feel confident in yourself, and to tap the potential that you all have ~ the energy sources that you all have within yourselves. They are tremendous. Each of you has this potential. We are here to support you in your quest to tap these energies and this potential that you all have. So do not be afraid of emotion. Welcome emotion ~ welcome this ~ because it is growth for you. And those around you, who are blocking their own feelings and their emotions, pray for them. Help them to understand.*

*Do not change yourself. Do not try to become unemotional because someone tells you that it is the only way to go through life. Attempt in your own behavior to help those around you to be able to feel. There is a phrase I am receiving from Mushiba's brain here ~ most amusing ~ to get in touch with the feelings ~ a rather cliché phrase on the earth plane now, although very appropriate ~ and very important for all of you, for everyone.*

## Balancing The Extremes Of Emotions

(August 06, 1987)

**I know it is good to feel feelings. Sometimes I get lost in emotionality and would like to put a cap on myself, because it is hard to deal with personal questions without really talking about calmness. And can you address how to obtain balance?**

*Yes. This is part of the learning process. And as you rightly point out, my dear, it is a difficult thing to know excesses. And this is the problem on the earth plane, you see, excesses. "Everything in moderation." You have heard that from everyone in the world. Have you not? It is not a*

*phrase I am making up. It is anything where you feel out of control ~ is not good. If you think that you are emotionally overwrought, then it would be healthy to attempt to stop yourself and to say, "I am very emotional about this. Why am I emotional about this? Is it a lesson that I need to learn, to be overemotional? Or is it simply a lack of control that I am now experiencing?"*

*In order for each of you to learn about yourselves you must allow yourselves to be what we would call overemotional, so that you can begin to see your boundaries. As you become more attuned to your Higher Self, you will have a better understanding of your own emotional Self. It is very common that as you begin to open up your Awareness Centers that your emotions will overact. They will become tremendous, because you are ~ for many people ~ letting your feelings come through. And like everything else, when you are first experiencing something, you need to go to certain extremes in order to find a balance. If you do not know what your extremes are, then you will be therefore unable to know where your balancing point is.*

*So, when I talk about extremes, I would say to you, when a situation presents itself, and you feel that you are out of control and emotionally at one extreme, attempt to bring yourself to the other extreme, to block the emotion for a short period of time ~ not anything of great duration, a short period of time.*

*And meditate upon this. Find a place where you can be quiet, and still yourself, in whatever is best for you ~ whether it is through sitting down and thinking, or whether it is walking alone, or driving your automobile, or whatever helps you to think. And begin to look at both ends of the spectrum. And begin to bring yourself back toward a centering point, so that you are here, at one end, very emotional, and understanding how you are feeling about that, and then at the very opposite end, completely unemotional, and understanding how you are feeling about that, and looking at it, and then gradually bringing yourself back into what would be a balance for yourself ~ so that you are taking pieces from being unemotional and pieces from being emotional and melding them together.*

*And if you do this each time, you encounter a situation where you are what you call overemotional, you will gradually reach a point each time where the distance will be less and less to your balancing point, and you will be able to reach your balancing point without a great deal of effort. You will say, "Oh, I am being overemotional." You will recognize that you have reached that outer limit and you will very quickly bring yourself back into a balance. Does that clear up in any way your thoughts, my dear?*

**Yes. And it is all in the doing, which is probably a long-term proposition. However, the instructions are clear, yes.**

*Good. It is not an easy process. Like everything else, it is very easy to talk about and not so easy to do. And know that regardless of how many times you balance yourself, you will be faced with situations that will bring you out of balance ~ and it happens to the best of us. It becomes a*

*matter of your own growth in terms of how quickly you are able to bring yourself back into balance.*

### **Feelings Of Being Irritable And Judgemental ~ Being Tested ~ Help From Guides (August 13, 1987)**

*I find myself just this week so irritable and judgemental with everything and everybody ~ with friends, like my friend. I am feeling so judgemental toward him, and at the same time trying to help him ~ going to work every day and wondering why I cannot just stop this. I do not want to do this anymore ~ or trying to stay with it and stay positive and not get involved in the negativity, or start it. I am just having a very difficult time with it. And I know some of the reasons I am having the struggles and decisions, I know. And I am sure that is part of it.*

*You know all of the reasons, my dear. You have made the decision, you see, to be tested. Did you know that at the conscious level?*

**No, I did not.**

*Yes. Your soul told me that you wanted to be tested. You see, your Higher Self does things that your lower self many times is not aware of, and the opportunity that I have presented to you has been taken up by your soul.*

**Oh, no.**

*Oh, yes. ☺ You thought you were getting out of it. You are not. And so, we are beginning our tests, and that is what you are experiencing now, my dear.*

**Oh. It is so uncomfortable.**

*It was not meant to be comfortable. A test is just that. Remember the session when we talked about this, and heed it and understand it. You are being tested. That is all. Nothing complex about it ~ and therefore, I am not able of course to give you any insights into this, other than you are being tested. And we can only stand by and watch you struggle with this. And as soon as this particular struggle is over will determine what the next step is. Remember that each test will be, in progression, in a series of tests, the easiest one starting first to get you going so that as you learn and pass an easy one, we will present a more difficult one. We do not start out with the difficult ones and overwhelm you. We build up your tough skin, so to speak. So, this is what you are going through now, my dear. Your guides will help you. Seek them out. That is part of their mission, to help you to get through these tests. I can only stand by and watch. I cannot give you advice toward it, as this is what your guides are for.*



Would it help me to know anything about them at this point, or just that they are there?

*You have two very strong guides, new to your vibration, as I had told you earlier. They have come in specifically to help you in your accelerated growth. Little did they know at the time how important their mission would truly be. They are with me right now. They are quite beautiful. They have been under my tutelage for quite a while, and I have watched them grow as souls.*

*It is not important that you know about their physical incarnations on the earth plane, because you are at a level, my dear, that you do not need that. Others need to have some kind of orientation toward a physical manifestation so that they can visualize and therefore be in touch with their guides. However, the vibrations are such here that you do not need that. They are extremely bright energies. They vibrate now as they are surrounding you. There is an energy field around you right now that is so strong. They bounce around you. They pulsate. They glow.*

*If you were to look in the mirror and darken your room and keep your eyes half closed ~ or half open, as you choose ~ and begin to go into an altered state of consciousness ~ a form of your meditation ~ have it really very quiet, and concentrate, and visualize around you bright sparkling light ~ you can see the light ~ you will see their vibration around you. This will not happen the first time you do it. You will need to get your vibration in tune to get your own energies receptive to this experience. If you keep at it each day, it will happen eventually. You will look in the mirror and you will see them surrounding you.*

*You do not need a sign of their being with you. You know they are with you. And when you find yourself frustrated and short of temper and angry ~ at whatever ~ stop yourself, and very quickly call upon them. You need simply say, "Guides, help me." You see, souls do not ask their guides. They think that they are going to be helped just by it being. You have to ask them, "Help me," and they will. They will help you. They will give you the answer. Whether or not you hear the answer is one thing ~ and then, if you hear the answer, whether or not you act upon it, is still another. There are many contingencies here. Things are not easy.*

### How Long Will It Take To Achieve Happiness? ~ Trusting In The Universe (August 27, 1987)

Could you tell me how long it is going to take me to achieve happiness, both emotionally and financially, ☺ and psychologically, and within a relationship? Why are you smiling? Is it that funny?

*Because of the impatience that you express ~ I smile because of the ~ at the desires that you have for happiness ~ looking at happiness as a goal that you must work for rather than happiness as something that you achieve gradually on a day-by-day basis.*

*I am always interested in this word happiness. We see it very differently here than the earth plane. To define happiness in earth plane terminology is very limited. True happiness, as you would call it ~ or as we would call it, Oneness with The Creative Force ~ is something that is achieved slowly through eternity. And you achieve degrees of this as you experience different dimensions along your path toward Oneness with The Creator. As you become more in tune with the God that is within you, you will begin to feel more contentment. And contentment within yourself brings about a peace that many times can be interpreted as happiness.*

*When you are truly at peace with yourself in each incarnation on the earth plane, and each experience in other dimensions, as you become at peace with yourself, you are achieving a step further along the path toward Oneness with The Creator. And the lessons that each soul takes on, whether on the earth plane or in another dimension, there is a state of equilibrium that is the goal. There is a state of tension when one comes into a particular experience, because of lessons that have been determined to be learned. And as those lessons are learned, and as there is a balancing and an acceptance with The Universe as to what the mission of the Soul is in that particular lifetime, there becomes a balancing and a contentment.*

*As a soul learns the lesson, whether it is in this lifetime or it takes several lifetimes, there is a moving toward equilibrium. And once the lesson has been learned, there is a balancing and there is what is called contentment ~ or being at peace. And then the Soul, wanting to grow further, will take on another lesson, and a new goal is worked toward, and there is a state of disequilibrium ~ a state of tension once again. And as the achievement ~ the working toward the balancing and the learning of the lesson ~ as that is achieved, a state of contentment takes over.*

*And the more advanced an individual soul becomes, the more accumulated this peace becomes ~ the more content ~ so that when you see an entity, you see a soul who seems to be at peace or feels content, you are looking at a very advanced soul. And true contentment ~ final contentment ~ is only achieved when all of the lessons have been learned and the box is empty. There are no longer any lessons to be learned and it is time to become One with The Creative Force.*

*So, to answer one of your questions, when will you achieve happiness ~ that will happen when you become One with The Creative Force. However, from an earth plane situation, your striving for happiness will be achieved if you begin to look within yourself for the answers rather than from those outside of you, and begin to see that your attitude will affect the people around you and the way that they react to you.*

*You are a very joyful spirit ~ you are a free spirit ~ and your energies are vibrant ~ and you need to grab hold of your energies and use them in a beneficial, positive way. You can contribute much to the betterment of those around you, if you so choose to, because you are not afraid to take on a challenge. You basically will jump into something with both feet and say, "I will do*



*this.” This is a fine way to behave, if you also balance yourself by becoming more in tune with your Spiritual Centers and using the abilities that you have and the energies that you have within a spiritual context.*

*Do not be concerned about money. This is a tremendous concern on the earth plane. You must be concerned about doing things right, because if you do things right, what you need is given to you. The Universe provides what you need if you trust in The Universe. What you think you need and what The Universe decides you need may not be the same thing. And if you try to go against The Universe, you will have problems, if you are going against what your soul has determined to be the path for you in this lifetime, and you try to fight that rather than flow with it. You may achieve short term gain. It will not give you happiness, as you define it. You must work with your soul.*

*Therefore, it is important to have an attunement with your Higher Self, to be able to meditate on a daily basis, so that this tremendous energy that you have ~ it is beautiful ~ can be channelled for your benefit, can be channelled into the purpose that your soul has set out for in this life. And if you become attuned to your soul's purpose, everything else will fall into place. Your relationships ~ you will be able to see and understand the meaning with your relationships. And you will begin to see that everything around you is presented to you for a reason. And you can begin to view even what appears to be adversity as something positive, because it is a growth opportunity for you.*

*You have a very loving entity ~ female vibration ~ who is here in this lifetime to help you. She is near you. She is a very advanced soul. You can learn from her. You have not yet recognized her as being someone who can help you in your soul's path and in your life path in this incarnation. You see her as a friend, which she is. However, the potential is there. She is a soul mate for you.*

*And as with everything on the earth plane, the opportunities are presented, and each soul has free will to do what they desire to do. You can achieve anything that you desire, if you work with The Universe rather than against it. It is a difficult concept for many to understand, to trust in The Universe. Those who have this trust will tell you of the joys that come from it. “Putting it out to The Universe,” as the popular saying goes on the earth plane, is putting your thought out to The Universe. It may not come back as you expect. However, what you need, you will receive, as long as you trust. Your energies are most vibrant.*

### **Dealing With Mood Swings ~ Extremes Of Emotions ~ Awakening Soul Memories (September 03, 1987)**

**I would like you to help me shed some light on the face of the last one or two weeks that I went through ~ dealing with mood swings ~ feeling so negative and helpless.**

*You are concerned about extremes in your emotions, and you are undergoing a period of scattered energies. As you are becoming more aware of the spiritual part of your existence, you are trying to draw into the central point your basic energy. What you are undergoing is a very common behavior ~ a soul who is suddenly jolted out of an existence of just going along day by day and suddenly having the Soul memories awakened. All on the earth plane have these Soul memories that are for many different reasons blocked or hidden. And you are opening up your centers, your Spiritual Centers within yourself.*

*Rest assured that there is nothing bizarre about what is happening to you ~ that many undergo this process. When an entity has a mood swing as severe as you are experiencing, it is an opportunity for you to examine yourself when you are in each of those extremes. When you are very, very happy and feeling very up, you might try writing down how you are feeling and describe what is going on in your life. And when you are at the other end, when you are very, very depressed, moody and feeling very unhappy, to again write down what you think is causing this.*

*The way in which balance is achieved is by experiencing the extremes so that you can ~ much as a pendulum ~ move back and forth, and finally reach a period of equilibrium. I have described before that equilibrium comes when a lesson that one was attempting to learn is learned. However, as with most entities, once a particular issue or lesson is resolved, it is time for another one. And while you may feel a sense of balance for a short time ~ or equilibrium ~ or contentment ~ or any of those emotions, it will soon begin to swing out of balance as you go toward learning another lesson. And this is what walking the path is all about.*

*The more in touch with your Higher Self you become, the easier it is to understand these mood swings. Most entities have them. It is that some have learned to be in touch with their Higher Self to such a point that when the pendulum is moving back and forth, they are able to understand it, and it does not have nearly as disastrous an effect upon their everyday behavior, as you are feeling in these situations. And it does help when this is new ~ a new process to you ~ to write down your feelings. What I am saying here is common knowledge on the earth plane ~ no great Angelic wisdom, although something that is truly helpful. You have some very interesting issues here that you are attempting to deal with.*

### **When Will I Receive My Heart's Desire? ~ A Balancing Needed From A Past Life (September 10, 1987)**

*What you are speaking about is more complex than I could describe to you in a brief session. The desires of the heart may be obtained very easily if they are meant by your soul in this lifetime to be obtained. This particular desire that you have has a connection ~ the reason for your desire has a connection with a lifetime of probably five hundred or six hundred years ago on the earth plane in which you were a member of a profession that in today's terminology would be referred*

*to as a courtesan. And you made certain connections in that lifetime that bound you to the earth plane, meaning certain material desires that have kept you wanting to come back to the earth plane to be fulfilled.*

*You led a very grand lifestyle in that life. You had all of the luxuries that that particular time frame had developed. You had custom made clothing, silks, furs, and jewelry. You had someone who attended to all of your needs and someone who would take care of your hair and appearance so that you were left only to perform for the men who would pay you handsomely for your favors. You have not been able to release yourself from the issues of that lifetime. Your soul has a memory and your Higher Self has a memory of guilt about this lifetime. You have not been able to rid yourself of excess baggage you have brought with you.*

*These issues have caused you to have an imbalance in this lifetime, and your heart's desire that you refer to will only come to you if you are able to balance from this lifetime. The way in which you will balance will come to you through your meditations. It is important that you understand how to reach your Higher Self. You have begun to do this and you must continue. It is a neverending process. To tap the knowledge that is there at that Higher Level ~ your Higher Self ~ so that your Higher Self will give you the answer to how you must balance in this lifetime from that particular lifetime, and therefore free you. Then you will indeed have your heart's desire. Has this helped you?*

**Yes, it does. What if one of my heart's desires is the process of learning to heal myself, and wanting to share this with others? Will I free myself enough to do that?**

*That will be entirely up to you. You have the potential. You must heal yourself first before you can heal others. If you are not able to heal yourself then the block is still there, and you are therefore not able to reach others in truly the way that you would want. You would be able, at this time, to help others in their own healing by talking with them and helping them to understand those things that you are beginning to understand about your Spiritual Self. The balancing that I refer to is a healing process for you. Once you have done that, you will have opened up your Spiritual Centers tremendously. You will then be able to heal yourself at any time, and then take that energy and heal others if they so desire to be healed.*

### **Waith Gives A Meditation Method To Help Achieve Calmness (October 01, 1987)**

*What would be of benefit to you, as I say to everyone, is to learn to center yourself and your thoughts and your feelings and your emotions, and to do this by quieting yourself. And when you first begin to do this, to find a time of the day that is best for you, where you are not disturbed by anything or anyone. And you concentrate, and you breathe in rhythmic ways, and allow your thoughts to fly from your head, and allow those spiritual thoughts to enter. Visualize a beam of white light and visualize it surrounding you, filling your very being. And as you do*

*this, day by day, you will begin to feel the calmness from the White Light because it is a protective light. Slowly it will permeate you in such a way that it will become a permanent part of you, and the calmness that you are seeking will come to you. It will not come overnight. You will not one day say, "I am calm now." It will simply happen. One day you will realize that you are calm.*

## **Emotions ~ How To Obtain Inner Calmness** **(December 03, 1987)**

**I feel my emotions and my thoughts are going overboard, and I feel helpless. What do you recommend for calming down one's moods, and changing one's consciousness at that moment?**

*Yes, my dear. You have a concern that is one that many people, many entities, now are going through. It will be something that, as you are shaking open your Spiritual Centers, it will cause you this feeling of disruption. A feeling perhaps, on one hand, that you are very spiritual and, on the other, not so spiritual, and that you should be behaving in a way that is conducive to being spiritual. Yes? Many of you feel this way. Do you not?*

*You are not to feel guilty about this, nor are you to feel that you are letting yourself and those around you down, that you are not fulfilling your mission. In order to grow you must shake loose the dust, if you will, from your thinking. If you can envision this as an analogy, that if you pick up a rug, this carpet that you have on the floor, that has been trod upon for a lifetime and that has accumulated dirt, dust. And you have taken it for granted all of your life, you come and go on it. And one day, something triggers you, and you look down at this carpet and you say, "This carpet needs to be cleaned. I am tired of walking on it and taking it for granted." And you pick up this carpet, and you go outside, and you begin to shake the dust from it, and the dirt. In order to clean it, you must get dust in the face. And there may be unexpected wind that would come up and blow even more of it into your face. Eventually, after all of the disruption of the carpet, and the shaking of this carpet, it is clean.*

*This is what is occurring with so many of you. You recognize that you need to cleanse yourselves. In order to do so, you will get dust in the face. What you simply do when you get dust in the face is to brush it off and not allow it to stay there. Know that when you brush it off, you will be clean. And as you shake the rug, it too will be clean. It is a simultaneous process of shaking and cleaning. And the disruption will eventually be cleaned, whether in this lifetime, or another. This is the process that you go through ~ that all entities go through.*

*Now being aware that this is happening is the most important aspect of it, knowing that you want to improve. And again, as I have said so often, meditation is the way in which you calm yourself and you center yourself. By doing this at least once during your day, you will develop an inner calmness that will give you the technique, as well as the strength, to deal with the shaking that will occur.*

*When you are approached by someone and there is a disruption in the way in which you respond to that person ~ you feel that you have responded in less than a spiritual manner ~ you will simply recognize, as time goes on, what is occurring, and you will be able immediately to call upon your inner self to curb that tendency to not respond in a spiritual manner. However, you must develop your own calmness, your own centering.*

*If you are experiencing a tremendous amount of stimuli from your environment that is creating disharmony in your thoughts, then you might meditate before you start your day, and meditate at the end of your day, so that you can call upon all of those who guide you, as well as your Higher Self, to assess what is to occur for the day, and what has occurred for the day. If you do this, very gradually you will be able to quickly see that you are responding in a way that is not to your liking and you can stop it before it begins.*

*You must, though, not feel that you have failed if you respond in ways that are not pleasing to you. Like everything else, look at it and learn from it, and you try not to let it happen again. If it happens again, you look at it and you try to learn from it. As long as it takes you to learn from it, is as long as it will take you to learn from it. For some of you, the learning process for a particular lesson is longer than for others. That is fine. There is no pressure. There is no time constraint that you must accomplish this now. My dear, you, as well as many in this room, feel this pressure, "Oh, I have to do it right now." Yes? Why do you feel this way? My children, why do you feel this way? What is it that makes you feel you must do it right now?*

- **For me, I am anxious for what is to come. I just reminded myself recently that I should also enjoy what is going on now.**
- **For me, it is the feeling that I must become better.**

*That is fine. However, do you feel that you must accomplish this now, else you have failed?*

- **At times, yes, I do. Then the resentments about myself come in. And the criticism then turns out to others. And I recognize whole cycle.**

*Yes. That is what is happening. You must take each time frame at a time, this frame called a day. You must do the very best that you can do in that day. Try to improve ever so little in a day rather than try to do it all at once. That is not the way in which one grows. One grows slowly over eons. You have not reached the level that you are at now overnight. You have taken many, many lifetimes and experiences here on this earth plane, as well as in other dimensions, to reach a certain level that you are at, all of you. This lifetime is simply one of those experiences along the way.*

*As long as you continue your quest to become better, you will grow. The problem arises when an entity decides that they are as good as they can get. Therein lies a very severe problem. In the quest to become better, one can become obsessed to the point where it is detrimental, as you have recognized, my dear. You must not turn into yourself hatred or discontent. You must look at each day as an accomplishment, one tiny step forward. View that with optimism. Say, "I have learned something today." Be very conscious of what you are learning each day.*

*Everything that is presented to you, everything that occurs each day, is a learning process for you. And you should view this with enthusiasm and optimism. And at the end of each day, look back and say, "What have I accomplished today? What could I improve upon?" Do not try to take the whole ball of wax, as it is called. Take part of it. That way you will view yourself in a very positive manner and will then view others in a positive manner, because you are feeling positive about your own progress.*

*Everything that you learn is good, is positive. This can then be expressed to others. You can help them in small ways. Do not feel that you need to conquer the world. No entity conquers the world. All energies are here for very specific reasons. Some may gain more publicity, as it is called, more notoriety, than others. That is their mission. Do not feel that you must keep up with someone else in order to be successful. You must allow the flow of your soul and the flow of the mission that your soul has come in to perform. Do you understand? All of you? To take this pressure off yourselves, you must learn to like yourselves as well as to love yourselves. It is very easy to say, "I love who I am." However, you must also say that you like who you are. There are many of you here who are not able to say this. Meditation will help you to like yourself. Your guides are with you to help you in this quest toward liking and loving.*

### **Are Feelings Unique To Having A Body?** (December 17, 1987)

**Are feelings unique to having a body? And are feelings there to show us basically what we think, to make us aware? Is that why we feel it, because otherwise we would not be aware of them? So, it is like ~ I call it a reaction potential ~ that we feel what we have been thinking. Is that what feelings are?**

*Yes. And it is not unique to the earth plane. However, it is one of the conditions set up in the design of the earth plane. We of The Angelic Force have feelings, as you might refer to, although it is of a different orientation. However, when there is embodiment, it is necessary for feelings because they serve as, how might we say, pinpricks to the physical, the mental, the emotional, the spiritual, to jar you somewhat.*

**To help us to get on track, otherwise we would continue doing what we are doing?**



*Yes. That is correct. So, in using your statement with discussing the energy known as Reverend Moon, he is serving the purpose of being a pinprick to jar you into thinking. One does not need to accept what anyone else says to them. If he is of the darkness, that should not be a concern to you, for you choose to do what you choose to do. Know that your functions always are to be ever vigilant of helping those who are of lesser degrees of Light.*

*You must look at this issue as you would a Spectrum. At one end is the very dark and at the other end is the very Light, and all energies fall within this Spectrum. It is the ultimate responsibility of all of us to help defuse darkness. It is eternity. There is no end to this, and you must not be judgemental. Those of the darkness need to be helped. Know that all of you have some form of darkness around you. It might just be of a varying shade than someone else ~ that perfect Light comes only with Oneness. It is a concept most difficult for you to understand.*

*When I am here, I see, if you will. I will use that term. I see energy with all of you. Some are brighter than others. You see? And when you reach a certain point on The Spectrum, the middle point is average, some go toward the Light on one end, and others go toward the darkness, and thus we refer then to energies being of the Light or of the darkness depending on where you are on The Spectrum. There have been and continue to be energies who come into these sessions who are what we would call of the darkness. It does not mean that they are evil. It simply means that they have more darkness around them and are here to be helped. When we get toward the far end of The Spectrum, we are referring to the Sons of Darkness and that is a discussion for another time. So, the goal is to be nonjudgemental.*

**With this issue of being nonjudgemental, because the religion I was born into is different than most people I associate with, I always feel that is one of my lessons. Is that so?**

*Yes, of course. And understand that whatever you choose to do is what you have chosen to do. It is not something that you are going to be stuck with, shall we say, lifetime after lifetime. You have chosen, perhaps in this lifetime, to take on a particular religion or group of people to balance or to learn something. It may not be a balancing issue. It may be simply something that you determine you need to learn, and this is the way in which you will learn it. Judging, being judgemental, is what keeps you on the earth plane, is the downfall of many of you.*

**Waith, does that also mean that the more we are apt to learn to be less judgemental, that also the pain in learning decreases?**

*Yes, it does.*

**The more we are where we are, the easier and more elegant it gets.**

*This is true, in an elementary sense, for as you become less judgemental you are understanding that everything has a reason for it, and that others are doing what their soul tells them to do and what they are deciding to do. And just because it is not what you like, it does not mean that it is not right. Just because you have a certain truth does not mean that someone else who might have a different truth is bad or not of the light.*

*There will be much occurring between now and The Shift with those of the Light being tested. This is a very, very accelerated learning time. Those of the Light are being tested, and the earth plane propensity for jealousy and ego and, "I am right and you are wrong," will be brought out into the forefront. There will be many who will be very critical of myself and Mushiba, and already are, and this is to be expected. It will occur at an even accelerated rate. This is all part of testing and learning to become nonjudgemental, learning to become in touch with your Higher Self. Many of you will not pass the test. That is fine, you see. It is all right. You have eternity.*

*When people start polluting the Earth, or start getting into arguments, or why the political condition is like it is ~ and I feel my own helplessness in interfering with it ~ and I know exactly sometimes why things are happening the way they are ~ is also that acceptance of that being nonjudgemental because they have to experience what they need to experience?*

*That is correct. And it is a very difficult thing to do when one is embodied on the earth plane. There is the tendency to want to fix it.*

*There is also so much upbringing in us to do good.*

*It is part of the earth plane experience that this so-called upbringing occurs. It is all an illusion.*

### **Why Do We Cry When We See Such Beauty? Is It From Happiness? (February 09, 1988)**

*It is an earth plane phenomenon. It is something that goes with the physical body that is taken on in this particular dimension. In other dimensions we have other ways of expressing emotion. And know, please, that emotion does exist at all dimensions. It just is at a different attunement. There are many who would think that energies at our level in our dimension are so evolved that there is no emotion. This is not true. You see, emotion is a very important part of the path. Love, Unconditional Love, is the ultimate emotion of the most beautiful state.*

*When on the earth plane you are feeling happy, there is a gathering of not only physical body chemicals but a spiritual dimension that comes together in a form that gives you a feeling of sweeping through you, a security, a happiness, if you would want to use that word. It is for you to enjoy, for you to remember, because when the times are just the opposite, when you are feeling unhappy and distressed, and have the very opposite feeling in your body, you have*

*something to hold onto in memory, for when things have been good, and something to grasp to so that when things are not good for you, you will not despair. You will remember the feeling and attempt to replicate that feeling over and over again.*

### **It Is Very Healthy For The Human Body To Release Tears** **(February 09, 1988)**

**It just seems strange, though. When you are sad, you cry. When you are happy, you cry, the same.**

*Yes, but entirely different feelings. It is a body chemistry that comes together. It is very healthy for the human body to release tears, as they are called. It is very unhealthy to not do this. The human body, on a periodic basis, needs to have this release and if it does not occur, then there develops a blockage, an actual physical blockage in the body that then begins to translate itself at the spiritual level. Anyone who never cries is blocking certain things. The release is very healthy. Never be ashamed of the tears. We know that as things exist now on the earth plane, tears are considered a weakness. Know that this has not always been true, and in fact in a spiritually evolved society quite the opposite is true. Tears are encouraged and are a sign of strength.*

### **The Importance Of Being Lighthearted, At Any Level** **(March 01, 1988)**

*We have from the beginning tried to ease many of your fears of this process of speaking through and feeling in awe of us. We have a serious mission, but it does not mean that we are serious all the time. I have benefited greatly from my association with Mushiba. In the time that I have been her guardian I have been able to lighten up. This has occurred of course ~ it has taken about one million of your earth plane years.☺. She continues to give me a hard time, even now, and she helps me to lighten up somewhat, for it is easy for all of us, whatever plane we are in, whatever level, to lose sight of Lightheartedness.*

*The Creator has complete Lightheartedness. Remember that without that how could The Creator put up with all of us? ☺ Ultimate patience, the ultimate patience is the ultimate Lightness, the ultimate Light. The lighter you are, the more humor you are able to exhibit. It is essential to the Soul to laugh. When I appear at times to be more serious, it is simply because of the information that comes through at a particular time. And just as you all have bad days, we have what might be the equivalent of that for reasons that are not important. But there are times when we are more serious than other times, and we also interact with your own vibrations, you see.*

### **The Importance Of Being Lighthearted And To Have A Sense Of Humor** **(April 19, 1988)**

*We are most pleased that we could Be of Service to you, and we leave you with a thought and that is to maintain a sense of humor even amidst the most serious of issues, for the humor will help you to maintain yourself. It is not wise to go around with a long face and to be anxious and nervous about that which is occurring, for it would truly then put you into a negative energy field. There is much occurring and there will be much to occur as The Shift time approaches. You must maintain a degree of humor.*

## **A Discussion Of Artificially Controlled Environments** **(May 31, 1998)**

**Some new office buildings have windows that do not open. I have a physical reaction to it where I cannot breathe. If I must be in this type of environment, I need to constantly energize my immune system by breathing techniques and using crystals. Is this the same type of thing? Because of your own sensitivity you must make adjustments to the environment.**

*This is correct. You have, of course, a very heightened sensitivity to this particular type of environment. It also has some past life ramifications which we will not get into at this time. What it does point up is the tendency now on the earth plane, especially in this country America where so many Atlanteans have returned, they are reliving from Atlantis ten thousand years ago especially, specific types of structures and environments that were constructed during that time that were an attempt to sterilize, an attempt to control the environment. What they did not realize then, and still do not realize, this is why it is happening again, is that these types of structures and environments in fact create more problems, for when you try to artificially control an environment, each energy form is being forced to adhere to the conditions of someone who has set up the environment and your own abilities to then immune yourself, make yourself immune, immunize yourself, and it does not occur.*

*It is far better for a vibration to be in a natural environment where the sounds from all around come and you are able to take care of your own protection based upon what your vibrations are as opposed to being forced into an artificial situation where, for some, it may be compatible for them, but for others it is not. Therefore, many problems begin to arise. There becomes a tremendous imbalance in energies and this is why you will find so many energies having physical problems as a result of being exposed to this type of controlled environment.*

*This controlled environment was also carried to tremendous extremes in certain parts of the land ten thousand years ago where actual, what you might call bubbles, were constructed over land masses and there was an attempt to shield out the forces of nature and allow in only that which the builders, those who thought they knew it all and knew what was best for the general population, they determined how much of the sun's rays would come in. It proved to be an incubator for disease and it was one of the contributors to the cleansing of that time frame, why it was necessary, for each vibration, each energy form has the ability to protect itself against the forces around. It does not need artificial protection.*

## Regardless Of The Weather, Be In The Natural Environment 15-20 Minutes Each Day (May 31, 1998)

*If any of you find yourselves having to exist for a length of time in a structure such as this that has been described, we recommend that you attempt to leave that structure during the course of the day. For example, if it is a work environment, and you must spend your work day, try to get out into the fresh air regardless of what it is doing. If it is raining, if it is cold, if it is hot, whatever is the natural state of the climate, allow yourself to be in it midway during your time in this structure for a period of at least fifteen to twenty minutes each day. This way you can recharge yourself and you will not begin to feel the overwhelming constraints that will occur as a result of prolonged exposure to this type of environment, controlled.*

*It goes also for this thing called air conditioning. You must be careful about prolonged exposure to this, for it is artificial. The physical body is designed so that it can, and in fact must, expose itself to the natural elements. It is designed accordingly, and when that natural flow is disrupted in any way, imbalance begins to occur. This is not to say that you should not be in air conditioning, but that if you find yourself all day, for example, in air conditioning, that during the course of that day, you should seek the natural elements midway through your day. Even though you may not have this air conditioning in your home environment, if you go to work, it is important to not have prolonged exposure to artificial stimulus.*

## How To Deal With A Heightened Sensitivity To Situations Of Daily Living (May 31, 1988)

**Waith, can you help me? I react extremely painfully if I see an animal run over in the street, or bulldozers digging out new lands, or building new houses. I understand they have a purpose. I tell myself this but cannot get rid of the pain I feel. Is it just for me to experience it and to be compassionate with it, or how can I deal best with it?**

*You will have to experience it. You have a heightened sensitivity to these areas. Mushiba also responds this way, so you may want to talk to her about how she handles it. If any of you feel a reaction to any of this land being dug, insects being stepped upon, it simply means that there is a level of sensitivity in you that is connecting you with the One, connecting you with all of the life forces, for all are One, as I have said so often. You do not, in fact, want to shield yourself from this. It serves as a reminder to you of your Oneness, and recognizing that there is purpose to all that occurs, and that you cannot interfere in that. And so just experience it, and as it is happening, call upon the God within to help you to get through the experience and to better understand as a result of it your interconnectedness with all. It will make it easier for you somewhat.*

I just want to be cautious not to get opinions or to start judging what is happening.

*This is correct, and you will be able to do this if, after you have experienced a particular episode, to meditate for a few moments to draw upon your energies and to focus yourself and it will help you.*

### Love And Light And The Joy Of Lightheartedness (August 09, 1988)

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

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

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

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

*So, we will be helping you to understand the importance of laughter and the importance of having a happy countenance, smiling. For the smile, the physical manifestation on the face, will*



*then manifest itself throughout your being and can be a reflection of how you feel, or it can be a barometer to help you to lighten up.*

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

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

### **A Question To Help Create Harmony Within A Newly Formed Brownie Troop (September 20, 1988)**

**I just started a Brownie troop today with fifteen seven- and eight-year-olds which are of all different vibrations, and I find the parents with a lot of hostility. I wonder what I can do to help to create harmony with the children and the parents.**

*You must concentrate on the young lights and place your energies into the bright lights of the young and help them as you help your own bright young lights, and their influence will then go back to those who are their parents. This is the best approach at this time.*

### **A Discussions Of Repressing Emotions Toward Another (January 03, 1989)**

**If we repress something on a conscious level, is it going to manifest somewhere else? For example, one time I was angry with my mother for something silly, and I did not tell her that I was angry with her, and she called me a couple of weeks later and said that every time she had gone to sleep, I was right there in her dreams. Now, when we repress an emotion like that, does it manifest in another form? Do we have to be careful not to repress?**

*Most definitely. For a repression of anything is a, shall we say, denial of a lesson to be dealt with at the Soul Level. It is not to say, however, that an emotion that you would feel should be just*

*presented out, without your looking at its effect upon those around you, you see. There is much guidance here that is needed, and when you feel the same emotion always having to be repressed, whether it is, for many of you, a typical emotion being anger toward another, feeling that it is not right to express anger, that it is not proper for a spiritual being to express anger. This is quite incorrect.*

*However, it is the way in which this anger is expressed, and this is where you seek the guidance from your Higher Self. You seek the meditative state and learn how best you will express this emotion and what this emotion means to the growth and development of your soul. Why is it that you suppress it? And what is the relationship to the individual who you seem to have this need to suppress the emotion. For many of you will, of course, find it easy to express anger to one energy form, and to another energy form, you may not be able to express the same emotion, so it must be deemed as an individual basis why with one and not with another.*

### **What Can I Do To Help With The Sadness And Feelings Of Homesickness That I Feel? (February 05, 1989)**

*Ah, indeed. This is an issue that is difficult to address, for there is among many a feeling of longing to return to spirit. The best way to deal with this is as Mushiba has begun to deal with it, for we all know how she feels about the earth plane ~ I have not let her leave during this session, she stayed ~ and that is simply to look at the beginning of each day as going onto the stage, and whoever is met is someone who is part of the play. And she also has begun to be more aware of the physical beauty and that which the earth plane can provide in terms of the senses ~ touch, especially touch, and especially sight, and scent, you see. Being able to see differently.*

*If she were not able to see, there would still be appreciation for the trees that adorn the planet. And even when the so-called weather is not sunny, it is raining perhaps, it is a cause of renewal. And simply to acknowledge that this is all an illusion, my dearest ones, one that you have decided to be a part of, and therefore, enjoy it. For it will be soon enough that you are back in spirit, ready to take on other issues, and the issues of spirit will not be easier than the issues of flesh.*

**It does not seem to be my issues that are hard. It is a longing.**

*It is the longing. Indeed. Yes, indeed.*

### **The Effect One's Behavior Has Upon Another And How to Deal With It (February 05, 1989)**

Talking about different genders, this is just something I thought of. My husband is a morning person, and I am a night person. I am a grouch in the morning, and I have been for years. How can you change? I love to wake up and feel great.

*Why would you want to change?*

Because I am such a grouch.

*But why would you want to change unless you want to change? You see, it is related to the issues of any of the addictions or bindings that one has as a result of the earth plane sojourn. You have them for a particular reason. Your body, the encasement, is adjusted to certain issues and certain things. And when your soul is ready to let go of it, then it is time.*

*The issue that you discuss is no different from the issue of, shall we say, the smoking and the drinking and the eating and all of the other issues that you need not change, until it is time for you to change. There should be no imposition from any source, that what you do is terrible, you see. If you are not able to function properly as someone else perceives it at a certain time in the day, that is their problem, you see.*

*The issue is, do you want to change? How do you feel about your behavior, and the way that it affects those around you, you see? That is the issue. And then once you have dealt with that issue, then it is easy for your soul simply gives you the message as to what to do and how to do it and when.*

Waith, if you say that someone else cannot deal with you, it is their problem, aren't you being insensitive to them?

*It would appear that way. But in actuality, what you are doing is simply taking on your own path and dealing with that which is necessary for your own path and not taking on the issues of someone else. For if you were to be concerned with the way someone else was acting, you would be then taking on their issues. This becomes a very fine line spiritually, for you become, many times, so self-centered that you do not become sensitive to those around you. When we say that it is someone else's problem, we mean it from the issue of lessons. What you need to understand is the effect your behavior has upon those around you, and how you plan to deal with that.*

*Now, if you want to be insensitive about it, then that is part of the lessons that you are taking on. You see, ultimately, it would be that your behavior was such that it did not harm anyone, you see. It is most difficult, however. For there will always be someone who will say to you that they do not like the way you are behaving. And what are you going to do about that? Are you*

*going to try and please everyone? Or are you going to try and behave in a way that is right for you?*

*And therefore, if you are behaving as spiritually as you can possibly be, then that is right. It is when you behave in a way that you are going to hurt someone else that the lack of spirituality then begins. If you know and deliberately do something that is going to hurt another, then there are difficulties. But if you truly are behaving in a way that you feel is your soul's path, and the only way in which you can learn your lesson, and you are not deliberately hurting others, then it is within the spiritual context. There might appear to be a contradiction, but therein lies the paradoxes of so many issues.*

**On contradiction, many people use that as a means to manipulate by saying, "I do not like the way you are acting. Why are you hurting me?" And so on. They have to recognize that and compromise one way or the other.**

*Indeed. It is not an easy issue to understand the fine line, to understand the balance between Being of Service and manipulating.*

### **The Importance Of Acknowledging Fun (March 28, 1989)**

*It was also a time where we were able to give her some insights into other aspects of the mission, so to Be of greater Service to all of you, not only ourselves but also Mushiba and Abalma will be of selfless service, as you know. One of the wonderful things that happened was that Mushiba did acknowledge that she needs to have fun, and this is something we work on with her on a continuing basis over the eons when she is on the plane, and she has realized now that in order to get off the plane, finally, she has to acknowledge fun. So, know, as she says, she works at having fun. ☺ ☺*

**We have to help her with that.**

*It would be greatly appreciated from all of us if any of you could help her in having fun. Remember, however, that her definition of fun and yours may be different, which is fine, and the point being that she must be lighter, for the responsibilities are great. They are tremendous that we levy upon her. But yet there needs to be fun, and we expect that during the coming time frame of fine weather that you will begin to experience that the community gatherings will be more enjoyable. You know the purpose of the community gatherings is to have laughter and enjoyment and song and fellowship in community, and this will increase as time progresses.*

### **Someone Asks About Their Emotional Illness Of Extreme Anger**

(April 02, 1989)

I have had for many years an extreme emotional illness of anger. When my anger shows itself, I can best describe it as my feeling of no control over myself, over my environment, a terrible feeling of inadequacy. Now, this anger has pretty much dissipated itself, and with meditation, I can find peace. I would like to replace this with feelings that are positive. Instead, what has replaced it is a terrible anxiety, a fear ~ being scared to death.

*You have a feeling, dearest one, that is very common. You are not alone in the feelings that you have. You are able, however, to express this verbally in ways that others who have the same feelings are not able to express, and this is an indication of your being close to the letting go of the particular feeling, emotion that you have. Anger, as a primary emotion, is perhaps one of the most difficult to heal. It takes the most time throughout the manifestations to heal, for anger brings about, then, many other illnesses, for the anger is Self-inflicted. It is anger at Self. It is saying to Self, "I am not worthy to be on the path back to Oneness."*

*Somewhere you have, as an entity, not just you, but many, many others, have deemed yourselves not worthy of becoming One once again, and you struggle with yourself for you see entities around you who appear, and the key work here is who APPEAR, to not be having the struggle, and that causes you to impose upon yourself even more detrimental feelings, and over a period of many lifetimes it accumulates until it will come to a head, as you might say.*

*Understand that one of the basic precepts of The Universe is that whenever there is a void, an emptiness, it needs to be filled, and you have rightfully recognized that when you feel a cessation of a particular anger and a sense of peace, that you equate peace with a void rather than saying that "This peace I feel now is a filled spot, that the void actually is the anger," and that as you have anger you have more to fill it and what you fear is that you will, in having peace, have a void which will be filled with more anger.*

*This comes from, and this is not just yourself who feels this, this is felt by many, many, who see peace as a void rather than a fulfillment. First, in understanding this difference will begin to help you to ease yourself and to take the pressure off of yourself. The anger that an entity feels has its source in many different ways, and as we have indicated, it is helpful if we speak privately with many of you to get at the, perhaps, some of the understanding of where that anger is generated from. It means beginning to change your own attitude that anger is not the void but to understand that it is the void, it is the emptiness. Peace is the fulfillment.*

### How Does One Stop Themselves From Speaking Ill Of Another?

(April 02, 1989)

*This does relate to the issue of healing, for to speak ill of another is to speak ill of yourself, and until you can cease speaking ill of another you cannot heal Self. And thus, you must realize that*

*you must consciously, as you work toward this healing, as you feel the desire to speak ill of another, to say, "I am about to speak ill of someone. I must not." As we have spoken of in the past, it is much easier to say this than to actually do this, and that there will be times when you will say something of another. This is all part of your own growth.*

*However, there are many people now who speak ill of others continually. This is all that they do, and that is a serious situation, and it is one that relates to the inability to be nonjudgemental and to give Unconditional Love. It is in the recognizing of the issue, however, that the greatest hope occurs. For when you say, "I know that I have this, I look to the root cause."*

*Speak to your guides, talk to your guides, talk to your Higher Self. Find out what it is that makes you speak ill of others, and is it one particular person, or is it in general. That too is the issue, for if it is of one particular person, then recognize that there is balancing of a very dramatic effect that needs to be dealt with. If it is in general, then you are dealing with issues not just relating to those entities but very strongly yourself ~ why do you speak of others in such an ill manner.*

**So, if it is in particular, it is specific, then to ask Higher Self and guides for help with that one person I feel that is wrong, that needs to be balanced?**

*Yes.*

### **Anger Is A Necessary Emotion To Shake Loose The Issues ~ All Emotions Are Essential (May 07, 1989)**

**When we go through that emotional turmoil and get angry and whatnot, does that cause blockages in our Spiritual Centers?**

*There is always a difficulty in the Spiritual Centers when particular emotions of a negative nature come about, and to answer your question, yes, it would present a blockage. Anger, however, is a necessary emotion in order to shake loose the issues. You see, all emotions are essential. They may be viewed as negative only if they are not viewed as positive. Now, that might seem to sound strange. However, anger, for example, will, in fact, block, but it is in that blockage that then expands the center.*

*Let me explain that a bit. Anger, if utilized correctly and understood as essential to the shaking of the memories of the qualities that one works on, will enter into a Spiritual Center and create a blockage. If you understand this and then send the Light, what happens is that the anger, in its need to then disperse because the Light has come in to do this, ever so slightly expands the Spiritual Center. Now, it is when the anger is allowed to fester and continue ~ and for many, anger continues for the lifetime, they are not able to diffuse it when it returns and returns. Then it*



*creates the blockage that seals the Spiritual Center rather than helps to expand the Spiritual Center.*

*If you find yourself having difficulty in diffusing anger, you see, it is when you call upon all of the Forces of Light and you call upon all those around you who can send you the Light and the love to help you to diffuse the anger, remembering that anger is the opposite of the positive energy. And just as the illustration we gave of compassion ~ where you are not compassionate, you must be at the polarized ends in order to return to the One.*

### **I Struggle With Wanting To Mother Everybody. Is That A Personality Or Soul Trait?** (May 07, 1989)

*You are certainly not alone in this. There are many who have that which you call mothering. It is a nurturing trait and it is not to be thought of as necessarily negative unless one tries to smother and impose upon others. Nurturing is a female trait. It is not excluded from the male by any means. However, it is not a dominant male quality. You need only understand that, like any other quality that you are working on, keeping it in balance, and that there is the very fine line, as we would say, between nurturing and smothering and that you do not want to take on the issues of another in the guise of mothering or nurturing. You understand that which presents difficulties to you, and thus, are working to balance.*

### **There Are Many Ways To Send Light ~ Be Lighthearted ~ Be Joyful ~ And Smile** (May 16, 1989)

**Pull the string! Pull the string!** (Refers to strings on bunny ears which Mushiba/Waith are wearing ~ pulling the strings makes the ears flop forward)

*I am aware. ☺ ☺ You must realize that in times past when Mushiba and I were together in physical manifestations, she did these things to me. ☺ It is nothing new.*

**Waith, if you want it off, you just ask me.**

*No, I would not do that. I learned one million years ago when Mushiba became my charge that this was part of that which I had to endure, and this is fine, Limera. You do not need to concern yourself with this.*

*My name, in fact, came from Mushiba, the name Waith as you know it. I have many names, of course, that I have been known by but this was the name that she gave to me many, many thousands and thousands of years ago as part of one of her little jokes. So, we find it quite*

*delightful actually that it amuses all of you and lends a bit of levity, joyousness, to what would be a serious session.*

*We hope that those beautiful entities who have joined us for the first time in this session will appreciate that this process of speaking through from one dimension to another is not to be held in awe but rather to be looked at as a rather natural type of phenomena, and those who have been a part of all of this for some time have come to recognize the energies as simply other energy forms, each of us on our own paths. And thus, we are here in this session to speak a bit about joyfulness and thus it is appropriate that we have a prop. There tends to be, you see, far too much seriousness on the earth plane. And there are times, you see, even when Mushiba, who is a very, very lighthearted entity, takes things to heart as we would say and becomes feeling overburdened with it all and becomes so serious.*

*And we see this with most entities ~ not all of course, but most who would be seeking enlightenment, be seeking perfection, and in the seeking lose sight of the fact that it can be joyful and that the lessons that come your way are those that have been called upon by you, by each of your souls and therefore, should be looked at as joyful, for it gives you the opportunity to perfect which is what you are here for. You are here to perfect yourselves ever so slightly from one manifestation to another, and it is a time of joy, and even though the lessons may appear to be difficult and hard and actually disastrous in some cases, from the Universal perspective, it is joyful for it means that as you learn your lessons you become ever so much closer to becoming One again with The Creative Force.*

*To be joyful means that you have attained a deepening understanding of love and what love brings to the Soul, for as you develop your Unconditional Love it lightens you, for you are able to view other entities in a different perspective and you view them not as threats or not in judgement but rather simply as other loving souls who need your love and whose love you need.*

*We encourage, of course, Lightheartedness. And there are times when we are here speaking that it becomes very serious and there are, indeed, the times when there needs to be a serious look given to certain issues and certain discussions. That does not mean that you take that and carry it with you as a tremendous burden, but rather synthesize the information and then let go of it as a burden and take the information and use it for enlightenment.*

*And enlightenment means joy ~ great, great festivity, for in other dimensions, we view enlightenment by any number of entities on the earth plane with great jubilation, and when any one of you increases ever so slightly in your vibration, we see it. It has an impact upon all of us and we celebrate and we recognize it even though you as an entity may not recognize your own enlightenment, your attainment of Universal knowledge that was not yours prior.*

*And so, as you meditate each of the earth plane days, recognize that you move ahead even if it is ever so slightly and celebrate it and do not look at that which you did not accomplish but rather*

*look at what you did accomplish. Make a list if you need to. You see, have columns: "What I did not do," and "What I did do." And if you have only one item on this list of what you did do and ten items on this list of what you did not do, do not mourn over that which you did not do, but rather take that which you did accomplish and say to yourself, "Look what I have done. I have accomplished something."*

*It does not have to be monumental, my dearest ones. It can be simply that you were able to smile at someone who was not smiling at you. You know how difficult that can be for some of you to simply smile. When you stand in line in some place, a store or whatever, and those around you are not happy that they are having to wait in this line, you do not have to be little-goody-two-shoes, of course, but you certainly can be enlightened by not frowning and simply acknowledging peacefully that there is joy within you.*

*Smile at those around you now. Look to your right as I speak to you and smile at those near you. Yes. ☺ And look to your left and smile. ☺ ☺ Yes. You see, when you smile it brings about even this laughter, this feeling of wanting to express in verbal sound an emotion and it brings about, even momentarily, a feeling of Lightheartedness. It makes you feel better and it makes those around you also feel better, and this is how you help to spread the Light.*

*There are many ways, you see, to send Light. And we have given so much information in the past of sending the Light and visualizing the White Ball of energy surrounding that which is dark. This is another way and one that you can see a most immediate response. Smile. Smile, and laugh. We would enjoy taking questions from you.*

### **Can Depression Be A Symptom Of Energy Drain?**

**(May 16, 1989)**

*Oh, indeed, it can be. Yes. However, it can also be an indication of an attack from the darkness. It can also be an indication of a balancing that is occurring at Soul Level with a particular issue. It is not one of these categorical situations where one could say that such and such a situation is a direct result of something else. It is why meditation is so critical for each of you so that you are able to learn from your Higher Self that which is causing a particular situation.*

### **What Process Would One Follow To Cleanse Oneself Of Inner Hate For Someone?**

**(May 23, 1989)**

*There is a particular process that would be of benefit to many who have this particular issue, for it is a common issue that entities encounter a feeling of hatred, as you would call it. Remember that any feeling that you would have toward another is a reflection of what you feel toward Self and that any emotions that you feel, whatever they are, are a reflection of how you feel about yourselves. And thus, if you have a feeling of great love toward entities then this indicates that*

*you have great love of Self. It is a process of continual growth from incarnation to incarnation, and one that is not accomplished in a short period of time. It is what the earth plane experience is set up for ~ to learn.*

*Now, to answer your question. It is not unusual for any entity to have varying time frames of feeling great love and feeling great hate, you see. This is very common and indeed, as you attempt to grow in your own abilities toward Unconditional Love, you must go through what is called this purging where when you become filled, as you would feel, with a strong and negative emotion that you work on pulling it out of yourself, and when you have done that, you then have a void that could immediately then be filled with love, and this then becomes a continual process, and in a particular incarnation, you would begin to be able to pull this hate, as you would call it, out of yourself more rapidly ~ more rapidly, more and more rapidly.*

*What occurs is that as you encounter entities from other incarnations where you have had experiences that now need balancing it will trigger a soul memory, and the purpose of incarnating on the plane is to balance from these incarnations and to learn the lessons. You will meet an entity where you will feel great love and you will know that there has been very positive past experiences with the entity. If you feel any other type of emotion when meeting an individual or focusing your attentions upon a group from a particular race or color, understand that it means you have unfinished business, that there is balancing and that this is what it is all about.*

### **Waith Gives A Technique With The Solar Plexus To Help Remove Dark Feelings Toward Another (May 23, 1989)**

*Now, a very simple technique that will help you is used during the meditative state, and thus you go into your meditative state, whatever that is for you ~ and this again varies from entity to entity ~ go into the meditative state and you focus upon that which is known as the Middle Chakra. It is right in this part of your physical encasement (Solar Plexus), and this is the Chakra in which energy comes and goes, and you will open this Chakra more and more as you become aware of your own Higher Self. This is true for all of you. This is a technique that all of you can use.*

*And what you do is to open this Chakra via the White Light, for you want that which is dark to flow out of the Chakra, and you then concentrate through imagery and you visualize this stream of darkness moving out of your body. This will not happen in one sitting. It takes much, much time. For some it will, as the technique is perfected, occur rather rapidly. And as that stream of darkness is moving out, and visualize a hole, you see, and as it is moving out of that hole and the last stream is out, immediately close the hole with Light, you see. Visualize this.*

*You may have difficulty in the visualization initially and that is part of the learning process that you will find yourself in. Many will not have a difficulty in this type of visualization. And this*

*technique can be used to rid yourself of what might become an instant type of feeling where, for whatever reason, you are feeling suddenly filled with an anxiety, a particular negative emotion toward another entity, and the purpose in growth is to rid yourself of those feelings of negativity toward other entities. And find yourself a quiet spot, and I have said jokingly in the past you can go into a bathroom. If you are in a public place, go into a public bathroom and sit and visualize. It does not take all that long. ☺ And you would ~ you could very quickly begin the process of ridding yourself ~ you do not want to feel these negative feelings. They are ~ they do not feel good.*

*And so, you begin this process, and if you do this on a daily basis, whatever time of day is good for you, before you begin your day or when you end your day, or both, for a very short period of earth plane time, you will begin to find yourself feeling more and more Light within you. And also, remember that your guides are there to help you and to call upon them to assist you in this process. This is for all of you, and to call upon us also, for we will help you.*

### **Feelings Of Frustration When Leaving A Positive Environment And Going Into Negativity (May 30, 1989)**

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

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

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

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

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

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

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

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

*Until you leave the vibration and go back out into the negativity. Remember, we have said this so very often, that all that occurs to Mushiba now is meant for lessons to be taught, you see, for that which needed to be learned on the earth plane has been learned by Mushiba. And thus, this surrounding that she is in now with these entities is the opportunity to be a living example to all of you of what we have just discussed ~ that it is very easy, you see, to sit as a group and be*



*happy, but it is also the opportunity to take the energy from each other and use that as a reinforcement of love when you do leave the vibration ~ sort of a shot in the arm, as we might say.*

### **Using The Lightheartedness Technique To Help With Dissolving Negativity (May 30, 1989)**

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

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

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

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

### **Special Topic Session ~ Comprehensive Discussion ~ The Issue Relating To Fear (August 15, 1989)**

*We will present to you for discussion this session a topic that is paramount in the lives of many now, that is an issue relating to fear. We give you much information, as well as you receive information from other sources, that gives you guidance into the trusting of The Universe and wonderful precepts that say to you that if you do such and such then certain results will occur. And as with all precepts, it is much easier from an intellectual standpoint, for when you attempt to implement those precepts into your manifestation and relate it to the illusion currently manifesting on the plane, it becomes far more difficult, and the issue of fear then begins to*

*present itself, for fear is a crippler, and yet fear is a very necessary part of the illusion on the plane now, for without fear there would be no attempt to grow and to seek out higher avenues of behavior for your energy forms.*

*Fear, of course, is the opposite of trust and yet there is a fine line, as we might say, between the two of them. Trusting in The Universe completely is the absence of fear. However, it does not mean that if you fear you do not trust in The Universe. It simply means that you are evolving toward complete understanding of what the Universal Flow means to you as an entity. And thus, many entities will begin to feel that if they are fearful of doing a particular action that they are betraying The Universe and that they are, in fact, regressing. This is not the case. The Universal Flow is significant, yet it must be accommodated by individual entities working on their own growth and not to be compared to other entities who may have a greater understanding of their own connectedness to The Universal Consciousness.*

*You simply must find your own strengths, and the illusion of fear is what is necessary for you to stretch yourselves, and you must confront this fear that you have. You must not try to bury it, for you will need to meet it eventually, and before you can truly stretch, there will be the fear, for it will be unknown to you. But as you begin to face the fear and realize that even though you do not know what lies ahead in a particular issue, that you will now begin to trust yourselves, knowing that you have overcome past fears and you have succeeded, for you must, as always, seek your answers from within and to go to your Higher Self, for it is Self-love and Self confidence that is the reason why you take on a manifestation on the earth plane, to overcome the difficulties and to grow within yourself.*

*Now, of course, this sounds easy enough to do, overcome the fear, face the fear. However, as you are confronted with a lesson, or a test, your soul has asked for, you will feel this fear, many times referred to as trepidation in the vernacular on the plane currently, and there is this knowing on one hand, if you will, that The Universe provides what is needed, on the other hand wanting to control it and wanting to say, "This is the way it will occur." And if it does not, then the fear comes in, you see. By completely trusting in The Universe you ultimately have complete control, you see. Therein lies the paradox.*

*Now, there are techniques that you can employ as you find yourself feeling the fear. These techniques can be used over and over again, and you must understand that in your own time you will face the fear. You would consult others around you who have perhaps gone through similar instances that you are about to go through, and you can gain from them the information that they did in order to get through the fear. However, you must face your fears in that which is proper for you and your soul, for the Soul issues of what presents that fear to you are unique to each individual soul. And while there may be similarities with other entities, remember that each of you is an individual energy form having your own set of experiences that contribute to what makes you who you are. And you need, as we have always stressed, to meditate and to reach the Higher Self in as appropriate a manner as is possible for you at this particular point in your path towards Oneness.*

## Waith Gives A Technique To Help Dissolve Fear (August 15, 1989)

*Now, when you begin to feel the fear, be it ever so slight, is when it is most appropriate to begin this particular technique. You must take yourselves into an environment that is very, very light and as free of encumbrances as you can possibly do. It is appropriate that you find a spot in the outdoor environment so that you are able to feel the air that is part of the plane and to give yourselves space around you. You would not want to be in the middle of a metropolitan area attempting to utilize this technique where there are the automobiles and the pollution and that sort of situation. However, for many of you, it will be necessary that you have some type of these artifacts around you for it could not be avoided. It would not be possible for you to go into an environment that is environmentally appropriate, you might say.*

*What you would do is to stand completely erect with your hands by your side with your palms facing inward and to close your eyes and to center your eyes upon the Third Eye and to visualize a Lightness, a bright Light coming into the Third Eye. As you envision this you would raise your arms above, raise them as you see the arms now moving up, go up straight, and they would go up straight until they were over the Crown Chakra, and you would place The Pyramid Effect over the Crown Chakra remaining completely straight (Pyramid Effect: fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) as you call upon the protective forces of the Higher Light to surround you with Light as you begin this technique.*

*You would then bring the pyramid down around you as you see my hands now through Mushiba and you would encircle your encasement (Hands retain pyramid shape but separate and go down each side of the body facing each other) and bring the fingers to the front of you, once again forming The Pyramid Shape and bringing The Pyramid Shape now into the Solar Plexus and carrying with you now the White Light.*

*And now, as you stand in this position, you would envision this fear. You would take this fear and bring it into your imagery and you would allow yourself to feel this fear. And as you begin to feel the fear you then surround this image of the fear with very soft White Light. And you use the imagery of the Light to destroy the fear, to penetrate that image of the fear, so that you have confronted it, and then you surround the fear with the Light and dissolve that fear. And once you have dissolved that fear, you will take your hands as they are still in Pyramid Form and bring them out in front of you once again and you will separate the hands then and return them to The Pyramid Shape above the Crown Chakra. And continuing to call upon the Higher White Light Forces, allow that fear to leave you completely as you bring your hands down around your encasement as you began the technique with the palms facing in to the encasement and returning to your side as you began.*

*Now, you can do this as many times as you need to. You can, when going through this technique after you have returned to the beginning position, take a deep breath, and if you feel that you need to do it again then you do so. It is useful for as much as you need it. The deeper the fear the more you will need to utilize this technique to help you. But, you see, each time that you do this it will chip away, you see, at that fear, and while you are able to dissolve the fear in your imagery it will take some time for it to be truly gone away, for each time that you would do this technique and imagine the fear and visualize the fear, the fear should be smaller and smaller and there should be less and less to attempt to dissolve until you reach the point where there is no more fear. You understand? Now, we would take questions from you regarding fear.*

**Waith, has that been the cause of my illness this past week, the blockages from fear?**

*Without addressing a specific personal question, blockages are a result of fear and fear creates blockages, and you must, when you feel yourself blocked, recognize that there is a fear that is more than likely occurring here. It is not always the case, and blockages may occur for other reasons and not just fear. However, as with all situations, you must seek the answers from your meditations as to what is causing a particular blockage. However, if you feel that the blockage is a result of fear then you must attempt to identify that fear first and then place it into the technique, and if indeed as you begin to visualize the fear it does manifest itself in your imagery, then it is appropriate for you to continue to unblock the blockage with this technique.*

**Are you giving this technique to me after the fact, Waith?**

*We give you this technique as we have felt it appropriate to be given out in Public Session for those who would be here in this session now and also appropriate for those who would read the transcripts in the future, for this is a technique that is of Universal application.*

**As I understood you, when the Soul decided to progress and the entity tried to have entire control of the progress, then the fear occurs? Is that the way it goes?**

*This is in its simplistic form what occurs. It is, of course, a far more complex point than we would really discuss at this time, for as we do in our normal course of presentation is to present the beginnings of Universal Concepts and then gradually to elaborate on those as time on the plane progresses. Essentially, what occurs is that in order to progress along the path there must be the tackling of new issues that the Soul has decided it is ready to take on, and the stronger the Soul, the greater the ability to deal with fear, and the only way that the Soul can become strong so that it can deal more easily with fear is to tackle fear. One would say, how do you overcome the initial choking that great fear could bring, but this again is the issue of soul and the reason why the Soul protects itself from taking on more than it can actually deal with.*

*And so you must realize, as we have indicated so often, and has come through from other sources also, that you will not be confronted with any issue that you are not able to work*

*through, and that includes the degree of fear that would accompany the growth, and thus, if you feel that you are unable to deal with the fear of a particular issue you must dissolve that fear first, the fear of not being able to deal with the fear, you see, to understand that you will, in fact, be able to deal with this fear, for your soul would not bring it about unless you had the ability to do so and that you were truly ready to take on this new growth pattern.*

### Entities At Different Levels Of Development Will Experience Different Fears (August 15, 1989)

**Is the tackling of the fear the driving force for the Soul development, or is it just an obstacle? Would you say that the people that do not have the fear progress slower or in a different way?**

*You must understand that what appears to be fear to one entity may not be fear to another entity and that it is not necessarily fear that is the driving force for soul growth. Depending upon the development of the entity on the earth plane manifestation determines the type of fear that they are confronted with.*

*The closer an entity is to finishing their sojourn on the earth plane the more different the fears are. The fears of entities ready to leave the plane and go into other experiences relate to the issues of other dimensions and their impetus for fear manifestation. The shorter the time frame that the energy has had on the earth plane sojourn, the greater the magnitude of the fear and the greater the driving force that it becomes, you see. The more entrenched an entity is on the plane and the time remaining to complete lessons on the plane, the greater the tackling of what is to be determined as fear currently projecting itself on the plane's illusion, you see. From cleansing to cleansing the projection of the illusion of fear on the plane changes, but this is for another time to discuss.*

### Fear Is One Of Those Things That Darkness Can Feed Upon (August 15, 1989)

**We were talking sometimes about the negative energy which could enter a soul. Can we assume this has nothing to do with outside energy which may come in when a soul reaches the higher stage, where there is weakness, allowing negative energy to enter?**

*It is twofold. The energy itself will have the fear that comes from its own soul's developmental process. At the same time, fear is one of those issues that the darkness does feed upon, and the reason that we give you this technique to help you in the fear is to also protect you from the forces of the negativity that would attempt to feed on your fear and to make your fear appear to be larger than it actually is, and thus it is so vitally critical that you are in touch with yourself through meditation so that you can disperse and get rid of those of the darkness that would*

*make you believe that you are incapable of dealing with your fears and would magnify your fears into you believing that it is far greater than it actually is.*

*You must remember that the darkness is ever ready to pounce upon any weakness that it would perceive an energy form to have, remembering also that you will not be attacked by a dark force that is any stronger than your energy form. Those of a higher power of the darkness will go to only those of their own energy power. What those of higher energy forms of the darkness attempt to do, however, is to present to you a residual effect so that they would attempt to get to an energy form through another energy form without direct attack. They are not allowed direct attack.*

*However, they can do indirect through an energy that is of equal power to them, always attempting to strike at those feelings of insecurity that an energy may have, the fears, the doubts, and thus it is if you employ the practice of surrounding your own self continually and constantly with the White Light to protect yourself from these forces and to keep yourself thinking with the positive, then the negative will not be able to get to you, you see. Do you understand?*

### **A Situation Of Mischievous Entities And The Need For More Protection Of White Light (August 15, 1989)**

**Regarding a friend of mine whose sister had manifestations of frogs in her house, which I think would be an indication of possession. I tried to give her some information that I have received here. Is that sufficient, what I had said to her? Not to stop the problem but enlightenment.**

*You must all be careful of interpretation of that which is called possession. That which was occurring in this particular incident was not possession but rather simply some negative entities being very mischievous, to put it in a lighthearted manner. Nonetheless, it is not to be looked at humorously but that there are issues that entities such as the one you have indicated, and many others who will be very susceptible to the mischievousness, of some of what we refer to as the lower forms of darkness where they are attempting to simply create a little bit of havoc. And it has a larger scope to it, however, for it indicates that the entity who is being the target of this mischievousness has opened themselves up to these types of mischievous attacks and that they are in the process of allowing their Spiritual Centers to be susceptible, and they have not deemed it necessary to protect themselves with the Light, for as you open your Spiritual Centers more and more, you need more and more protection for yourself. Possession is an entirely different issue and this was not a case of possession.*

**This lady works with prayers, and in the Bible, Jesus said that you should pray and pray and pray, for that is what she is going to attempt to do in this case. And I said that then that is what you should do.**



*Yes. That was sound advice, for prayer, of course, is very powerful and it is a form of protection against the dark forces. It does, however, also open up the entity to attack, for through prayer there is a connection with the Higher Forces and the Spiritual Centers of the entity become susceptible. You see, prayer is powerful but it also must be used in conjunction with protection from the White Light.*

### **Fear Comes When We Attempt To Control Instead Of Releasing To The Universe (August 15, 1989)**

**When someone fears specifically about their own growth spiritually, when they feel fear that it is not going the way that it should, or it is progressing too quickly, is that more of the darkness trying to stop the growth of the Light, or is that truly a sign that you should regroup at that point?**

*It is difficult to respond to that question, my love, for it becomes situational. It can be all that you have suggested or it could be none of what you have suggested. The issue, however, is the entity attempting to control that which must be, and again, it goes back to the basic premise that there must be complete release to the Universal Forces of that which must be for growth, and that as long as there is an attempt to control from the earth plane perspective, the fear will continue to manifest, and that fear manifesting may, in fact, bring about an attack from the darkness. It may not, however, bring about an attack from the darkness, for it may be that the fear simply snowballs, if you will, the effect within the entity.*

### **What About Attack During Meditation Or Sleep? Can You Use The Fear Technique Described? (August 15, 1989)**

*The use of this technique, of course, can be used for any type of fear that comes about, whether it is from Self or an actual attack in meditation. However, when there is an attack during a meditation, for you to remove yourself from the environment is not usually the best thing to do, for if you are in meditation and those of the darkness attempt to attack you, you would want to fend off that attack while you are still in the state of meditation, and to understand, also, the level at which your altered state happened to be during that particular attack so that you could call upon your guides to help you in this attack, and to understand also that at a particular level of altered consciousness you will be susceptible to attack and that you then prepare yourself so that when the next time you are in the altered state at that particular level you are ready for the attack and you are protected accordingly and they are not able to get to you, you see.*

*As each entity increases in their own vibration the levels of attack change and what has protected you for a particular time may no longer be appropriate, for you are at a higher vibration and a higher level of attack, and so it is better to stay and face that attack than to come out of the meditation and run away from it. What you might want to employ, however, is once you have*

*come out of the meditation and if you feel a fear of going back into meditation then you deal with that fear with this technique. You understand?*

**Would you have any special advice for fear in the sleep state through dreams, perhaps a physis attack through dreams?**

*It would be the same situation as being attacked during meditation, for the sleep state is an altered state of consciousness, and if you find yourself during the sleep state having attacks then attempt as best you can to face those attacks in a lucid manner during the altered state of sleep. And once again, as we have just indicated, if this is creating a fear for you to the point where you would not want to go into the sleep state for fear of the attacks that you utilize this technique to dissolve the fear of going into the sleep state.*

**Who is doing all this attacking? Are they entities?**

*It is the forces of the dark. They are entities just like all of you here. They are energy forms, and they are simply at a different level of development and that ~ we have discussed in other sessions The Spectrum of dark and Light, which you might find appropriate to refer to, for we have explained the concept of dark and Light, and why dark and Light exist, and the purposes for the dark and the Light.*

### **Does The Fear Technique Itself Open You Up To Attack? (August 15, 1989)**

**Does the technique open you up to attack in the sense that you are bringing on a situation that is fear? Is the protection enough for everyone from that situation that is given in the technique?**

*If the technique is employed in the way in which I presented it, you will be sufficiently protected so that those of the dark would not be able to penetrate. If there is any deviation or variation in the technique, then, yes, you would open yourself up to weak points where they would, in fact, use the fear that you are visualizing to feed it even more, you see. However, if you follow the technique as described you need not fear.*

**Would a cemetery have a good vibration to do this technique in? The only place that I could think for myself that would be quiet is a cemetery because of the noise pollution where I am at.**

*You must be very careful of going into environments in which those who have passed on may have left residuals to their environment, to the land area in which their encasement has been laid. It is not generally recommended that you would go to a place such as you have described. There*

*is the possibility that other types of damage might occur. You would want to go into as clear as an environment as you could.*

**Is it any more effective the time of day it is or should it be done only at night?**

*When we indicated that it would be beneficial to be in a Light environment, we were referring to the environment itself and not to the fact that it might be during the daylight hours, so that it would be appropriate at any time during the day or the night. What is appropriate is that you find as open and free an environment as you can ~ an environment in which you would be able to send sufficient Light around that would serve as a shield, you see. Going into a resting place for those who have departed has too many contingencies for protection. However, if you choose an area close to your own environment, perhaps in your, as you would say, backyard you have a better chance of being able to shield from those major contingencies.*

**I have a friend who I would like to instruct about this, but I wonder if I should explain it in full detail as you have given it to us with all the implications. I think if I do, she would be afraid to do it and that would negate it. Should I give her the truth and let her decide?**

*You must be very careful, as we have stressed over and over again, of imposing anything upon another entity, for unless they are truly ready for any technique or idea or concept it will be blocked and it would prove to not be effective and could in fact have adverse implications. The entity of whom you speak is not currently in a position to accept that which you would give as information in this regard. Remember that only unless you are asked, do we give out information for other entities.*

**I was wondering about using the technique to help someone else who has a fear of something.**

*You cannot use this technique for someone else. It is a technique that can be employed only by yourself for your own fears.*

### **Importance Of Lightness And Laughter And Keeping Things In Perspective (August 29, 1989)**

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

*Abalma's perspective, very appreciated, and we were present at the occasions and found them to be rather interesting in their vibrational attunements.*

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

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

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

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

*You must understand that there are not a lot of entities in spirit form who have, shall we say, a natural gaiety about them. It is something that is learned and needs to be developed. Even the spirit itself, that which you are when you separate from The Universal Consciousness, the spirit is*

*either a gay spirit, shall we say, or not. And The Universal Consciousness, you must understand, as a total energy form is very, very Light and is very, very carefree, if you will, for it is the ultimate in flow, allowing all to simply happen. And when that is allowed to happen, the flow, then there is no stress, you see, for you know that it will simply be.*

### **Waith Gives A Technique For Fluffing Up The Aura** **(August 29, 1989)**

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

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

*And as you are smiling, you see, you bring your hands up high over your head so that there is an apex that is formed from the pyramid, and then you take your hands and you move them down in front of you, smiling all the time. See? And you bring them down into the Solar Plexus area. This is the Chakra that brings in the energy, you see, and you go like this with your hands, you move them around and around (Palms facing in toward Solar Plexus, elbows waist high, and rotating hands rapidly around each other). And what you are doing is sort of fluffing up the energies that are waiting to come into your Solar Plexus and at the same time, you see, you give it a fluffiness. You see?*

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

**Fluffy!**

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

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

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

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

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

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

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

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

### **Having Lightheartedness And Seriousness, And In Understanding That All Is Planned By You (February 20, 1990)**

*And while we of The Angelics now find ourselves in this particular role, it is not forever, nor has it always been. We have done other types of playing around. It is a playground, you see, not to be taken with such seriousness as you so many do, but rather with a Lightheartedness of the playground and an understanding that it is all part of what you have planned to do. And as frustrating and as difficult as it appears at times, it is all for soul's development for this particular time that you have chosen as time is measured by particular illusions.*



*And thus it is, you see, that you are all beautiful, all are beautiful regardless of where you are on The Spectrum to return to The One, for if we were to say then that we must act in a certain way with those who are dark and view those who are dark with pity or any other type of emotion that exists on the plane, then you would be talking about yourselves, you see. There is no pity. There is only joy, there is only helpfulness.*

*And the illusion on the plane that currently exists is set up specifically to give the impression of difficulty. This is what the earth plane is all about. Other training grounds are different. They do not have this same type of illusion. This is an accelerated training ground in which you find yourselves, and as much as many of you would say you dislike the earth plane, Mushiba being one of the leaders of that movement, as you all know, it is said, especially by Mushiba, in humor actually, for it is necessary, it is necessary, and each time an event occurs that appears to you to be so, as you might say earth plane, you must understand that this is what it is all about. This is what the earth plane is about. Of course, it is going to be earth plane ~ you are on the earth plane. It would be nothing else. When you are in another training ground, it is that. When you are on Water Planets, it is water plane ☺ with many issues that go with that, you see.*

### **If You Talk Of Love, You Need To Behave In That Manner** (May 01, 1990)

*Ah, it now begins, you know, what we have discussed so many times with you. It is part of the game that is played on the earth plane in this particular illusion, and you must look at those who would begin to attack, with love. And it is important that you now be aware of your behavior toward those who would attack, you see, for if you talk about love, then it is important that you behave in the same manner in which you speak.*

*It is going to happen on occasion that you will lose your temper. Mushiba showed how that can occur recently, and that is fine. That is fine. If this happens, where you find yourself losing your temper, saying words that you regret, and you have a difficult time in forgiving yourself, I would strongly suggest that you speak with Mushiba, for she has punished herself considerably since this incident and knows how to help you to forgive Self when such incidences occur, for you see. It is all natural and not to be concerned that you regress in any way. It is a part of growth, for one must do certain types of things in order to see that you want to do something different. Do you understand? It is not until you have done something that you suddenly say, "I have no desire to behave in that way," that you realize that there is a better way for yourself. Do you understand, my dear ones? Thus, you must never fault yourself for your behavior, for it is necessary to improve, you see.*

### **We All Have Accountability To Each Other ~ You Must Do What You Say You Will Do** (May 01, 1990)

*All in the order of The Universe have accountability to each other, you see. We all have accountability to each other, all of us, us to you and you to us, you see, and if we are asked to*

*do something, and we say that we will and then we are not able to do that, for whatever the reason, we are responsible for that. There is balancing, you see. It is no different in the other dimensions than it is really on the earth plane when you have balancing. When you have contracted with another entity to perform in certain ways, and to do certain things, and for whatever the reason ~ and it is not a judgement that it is not done, it is simply that it does not occur ~ that you must continue until the contract has been met, you see. It is quite simple, you see.*

## **A Question On How To Deal With Stressful Job Situations (June 19, 1990)**

**Waith, in our job situations ~ I know with what you have told us, we should not have this problem, but we do get involved in stressful situations at times. How can we deal with that? Have you spoken about this before?**

*We have on a number of occasions addressed the ways in which you as an entity can relate in a particular job situation with entities who you are forced to be with. Understand that, so often, you will come in contact with entities who would trigger soul memories, and the triggering of a soul memory in itself creates the stress. And when you are able to understand what the relationship is with the particular entity that is creating the stress, then you are able to eliminate the stress. The stress, as you would call it, comes from not understanding what it is that you have in common with this particular entity that ~ is there balancing that needs to occur from one of you to the other? Or both of you? Or is this entity who you have come in contact one from the darkness, you see.*

*And the benefit to being able to reach the Higher Self, through meditation, is that you can find the answer, and it is a sense of relief that comes about at both physical, emotional levels, very concrete and earth plane, with the realization that you know why you are feeling this way about an entity, for then, if you know why, you can begin to understand and begin to work toward reducing that stress, as you would call it, and reducing what it is that is between you, you see.*

*For example, there have been entities who have felt an antagonism, if you will, toward someone, and upon meditation, they learned that in another incarnation they were together, these two, and one did harm to the other. And it involved ~ some entities can get very specific and learn exactly what happened. There could be, let us say, an execution that occurred, and you say, "Oh, I have met my executioner." What this does, however, is release the Soul memory, for in the recognition is the release, and the Soul memory needs to be dealt with so that it can be placed back into its proper perspective and put away and said, "We have dealt with you now."*

*And the only way that you can do this is by bringing it to the conscious level once again and then saying, "Now I know that this entity executed me in another time," and you have a sense that there is a balancing that needs to occur. Now, if you accept this, and you understand this about another entity, you, as an entity wanting to grow and to advance, would say, "Thus, it is. Let us*

*now go on. I will work to balance out with this entity as best I can in this lifetime. Let us now work on achieving a balance together."*

*This is very easy to talk about, but not quite as easy to implement. But that is where the growth occurs, in the attempt at implementation, for it may take many lifetimes to achieve balance with a particular entity, but it is in the attempt to implement the concept that brings about growth, for each time there is even the most infinitesimal balance occurring, there is growth. Growth occurs infinitesimally, and then, on occasion, it will accumulate to the point where there are spurts, shall we say, of vibrational advancement, much as was discussed at the beginning of our session in which you walk up a stair, and you move quickly from one to the next. It is whoof! You see.*

### **How Do We Know If We Are Learning, Or Teaching, Somebody A Lesson?** (June 19, 1990)

*Sometimes, you know, you will know that. and sometimes you will not. It will be dependent upon what it is you are doing.*

**Well, if you give up, you fail.**

*Not necessarily. Not necessarily. One needs to be attempting constantly to find the answers from within. Each entity has their own answers, and what pertains to one entity does not pertain to another entity, for the session that we have given on teaching and learning might be of interest to a number of you. One never knows where they are in the four-phase cycle of lesson learning. (Waith discusses this in session held April 17, 1990) That would be of interest to many who would want to know if they are teaching or learning. However, that answer comes from Higher Self.*

### **Am I Correct In Thinking That Our Emotional Body Is A Very Strong Tie To The Earth Plane?** (July 15, 1990)

*That which is called emotion is a unique manifestation of that which is the earth plane in the way that it is understood. Emotion as understood on the earth plane is a way in which the lessons specifically set for the plane can be worked out. Emotion, at the Universal Level, is present in all dimensions. It just exhibits itself in different ways, in other dimensions. And thus it is a vehicle by which the lessons are worked through, for the emotion, you see, is the controlling factor, for you all understand at intellect level, for example, that an issue needs to be learned and that you are going through that issue and that it is for growth.*

*However, during the actual learning, the emotions would enter in and create then the stage in a stronger way to help assist in the learning of the lesson and to perhaps present the reality that surrounds the entity in a different way from those others. Thus, it is all determined by the entity*

*at Soul Level, the degree of emotion that is needed for the learning of a particular lesson. It is all controllable and planned by each entity. Some entities will have a higher percentage of emotion during a particular situation than they would during another situation, and they would also have varying degrees of emotion from other entities, you see.*

### **How Can I Control Situations In My Life That Are Controlling Me?**

**(October 02, 1990)**

*We are really only here for about another thirty-eight years, as measured on the plane. ☺ And the time is limited on the earth plane, as you measure it. We would really love to be able to tell you the answer to that, as we would really enjoy being able to tell you all that, but you see, if we did then you would not learn the lesson, for each must learn their own way of controlling Self, for it differs from entity to entity.*

*And thus, as many of you as there are gathered would be as many different explanations of how to control that which is the combination of issues you have brought into the life, you see, and this is the reason for meditation, for this is where you receive all of your answers. For what you are able to use as controls for your life may not work for another, may not be even appropriate for another, and there is no judgement here as to right or wrong. It is simply that each energy has its own ways of dealing with its own issues. Even entities who have similar issues that they have brought into the life will control them in different ways based upon the history of that entity's past experiences with the issue in other times.*

### **A Feeling Of Total Despair And The Crying Out For Help From An Entity**

**(July 22, 1990)**

*Then what occurs, and this becomes at the Soul Level first, the crying out, for it is not until an entity feels that they have finally reached a level of despair, where this attitude that they have of themselves, they finally realize is not accurate and that they need others in order to continue along in their path, they cry out for help, and at spirit level, once the cry for help has been heard at the physical, as well as at the spiritual, it will manifest itself, and then the entity will find itself in the presence of an entity who will assist them in healing. And it becomes, then, a psychic healing that occurs, and it is only then, of course, once the entity has asked for, and is ready to receive, a psychic healing.*

*Understand that all that is asked for by an entity will be provided. If you ask for help it will be given. And thus, many entities currently on the plane serve the role of being what you would call psychic healers, and they have the ability to work with an entity through meditation, through their own abilities of reaching the Higher Self, to assist an entity who has come to them for assistance.*

*And it will be a mutual coming together, for once an entity has cried out for the help, then one of the psychic healers currently on the plane, and there are many, many, many of them, will be brought in contact with that individual, and through this entity, there will be a healing that will occur, and it will be much like you would ~ you could envision warm water being gently poured over a wound, and there is a smoothing out and the inter ~ the connectedness that was broken becomes interconnected again as the entity realizes that all are One and that without that connectedness there is no entity and that true power comes from the group consciousness and an understanding of that.*

**Can you cry out for help for someone else or do they have to do it?**

*They must do this themselves, my love. If you feel that another needs to cry out for help, and this occurs very often, is that you can assist the entity in helping that entity to reach the point where they will seek the help, but you cannot ask for another. You can only ask that the other will reach the point of asking, that you send your love and your Light and make that available to an entity if they so need the love and the Light from you. You cannot impose. Even love and Light cannot be imposed. It can only be presented as being available to surround an entity, but not to impose upon that entity.*

### **Techniques To Help With Feelings Of Anxiety**

**(May 07, 1991)**

#### **An Individual Technique To Help With Feelings of Anxiety**

**(May 07, 1991)**

*The technique is very, very simple, for you would simply sit very straight, either in a chair, as you would call, or simply in a way in which the back is very straight, you see. Now. You would then place your hands as you see mine in the Universal Circle, as you see here. (Waith makes a circle with his hands, fingertips and thumbs touching) And then you would place your hands over the Crown Chakra, and you would simply, then, infuse a ball of Light into the Crown Chakra area within the hands, and now concentrate very, very slowly and peacefully upon that which creates the anxiety. If it is a fear of being with others, place that fear of being with others in the Circle of the Light. If it is the fear of judging another, place it in the Circle of Light.*

*And now, very slowly take this Circle of Light, you see, and bring it down in front of you through the Energy Centers so that all of the Energy Centers are connecting and feeling the image that you have projected. And as you come to the bottom level of the Energy Center, open your hands, as you see me doing here, facing outward so that all that is of anxiety is then ready to be gently pushed and pushed out into the energy field at large and absorbed. And you have now very quickly been able to at least center yourselves a bit and focus upon the issues. This is something that you may continue to do over a short time frame within the day, as you would*

*call it, and you may continue to do it over and over again. If the first time you go through this you do not feel any relief, immediately go back and return and repeat it. And do this several times until you feel that you have relieved that which creates the anxiety.*

### **Technique With Another Individual To Help With Feelings Of Anxiety** **(May 07, 1991)**

*This can also be done with another entity, working together. And you would do this in the very same way, except that this time you would place your hands over the other's Crown Chakra, and you would, in attempting to help the entity heal, have the entity, then, do the envisioning, as you would do it yourself, except now it is your hands that are over the entity. And then you very slowly will bring your hands down in the same manner. This is a way for those who are here to work on assisting others to heal themselves, to make an energy connection.*

### **Technique Within A Group To Help With Feelings Of Anxiety** **(May 07, 1991)**

*Not all are here to do this, and thus, do not feel, any of you, that you must do this technique with another. It is for yourself first and then for others. As groups, when you begin to feel the tension and the anxiety that would create the stress with you as a group, any gathering of three or more entities, you would each ~ you would all come together, you see, and you would place your hands all together in this circle.*

*Let us illustrate this, perhaps. We will take those entities who gather around here. We would use this to illustrate. Now, you would ~ closing up the circle, and we will serve as the close in the circle. Now, you then place your hands all together. Closer, my love, close ~ that is correct, you see. (The group members form a close circle and extend their arms into the circle, hands touching each other, palms down)*

*And now, you envision what the group has as an issue of anxiety or fear that needs to be healed so that the group may then proceed. And now, you move your hands around this way ~ that is correct ~ around, and then you move around again in this direction. Yes, that is correct. (The group moves its arms to the right and then to the left, ending in the center again) And now, bring your hands up as you see my hands moving up (palms facing up), for you have joined energies as a group now. And now, bring your hands up through the Energy Centers, and up through to the Crown Chakra. Envision now that which is about to be let go, and now bring your hands down through the Energy Centers once again, down, slowly down through the Energy Centers. And now move your hands into the center as you began, meeting.*

*And now, open your hands to the center of the circle, ~ that is correct, that is correct ~ and gently envision that you push into the center that which is to be let go of. (Arms extended, palms*



facing toward the center of the circle, pushing the image into the circle) *And now, bring your arms around as you would see me and hold each other and hug.* (The group members end with their arms around each other, hugging as a circle) *Yes. A very good group healing. And we know that the group needs healing.*

*For the remainder of our session until we give you one final technique for the earth, we would take questions of the topic so that they can be placed on the record, and we will then be able to allow others to know that there are questions that they too might have but perhaps would not think to ask, or want to ask.*

## 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.*

## Waith Discusses The Strength Of Peace And Contentment That Comes From Solitude (December 20, 1992)

### Why an energy of solitude?

*Ah, an energy of solitude. You know, it is necessary for each energy to feel secure within Self and to feel the strength that comes from aloneness, knowing, of course, that you are never alone. You may be alone physically on the plane but all of us are around haunting you, as you might say. However, it does give a certain strength to feel the peace and contentment that comes from solitude, and that it is necessary, if you are To Be of Service to Others, to be able to feel comfortable with Self alone without all of the extraneous earth plane distractions.*

*And as the New Year comes in, the emphasis that we will be having with all of you is Playtime on the Earth Plane. And in order to play, in order to feel lighthearted and happy, one must feel a sense of strength from aloneness, for it is from the sense of solitude that one truly feels lighthearted, for aloneness means that you are able to let go of all that would encumber you. And thus, we will be helping, as the year moves along, to give you techniques and to give you guidance in the quest for comfort and solitude within Self.*

### Does this have any connection with Self love?

*Ah, indeed. From the sense of Respect for Self comes the Love of Self, and it is the eternal quest of energies outside of ~ out of The Universal Consciousness, out of The One, to seek this sense of strength within Self and the Self love. It is not unique only to those on the sojourn of the earth plane; it is Universal, and, you know, an issue that is perhaps the most difficult. It is so easy, especially on the plane, to say "Well, if I were to develop Self, I would be selfish. I am told that I should Be of Service to Others."*

*Understand, and we have said this so many different times, and cannot say it enough, however, that in order for each of us as energies to Be of Service to Others, we must have the strength within, for it is only the amount of strength within and love of Self that is equal to that which we are able to give to others. You cannot give more than you have, and the more that you have, the more that you are able to give, and the more that you have, the less likely it is that you will be depleted.*

*It is when one holds onto things of materialism or things of emotion that say, "I will not show love toward others," that the constrictions occur, and it becomes, therefore, more difficult to not only Love Self but to Love Others, for there is the sense of threat to the inner being. The stronger each of us becomes within Self, the easier it is to give away, for there is no fear, for there is security in the sense of solitude.*

**Energy Has A Fluidity ~ Water Has A Fluidity ~ Consumption Of Water Helps Soothe Energy  
(February 02, 1993)**

The other day I explained to a patient that she should drink more water because it is associated also with the emotions. Then she asked me how is the emotion associated with water? What is the connection?

*It is a fluidity. We are most appreciative of the question for, you see, it emphasizes that which many would know instinctively but would need to understand, that the energy has a fluidity. And for those of you who would need a bit more explanation, you would think of your own energies as you would think of sparks of electricity, and it is quite vibrational, you know, and oftentimes, the sparks of electricity can become overloaded because of activity. It is part of being on the earth plane and having this type of encasement that you have, and that the water is used to help soothe it.*

*When the sparks begin to get too hot, the water soothes it, and it also creates a flow, for the constriction within the energy field occurs when there is a dryness, and this is the easiest way to explain it, within the vibrational field, which then manifests itself into that which is the physical encasement. And thus, the water creates that liquid aspect. It soothes and is most definitely, of course, associated with emotion, for emotion is part of the energy field.*

*If you are beginning to feel out of balance emotionally, drink water, at a minimum. And now you have an added technique and that is the visualization of the ice cube, to give yourself a spiritual kick as well as a physical kick, you see. It is a balance between the earth plane and the spirit, as we are here to help you achieve. Other questions might you have regarding this technique?*

Would it be okay that the water is carbonated when you drink it?

*You know, that is a most interesting question. Of course, we have not worked in any way to influence you in your question. ☺ That which is the carbonation, as you refer to it, can have a most beneficial effect, for that which is the bubbles can create a greater soothing when there is a sense of greater disruption in the flow of the energy. That which the bubbles create to, what you would best say, jumpstart the energy. It will get it going. You must be cautious in the amount of carbonated water that is consumed. For some energies, carbonation has no negative effect. Indeed, for those energies whose polarities have already reversed, the carbonation does not affect their energies one way or the other. For those who are in some process of vibrational changes, carbonation will have an effect. And it is, again, a way in which you sense yourself.*

*You know, we will not tell you, for the most part, specifically, that you should be consuming 1.3 liters of carbonated water three days out of the week. This is what you will determine is appropriate for your own energy. This is what you receive in your meditations as what appears to be appropriate. This is the opportunity to become better connected with your own vibration, your own physical Self, and to understand what is appropriate for the vibration to consume both energy wise and the encasement to consume physically. So, use it with caution. And some of you*

*may already know that whether you use carbonated water or not, has no negative or positive effect.*

## **A Job Situation And Knowing When It Is Time To Let Go And Move On (July 20, 1993)**

**Did I achieve a breakthrough after this weekend?**

*Well, you know, there has been a lightening of the energy, and we would respond that, as you would perceive breakthrough, yes, there has been, and that the issues that we have discussed with you in private still weigh heavily upon your energy field, but you are now not resisting as you did. And you feel now a change in your connectedness with several new vibrations, as well as several vibrations that you have been interconnecting with for some time now. So, yes.*

**Am I approaching this job thing in the right way?**

*You know, we will not want to go into discussions of job at this particular time. You would want to flow just ever so slightly more. Yes.*

**I hope what you just said about jobs would just be that instance. I wonder if my path, my job right now, is hindering my spiritual growth. Am I approaching my service at the job in the correct way? Or is it hindering in terms of spiritual?**

*Nothing hinders any of us unless we allow it to. Every opportunity is presented as a means of growth and strengthening, and that any activity that you find yourself in has been meant to occur, for you have brought yourself into that situation. Now, the difficulty comes in this fine line that we have spoken of so often, you know, when are you ready to let go of something. And this comes as an answer only from Self, in knowing this. We would indicate, however, to you that it is not hindering your growth and your path as yet, for there is work that you need to do, not only in learning, but also in teaching with those entities with whom you find yourself associating.*

*The time draws near for closure to this particular activity. And growth ceases for a soul when they know that it is time to let go, and they do not, you see. There is no harm in continuing to hold onto something if you have not figured out yet that it is time to let go. Once it clicks that it is time to let go ~ others can say to you, we could say to you, "It is time to let go, my son," and you do not believe it yet, and therefore, it is not time to let go. Once you have said, and this is for each of you, once you have said, "It is time to let go," but you do not let go, your growth ceases at that point and you come to a standstill and in some cases could then begin to backslide a bit.*

Should I be reaching out more forcefully, for want of a better word, with the people around me as far as teaching and talking?

*You would do as you do now, not to be forceful. It is not a situation in which one would be forceful. Your energy, dear one, is not oriented toward force. It would go against that which is your gentle nature. So, simply allow to continue as you are.*

About Stagnating And Not Letting It Go. Is There No Growth In Just Staying Where You Are?  
(July 20, 1993)

*Well, that is a very good question, for there is growth in everything, even in nongrowth. Eventually, ultimately, for eventually and ultimately, all energy must return to The One. It may take eternity, but who is counting? And what occurs, then, is if an energy stagnates and finds themselves not growing, that they would reflect upon that at some level in their soul and in conjunction with their guides and their Angelic Protector, and that eventually, ultimately, there is growth from the nongrowth.*

*And thus, there is no negative that occurs. It is simply, as best as can be described, a moment in time in which there is stillness. The energy is still. It does not move forward. It does not move backward. It stands still, at which point there can be either movement forward or movement backward. Nonetheless, there is movement.*

Can Taking On Too Many Issues At One Time Cause Madness?  
(August 03, 1993)

*Madness. Simply coming onto the plane could be considered ~ ☺ Let us complete this response. What you refer to as madness, however, is the result of an entity taking on more, and that in itself would not create madness. However, what occurs is that once the entity realizes that there has been more taken on, there is an inability to let go. There is ~ as we have always said, you can change your course of action on the earth plane at a moment's notice. You do not have to, once you have chosen it, to continue on. You can simply say, "This is more than I thought was good," and quickly, instantaneously, with the guides and The Angelic Protector, things are changed.*

*But many entities will not acknowledge that they can do this, and they feel that they are bound for this, and then will experience what you can call madness, but there is a retreating into Self ~ Self-examination. It is what you would call a beating up of oneself at spirit level, and it manifests itself in what you would refer to as bizarre behavior on the earth plane, but then again, the use of ~ the definition of the word bizarre means many things to many people.*

In reference to madness that you talked out, it seems like there are sometimes very enlightened sensitive souls that come in, and the world just likes to judge that person's path, and that is part of why an individual may be ahead of their time and misunderstood.

*That scenario has played through on the earth plane since the earth plane was created. It is necessary for the advancement of an illusion that certain entities with particular training enter onto the earth plane to present an illusion, such as you have described, that has such a dramatic mass appeal that it advances the awarenesses of large numbers of entities on the earth plane, and it is periodically placed as a scenario into the illusion to help an illusion move along. For without those dramatic scenes from a play, the play itself becomes rather boring, and growth would not occur unless there was an occasional shake up of the masses, and then each goes on their way, shaken up once again in their own new awarenesses, to advance the growth of the overall vibration of the earth plane.*

### Someone Questions The Issue Of The Killing Others ~ And The Flow Of The Universe (February 01, 1994)

As the government responds to the growing homicide rate in America, should they look at it from the spiritual point and say, "Everybody who must experience this has to go, so we do not do anything. We just let it go?" Or should we take initiatives, with laws to reduce this, take actions, regulations, whatever is necessary?

*You must understand, and you have heard this so often from other sources throughout the recorded history of the current illusion, that the earth plane is simply a stage in which different scenarios are acted out. We have jokingly told you of how we sit at the television of The Universe and click from one scenario to another as if we were watching this television, you have and watching the different plays, and the playing out of different scenarios.*

*There are many on the plane who have very conscious awarenesses of what we have just given as a response to this question of all that happens is happening as it is supposed to. Most, however, on the earth plane are at very different levels of awareness of the Universal Forces, as it is supposed to be, for if everyone was aware and was able to respond at a spiritual level to The Flow of The Universe, there would be no need to have the earth plane as a training ground. What you have then are entities who are here to help work through their own issues, as well as those others with whom they come in contact, so that if an entity is part of a government and part of an institution that is designed to create laws for society, then that is what they will do, and some will do it at higher levels of awareness than others.*

*And thus, you have the ongoing conflict between those who see a situation in a very different way from another who may see it in a more earth plane way. You can use as examples from your own life ~ individuals who you meet ~ and you look at a situation from different eyes, for you have certain awarenesses of why things are happening and more accepting of why things happen, and you flow with why things happen, whereas another would want to analyze it.*



*And it goes back to the point of this question ~ of this analyzing it. And there are many on the plane who agonize over whether they should do one thing or another, and the making of laws and the governing of societies is not excluded in any way from those agonizing decisions, and indeed is part of that process, that learning, that training ground.*

*So, understand that in this particular geographic area, this country known as America ~ as we have stated very early in our information dissemination ~ that it is inhabited primarily by those who were in Atlantis ten thousand years ago when the illusion had a major changing. And many have learned over the ten thousand years on the plane, through their own experiences in other lifetimes, and others have not learned. And, as we have indicated, when there is an illusion change, the lessons do not go away, the lessons do not change, but the way in which they are presented do change. And thus, certain lessons of abuse that mandated entities to leave at the illusion change ten thousand earth plane years ago are still part of The Menu, The Toy Box, if you will, that entities have, and they are now in this country, and they may be the ones who are doing the killing, or they may be the ones who are trying to solve the problem.*

*Understand that in an illusion change, as we have so often said, exaggeration occurs, acceleration occurs, and that this country has the very highest rate of killing is not to be a surprise, for it is an exaggeration of a lesson. But the other side of that is also that there is an exaggeration of equal proportion by those who would want to eliminate, so that the exaggerations are indeed on both sides. It is not, as you might think, out of balance. You must understand that The Universe at its highest level is completely balanced. There is no disharmony at the ultimate levels of The Universe. The only place that imbalance occurs is in the training grounds, the earth plane being one of those training grounds.*

*And, yes, it must be exaggerated. There must be imbalance in order for the lessons to be learned. It is the safety net, if you will. In spite of the difficulties of this training ground, or any training ground, you are ultimately safe. Nothing is going to happen to any of you. Nothing ever happens. You do not get put away some place. You may be entrenched in the darkness, but you are in existence. And without the dark, what would the Light have to do anyway? There would be nothing to do. And thus it is that the dark and the Light create the imbalance so that there is something to do, you see.*

### **Love And Hate Are Not Opposites Of Each Other** **(February 15, 1994)**

*Religions, you know, are designed to bring out emotion. And one of the most powerful emotions available on the earth plane is that which you call hate, and it is thought by many that hate is the opposite of love. It is not. Love does not have an opposite. There are only gradations of it, so that one has the capacity for love. It may not be the highest capacity. It may be very, very conditional love, but the opposite of love is not hate, and the opposite of hate is not love.*

*Hate is of itself an emotion. There are gradations of it until it dilutes itself. And thus, this particular emotion finds a very fertile forum in the issue of religion. It is one in which many entities find themselves able to work through and rid themselves of this emotion of hate.*

*And religion, also, is the powerhouse, if you will, of Unconditional Love, for it is where the spiritual values are housed. And thus, the two work hand in hand. It is often therefore thought that they are flipsides of each other. However, love is the Light and hate is the dark. And as you know, the Light eventually wins, and the Light eventually will clean out and make the dark pure. This is all that is occurring in religions. It is a fertile ground for working through that particular issue. It is predictable. It is planned by an entity that you will go in, and certain issues will be worked through. And in the name of religion, many wars have been fought. You know, it is a most powerful emotion.*

*Now, in terms of all of the many religions, there are many that have gone by the side, if you will, that you are not aware of, in just the ten thousand years since the last illusion of Atlantis. What you are familiar with now are those that were necessary for you to be familiar with for this changing illusion. Whether or not one is right, or not, for you is for you to determine.*

*What is correct for one may not of course be correct for another, and while it may appear that a particular religion has more negatives and more darkness to it than Light, understand that it serves a purpose in the balancing that an entity must take on. And once that purpose is served for the numbers of entities who need it as part of their concreteness on the earth plane, it disappears. It no longer serves that purpose. That is why many religions have disappeared, for they no longer are needed.*

*Some other grouping has come in to take their place. And the only way that you will know if it is right for you is to try it and see how it feels. And if it does not feel right, then it is not for you, you see. And oftentimes, an entity may stay in a particular religion, or energy grouping of spiritual thought, for an entire lifetime, even though they would feel it not correct, and upon departure from the life would evaluate it at that time. It may be that they are not able to truly evaluate while they are at the conscious level, and that is appropriate also, you see.*

### **What Were The Emotions We Had When We Signed Up For The Earth Plane Experience? (May 17, 1994)**

**When we signed up for earth school and we are picking from The Menu, were we excited, scared, bored? Was it different for each one?**

*Oh, it is different for each one. It is dependent upon what you as an energy have determined you want to learn. When coming out of The Universal Consciousness you are then given a major Menu on which is listed all of the training grounds. And so, you can decide that you want to go*

*to this training ground, and that training ground, and sometimes, you know, you do not have a choice. You have to come onto a particular training ground if you want to learn certain things that you have determined.*

*It is no different than when you go to school and you choose a course of study and there are certain courses that you have to take, even though ~ as we get from Mushiba's vocabulary ~ you would spit up before you would go into a particular class. It is much like the earth plane. Some look forward to coming onto the earth plane. Others spit up thinking about coming onto the earth plane, yet they do it for it is part of the course of study that they have taken on. And so, the earth plane as a training ground, is one little subject that must be learned in the scheme of the greater program of study.*

*Some entities are a bit afraid of coming onto the earth plane, primarily because they may hear horror stories from others who have come off the earth plane of the acceleration of it. You know, when you talk to someone about a course that they have taken in school, and one person would say, "That was wonderful. I just love studying that subject." And another would say, "If I never have to take that subject again, I will be very, very happy. It was horrible." So, you have two different perspectives. And depending upon who you are standing in line with at the time you are signing up for a course, oftentimes can determine what feedback you will get. It can call what you call bias as you go into a training ground, unless you as an entity are also very open minded and say, "I will make my own decisions on this."*

*Some go kicking and screaming onto the earth plane, knowing, however, that they must do it. Some leave the earth plane for the very last, much as you would do for courses that you do not like. You leave them until the very end and then if it does not go smoothly, it drags on and on and on until you have finally finished. Others face it right away and go in immediately. Others do not take the course at all, you see.*

### **What Suggestions Do You Have For Those In Supervisory Roles Who Must Appraise Others? (July 19, 1994)**

*Ah, indeed. This is a most difficult situation, for you have been placed into a position of judgement, and it is a test for you, and it is a test that many, many on the earth plane now, and in other times, and in future times, will have to struggle with. And the more, again, that you understand the struggle for Self-identity, the more sensitive you will be to the struggle that another has, and that you will look at another's struggle from a higher more spiritual perspective.*

*Rather than saying negative, unkind things about another, you would look at another in your supervisory position, and since you are given the position of having a greater awareness than those who would report to you, you are in effect the teacher ~ not degrade another because they have not completed a task or that their behaviors are inappropriate or their attitude is inappropriate. You would bring it to their attention in a way that is not critical, but rather, in a*

*way that is nurturing, in a way that says that you are willing to help them in their struggle. And if an entity's behavior does not change in the environment in which they have found themselves for training, then appropriate measures must be taken.*

*The teacher and the student relationship exist with all of us. We are all teachers. We are all students. And when we take on a student role to learn a particular issue, then we must give respect to the teacher. And in this case, a supervisor is the teacher. And it is the teacher's duty, from a Universal perspective, to guide the student in as harmonious a way as possible. However, the difficulty comes for many who teach, when they realize that, they must bring in some very strict guidelines and very strict parameters. And it is the fine line that is drawn, if you will, in supervising, in teaching, and in being brought into what you perceive as a judgemental role.*

*If you all allow yourself to think of yourself as a judge, then you will be projecting critical attitudes toward another. If, rather, and this goes back to the question of hierarchy, you do not buy into, as you would say, this attitude of, "I am the superior here," but rather to say, "I am the teacher. It is my responsibility. This person has been brought to me to learn. And I must be tough at times, but nonetheless, I must be understanding of the struggle that the other has for Self." And to keep in mind at all times your own struggle, and that you have achieved a level of position, shall we say, because you too have struggled to learn. And you are, from a Universal perspective, entrusted now in a position of what you call authority and power, and how you use that is a test from The Universe. You can use it to abuse and manipulate and to make other entities feel very sad and ill equipped to handle their own struggle, or you can take it from the guide perspective and help another to achieve their own Self-respect.*

### **How Do We Deal With An Abusive Supervisor Who Has The Power To Judge Us? (July 19, 1994)**

*Oh, you know, this goes into specific issues, for when you find yourself being abused to a great degree by another, and power being used, there are more specifics that need to be addressed. It could be a balancing issue between that entity and yourself. It could be forces of the dark that have come in to attack. The first and most important thing that any entity would do is to protect themselves with the Light and to keep themselves as focused as possible, and to attempt to not allow your own energy to be drawn into that negative energy. If you are not pleased with the way you are dealing with an entity, and you are not able to reach some type of harmony, take yourself out of that situation. If you stay in an abusive situation, it is your choice. It could mean many things. It could mean that you have chosen specifically to stay in an abusive relationship because you have things to balance, or perhaps because you are afraid to get out of it. And again, that is a learning experience.*

*You must be careful to blame anyone for being in an abusive situation. It is not anyone else's fault. It is your choice. Each of us stays in a relationship by choice. And it is not necessarily negative. You must be careful of, again, going back to the judgement of whether another is*

*growing or looking within Self ~ most careful of judging another who may be remaining in a relationship that you perceive to be abusive. And that you would say, "You should get out of this relationship. It is your fault if you stay in and you deserve what you get," These types of words are very, very negative types of expressions.*

*Understand that it goes back to the issue of understanding the struggle of identity of Self that we each have, and that if an entity is abusing you, it is your choice as to what you do about it. You can either work with that entity, and at earth plane level, that could mean going to that person and saying, "We have a problem. We need to talk." Or, if you are not able to do that, then you bring it into a higher level where perhaps you can communicate with this entity's higher levels and then bring it back onto the earth plane level for some type of resolution. To address specifically, of course, would require private session discussions.*

### **A Technique To Use, In The Short Term, When You Have Absorbed Negativity From Another (September 20, 1994)**

**I tend to absorb my co-worker's insecure or negative emotions. Is there a technique that I could use to help me with that?**

*Yes. The concern, for those who may not have heard, is the absorption that many of you may find yourself taking on by those who would be negative toward you. This is a very common type of situation, and regardless of how much meditation you do, and protection that you do, on occasion you will be, what you call, zapped. You will find your protection perhaps not adequate, or you will be feeling fatigued physically and at other levels, and therefore, the absorption is more easily undertaken by the energy field.*

*There is, of course, the long-term solution to that, and that entails the meditative state and the continual strengthening of the protection around your vibration. The short-term response to that ~ and you will each on occasion need a short-term response ~ is very, very simple, and can be done without those around you knowing that you have done this. It can be done as soon as you are feeling that you have absorbed negativity or absorbed verbal attacks toward you. And they do not even need to be verbal attacks, my love. They could thoughtforms from the other entity who would be sending them toward you.*

*You would quiet yourself very, very easily. You would simply take a very long deep breath that is from very deep within what we refer to as the Solar Plexus. And you bring the breath up and you carry it up through the Tunnel of the Energy Centers up into that which is the nose and the mouth and the entire lung area. And you hold onto that breath and count to five. Simple. Count to five. Slow five. Not 1 2 3 4 5! (Waith counts fast). Slow. Bring it in. And then release it through the mouth.*



*When you have done that, then you envision a shield of very soft, soft white fabric. Use something concrete. And you have this soft, soft fabric that drapes around your shoulders, and the fabric comes down the front of you and comes just to that which is the Solar Plexus and covers the Solar Plexus.*

*And then, actually, you can take your arms and fold them as you would ~ crisscross, so that you are feeling the white fabric. And you can do this very, very easily. It does not need to be a big deal where you would be, (Waith takes a deep breath) focusing and all this sort of meditative appearance. But rather, you draw in your breath. Then, as you let out your breath, you are then envisioning very quickly this white fabric around you, and it is soft, and you feel comforted, and you feel safe.*

*And the white, representing the Light, will help to draw out that negativity that has been given to you. And you keep your arms crisscrossed for just a very short period of time. If you are in an environment where it can be unnoticed, then as long as you want to. Otherwise, a very short time, just so that you bring it across. Even if there are many, many people around, you can do this without being considered strange. But, then again, what is strange?*

*That is one effective technique, my love.*

### **A Technique To Use When You Are Feeling Scattered And Pulled In Different Directions (September 20, 1994)**

**Would that work for someone who has been giving me a lot of different directions, and sometimes starting in one direction and then going off into another direction, and then into another direction? I find after a while I become very confused and start making mistakes because I am trying to follow so many different ways. Is there a way of diffusing that and calming down a bit?**

*Yes, indeed. Many of you will find yourself in those situations that give you a sense of being out of control of the environment around you. As much as you try to focus within Self, the external environment, then, attempts to keep you out of focus. Remember, of course, that there are many in your environment who are not doing a meditative form of behavior that would help them to focus. Therefore, they are scattered and they bring that scatteredness into your own attempts to center yourself.*

*It is a very common lesson that entities take on in the walk, to learn how to focus in the midst of chaos. And when that chaos occurs in your work environment, you must attempt to bring the energy around you, as well as your own energy, into a quietness. Now, we would tell you at a theoretical perspective that you would simply try to take control of this scatteredness by saying to an individual who is attempting to scatter you, "Excuse me, but you are scattering me and I*



*must not allow that." You would very quickly find yourself in a position you would perhaps not want, for it would antagonize the entity.*

*Rather, what you would do is first to, again, draw the breath. When one is starting to feel any confusion ~ whether it is that which has just been described, or if it is when negativity is coming toward you, you must quickly. First, bring yourself into a focus, and that means to draw in the breath. Quickly draw in the breath as we have described. Then, in order to bring in your own sense of scatteredness into focus, which you must do first, you would then feel yourself being in the middle of a wheel that is moving around and around, and you are feeling the motion of the wheel moving around and around, and you are in the middle of this wheel. And you feel it moving you around and around and then you begin to slowly have it stop, and you begin to feel then that you are standing straight and without motion. You have now centered yourselves.*

*It then becomes your part to bring in the pieces that are being scattered. If someone is saying to you, "Do this and do that," take all of those pieces and bring them into your own center. Say then to the entity who is doing this, "Please help me to put this into the right priority," so that you are taking part of the control yourself. But you are also then asking the other, who is also scattered, to take some of the responsibility and the control and work together.*

*When you are in a balancing situation, you must work together. A technique will work only if it is in harmony with another who is also working with you, when it is that type of scattered situation that has been described. This will take working on, of course, for you are in the situation to begin with to learn lessons and to learn also to help others focus. Learning to focus and to bring order out of chaos is a very difficult lesson. There are many on the plane currently who understand this and do this very effectively. And when they find themselves in environments where there is great scatteredness, they are able to very quickly bring it into focus. There are others, however, who are here to learn that lesson, and therefore, they will find themselves in situations where scatteredness is always occurring. Once you have developed an ability to bring focus to scatteredness, you will find yourself less and less in those situations. It is the way that lesson learning occurs.*

### **A Technique To Use When You Need To Keep Your Mouth Shut, And Not Say Something (September 20, 1994)**

**There are times when I know I should not say something because it really would be better to just shut up. And at times I succeed, and at other times, it is just like it seems I have to say it. Can you help me with something on how my ratio is increasing with being able to just shut up about it?**

*Indeed. This is also another very common situation. And, you know, it is one of the issues that brings many of you to think that you have failed in your spiritual path, because you have said something, either to someone or about someone. As we emphasize to you over and over again, you must go through this. You must do this to learn so that, as you have said, my love, the ratio*

*of doing this changes, until you reach the point where there is not even the thoughtform. You have developed your levels of understanding and patience and Unconditional Love so that the thoughtform does not even present itself. All who are on the earth plane are seeking those levels of understanding. You must not chastise yourself when you have said something or done something. But rather, you must take that within your meditative state and determine what that meant in terms of your path.*

*A very useful way of short circuiting ~ when the words ~ let us use that first as an example ~ you feel you are about to say to another are forming in your throat and you know that you should not be saying it. Before it has a chance to get up onto the tongue, while it is still in the throat, cough. A nice hearty cough. You see, that gets it out of the throat and off of the tongue and out into the vibration, and it also allows you to momentarily stop yourself. Now, it may not work. And sometimes it will not stop you, and you simply have coughed and it is still congealed in your throat, and now it is moving its way up and ready to be presented to the situation.*

*Once it has reached that point and you are not able to stop it, then it is going to come out, but that is part of the lesson to learn, for then you will feel it coming out. And if you visualize a burning sensation in your mouth ~ visualize that your mouth is very hot as you are saying this ~ and you are feeling the emotion of it all, and yes, this time it may come out. But the next time, when it looks like it is going to come out, you will remember the burning sensation and you will say, "This is not what I really want."*

*This is not an issue that is easily and quickly, as you would say, overnight, overcome. You will gradually, if you stop yourself consciously, and that in itself is a lesson, to stop yourself consciously from saying something, even if you are feeling it. There are times, however, when, what you call, venting is just as critical to the releasing of energy as holding it in would be detrimental. And only you as an entity will know that fine line of venting and not saying anything, for sometimes the venting is what is needed. Other times, as you all have found that venting was not what you thought you needed.*

*Remember that each behavior that is exhibited by any entity is appropriate behavior even though it may appear to be, in someone else's eyes, negative, or even in your own eyes, negative. The lessons to be learned and the issues to be dealt with are what are discussed here. And if you do something you feel after the fact was not appropriate, well then you learn from that. You take it and you say, "I will not do this again. I will not do this again."*

*Some behaviors have much more of an impact, then, on others than other behaviors. Remember that each behavior that you exhibit you must take responsibility for, and you must therefore say within Self, "I take responsibility for my own behavior and its impact upon those around me." Each of us does not operate in isolation, who can merrily go on our way and say, "I will do what I want to do for it is my path." That, my loved ones, is being irresponsible. That is not taking responsibility for the impact that your behavior has on another. That is what you must take into*

*account. And that is what you do, as you feel you want to say something, or you want to respond in a particular way. It will have an impact, but you say to Self, "I bear the responsibility of that impact on another."*

*And thus, if you say something that you know you should not be saying, and you know you cannot stop it, and you say it anyway, you must be ready to take that which is the consequence of that action upon another. And that is fine, for it is part of the balancing. It may bring about a response then from the entity to whom you directed the remark, for if there was not an issue between you and that other entity, the situation would not be presenting itself. It is as simple as that. If there is harmony between you and another, there is no issue. It is only when there is balancing to be done that there is an issue, and therefore each must take responsibility for the behavior toward each other. Indeed.*

### **What If We Feel It Is Futile To Even Bother With A Situation? (September 20, 1994)**

**What about times when we look around at all the crazy things happening in the world, and we just feel that everything is absurd and almost a feeling of uselessness comes upon us, and we almost feel like there is not much point in doing a lot of things. And we would rather just not do anything instead of doing some of the things that we would be doing? How do we deal with that particular feeling that comes over us?**

*Oh, indeed, and that is a most common feeling that entities, especially now on the earth plane, have, for as you learn more about why you are here, and how you fit into the scheme of The Universe, there can be this sense of, "Well, why should I bother? It all seems to be running as it is supposed to. And why should I do anything?" And on one hand, that is exactly the response that you should be giving. That is, in essence, a flowing with that which is happening. You simply move and do not think about reacting to something, that you are going to be doing something "wrong", quote unquote, but that whatever you are doing is appropriate, regardless of what it is.*

*However, most entities do not have that Higher Conscientious in terms of looking around at the world, looking at all of the chaos, looking at all of what appears to be a crumbling, and saying, "What is it worth? Why do I even bother?" For something that you may believe in today, suddenly tomorrow, has proved to be different than it was the day before.*

*You are in a time frame now of rapidly changing illusions as we move into The New Illusion. And to move into The New Illusion means that crumbling will occur, but also, that glimpses into former illusions begin to sort of transpose themselves onto that which is The New Illusion and that which is the current illusion. So, you get what we call a crashing of various illusions. And it is a test for those of you who have come onto the earth plane during this time, that you have taken on, for Self to be better able to draw within Self and not be drawn to external definitions of what you feel is the truth.*

*The truth is something that you would define within yourself. When you believe something that is external to Self, then you will feel a sense of futility if it changes, for you will have believed in something that was very concrete and that you brought within yourself as a way to help you see your way through this lifetime. And when that is suddenly broken down and destroyed, or at least crumbled in some way, you could indeed find yourself lost, a sense of hopelessness.*

*You can bring yourself out of that feeling. You will have those feelings, many of you. For many of you, this is not an issue. But for most entities there is a sense of, "Why bother? Today it is here. Tomorrow it is not. Today this is what we are told. Tomorrow it is something different. What are we to believe? And why should we believe anything, for it will be dismantled? Once we feel we understand it, and we believe it, some spook will come along perhaps and dismantle it completely." Or, not even a spook, but someone right in your own back yard on the physical plane. You will read something that makes you think of why you have been believing something.*

*What you need to do with this, my loved ones, is not to fight it, but rather to say, "Yes, this is now destroyed, what I used to believe. This is now gone. I have nothing." Empty yourself. Say, "I have nothing to believe in now." And then watch what happens, for The Universe does not like emptiness. And what will come then is an understanding. There will be something to come and fill that void that you have just created by saying, "I do not believe anything anymore." Or at least what it is that you thought you used to believe in that has been destroyed, and say, "That is no longer a belief. I do not have that any more. It is gone. And instead, I have void." And then, to fill that void, The Universe will give you something. It will replace it. It may be another belief or it may be a higher understanding of why you lost the other belief, you see.*

*So, you simply let it go. You say, "All right. If you want to destroy my belief, go ahead." Do not try to hold onto it, for when an entity tries to hold onto something and possess something, surely The Universe will then take it away from you. This is part of the precepts that work within the scheme of things. It will be taken away if one tries to possess it, just as if someone or something tries to possess you, you fight it, you see.*

### **Can Sequences Of Events About To Occur Be Changed By Just Changing Your Environment? (September 20, 1994)**

*Yes, indeed.*

**Do we have that power?**

*Oh, indeed. You see, it is very easy to change the illusion simply by saying, first, "I am going to change this." So, you start it at the abstract. You put it into a thoughtform, and you visualize what you want around you, and then you go and do it, and you physically change things around*

*you. And by physically changing things around you, immediately impacts the way things might have happened.*

*Think of when you clean out your closet, and you are wearing certain clothing, and you decide that you do not want this clothing any longer, or you have not worn it for quite some time. You clean it out, and you say, "I am not going to wear this. It makes me feel a certain way." And you bring in new clothing and it makes you feel different. It makes you feel, "This is the way I want things to be." You have changed your physical illusion, and the way that others would respond to you, something as simple as the way you clothe yourself. You take that several steps further, and you change all of your environment, and that could include humans, and that can include anything around you. You change it. And then anything that was going to happen in the old illusion changes. Now, the issues that you are working with will remain. However, the way in which they look will change, and when that happens, often you are better able to respond because you see it differently, you see.*

**Can one change someone else's normal sequence of events? By you changing your environment, can you affect someone else rather than yourself?**

*Yes. You can do that. There are several issues at stake here. You must change your environment around you to be effective to your behavior and not another's, for when you do that, in terms of trying to affect another's behavior, you are imposing upon them and you are abusing power. Rather, you take it from the perspective that changing your own vibration, your own illusion, will have an effect on others, but that you will not be able to control that effect. And thus, it will, however, have an effect.*

*And again, once you take on the mode of changing your vibration and your energy and your illusion around you, you must take responsibility for its impact upon those around you. It may not have the effect that you would want it to have, but it will have the effect that it is meant to have from the Universal perspective. Oftentimes, changing the vibration around you is just the thing to do, for it breaks the cycle, if you will, of certain kinds of negative behavior that is occurring with those around you and can prove to be very beneficial.*

*If, however, you arbitrarily change your illusion around you without seeking guidance from the Higher Self and your guides, and you simply do it for the sake of doing it, you could run the risk of bringing abuse onto another energy, because you have, in effect, imposed upon them by not doing this from the guidance of the Higher Sources. It is a very powerful thing. The changing of illusions is a very easy thing to do, you know. It is very powerful and can be used by The Universe to help an entity test their own powers and the spiritual use of those powers versus the abuse of those powers. Visualization is the first step, and then bring it into the concrete and physically change your environment. You may want to physically change your environment to bring about a greater sense of yourself. Many of you do this without realizing.*

Does the end justify the means? In other words, you may do something really not illegal, but the end result might be beneficial.

*You see, what you are doing is trying to manipulate, and that is an abuse of power. If you think at the first starting point that, "By changing this illusion, I am going to bring about such and such an effect upon others," then that is an abuse and it is not justifiable by any precept in The Universe. Rather, you simply look at the effect it will have upon you first, and then you look upon the effect it will have on those around you. You then must take that responsibility for the impact that it would have. And if it has, let us say, a negative impact upon certain entities, then you must take that responsibility. If it has an impact that you did not foresee, then you must still take that responsibility for you have initiated the change.*

### Would You Please Address Multiple Personalities? (October 04, 1994)

Could you address multiple personalities? My daughter asked me to ask that question. She is looking into multiple personalities. And could you help her a little bit?

*It is a very interesting and sometimes rather a complex discussion. As is always the case, there is the Universal application of a concept and then its individual application. The individual application of a particular concept can vary from entity to entity. We will give to her, through you, the Universal concept of multiple personalities as it is known on the earth plane.*

*It is understood that all entities have various levels of themselves. Some of you may not have heard this type of information before now. All of you, and all energy, in whatever form it takes, has various levels of awareness, as we would refer to. For the most part, the levels are integrated into their particular vibrational appropriateness. And when on the earth plane, there is an appropriate level of vibration that is maintained.*

*And when we speak so often of going to the Higher Self to learn your answers, we are speaking of going through several levels of yourself to get to that higher level. Beyond the Higher Self there are indeed higher levels of understanding. Think of it much like a layer cake. And many of you have ~ and many of you will ~ experienced an infusion of a level from a higher point in your own consciousness into yourself at this particular consciousness. And if all is integrated, as is generally the situation, there is not what you would consider a grouping of these levels of Self into the particular conscious energy level in which you find yourself on the earth plane.*

*In the case of what is referred to as multiple personalities, there is a lack of integration that occurs within an entity of the various components of Self. This occurs most often from an incomplete closure occurring at the end of a particular lifetime. So that what you know as personality does not have complete closure at the end of a particular life and is left in the vibration of a particular*



*level of your awarenesses, for when you move from lifetime to lifetime, you bring in different components of your energy, not always the same component, not always the same level.*

*And when that occurs, this incomplete closure, it leaves what we would call then a loose end to the total Self. Oftentimes, going into the very next lifetime, an entity may easily and quickly take that loose end and integrate that personality into the current personality. It generally occurs in the early time on the plane, the first several years on the plane. When that is in some way hindered, then the lack of integration begins to become part of the personality of the current vibration and the current level of the energy.*

*Going along with this, as a result, is a traumatic event. Oftentimes, on the earth plane, the multiple personality situation is thought to be the result of a traumatic event. It is not. It is the opposite of that. It is the cause of there being a traumatic event occurring. The event occurs so that those personalities of Self that have not been integrated will have the opportunity to do so. It may take the entire lifetime, or it may take a very short time on the plane, depending on how many incomplete personality closures there are.*

*Most entities in their sojourn on the earth plane experience this type of situation. In a particular lifetime, for whatever the reasons, the personality is not fully developed. When it is time to leave that lifetime, the personality still hangs around, if you will, until it is given an opportunity, then, to come into another lifetime and share within the encasement the personality. It is Self. It is nothing external to Self. Multiple personality is not to be confused with what is called possession, for that is an external energy coming into the vibration. It is Self simply integrating with Self. And when the integration occurs, then the entity of course becomes stronger.*

*This is a metaphysical, as you would say, explanation of this situation and one that is not completely understood by those on the plane. It is understood by those on the plane who are able to do what is called regression hypnosis. In this type of regression hypnosis, bringing the entity back into those various lifetimes in which the incomplete closure was experienced is one of the techniques to bring closure and to integrate into the current energy. Those entities on the plane now who are able to assist in regression hypnosis, and/or who believe in the technique, are those who would understand the theory that we have just given to you.*

*There would be many on the plane currently who would, of course, dismiss what we have given for information, and that is fine. It is simply levels of understanding and awareness that, as you increase in your own awarenesses, so too do you increase in your understanding of that which may seem not to be understandable.*

*That would, my dear, be an appropriate type of answer that we would give without going into, then, the specifics of a particular entity's path.*

To sum it up then, it comes from Self. So, if someone's personality is entirely different, then that personality at another point in time was that personality.

*Yes. Yes, indeed. It makes for very interesting lifetimes to have several of your own personalities within the single encasement. We do not dismiss this in any way as frivolous. However, it does on occasion have its humorous components, as you can understand, and it is only in the recognition of the situation as existing that an entity is able to do the integration. If there is a denial that there is an incomplete integration, then it will continue into lifetimes until it is faced. It may not be the next lifetime, for the next lifetime may be dealing with other issues that would bring in different components of Self. Eventually, the lack of integration of any of the personalities from other lifetimes needs to be brought into an integrative situation and resolved.*

**Understanding Joy And What Is Appropriate For You And What Is Not Appropriate ~ Through Sadness, Pain, Fear, Lack Of Control, Addiction Of Food, Or Death**  
(April 18, 1995)

*Yes, the earth plane is a serious training ground. It is an accelerated training ground. But we have indicated that one of the prerequisites to finishing your sojourn on the earth plane is to learn how to be Lighthearted. That means to understand the difference between what is appropriate for you and what is not appropriate. When you find something that is not appropriate, consider it babble. From that take joy and say, "Ah, that is not for me to be concerned about." Release it. In that releasing of it, you find a moment of joy. That is one thing that you can do. Eh, my love?*

Yeah. Here.

*A recovering Virgo.*

Did you just call on me, or did you want one of pearls of wisdom? ☺

*I must respond, and I must respond in an appropriate way.*

Or you can take it as babble. ☺

*Indeed. Most appropriate, my love. Yes. To sit and listen so intently to what comes through from our source and from other sources is good practice for focusing, but it is also good that you would differentiate what is serious and what is not so serious. In the end, nothing is serious anyway. Is it not? Once you have returned to The Universal Consciousness, it matters not, but that journey back is so serious. Yes, you see.*

*Now then. Joy. How would you go about bringing more joy into your path? It is a question that has been asked so often. We have given you the very basic technique of bringing joy into your path. However, how many of you feel that joy would be an extravagance. "No, I am here to be serious. I am here to learn my lessons. Having joy is not on the agenda. If I feel joy, then I must be feeling guilty about it, for it means I am not really giving attention to my serious issues."*

**It is the joy that gets us through the other parts, enjoying everything we can, every bit of fun.**

*Ah, so joy is something separate from that which you do.*

**Oh, no. Separate from the times when we are sad.**

*Oh, joy is separate from sadness. Do you all think that that is true? That joy is separate from sadness? It is the same coin. It is not separate. This is part of the difficulty, however, in entities believing that we must be sad, we must have difficulties and then from that we will gain joy. Yes, the technique we gave to you was a way of releasing the heaviness so that you could bring the joy. That is how you start integrating joy into everything.*

*There is joy in sadness. This is a rather difficult concept for many to understand. There will be greater understandings of it as you progress in your path and you gain your awarenesses. Joy is sadness and sadness is joy. Difficulties are not bad. They are not hard. They are simply the work that you do. Joy is work. Everything you do on the plane is work. Hence, the name Work Planet, you see. That is why it is called that. Everything that you do, even babble, is work, especially for those who are not accustomed to babbling, is indeed work. For some of you babble is second nature.*

*Now then. Joy is sadness.*

**Waith, it just popped into my mind, or else you put it there. I'm not sure. When you spoke a couple of sessions ago about being frivolous, it seems like frivolous came to my mind when you were speaking of joy. Maybe we feel if you are really ecstatically joyous, then you are being frivolous.**

*Oh, and do you think so?*

**I think some of us think that. Yeah, I do.**

*Frivolous is not a good thing?*

**Well, it is not that it is not a good thing. I want to say it is not accepted.**

*Oh, yes. It is not accepted to be frivolous. Yes, indeed. You fell right into my trap. You were very good. Very good. Yes, accepted. Yes, we must make certain that what we do is acceptable. Yes. The heavens above will come down if you do something that is not accepted by whoever.*

**I often enjoy being frivolous as well as being sad, and I notice that people look at me strange because of that.**

*Well, yes, because you are not supposed to enjoy being sad. You are supposed to wallow in being sad. Do you understand wallow?*

**Actually, you can pay money to have those, when you go to the movies.**

*Well, yes, indeed.*

**You have a great time enjoying those sentiments.**

*Yes, yes. If one views sadness as a source of growth, and one views sadness as a way in which strengthening occurs, then it is a joyous occasion for you have taken on something very concrete in your path that you recognize. You can say, "I am sad, and I am going to feel the joy in being sad."*

*Even though there is pain that one would feel emotionally or physically from sadness, there is joy for you are feeling a particular emotion that will give you tremendous strength and tremendous growth. In sadness comes introspection. If sadness is viewed in that manner, when you become sad, you want to go within Self to learn the reasons for it, to look at your path and then to come out of that sadness with greater insights into Self. It is when the sadness is taken so seriously that it can remain with an entity for an entire lifetime, or periodic bouts with sadness that can be devastating to the entity. Sadness is joyful. Sadness is a form of meditation.*

### **Joy In Not Being A Victim, But Becoming The Triumphant Entity (April 18, 1995)**

**Often, I hear people say, "Nothing bothers you." Well, because I do not let it bother me. I mean, you are supposed to let it bother you.**

*Well, yes, you are supposed to let it bother you, and you go around moaning and groaning, and poor you, and the world is against you, and you have been dealt an unfair hand, and that you are the victim. This is the attitude. If you bring joy into your life, you are not the victim. You become, then, the triumphant entity. You will find yourself surrounded now on the plane by*

*those entities who wallow in their own misery. It is part of your path, many of you, to help those entities to move out of that point in their path. It is all right for them to be there. It is appropriate. Every entity coming on the plane reaches that point in one or two or several lifetimes in which they stay within their own misery, and indeed, are aggravated because others laugh. "Why do you laugh? There is nothing funny here. Why are you irreverent? You must give respect to this institution. You must be serious."*

*It is the responsibility of those of you who have moved out of that point in your path into a lighter point, to help those entities find the joy. Yes, they will perhaps look at you as if you are strange because you say, "I am sad but I am joy-filled at the same time." Or, "I do not let anything bother me," as best as you are able to not let things bother you on the plane. They would say to you, "How do you do that? What is wrong with you?" And what would you say? What would you say?*

**Well, not being joyous does not help anything.**

*Indeed.*

**Wallowing with others in misery does not help anybody.**

*Indeed. What is the saying on the earth plane ~ misery loves company. You know, that comes from a spiritual context. Happiness loves company also. Joy loves company. Likes attract. So, what you do, then, is attract that which is like you. When those around you are not like you, you do not try to change them, you do not change yourself. You simply continue being who you are, even if they would come to you and say, "You are too frivolous. That is not appropriate. That is not acceptable to be frivolous." Well, it is acceptable to be anything you want to be. What other questions would you have relating to the issues of joy in your path?*

### **Someone Shared Their Idea Of How To Have More Joy In Their Life (April 18, 1995)**

**I just want to share with you what really helped me. A few weeks ago. I declared this year to be the year of joy. In my intention to have it more joyous, there is also more joy in my life. I made a nice poster of things that bring me joy, and I have it posted up on my wall. I love looking at it. I even see it when I am not consciously looking at it. Somehow, since then, things seem to be working easier and lighter. So, I like my idea.**

*Indeed. That is a most beautiful idea, to have something that can visualize those activities or other entities who bring joy. What greater joy now than who sits with you. Indeed. (Her young child) His destiny awaits him. (He is covering his eyes) He knows this, of course, and is trying to avoid it. ☺ He knows. He is allowed to be like this for a bit more time. What other questions or concerns might you have relating to this issue?*

## Combating The Issue Of Joy While Having Emotions Of Fear, Lack Of Control, Or Pain (April 18, 1995)

*Ah, fear. You know, fear is a very controlling emotion that is probably the strongest tool of the darkness. This is a rather lengthy kind of discussion which we will not go into at this time. But fear is an emotion that you need to view as a way of cleaning out your own self-doubts. In the view of fear, you must also place joy, for joy must be felt even as you fear. When you feel fear, it is the same as sadness. You are feeling an emotion. If you say to yourself, "I am feeling fear. I am learning something." However, this particular emotion is not as easy to do that with as sadness, for fear, as we said before, is one of the strongest tools that the darkness uses and feeds into you, so that as you are feeling fear, there is no sense of joy. There is only a sense of complete lack of control. You know, on the earth plane, none of you want to feel any lack of control. However, that is exactly what fear does. It is then, as you begin to work through fear as a negative, and you feel it, you respond to it at the moment, and then you are no longer afraid of whatever it was that gave you the fear ~ you look back and you analyze it. You put the joy into it, and you say you have learned from it.*

*Eventually, you will not have fear in the traditional sense. There is nothing to fear but fear itself. ☺ You came here to hear an Angelic tell you that. Where do you think he got that saying? We jest. Really, we jest. There is nothing to fear. It is only in the mind, and the darkness that will give you a shroud of anxiety. Tell me something to fear.*

**Well, seeing someone that you love suffer.**

*Why is that fear?*

**That is worse than suffering yourself.**

*Why?*

**Because if it is yourself, you figure you can stand anything, than if it is somebody else.**

*Why is that fearful?*

**Because you cannot do anything.**

*Why is it up to you to do anything?*



Well, you want to because you love them, so you want to make everything all right.

*Oh, everything all right. What if the path of the entity is to feel suffering, and you come along and want to make it all right? You interfere with the path of that entity. It is a difficult concept to accept, let alone understand by many ~ what another endures is their path. If you attempt to impose, you go against their path, and you actually regress yourself a bit by imposing on another. If they ask you and say to you, "Help me with my suffering, take it on for me. Here, here is my suffering. Take it." That is another situation. But what is the fear? Even if you do see someone who you love in pain, why is that fearful?*

Well, it hurts more than anything else that you could go through.

*But why is that fearful?*

Well, it does not feel good. You know, anything that does not feel good.

*Oh, anything that does not feel good is fear. Is that a good definition?*

Well, you just do not want to have it. You just do not want to have it.

*Mm. What is another example of fear?*

Getting called on by Waith. 😊

*Good answer. You run the risk when you sit as close to me as you do, my love. Is that why you all sit so far away? 😊 Indeed.*

*Tell me another thing that you fear? My love, you raised the question.*

Yeah. What I am dealing with right now is my fear that I will not be able to do something that I had planned and that I feel like I am responsible for as a mission.

Ah.

So, I keep trying to go for this unconditional feeling that it will work out, or it will not. But the pieces ~ they are like, what if I do not it right?

*What if you do not do it right? What could possibly happen?*

I would lose two percent of my training.

*Oh, two percent of your training. That would be a disaster, now, would not it? You would certainly lose. What is fear? Losing? A sense that you are losing something? Is that what fear is?*

No, it is truly a control thing. I mean, I can feel it as I am fearing it. It is like I am afraid that I will not control it appropriately, and it is like I already know I cannot do that, so it is sort of this tearing thing about trying to let go of the fear.

*Yes. Control. Fear controls.*

What about fear of physical pain?

*What of it?*

It is something to fear.

*It is indeed a fear. Yes. Why do you fear physical pain?*

It is not pleasant.

*Indeed, it is not pleasant. What will happen to you if you have fear of feeling the physical pain? What will happen to you?*

You either pass out or it stops. It stops one way or the other.

*What would be the very worst situation that would come as a result?*

Death.

*Death? Now there are some here cheering that. You would have to leave the life? Oh.*

Then I would not have to worry about doing it.

*Well, you see. We come back around then to the entire concept of continuous life. There is no death. Entities say they fear death. What is there to fear?*

Going in the cold, cold ground.

*Going in the cold, cold ground and not having the right dress or suit to wear. Yes. Having people look at you.*

Fear could be not knowing the outcome. I think that is the fear ~ of not knowing. Not knowing.

*Not knowing. Oh.*

Whether it be right, or wrong, or good, or all those things.

*And you have no control.*

There is always no control.

*You have no control. At conscious level you have no control. You see, the joy that is felt in the release of fear is in knowing that there is control, but it comes from your Higher Self and not the Concrete Self, and that at concrete you really do not have to do anything. You do not have to worry. It is your Higher Self that has all the worry, you see. The control is what brings the fear to entities. "I will not have control over this." If you release that sense of having control and know that you can trust ~ there is that word again ~ in The Universal Consciousness and in your own Higher Self, then gradually fear disappears.*

*There are some among you who have no fears for they have let go. They may occasionally get brought onto the earth plane muck of wondering if something is going to happen ~ and they want very much for the bank to approve the mortgage, you know, and you wonder if that will happen. Oh, what will happen if they do not approve the mortgage? What will happen indeed? But those are fleeting fears. When you fear something without bringing joy into it, by allowing it to have negativity, then you surely bring it on. It is the easiest emotion through which physical manifestation occurs. You fear it, it will happen. Very high probability.*

*If you fear something but you have a sense of joy in knowing that this is a fear that is necessary for you to work through, then you will work through it and it will not manifest itself. The minute you give power to fear, the dark moves in and has a wonderful time, realizing all the fears that you fear.*

Thank you for reminding me that whether I fear it or not I have no control over it either way, and that is where the joy comes in.

*Indeed. Your Higher Self is in charge in conjunction with all those in higher dimensions. Nothing bad is going to happen to any entity, not in the long term. Even in the short term it is not bad. If you are killed and leave the life, so, what is bad about that?*

**You have not heard of O.J. Simpson, have you? ☺**

*Yes, we have. We would respond by indicating that in other dimensions that very concept of what you are having to endure now on the earth plane presents itself ~ the dragging out of a scenario to bring about understanding of certain issues. It just plays itself differently. In the last time that this illusion was on the earth plane and it was at this point, and this particular scenario was playing out, rather than the name O.J., the name was Grapefruit, ☺ and he played tennis. ☺*

**You cannot escape O.J. Simpson trials by dying? ☺**

*Yes. They are everywhere.*

**So, does the one that is going on in the other dimension connect with the one that is going on here?**

*Yes, you would ask that question, my love.*

⚙ **What is the connection?**

⚙ **O.J.'s Higher Self and what else?**

*Well, it depends on how high their soul is. If it is way, way high above them or very close to them ~ determined by the height of the Soul.*

**You did not answer my question.**

*It was a question? Indeed.*

*My son, did you have your hand up?*

**No.**

*I felt the energy coming from your corner. You had a question.*

## Will There Be More Joy In The New Illusion? (April 18, 1995)

*Oh, indeed, there will be. At the beginning of any new illusion, there is relatively no fear and much joy. As, of course, the illusion settles in, then the percentage of joy and fear and all of the negative emotions begins to change. But most assuredly in the beginning of The New Illusion, those who remain, those who are vibrationally attuned to the planet will have a very strong sense of joy. They will have received it from the earth, and there will be a reciprocal activity occurring, so that as they receive more joy from the earth, they send more joy to the earth and it becomes compounded over and over and over again until there is that type of joy.*

*But remember, as we have indicated, within a very short time frame ~ five hundred to eight hundred earth plane years ~ the illusion settles in and all of the old issues start coming back again. So, that is simply the way that it is, until it reaches the end of the illusion, such as now, where the imbalance occurs of not as much joy, and much more sense of fear, and much more sense of heaviness exists. But it is up to those entities currently on the plane, who will be remaining on the plane after The Shifting, to bring about the ability to put joy into their path and to show it to others, not to hide the ability to be joyful. Just because someone would criticize you for being joyful does not mean that you should hide it. Rather, you should exaggerate it.*

*Remember that on the plane now it is a time of exaggeration. While there is exaggeration of negative activities, heaviness and sadness and fear and all of that, exaggerate the joy. Exaggerate bringing Lightheartedness ~ as exaggerated as you can ~ into your environment. It is the way in which you combat those forces of dark that attempt to squelch the Light.*

*It seems that always, including now, that joy comes from a group of people eating, always. What I have come to, my own self included, is that that is one of the times when everyone is focused on the taste of food and talk to each other. So, the food is causing everyone to become focused.*

*Well, you must be careful, my love, in assuming that what you observe in your particular environment is true of all. Food, while it is a source of joy for large numbers of entities is not a particular source of joy for others. Food for many is actually an addiction and they fear it. They fear its control over them. Food is not always a source of joy. For those who are not addicted in the sense of food controlling them, food can be a joy. For some, they are indifferent to food. They can take it or leave it. Some would eat bowls of cereal every day, three times a day, four times a day, for it is good food. Yes.*

## Can Food Lend Itself To Being A Good Focus Point For Joyousness? (April 18, 1995)

*It can be if it is the proper type of food. There is food that is healing food and there is food that is destructive food, which of course is, as you would expect us to now say, a topic for another time. We have spoken of food.*

*Our love here has worked extensively with those who are addicted to food. And our love here with her herbs and energy healing has helped those who are addicted to food, who are controlled by food. Then, of course, our heavenly caterers over here actually do have healing food. We have given them some potions. Indeed, some of the food contains certain combinations of foods that actually do bring about a healing. Yes. It can be joyful, but be most careful in how you use food. Do not think that it will automatically bring about a joyous occasion.*

**Not for all. I realize.**

*For many on the plane who struggle through past issues of childhood, it can be painful. So, one must be very sensitive to the issues of food.*

**Even Big Macs?**

*There are exceptions. ☺ Indeed. Get your fill of them now for they will not be here in The New Illusion. We have warned you of that.*

**It is not necessarily joyful for food either to be eaten.**

*Yes, indeed. Food is an energy. Of course, this goes into other discussions of energy consuming energy, which we will delay for now. Indeed. Other questions.*

**As Groups, It Is Okay To Laugh At Yourself, But It Is Not Okay To Laugh At Or Ridicule Others  
(April 18, 1995)**

**What about in reference to what you were talking about in your serious side two weeks ago with regard to groups laughing at themselves. You seemed to indicate in general that we do not want to really single out groups, and make fun of them, or laugh at them, but it seems like if any group can just see the absurdity of everything and laugh at some of the foibles of the group that it might make for joy or light viewing of the earth's situation.**

*Oh, indeed it does. You see, it is all right for the group to laugh at itself, and indeed, it is encouraged that the more ridicule that is given to a particular group, based on the differences of the group with the larger environment, the better it would be for the lightening up of the group*



*itself. However, it is not appropriate to laugh at, in ridicule, another group. There is the difference, you see.*

*There is great joy that comes from groups of entities coming together and laughing at their own seriousness, for it is very easy to fall into a serious mode and to forget that Lightheartedness must be at the base of all learning of lessons. But to be serious about what you do is important.*

**Feeling Blue ~ Feeling Out Of Sorts ~ Feeling Out Of Balance ~ Is A Positive ~ For You Can Use It As A Reflection To Look Within Self**  
(November 05, 1996)

*Feeling blue can be a good thing if you use it for reflection to look within Self. Feeling blue can also be a tool from the darkness to get into your vulnerable spots, for feeling blue is simply this feeling of being a bit out of sorts ~ out of balance ~ and that is all right. However, if you allow it to fester, the dark comes in and uses it to come in and attack you and you begin to become depressed. Something that starts out as a wonderful feeling, a way to reflect and go within, can become, then, so dark that you become incapacitated and you begin to believe the press that comes from the dark. So, it is important to surround yourself with fluffy things ~ as you define fluffy, not as I would define fluffy, and certainly not as anyone else would define fluffy.*

*Lightheartedness ~ ah, my little crown ~ who would like to wear my crown ~ my halo? O-o-h! See, we crown you ~ what do we crown you? What would you like to be crowned as?*

**Myself.**

*Farena: Very good answer! We crown you ~ yourself! Look how pretty. So pretty. This little boa could be used by someone to keep them fluffy and Lighthearted. We have just the one in mind ~ for we were hearing before entering in ~ our love here, who usually hides way over here, away from everybody. She said she wanted to borrow this.*

**It looks good that way. Very pretty.**

*Farena: With Mushiba's hair ~ how about this?*

**Oh, an Eskimo. ☺** (Farena is playing with the feather boa by placing it in different styles)

*Farena: Big Bird. Is he yellow? He is gold. We crown you Queen of The Fluff! (Farena places her crown on one of the group members) Now you have to come out here and show everybody how pretty you look. (Referring to the one who has been handed the feather boa) Come on. Stand up ~ stand up. Come along ~ come along. Here she comes. We make it very easy now. There she is! Yay!*

(Group clapping) *Very pretty. We knew she would like to be the center of attention because she was indicating that before we entered in. She was harping ~ is that the right word, harping? Harping along that she wanted to be with a pink boa, so we let her use the white one till she gets her pink one.*

*We do not need props any longer. But all entities need something to bring them into a sense of their own Lightheartedness. That sense of Lightheartedness can so easily be lost in the everyday living on the earth plane, even to the degree that it would inhibit your meditations ~ the sense of being pulled down. And if you do not stop that sense of being pulled down, you will be dragged into the darkness and it will be very difficult to bring yourself out. It is the balance, however, that you must achieve as individuals ~ the balance of being blue and using that in a positive way to when it reaches the point of dragging you down and creating the inability to see the Light.*

*When we give you our meditation technique in the next gathering, the technique will help you to focus on a prop. In this gathering we talk to you about the finding of something to lighten. It does not have to be something that is only found in your own environment ~ for you may find yourself in a very strange new environment without your prop, and you will say, "I do not have that which makes me feel good. What will I do?"*

*You must be able, therefore, to recognize in any environment that you find yourself, something that you can gravitate to that will make you feel happy, to bring you into a sense of balance, and to keep the sense of blueness at that level and not to bring you into depression. Depression is an entirely different topic. It is appropriate to be in depression, but that is another discussion. We talk of keeping the Lightheartedness.*

### **Farena Guides The Group With A Focusing Technique ~ Finding A Prop In Another Environment Which Gives You Lightheartedness (November 05, 1996)**

*So, we are going to have you do a practice. You are in an environment that has many, many props in it. This environment of Terra Lux is specifically designed to be a haven, to give you a sense of safety and Lightheartedness. What we want you to do, now, is first to stand. For any who would be reading this transcript, we would say to you, find an environment other than your own, in which you are comfortable, and then follow the steps that we are about to give.*

*Each of you now put your hands by your sides. Entities over there, bring yourselves in closer so that you are a part ~ very nice. With your hands by your sides now, simply move your body, slowly, feeling comfortable. In an attempt to loosen, move your shoulders, move your fingers, move your body ~ just to loosen your energy field. And, now, as you are doing this movement, look around the environment ~ look around first ~ look at things. Now we want you to move around the environment ~ walk around, feeling light and free, and touch ~ touch the plants,*

*touch the lamps, touch the tables, touch the piano, touch the windows, touch the doors, touch the doorknobs, touch the railings, touch anything you can find ~ energy forms ~ touch anything you can find. Move about, feeling a sense of the environment.*

*What you are doing is attempting to connect with an energy that will call out to you, for wherever you find yourself, in whatever environment, there will be a Lightheartedness. There will be an energy that will call out to you. You simply need to call out to it and to open yourself ~ touch, touch. Touch is so important in the concrete illusion of the earth plane ~ touch. And as you are touching, when something calls out to you, pick it up and bring it with you. Claim it for the time being. Find a Lighthearted energy ~ find anything that calls out to your name. When you have found your Lighthearted Connection, return back into the gathering.*

*Ah! You all have found something. Now, it is time to take this Lighthearted entity ~ and it is an entity, for it has energy ~ that you have selected and hug it, hug it and, say to this entity ~*  
(These are all repeated)

- *You are Lighthearted"*
- *Help me to be Lighthearted.*
- *Hug again. Say ~ You are wonderful!*
- *Oh, that is the spirit! ~ You are wonderful!*
- *You are wonderful!*

*And now, move around the environment, and since there are others here, introduce your Lighthearted friend to some of the others in this environment. Go to others and say, "This is pillow!" That is the idea. (Group chatter as "friends" are introduced)*

*Everybody gather around. Gather around now. Everyone gather around and find your seat. Gather and find your seat. It is time to sit now. Oh, wonderful! Wonderful! So much Lightheartedness!*

*If you are in an environment where you feel yourself beginning to be blue, this is what you do. You find something and you identify with it. You may be able to pick it up, and you may, in fact, be in with other people who are able to help you to lighten up. But, if you find yourself in a grumpy environment, you must consider that those entities could bring you down even further ~ and it is your obligation to Self to not allow that.*

*Thus, you can exaggerate your own fluffiness. You can find something in the environment, and where they are so serious and perhaps dragging you down, you exaggerate your fluffiness ~ where you say, "Look at my new friend. Come, say hello to my new friend," to these grumpies. And they would say to you, "You are foolish." And you would say, "Yes, I am," for you take*

*control of your own Self, my loved ones, when you are in an environment where you feel blue almost to the point of dragged down where the darkness can come in.*

*Only you can control that, and if it takes something exaggerated, like this exercise, then so be it. For what is better, to exaggerate your Lightheartedness and have others think that perhaps you are a bit wacky ~ which is not a bad thing ~ or to be brought into the mire of the darkness, with much more difficulty to pull yourself out. It is your decision.*

*Some would view this exercise we have given as frivolous, and that is fine. Eventually, you all will need to be frivolous. Whether it is in this lifetime or in another lifetime to come, or a series of lifetimes, it is important if all you learn in this lifetime is the concept of frivolous ~ frivolousness? Frivolousness? For it then becomes a soul memory and is implanted into your soul. You can use this technique concretely where you go specifically to an object. You pick it up ~ you hug it ~ you proclaim its Lightheartedness. You have a symbol, a prop that will remind you to bring yourself back into your Lightheartedness.*

*Or, you can simply take the concept of what we have presented and be in an environment and connect, energy-wise, with something in that environment that makes you feel Lighthearted, and through imaging and visualization, you bring that into form within your own mind. And in your own mind, you are hugging this energy that has caught your attention. For you may find yourself to be uncomfortable being frivolous and Lighthearted. in certain situations, in a visible way.*

*The concept is what we present to you. It is critical that you have something always at your disposal to bring yourself back into Lightheartedness. Most of the time when you begin to feel yourself being dragged down, you will not be in the safety of your own environs. You will, indeed, be in the environs of something other than your home. That is generally when these types of emotions kick in. It is deliberately planned that way. You must then make whatever environment you are in comfortable for you, your safety zone within what might be a hostile environment. You are able to do this very easily, and it brings in the Lightheartedness.*

*In our next gathering with you, we will give you the meditation, in the SEARCH FOR SELF that will allow you to utilize this tool, this prop, to bring you into your Higher Self. There will be two forms to this meditation. There will be the long version, in which you will be able to really focus when you have the time. There will be the short version ~ when you find yourself in an environment where you need immediately to connect with your sense of Lightheartedness. We will give you the quick version, then we will give you the long version. It will be a focusing technique that will work in harmony with the finding of a Lighthearted energy form in your environment.*

*Wherever you go, there is always a Lighthearted energy form waiting to be your friend, if only for a brief moment. Remember that The Universal Consciousness never leaves us alone. We have*

*everything that we need, wherever we are, to keep us balanced. We simply need to recognize it and to seek it out. And sometimes props are necessary ~ and fun!*

*Find something in your environment that you are happy with and use that to carry with you as a prop. It might be one thing or it might be several things ~ pick and choose, depending upon your mood. It could be something that you wear purposely when you know that you need a bit of a boost to be Lighthearted. It could be simply certain items that you select ~ such as the representation of a halo.*

*Do not be afraid of what others will say, for it is your Lightheartedness that is at stake. It is also your influence, for if you are able to make someone stop thinking, even momentarily, about the seriousness of their own job, and focus on how silly you are, you have brought Lightheartedness into the heart of another. Do not be afraid to show Lightheartedness.*

*Lightheartedness is not, IS NOT ~ and we repeat this very, very strongly ~ IS NOT a luxury ~ it is not a luxury ~ it is a necessity. Lightheartedness is a necessity ~ necessary for the balance, necessary for closing the loop, for closing The Circle, for infusing everything that you do on your path. Find your own ways of being Lighthearted. Being Lighthearted does not mean you are not serious about your mission, for you take your mission seriously, but you do not take yourself seriously. You take yourself Lighthearted and everything flows as a result of that.*

*That is what we have to present in this gathering, the Concept of Lightheartedness, the tool by which you can bring yourself under control to be Lighthearted. And in our next gathering ~ oh, the focusing techniques ~ short term and long term. What more can you ask for? Would you have any questions, my loved ones? (Silence) So serious.*

**Should a prop always be something external?**

*Farena: It does not need to be external. We present it as an external in this exercise so as to give you something concrete to hold onto, but it can very well be abstract ~ internal, something that you feel ~ a moment that you remember as being joyful ~ a day splashing in the waves of the ocean, remembering. So, it can be internal. When we give you the focusing technique, there will be the internal component. We give externals because many on the plane need something very concrete before they can move into the abstract. Other questions?*

**Is there a way we can we send fluffiness to entities who seem to be stuck in funky environments?**

*Farena: Fluffy, fluffy, fluffy, fluffy. You must remember that sending fluffy falls in the same realm as sending Light. You cannot impose Light ~ you can simply send it unconditionally, without imposing it onto the energy field. So, you send fluffiness in the same way. And you can visualize simply fluffy. You can use something very concrete like cotton, white fluffy cotton, fluffy clouds.*

*Or, simply envision Lightheartedness in whatever way you envision Lightheartedness, and send it along to someone who you think needs it, without imposing it, and sending it right to the edge of the energy field of that form ~ very easy.*

*We depart now so that Waith may return. We will see you in our next gathering. Fluffy, fluffy, fluffy, fluffy, fluffy ~ bye!*

*Waith: Well, now!*

**Send Waith fluffies.**

*Send Waith fluffies. Send Waith fluffies. Yes, indeed.*

**If you want them.**

*Oh, unconditional fluffies, yes indeed.*

*We send you all the very Highest of the White Light as we are about to depart ~ for Farena, of course, as usually happens, gets into fluffiness, and it is time for us to bid farewell to you all. We will see you in our next gathering. You are all quite beautifully fluffed now. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell to you.*