

# *Waith Class Transcript*

## QUESTIONS RELATED TO THE TOPIC OF RELATIONSHIPS (PERSONAL AND GROUP BALANCING SITUATIONS) (1987-1996)

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*Waith's words appear in this font style*

*If one from his Spirit Group speaks, they will be identified*

Questions and responses from those in the class appear in this font style

*Information Given Interdimensionally By Waith Through Mushiba*

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## Inquiry About A Personal Relationship With Someone Who Is Homosexual

(August 06, 1987)

Let's say, there are two people that love one another, and one person is gay and the other is straight. If these two persons get together and they like each other a lot and decide to live together, is there any influence on the other? For instance, is there any possibility that the straight person could take on certain traits, could become attracted eventually to the same sex?

*First and most importantly, my dear, is that your presumption is that a soul who is, as you say, gay ~ homosexual ~ another terminology ~ is necessarily bad, negative, evil, and that someone who is heterosexual is of course good and not evil.*

**I do not feel that way really.**

*This is the way much of humankind feels. It is one of these attitudes that is bringing about the cleansing of the Earth ~ these attitudes of judgement. To address your situation ~ the condition known as homosexuality is not a negative one. It is usually a meeting of the Self, as everything is. It is a lesson to be learned. One should view those who have taken on this condition, as you would view anyone who has lessons to learn. There are situations where someone who is homosexual is in the wrong body, and it is a very common condition, because souls are required to experience both genders. Each energy form ~ each soul ~ has a dominant gender in which they like returning, time after time, in being that particular gender, and they become accustomed to it. And we do not allow them to continue in the same gender all the time because then the experiences of the other gender would be foreign to them, so they are forced therefore to come in.*

*Some do this very willingly, you understand. They look for that experience of the opposite gender. Others are not so willing, and they are forced at times to come in. When that situation occurs, many times we have what is called homosexuality. They are rebelling against having to be of the opposite gender, and they therefore continue in their earthbound sexual preferences, and it is a very tormenting life for them. It is not easy.*

*Whether or not a particular individual is surrounded by what you are referring to as perhaps entities who are not of the highest light ~ those who would want to do harm ~ again, this is determined not by the fact that a person is homosexual ~ rather, by the person's Soul and the vibration of that particular person. Many people who are heterosexual are surrounded by negative energies because they attract them, and they allow those vibrations to exist around them. You see, those who are of the highest light, who attempt to be approached by a negative entity, would very quickly say to that person ~ that entity, "Get out. Go away. I do not want you around." Someone who is not of that thinking would say, "Oh, hi. Come in. Let us become acquainted," because their vibration is calling for that.*

*Now, in your particular situation, my dear, the entity who you refer to has a connection with you from past lives ~ you and he have been lovers in past lives ~ and his dominant gender is male. And he has reasons that are not connected with you, in your lifetimes together, for taking on this understanding of homosexuality ~ a lesson he has taken on that he needs to balance in his own life.*

*You have been ~ let's see, it was in China. You were husband and wife, and it was a very beneficial lifetime. It was one of great growth for both of you. You were a confidant to him, and he trusted you tremendously, and you him. And in this lifetime, he has taken on a most difficult lesson ~ and a test for him ~ and he has come into your environment. He chose to be a part of your family so that you could help him in this most difficult of lessons to be learned. He has been having a great deal of difficulty, and he has attracted some entities who are not of the light.*

*And for you, my dear, a decision needs to be made, because you are opening up your own Centers of Awareness now and you are susceptible to energy forces around you. And while we protect you ~ we seven ~ because of your connections with Mushiba ~ you are still susceptible to receiving negative energies. And by placing yourself into a continual environment could knock down your defenses, so to speak.*

*You are here to help this individual ~ to be for him ~ to always be available when he needs to talk to you ~ when he needs to pour out his heart to you. For you to be in a living situation with him could prove to be great difficulty for you. It may in fact not help him either because he needs to develop his own strength and to learn these lessons that he needs to learn. And if you are with him on a regular constant basis, you in fact may begin to take on his lessons. And you have enough of your own, as you know, to deal with without taking someone else's on. And he would very readily allow this because of his dependency on you from past lives, especially this life in China where you protected him ~ and he allowed you to do this. This has carried forth into this life. Does that answer ~*

**Oh, definitely. I guess everything you said, I felt. However, I guess I needed it verbalized.**

*Yes. You are learning now and beginning to trust your Higher Self. And occasionally to be given support to what you are feeling is important. The final decision of what you do in this situation is of course up to you, and I think that it is important that you understand the past life connections to perhaps help you to make your decision.*

### **Marriage, Possession Of Each Other, The Bonding Of Souls (August 06, 1987)**

*However, you are having a most difficult time as husband and wife. If you could attempt to keep it at a friendship level without these restrictions on the earth plane ~ this thing that you all have*

*about marriage ~ husband and wife ~ possession of each other ~ is just beyond comprehension. I experienced it several times with Mushiba when I was trying to help her adjust to the earth plane, and for her to understand what this behavior is all about ~ and found it to be a very interesting phenomenon.*

*We view this very differently. Every dimension higher than the earth plane views this differently. It is the earth plane that gets bogged down, if you will, in this thing you call marriage. The bonding of two souls does not require legalities. Many, many souls are learning this now ~ relearning ~ or they are remembering. And the reason you are seeing so many breakups in these ridiculous marriages are that you are seeing that the bonding of a soul is at a much higher level, and that while marriage can, with the right people, simply increase the bonding of the Soul, and make for a very beautiful interaction, you do not need that in order to be bonded together. And many people now are realizing that they are not bonded with the person that they have married.*

*Because so many people are growing spiritually and opening up their awarenesses, this is usually the first thing that they become aware of. They are not sure what it means. They feel something is not quite right in their lives and they say to themselves, "I must have my own space" ~ another interesting phrase ~ yet very appropriate ~ to have your own space so that you can seek out a soul who you can bond with. And this is what is happening on your earth plane now.*

*We view bonding of souls as more important than attempts to possess, you see. This earth plane condition of marriage predisposes two people to possession of each other and of each other's soul, and this is not correct at all. When two souls are truly bonded together and have spent many lives together, and whatever conditions exist to bond, they do not need to possess each other. It is negative energy to think that you can possess somebody ~ to possess another soul. You possess only your soul and yours alone. It is a most difficult thing for all on the earth plane because of the limitations that the earth plane presents. You can be bonded to many souls. There is not just one.*

*Your twin flame of course is an entirely different story. You can be happy with many, many souls. You will not find ultimate Oneness with anyone except yourself and The Creative Force. Even your twin flame is simply a part of you, and to achieve ultimate Oneness, you and your twin will reunite and become One with The Creative Force. In the quest for that, over the many lifetimes, one becomes bonded to many souls ~ soul mates. It is a very beautiful type of situation. And when you are on the earth plane you may in fact have many soul mates who have come back with you and whom you feel very bonded to. And if they happen to be of the opposite gender, and you have experienced other lives with them, it will be a very natural feeling that you will encounter ~ this drawing to a particular individual.*

*The important thing that needs to be considered is on the individual basis as to what lessons you need to learn by reestablishing relationships, and whether or not you will hurt your soul in any way ~ regress your soul ~ because by sometimes hurting another soul by your behavior, you can*

*in fact regress your own growth. And so, these issues need to be looked at on an individual basis ~ these relationships. One does not just go merrily on their way and say, "I am bonded to this person so it is all fine." There are many other considerations. The important point is to rid yourself of this feeling of possession, because the more you try to possess, the more a soul will struggle against it. View that yourself if someone tries to possess you ~ how you feel. I did go off on a tangent there, didn't I?*

## **Marriage, Adultery, Organized Religion** (August 06, 1987)

**How did that all get so indoctrinated? In the New Testament, Jesus refers to adultery. I imagine that has something to do with it. Obviously, the New Testament does not tell everything.**

*Ah-h-h. The New Testament has been colored unfortunately by those who are political in their orientation. There are many interpretations from a language that is not familiar to you. The idioms of the language ~ it is written in a language that does not translate well into your English, and there is much that is lost, as well as the organized religions that developed from the teachings of Jesus. It has not turned out at all to be what He started it to be. This is most distressful ~ also, one of the reasons for the cleansing.*

*Organized religion on the earth plane now has not followed the path that it was meant to, and the teachings have lost their meaning. The teaching of Unconditional Love has been lost. The teaching of not wanting material possessions, not surrounding oneself with excesses in materialism ~ rather, giving what one has ~ has been lost. These organized religions on the earth plane now are very, very wealthy in terms of earth plane money and that has become the most important thing, and these true teachings have been put aside.*

*The issue of what you call adultery has also been lost in translation. You see, all references to what you call reincarnation have been pulled out of organized religion, except for those that were started by Buddha and other groups of people who have a strong orientation ~ understanding ~ of the light and the Soul. The organized religions today ~ these so-called Christian religions ~ do not want to discuss the reincarnation because it is very complex, you see. It is very easy to say, "Thou shalt not commit adultery." And I am saying essentially the same thing. This is a Law of The Universe, that when you are bonded with someone, that there is a love commitment there. And adultery is defined very differently, you see, in reincarnation's Soul ~ life of the Soul.*

*Marriage, as presented to the earth plane, was intended in a very different way than it has turned out, and the bonding of souls is a very complex subject and it is not something that can be applied to the masses and expect that everyone will adhere to it, because each soul has its own path and has its own lessons to learn, and those lessons need to be learned many times with different souls. You start off learning lessons with one individual, and the lessons either become*



*learned, or you realize that you are not going to be able to accomplish in this life what you had hoped with someone, and you must let it go ~ at least for this lifetime ~ and carry on with another lesson.*

*The issue of marriage has become very muddled ~ and is used against people now. Souls are using it as a weapon against each other rather than seeing the bonding. You see one does not need a legal person to bond you. Marriage in its purest form is simply a bonding of two souls and a love commitment. To be married in the eyes of The Universe does not mean that you need a piece of paper that says you are married. This is where the confusion comes in, and over the centuries, has become misunderstood. And again, because of political reasons and self-interest and all of this, it has become institutionalized when in fact it is not. It is a Universal Law.*

*It is a most complex issue to discuss because an understanding of it, at the level that it really is, in its purest form, is difficult to explain in earth terminology ~ in earth understanding. And perhaps as we become more adjusted to all of you, and you to us, we will be able to explain this in greater detail. Have I addressed your concern at all?*

**Yes. I understand. Can we be bonded to more than one person at a time?**

*Oh, yes. This is where it gets so complex, my dear, and it is not necessarily wrong, you see ~ it can be ~ although it is not necessarily wrong ~ and in fact can be quite beautiful ~ and needs to be addressed on an individual basis many times. You should not feel any guilt if you feel a bond with more than one person. You see this whole issue of possession comes into play here. If you truly are of The Universe, you will recognize that there is nothing to feel threatened about if you feel bonded to more than one individual at the same time. When that is used in a negative way, it becomes a problem. Have I created additional concerns for you, my dear?*

**No. What you say is very beautiful. There are a lot of interactions where people marry, who are not marrying with their souls, for political reasons ~ security, and so forth.**

*Yes. That is correct.*

### **Psychological Problems Stemming From A Past Life (August 13, 1987)**

**I am asking this question for a friend. Her brother wants to know how he can heal himself.**

*Yes. This information can be relayed to him. He is able to heal himself. He wants to heal himself. He has balancing from a past life where he was a master in an institution of people who had, what you call today on the earth plane, emotional and psychological problems. This was many,*

*many lifetimes ago. It was within the time frame after Atlantis, so it has been in the last ten thousand earth years. He was in charge of this institution, and it was privately owned, and he owned it. And he charged a great deal of money for people to bring their loved ones in to be cared for, because they were the outcasts of society ~ then, as they are now ~ people who have emotional, as you would call it, or psychological problems.*

*He did not take on the proper responsibility for these individuals. He scorned them. And once they were brought into his institution, he tortured them. He used them for experiments because he felt that they were not human and that they would not experience pain, and that if they did, it would not matter. And he looked down upon people with this inability to adjust ~ and that is what usually is a result of souls who are having difficulty adjusting to the earth plane in some way.*

*And he was a very naughty boy. He was very naughty indeed, and he knows this. He senses it. He locked up these poor souls and kept them chained and shackled and never allowed them to be bathed, so they were filthy ~ a most distressing thing that he did. And he had no sensitivity toward these individuals and only was interested in taking the money from the families. And the families were so ashamed of these people as being part of their families that they would leave them and desert them and just pay the money for upkeep ~ and that would be that. And he had thousands of these people over the period of time that he was doing this. And he was quite arrogant and felt that he was above them all because he had no problems like this.*

*You can understand what needed to happen at some point during his progress toward Oneness. And he has decided in this life to take that balancing on, and therefore, he is having emotional and psychological problems in this life and is going from one therapist to another and trying to adjust to his life on the earth plane. This is a very necessary balancing for him. This is the lesson that he has come in to learn in this lifetime. The knowledge of this will enable him to heal himself. He must, through his meditation, release his prejudice, for he still holds prejudice against those who have emotional and psychological problems, because he views his as not being all that serious when in actuality they are. And he feels that because he is not institutionalized that he is still better than those who are. He needs to be humbled.*

*And he came into this life with that who is his sister in this life, in an attempt to have her help him to balance, because she has the ability of course to heal. She is a great healer. And before he can begin to heal himself, he must work on these prejudices that he has, and let go of the prejudices, understand what he has done in this past life, and let that go. What is done, is done.*

*We cannot carry things around like excess baggage, as Mushiba likes to say. I like that phrase. I think that is very appropriate because that really is what happens. Everyone carries things around. What is done, is done! One must throw it away, you see. Learn from it, and balance it. If one has done something that has caused an imbalance, then recognize it. Do not feel you are doomed*



*because you did this. Quite the contrary. It simply means that you need to balance again. And you need to say, "I let go of this."*

*So, he can heal himself very easily by letting go of his prejudices against those who are institutionalized. He might, as a way of balancing, volunteer his time in an institution for those who have these problems. This would be just. It would be healing for him. It would be a way of him seeing these people as souls like himself who are on their own path toward Oneness with The Creative Force, and for whatever reasons, they are, in this lifetime, struggling. And that is indeed what it is. It is a struggle ~ a necessary struggle. And if he were to volunteer his time perhaps one afternoon a week, I think this would be quite beneficial. And he can look to his sister to help him find the right opportunity. She is very sensitive in these areas and will assist very, very much in the finding of the right opportunity, because it must be the right situation and not just any one that happens to strike his fancy. It must be one in which he will truly balance.*

**Can other people help him?**

*Yes. So, you see he has already made a step forward because of his openness to being told ~ given advice, if you will. He has opened himself and has asked the question, how can he heal himself? That is ninety-nine percent accomplishment ~ realizing that he needs to be guided. So, we are most pleased. And we are most pleased at the sister's role in helping him to reach this point.*

### **Inquiry About A Family Relationship ~ A Group Balancing (August 13, 1987)**

**I feel like I am very tied with my mother and father ~ that we have always been together, that we are all acting out a role. And I feel that this is their last lifetime also ~ that we have been together forever.**

*You have been together for quite some time ~ forever is a very long time. It may seem like you have been together forever, especially on the earth plane. However, you are correct in your feelings, my dear. You have great intuitiveness, and you are just beginning to have confidence in your own intuitiveness. It is your ability to reach your Higher Self.*

*You are working out group karma, as the saying goes. We do not like to really use the word karma here although we use it for communicating on the earth plane because that seems to be the word. It is a Group Balancing that you are working out. And you have been in this relationship for several lives. Your parents have been your parents, and you have been their daughter. And it is a very significant ~ the three of you ~ very significant balancing that is occurring. They have switched roles. They have not always been male, female. Your mother has been your father and your father has been your mother. And there have been some problems in*

*their acceptance of you in past lives, because you are very highly evolved and they felt jealous of this at the earth level, and they attempted to hinder you.*

*You were a channel ~ let's see, three ~ four lifetimes ago. Four lifetimes ago, you were a channel. And as it is now, back then, it was something that people viewed with a great deal of skepticism. And your parents were very afraid of you. They did not realize that you were of the light and that you were helping. They felt that you were possessed. And you channelled for a very short time, because they had you burned. And this is the balancing that is occurring. You aggravated it though. This is why you are back together these last three lifetimes. You flaunted it ~ your channelling ~ with them. Even though you were very loving and were giving very good information, you knew of their fear. And rather than trying to help them to understand, you, as the saying goes, rubbed their nose in it and it provoked them. And they truly and sincerely believed that you were possessed.*

*However, their behavior as a result of their beliefs was something that put an imbalance in their souls. They did not kill you, per se. They set up the situation so that others did it. You were taken from the home and burned at the stake. You have a fear of your hands being behind your back, and you have a fear of someone coming up from behind you. This is a result of that lifetime when you were tied at the stake, and people came up from behind you and began lighting the material around you.*

*During the past three lifetimes, the three of you have done a great deal of balancing toward this lifetime. And you are finishing up, if you will, in this particular lifetime. You must be careful, my dear, of flaunting. You must be very careful of this because they still have sensitivity toward it, and there is still a part of them that just does not understand you, and they may never understand you. You see they are not at the same point on the path as you are. They still have a significant number of lessons to learn, and this will keep them returning to the earth plane for some time. And, as I have said to you, you have the potential of this being your last life, though we see you returning one or two more times out of a desire to work a little bit more with your parents in this lifetime to help them. It is the nature of your soul to want to do what you can to help them.*

*You need to, though, overcome the final bit of resentment that you have toward them for what they did to you, because you felt it was unjustified. And it truly was unjustified. It would have been fine for them to have felt you possessed and to not understand that. However, for them to do what they did is not acceptable in Universal terms. And so, this is what is occurring now, and it is something that will continue to work itself for you through this lifetime.*

*We see all of you here during The Shift of the axis. And we see you, my dear, very much a part of Mushiba's group, and after The Shift, helping those who have survived to adjust and to begin to build a new life. We see your parents surviving The Shift, however, not staying for much longer. They will be in the position to ~ that their vibration will be attuned to the changed earth*

*vibration, and they will have the choice of staying or not when The Shift occurs. And we see them at this vantage wanting to stay and choosing to do so. That may change during the next coming years, depending on many things. However, from the way things appear now, it seems that they will be here. And you will be helping each other through that time, and then you will remain and will be a very important part of the group that is beginning to gather now around Mushiba and I, and this will be up to you. This is something that we do see as a very strong possibility.*

### **Soul Mates Versus Twin Flames ~ Waith Gives Definitions (January 26, 1988)**

**I understand that there is such a thing as soul mates. How many do we have? Am I in contact with any of my soul mates?**

*The issue of soul mate, versus twin flame, has seemed to be a confusing one. Each energy has what is referred to as a twin flame. You have one twin flame. It is you in another energy form. It is the complement of your energy form. One energy splits and takes on the dominant manifestation of male, and the other takes on the dominant manifestation of female. It is a union of totality. Twin flames many times will have their journeys on the earth plane simultaneously and come into incarnations together. There is a complete harmony. It is a perfect fit, if you will.*

*Many times, twin flames will travel their own way and occasionally come together on the earth plane, for it is a gathering of experiences and strengths, individually. And the stronger each half develops, the greater the total vibration when the uniting occurs. Occasionally, twin flames decide not to incarnate with each other at all on the earth plane. They have this choice. It is a very difficult one and one that we do not encourage very often, for the earth plane sojourn is difficult enough, and the occasional uniting with the twin makes for a nice respite, shall we say.*

*Now soul mates, on the other hand, are those energies where a very strong bond has developed, as a result of many incarnations of a very positive favorable dimension. The greater your capacity to love and to be nonjudgemental, the greater will be the number of soul mates. You can have hundreds, thousands, of soul mates, for it is a uniting in a common bond that brings you with a soul mate. You may have several soul mates in your current incarnation, all within your inner life. You could have five or ten, depending upon your advancement, and many other factors. You are, as you become more attuned yourself, able to recognize an energy who is a soul mate. Some of these bondings are stronger than others. Nonetheless, you feel the bond. It is a bond of harmony where you feel comfortable with the other. It is very rare that an energy incarnated on the plane does not have at least one soul mate, usually several.*

*You, my dear, have currently four soul mates in your environment, three female and one male.*

Are there any names attached to them?

*It is not necessary. It is good for you to come to those conclusions yourself. Know that they are here. You already know them and are working with them. You feel the harmony. Seek the confirmation of it through your meditations, reaching the Higher Self. Try to unlock the Soul memories that will substantiate that which I have told you.*

### The Bonding And Harmony Of Soul Mates (January 26, 1988)

Waith, in a written question I gave you some time ago, you told me that I had a soul mate. And I met her here for the first time, in this life. And I have been keeping contact with her. And we seem to be experiencing similar feelings. And we just do not know what to do. It is a very difficult time for both of us. Is there any special reason why we are going through this?

*First of all, not to address your concerns specifically, my dear, for that is not for the open sessions. But rather, to address the issue of soul mates having bonds, you see. This particular entity and you have a very strong soul mate bond, and when that exists then, when you open up your Spiritual Centers, you will indeed feel each other. This is true of any of you. As you begin to increase your own bonding with a soul mate, it will increase your psychic abilities with each other. Very often you will have a psychic bond to begin with.*

*Remember, in this time of accelerated opportunity and growth, as you are accelerating your own openings, your Spiritual Centers, so too is the possibility of a soul mate doing the same thing at the same time. And therefore, you are harmoniously connected. When we use the word harmonious, know that it may not necessarily mean that you are having pleasurable connections. It could mean that you are both experiencing difficult situations but are feeling it with each other, and are in fact having the same experiences because of this bonding, this spiritual bond that exists between you.*

### Issues Of Twin Flames ~ Be Careful not to Judge ~ You Don't Know Anyone's Path (October 18, 1988)

My parents have passed over and I would like to send them a greeting.

*Both are currently in a school to learn about being guides.*

I find it difficult to believe, Waith, but I am very happy to hear that. Their marriage was very rocky.

*Indeed! They took on quite an issue in their manifestation, recent earth plane manifestation. They are twin flames. Remember that when we speak of twin flames it is not always harmonious at the earth plane level, for issues are chosen to work out. And sometimes it is appropriate that the twin flames work out a particular issue that may not be theirs together to work out, but they have an issue that needs to be resolved and out of the way, and therefore, they will use each other to do this so that it is accelerated in its resolution rather than having to face this issue in many, many manifestations.*

*So, for example, these energies had a very significant issue, and if they had not worked it out together in this manifestation, it would have meant that they would have to incarnate, each of them separately, and work it out with other energies for perhaps ten or fifteen manifestations. They were able to do it in one.*

*Now, if you were given this choice, you might also choose to do it in that way, though not always. They are in harmony now with each other, and they have taken on the path to learn guiding. They have not finished with the earth plane by any means, but they are at a level now where they can go into Guide School and then continue to come back onto the earth plane.*

*This is important information for all. We give this attention now, even though it may appear to be a personal question. It is really not, for it gives you insight into being careful not to judge, for you never know. What might appear to be inharmonious between energy forms is, remember, only earth plane illusion, and that those issues are taken on very specifically by your souls, and it is no one else's business but yours. Now, I have sent to them a greeting from you. They are most happy that contact has been made.*

### **A Question About A Group Balancing At Work (February 21, 1989)**

**I have been curious about the people I work with. Is that a regular example of what group reincarnation or karma is about? Or am I in a particularly special close situation with these people?**

*Ah. That which you speak of is a particularly interesting balancing occurring with a group, and you are a part of it, in that you are attempting to help them in their Group Balancing. There are many dynamics here, and there are among all of them approximately fifty different incarnations that have occurred that have not been together. Some have incarnated with others on several occasions since the initial imbalance occurred, and thus giving all of these different incarnations.*

*Your purpose at this time, is to act as a mediator and to help each of them to understand their own relationships with each other, and to help in soothing them. So often this will be needed as conflicts occur. They are all very, very dedicated at the Soul Level to balancing. They agreed upon entry into the incarnation that they would work as diligently as they could to achieve*

*balance. You have a connection with each of them individually, and you do not have the Group Balancing as part of what you need to achieve. Thus, you are able to be the outsider, so to speak, to observe and to help them.*

*At the Soul Level you work in very strong ways with them, for they seek out your guidance at spirit. You have many, many meetings with them at spirit level, and it will explain sometimes these feelings that you will have as you go into the sleep state, and you come out of the sleep state, of being a bit out of equilibrium and perhaps feeling that you are not quite on the earth plane. And you are joining them all. You gather them, shall we say, for periodic meetings to discuss what occurs and how they are progressing.*

*That is very nice. I felt a definite, kind of like the outsider, I guess, with these people, yet very much a part. The people are coming to me quite often. I have become like the library source for the people I work with.*

*Indeed, it will increase.*

*I just wanted to make sure that that was my path, becoming so involved in doing this with these people because I seem to have kind of freeform at work, and it makes me wonder if this is the way it is supposed to be, or if I am imposing. I try not to.*

*No, you are not, my dear. Not at all. You seek the guidance at spirit level from your own guides to assist you in this endeavor, and they work very closely with you. So often when occasions present themselves at the physical in which you must make a decision as to what to say or not to say, you will be given the guidance.*

### **Would You Elaborate On Adversarial Soul Mates? (June 20, 1989)**

*Indeed. The term adversarial soul mate is strictly an earth plane manifestation of a lesson that is taken on by two souls, for example, who are harmonious at spirit and have, in understanding that they are harmonious, agreed to take on what appears to be adversarial roles in the illusion of the plane. This is done for many different reasons, any number of which can be chosen for usage on the plane.*

*It is primarily used by soul mates who are having difficulty in learning a particular lesson and find that if at spirit they team up with an energy who is harmonious with them, that on the plane, even though it appears to be adversarial it is, in fact, harmonious, for it is in the harmony that the lesson is attempted to be learned, and, in fact, it is usually one of the entities who is having difficulty in the lesson and the other proves to be the ~ oh, there is a popular phrase on the plane ~ devil's advocate ~ thus allowing the entity ~ even though it appears to be adversarial, it*

*is nonetheless harmonious ~ a comfort level, if you will, a knowledge at spirit that the soul mate is, in fact, attempting to help in a way that is truly not going to regress the other entity.*

*Thus it is, you see, as the knowledge begins to come through from us that there is more to all of this than might meet the eye, that soul mates ~ what we are giving you now ~ soul mates are not necessarily lifelong companions. They are not necessarily romantic, if you will, and they may not, in fact, appear to be soul mates at all. Thus, it emphasizes that all that occurs has a spirit dimension and that at the earth plane illusion, you deal with an entirely different criterion.*

*Thus it is that you need to be very careful about judgement, looking at another entity and determining what you think that entity is all about ~ lessons for all on the plane. It is part of what has been set up on the plane, to emphasize to you that when you meet another entity you may not necessarily at the illusionary level know about that entity as it relates to you, but that by reaching your Higher Self and the ability to meditate and to find your own answers will give you the information that you need to relate with other entities.*

**So, where there is a problem with somebody, like a strong and long-lasting problem, that someone like myself might determine that it is one of these adversarial soul mates, that the solution is to go within.**

*You need to be very careful in reaching too much of a conclusion unless you have come to an interaction at the Higher Self with this entity and the entity's Higher Self. For it may indeed be a very strong balancing that is occurring and it may not be a soul mate. Remember that a duration of an incident does not preclude what it is. And thus, there are no easy answers. It is not easy on the plane, and the ease is given as you each attain the ability to communicate with your Higher Self, for you then find those answers, and it is only in yourself finding the answers, that growth occurs.*

### **Finding A Common Ground ~ Discuss Areas In Which You Agree Rather Than Disagree (September 05, 1989)**

**I have judged my mother to be one of the most judgemental people. This bothers me so much because I see that I am so much like her. I recently tried to point out to her how judgemental she is, and she would not get it! Also, I was thinking about how I must be patient with her and not forbearing, which I have also had a tremendous struggle with lately. Could you give me some advice to make this easier?**

*Let her be who she is, my dear. Let her be who she is. Accept her for who she is, for you would want to be accepted for who you are, is this not correct? And therefore, if you are to receive that type of respect from another, then you must be prepared to give that back to another. Let her be what she wants to be. She is on her own path. Do not sit and have talks with her. Rather than discussing those areas in which you disagree, find the areas in which you agree. For you will find that there will be at least one area, if you look hard enough, and that whenever you meet*



*another entity, there will always be at least one area where you can find agreement, and if that is all that there is, then when you meet, you concentrate on that one area.*

*And as you begin to concentrate on one area of agreement and you come to understand each other, then you can begin to venture out into the areas in which you do not agree. Slowly, one by one, and without argument and judgement, you would begin to rationally discuss an area in which you do not agree, understanding that each respects the other for their opinion and their belief and that you will prove that you are not judgemental and that you will listen to that person. And you may find, as so often happens, that maybe there was something that you should change in your own beliefs as a result of another's beliefs. Do you understand?*

**I understand.**

*This is very difficult to implement for you clash very much with the entity known as your mother.*

**We do not fight, but we do not agree on much.**

*That is a form of fighting, my love, and it might prove to be beneficial for you to meet and for you to take the first step and say to her, "Let us call a truce to these disagreements that we have and let us attempt to get to know each other in the areas that we have agreement in. Let us forget those that we do not agree on. Let us put those away." You see? You take the initiative.*

**I will give it a try.**

*Yes. And keep giving it a try. If she says, "No," then accept that. Do not try to impose and say, "Look! We have to get together and agree on things to agree on!" That would defeat the whole purpose. Rather say, "Fine," and wait.*

**What is happening is I am spending less time with her than I normally would, but then I feel guilty about that.**

*Indeed, this is a way for you to accomplish several things, you see. Spend more time because you will need to do that in order to learn about each other. Remember that she was once the age that you are and she has gone through many, many experiences and has the same and very similar types of emotions. She did not just come out of a cave and have you and leave it at that, you see. ☺*

**Main Topic of Discussion ~ Twin Flames  
(March 20, 1990)**

*We would speak with you in this session briefly on a particular topic that we feel will assist many of you in certain perceptions that you may be currently having, and it regards the issue of twin flames. We have much to tell you about this. We have only touched the surface in the past, and in this session, we will just give you a little bit more information. We hope this will help you in some misunderstandings or perceptions that you have that may in fact be hindering your abilities to deal with this issue.*

*So often there is the misunderstanding, first of all, of the difference between the Soul mate and the twin flame. They are two entirely different situations. The twin flame, briefly defined, is a split in the energy form. It means that the energy has split. It is not a lifeline. It is not to be confused with a lifeline. That is an entirely different issue. This is a definitive split.*

*Now an energy form can split in as many variations as it would want. When the word twin is used, it is to signify that this is the way it is done most commonly, that there are two that result in the split, but this is not always what happens. There are occasions when you could have triplets, you see, and that the energy form equally splits among three. You also could have each of those splits then splitting which would then split, which would then split. It is not done all that frequently though, that degree of separation. What generally occurs is one split.*

*It does not necessarily have to be, however, of equal energy. One split may be taking more of the energy. Let us say that it could be that in the split one part has eighty percent of the energy and the other part has twenty percent of the energy. The issue here is that it is a split. It is the same energy, but simply now divided, and the reason for this is to then divide up the roles, the tasks, the learning that needs to be accomplished, be it on the earth plane, be it in other dimensions.*

*Now, soul mate, on the other hand, simply refers to an energy who has a bonding with another energy where they have experienced beneficial relationships in other experiences, be it on the earth plane or other dimensions, and that a soul mate is not necessarily going to be forever on the earth plane. A soul mate may in fact join another soul mate for ~ it could be one hour on the plane ~ but it was meant to serve in some way to benefit both in learning and/or teaching. There is great thought given to all you beautiful forms on the plane now to "finding my soul mate," "finding my twin flame", as if this were going to be the ultimate, that all the problems would be solved once you found one or the other or both, you see. Now, it can be true that there would be much benefit, and there could be great joy and happiness in having a soul mate or a twin flame around, but it does not necessarily mean that that will be the case, for it could mean that you have set up a scenario before entering in which you knew you would be together in the experience on the physical, and that by being bonded at spirit, it would enable the work to be done at physical, to be easier.*

*Now, when it comes to the twin flame, and this is what we will concentrate on, the twin flame is the other part of who you are. It does not mean, however, that when you are in physical, and you are separate, that you would necessarily be harmonious. And it does not mean that you are harmonious even at spirit, for there can be the situation in which when the split occurred, one of the splits did not want it to occur, did not want to be separated from the total energy, and therefore is not happy. How is it, you say, "A Happy Camper"? ☺*

*Now, being aware that the twin is with you in physical gives you a very unique opportunity to work on issues and in fact to determine if there is any spirit antagonism about the fact that there was a split to begin with. This is of utmost importance. Many of you are with your twin flames. Some of you are aware of this and others are not. Many of you have your twin incarnated presently on the plane and the twin is not in the geographic area. You are not aware of the twin's presence and may not ever encounter the twin in this incarnation. Others of you who are aware of your twin must be especially sensitive to each other and in understanding that you are each other, regardless of what percentage of energy one has. If it is a fifty-fifty split or an equal division then it makes no difference as to whether it was an eighty/twenty, seventy/thirty split, you see.*

*What matters is that regardless of the percentage, you are the same energy. And if you would look at your twin and say, "I do not like what you do," you say that about yourself, and being incarnated with your twin and knowing this gives you a very, very special opportunity to see yourself. And isn't it rather disconcerting when you have seen an aspect of yourself, be it positive, or what you might call negative ~ though it is not ~ you would consider it something you would not want to know about yourself.*

*And thus, when twin flames are together, they can in fact be very disharmonious ~ so that you would have this disharmony, and unless you realize what it is about this could create more disharmony. But if you realize that in the disharmony, there is harmony, then you have the opportunity to truly strengthen the total energy and to understand that while you are each other, you each have certain tasks to accomplish, that you have looked at The Menu that is provided to you upon entering the earth plane and one part has said, "I will do this, and I will do this, and I will do this." And the other has said, "I will do this, and I will do this."*

*You must respect each other's selections, and that if you have finished with your particular task, or if you feel that you have energy to give, you can help your twin in their task, so that you can take on something for your twin, to assist. This is very, very acceptable for the twin flames to do, and they can do it without asking the other. Remember that we have said that you are not to impose yourself upon anyone else and that if you want to help another entity with their issues you must have their permission to do so. This is not necessary with the twin entities. This can simply be done and it is agreed upon at spirit, you see.*

*It is a very interesting phenomena this splitting of energies. What we find to be the most common, as we have indicated, is the one split ~ and it is usually done with one energy having more than the other energy percentagewise, that is more common. The next common occurrence is to have three ~ triplets ~ realizing of course that each of those entities would have varying percentages of the energy.*

*What is not so common is for a fifty/fifty split, and then for those fifty/fifty splits to then split. Usually, when that does occur, the two who have split in their splitting, usually will give a small percentage of the energy to that split. In the case, to give you the example of Mushiba and Abalma, they are fifty/fifty splits, and they have split, each of them, and giving one percent of their energy to their split, one percent.*

*However, what occurs, you see, then, is that each of these splits, be it two or three or whatever percentage, then can have lifelines. And a lifeline is not a split, but rather it is the projection of a part of the energy out, you see, a line, lifeline. It makes sense, doesn't it? And think of it as a sparkling energy form ~ and you see the thing shooting out from the energy, sparks, if you will. That is what a lifeline is, a spark that flies out of the main energy, and it has its own soul, which is a part of the total energy, and that lifeline can then have lifelines, you see.*

*Lifelines can split ~ how very ordered ~ and you all have your particular place within the scheme of things, for remember that we have indicated quite a while ago of the fact of the lead energies and the way in which there is a very small amount of lead energies, and that these then produce every other energy form. And thus it is that you are all somewhere within the general scheme, and that you have a twin perhaps ~ perhaps not ~ because not all energies split. Some decide that they want to maintain the total force and not to separate in any way, and they concentrate rather on doing, shall we say, lifelines. There are a number of you in the Community who have chosen to do lifelines. You are lifelines yourself, and you have lifelines, which then end at that point, you see.*

*Do not think that just because you are with your twin flame that all will be wonderful on the plane. However, remember that it is Self and that if you can truly accept that, that you will not feel threatened by this twin flame, but rather you will say, "Oh, this part of me is able to do certain things that I know I can do but have to put my energies into other areas, and isn't this wonderful that we can combine and truly be the one energy." And rather than fight the twin, work with the twin, even though there will be naturally disagreements, for Self looks at Self and sees what needs to be accomplished. And remember that within yourself you disagree with yourself internally ~ "Yes, I should do this." And "No, I should not do this. I am not sure what I should do." And you begin to have this conversation within yourself about doing something.*

*Just project this out into the larger picture, and thus, you would have disagreements with your twin flame. It is just that you are in separate encasements rather than in total. We enjoy very much seeing the tremendous growth that occurs when the twins decide to incarnate together and*

*to be aware of their relationship ~ tremendous growth can occur. It can create problems if, as we said earlier, you fight each other. So, if you feel that you are with your twin, or have met this entity, or it has been confirmed in some way by some source, then you must first try to understand if you were both in agreement with the split and deal with that.*

*That is what we will give you for this session on the twin flame phenomena. We have given you actually a very simplistic description of it, and as time on the plane is progressing, we will give you more. We will take a few questions now.*

**Relative to the two not agreeing about the split, can't they reconcile that?**

*Oh, indeed. This is the purpose for determining if there is disagreement, for then the reconciliation can occur. Indeed. There must be a reconciliation before there can be the returning to each other.*

**Is there some way that you would know if you have met your twin flame?**

*This can be done in several ways. You may be fortunate enough to have a source confirm this such as myself, for I have done this with entities who have come to speak with me privately, and have asked, or I have given the information out voluntarily, knowing that it needed to be known. Another way is through meditation. If you come in contact with an entity who you have a strong sense about you may meditate and reach the Higher Self to receive the answer of confirmation.*

*There are reasons why you may not be allowed to know if your twin flame is with you. It may have been determined before entering between the two of you that you would not let it be known to you at physical that you were together, for that would not help in the lessons that you were attempting to learn or to teach. It becomes complicated, for there would be reasons why you would not be able to know, just as there would be reasons you would need to know. As we have indicated so often, it never hurts to ask. Seek it through your Higher Self if you feel that an individual may be in fact your twin.*

**When the energies split, and there are different lifelines, and there are twin flames ~ does the experience of each ever come back together, to one, with the experience of accelerated growth of so many parts?**

*Yes. That is the purpose. Yes. You see, the lead energy could be very selfish and just decide to do it all themselves and not do splits and lifelines and all of that sort of thing, but then there would be no fun ~ there would be nobody to play with. ☺*

**Can A Twin Flame Call Upon The Other For Assistance?**

(September 04, 1990)

*No, you cannot do that. Twin flames can and very frequently do impose upon each other and that is acceptable, but you cannot call upon assistance for another. You can call upon protection to be available if the other were to call upon it for assistance. You can have one of us on standby, shall we say, but we cannot act unless we are asked directly.*

Did you say that twin flames impose upon each other?

*Yes, it is done quite frequently. It creates a very interesting interaction.*

### Technique For Any Who Sense Their Soul Mate Or Twin Flame Is Having Difficulties (October 02, 1990)

I believe my soul mate is having trouble reaching me. Is there any way to help their path become easier?

*It is a very easy technique actually for any who sense that either the soul mate or the twin flame are having difficulties, be they currently incarnated, or not, on the plane, and that is simply to envision in your meditation the energy form. And envision that it is, for example, we would say the soul mate, the particular soul mate who you have felt a connection with, and you would want to send a concrete thought pattern into the image of the Light of this energy, that it is this particular energy form whom you concentrate on, and you send then the beginnings of the soft waves of the Light that will envelop the form that you have imagined of the energy. Very gently. And as you are doing this, you simply say in your thoughts, "Here is my Light. Take what you need for assistance." And continue to do this as frequently as you feel you need to, for only you will know the effectiveness of it and how much needs to be done.*

### Would Twin Flames Have The Tendency To Share The Same Colors And Sounds? (January 01, 1991)

*There is the propensity to do so. Understand, however, that twin flames, even though they are from the same energy, have a different electromagnetic field. Every entity that separates from the major energy form, no matter what that separation is, be it a lifeline, a split, whatever, forms its own electromagnetic field. It is, however, a harmonious electromagnetic field. Thus, the color and sound that is appropriate will vary from entity to entity and will not be exact.*

*There is no electromagnetic field that is exactly like another. Each is in some way different and very distinctive, and therefore, the vibration of color and sound may be different by what you would call a hair, and not distinguishably noticeable. However, it is different, and thus, you may*

*find that twin flames have very similar color and sound frequencies, or they may not, and it is not an indication of anything in any way except that it is different.*

#### **What if twin flames do not have compatibility with their own colors and sounds?**

*You speak of Mushiba and Abalma! ☺ Those of you who have observed how they work together have seen how the harmony exists, and Mushiba has gradually worked her lightness in the pink and the purple into Abalma's energy field, and it is not inharmonious to Mushiba, for she has the screening ability, and rather attempted to combine the two, so that when they were representing themselves as one unit, there was the purple and the black, and it worked to their harmony eventually. And because they decided to do so, Abalma's colors and his sound, music, are becoming more aligned with Mushiba. However, it is not necessary that this occur, and it is only if the twins themselves realize that the disparity of color and sound that each find themselves with is affecting the development of their energy field, then it would be up to them to determine how to work this, you see.*

*Many energies simply will accept the preferences of the other and have the ability to screen out, and therefore, also, make what you would call compromise in the physical environment, just as Mushiba and Abalma did. He would have his black and she would have her pink or purple, and they accepted the other's preferences accordingly. It does not mean that it is a negative if the color and/or the sound from a twin, or any other entity with whom you find yourselves in the same environment, to work against you. Rather, it is simply a disharmony and you acknowledge it and have the techniques with which to deal with the situation.*

#### **Group Balancings ~ Each Are At Different Points In The Energy Field (March 05, 1991)**

**Working within The Flow of The Universe, it is much more complicated when you are in a group situation. For instance, you are in a group at work to reach a certain goal, and individuals trying to stay balanced, it is difficult.**

*This is the fun of it all, you know, for even in this gathering, you see, in this group, you are each at different points in this energy field, you see. And what the attempt is, is for groups, even though they are at various points in the energy field, to recognize this, you see, and to attempt within their own balancing to maintain a balance within the group. So, if there is an imbalance of major significance in a gathering of entities, that does very much affect the entire group, you see. The more balanced a group is the better will be its ability to work as a group, you see, and to help each other towards achieving its goals, even though the goals of each entity would be different, you see. This highlights, also, a part of why we are here, to assist entities in their Group Balancings. We have mentioned Group Balancings in the past without going into any great detail as to why this occurs.*



## Major Group Departures Are A Form Of Group Balancing (March 05, 1991)

*When you have major group departures from the earth plane, as we have indicated, it is a form of the balancing, you see. There have been a number of group departures that have occurred on the earth plane during this time of days, as you refer to them on the plane. You would look, then, at simply a recognition that when more than two entities depart simultaneously within the same situation that there is a hurrying, a major incident in The Flow of The Universe, that there has been some type of balance that has occurred when there is a group departure.*

## Each Entity Is A Part Of Some Group ~ Simply To Bring Certain Energies Into The Vibration (March 05, 1991)

*We will discuss, of course, as our time on the plane continues with you, Group Balancing, the ways of achieving harmony within a group, for each of you are part of some group. It is quite difficult to be on the plane without being involved in some type of group, and this is not simply coincidental, of course, that it occurs. Even as all of you gather in this time frame, there is a reason why each have come to form this particular group at this very particular moment, you see. Sometimes reasons are not to be discussed, but rather, it is simply to bring certain energies into the vibration of other energies, to serve as an influence and to assist in this neverending goal toward balance of ~ within The Flow of The Universe.*

## A Question About Balancing In Difficult Relationships ~ Physically And Spiritually (March 10, 1991)

**When people are in relationships that are not smooth, the tendency is to believe that that relationship is not appropriate and one should move on. My belief is that that is not necessarily so, and that often we are brought into intimate relationships with people with whom we feel oftentimes most at odds, and at other times most at ease. Would you speak to that notion?**

*Yes. We have given much information over the time that we have been speaking through in Public Sessions regarding that which is referred to as balancing between energies, and there is no distinction actually between earth plane relationships and spirit relationships. It is simply that certain scenarios must play themselves out in particular dimensions, and that as lessons need to be taught and learned, that entities utilize each other to develop themselves and to Be of Service to Others.*

*Now, many different possibilities occur when there is what you would call a difficult relationship at earth plane level. It may simply be that one entity owes another entity a particular ~ we do not use the word debt in frequency, but rather, that there is a balancing, and that one is needing to balance more with another, and therefore an entity has allowed themselves to Be of Service to*

*the other to enable them to work through an issue. There may be a situation where the two entities have been working through a number of lifetimes, and in other dimensions, in fact, on a particular issue that they have found themselves at odds with each other and use the earth plane as perhaps the physical manifestation of a particular issue to work through.*

*You are correct, my love, in saying that one must not categorically leave a relationship if it is out of harmony, but rather, it may be just the opposite. Many entities have found from other lifetimes that they have indeed left an issue while it was not resolved and must return and be with a particular entity until the two have worked out the issue. Understand, however, that whatever issue each of us has that we work on, it does not, in order to be resolved, have to be worked out with another entity. Let us say that you have a balancing of a particular issue of understanding prejudice, for example, you see. And let us say that you exhibited a prejudice toward an entity five hundred lifetimes ago. You worked through something and you left ~ both left that lifetime with the issue unresolved between the two of you.*

*Now, the popular belief currently on the plane is that the only way in which that can be resolved is for both entities to keep coming back together and together and ~ until they have resolved this. This is the most beneficial and the easiest way to resolve the issue. However, it is not the only way. It may mean that the issue itself which, let us say, is prejudice of some sort can be worked out with another type of scenario, another individual, not necessarily the one to whom the issue began. It would take longer, however, and would be of a more intense nature if it were resolved with an energy other than that who it began with, you see.*

*Now, one of the concerns that all must have on the earth plane, and we are on record numerous times for this, is to be careful of judging what another is here for and to say, "Well, that entity must be balancing in some area, and they are certainly having to learn a great deal." One does not know, you see, whether there is teaching or learning occurring and what the mission is of the particular entity.*

*And if you are in the relationship that is difficult, it becomes appropriate then that you would seek answers from within Self, through meditation, to give you a perspective on that which is the reason for the relationship and not to categorically say to the other individual, "You ~ you and I have this imbalance, and we must balance this out." Before there is that type of discussion, there must be insight from within. This is not always easy, of course, for many entities are unable to hear the messages that come from Self. And thus it is that entities will go through difficult relationships and may leave the lifetime not having resolved it, until they have finally reached a lifetime in which their own spiritual awarenesses have developed to the point where they are able to hear themselves give them the answer, you see.*

**I assume that means perhaps an individual that is not the one that started it, but was one that that became the appropriate person.**

*That could be the situation. Yes, indeed. There are many reasons why the balancing would not continue with the original entity. One very common situation is that one of the energies completes their sojourn on the earth plane and no longer has to return, and therefore the other entity who has not completed must keep returning, and therefore, if the premise that one had to balance with the same individual was accurate, then it would mean that the one who had time left on the plane would never be able to complete their balancing, you see.*

**It is possible that there should be such a definite imbalance, difficult time, that it would be necessary to leave one another in order to begin to understand the level at which you can adjust?**

*Yes, indeed. And this is, in fact, recommended in numbers of cases, and this is a purpose for the guides, for the guides are especially trained in areas of counsel. And the guides could be at both spirit and earth plane. And very often the imbalance, as you say, becomes so severe that it could be, as you measure on the plane, several million years before the entities are able to return to that issue. Oftentimes, it simply means a strengthening and a growing in other areas that then enable the entities to have a better perspective on the situation. That of which you speak has occurred with a significant percentage of entities. It is not an uncommon situation. Nothing that occurs is horrendous, you see. Everything eventually resolves itself. It simply takes that which it takes, for there is no time.*

**Then your suggestion that the possibility of resolve could be with another entity other than the two involved. Would that not also present a difficulty?**

*Oh, indeed. There is no simple response to this. Let us give as an example that if one were trying to resolve an issue with the entity with whom it originated, and we were to put a time frame on it, let us say that it was determined at the Universal-Consciousness Level that it would take approximately, oh, twenty-five lifetimes, and I just use arbitrary figures, that it would take twenty-five lifetimes doing very specific kinds of things in that lifetime, you see, with that entity. We would then say, as a comparison, if one were to not have the original entity available and were to do it in some other way, that it could conceivably then take one hundred lifetimes to resolve the same issue that could take twenty-five lifetimes if one were to work with the original entity. It just simply becomes more intense and more difficult to resolve with an entity other than the original, but not impossible.*

**Is it a reality or a possibility that sometimes it is more beneficial to enter a relationship, not the original?**

*Oh, indeed. Indeed. We would simply give that as the response. Yes. It is not often that we just say yes.*

**Is It Common In The Situation Of Marriage And Children That There Are Karmic Lessons?  
(May 13, 1992)**

*Oh, that would take, and in fact has, many sessions ☺ in which we have discussed Group Balancing. It is a most fascinating aspect and would go well beyond our time with all of you in this particular session. But stated simply, and as briefly as we are able to do on this topic, while you each would have your own individual balancing, you all know that you work on the earth plane with others, and that sometimes you, or they, do things in a way that creates a disharmony, and if it is not resolved in that particular lifetime, it does not simply go away. It comes back to haunt you, and it is called Group Balancing.*

*And thus, you may find yourself in, shall we say, a marriage, with children, and there may be tremendous harmony, and you know that there is no balancing, that it is a way of providing strength for other issues. But when there is disharmony in the marriage, or with the children, or both, then that is a sure-fire clue that there are issues that need to be looked at from a spiritual perspective, first and foremost, and then looking at what the issues are. Are they issues of patience? Are they issues of fortitude? Are they issues of judgement, Unconditional Love ~ all the many, many issues that you then begin to work on, working them through at a concrete earth plane level.*

*Working within your own Self through meditation can oftentimes give you the answers. It is also part of the job that we have, that others who speak through have, in providing insight to help you to understand, without giving you the answers.*

*You know, if you were to speak with us privately, we would not give you the answer as to how to do something, but rather, could provide for you perhaps a situation from another time in which the imbalance occurred, that could give you the insights into why it is that it has come back now. And then you, in working with your guides and your Higher Self, could come to closure on the particular issue.*

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

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

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

## Group Departures, Group Balancing, Judgemental Issues (May 04, 1993)

I am curious about David Koresch. Is he the Son of Darkness or is he just some fanatic? Why was he put here in the first place?

*That is his soul's path and we are not allowed to give that information out about another, just as we are not allowed to give out any information about any of you to others unless permission is granted. And in certain situations where we have given information, it has come from the higher soul giving permission for the good of earth plane experiences. This situation is now back into spirit and must be evaluated, and as all experiences, there is a settling in period before any decisions are made as to whether those of us who give information from this level would be given permission to share what this was all about, and that is all that we are allowed to say about this at this time.*

Generally, it seems there is a tendency that people follow these types of leaders blindly no matter where it leads. This was Waco. Several years ago, we had this mass suicide effect somewhere in South America. Is this just because it happened this time, or do you see a trend in certain ~

*Do I see a trend? Remember that all that occurs now is part of the cleansing and that, as we have said so many other times, part of the cleansing is mass departure, mass group departure, for whatever the balancing issues are of entities who group. And soon, there will be the categories of our information to which you would have easy access, to read what we have given, for example, regarding Group Balancing, and that when large groups of entities depart at the same time, one thing that you can know is that it is a Group Balancing. It is meant that all of those entities found their way into the group. Regardless of how farfetched it would seem that their interests lay and their earth plane lives might be so different from each other, they ended up together in whatever situation.*

*When you have flying the airplanes crashing, and all leave the plane, it was meant. It was ~ this was the plan for group departure. Some groups gather not to depart together, but to work together and balance in whatever issues have brought them together from other experiences. Thus, regardless of why a group gathers, understand that it gathers for balancing, and it becomes an identifiable, cohesive grouping, and that whatever leadership is involved,*

*it is not for any of you to judge. It is none of your business, just as your path is no one else's business. It is judgement to assume anything, and you do not know whether there is teaching or learning occurring. And be careful, when we have said so often, that what might appear to be a negative behavior may not be at all in the scheme of energy growth and learning. You simply look at events that occur now on the plane as part of the cleansing. Everything is accelerated now. There is nothing that is not moving at a very, very rapid rate. And understand that*

*whatever is occurring, the energies involved in that particular event have chosen to do this, just as you each have chosen what you do, and the events that occur in each of your lives has been from planned, deliberate choice.*

*And as we have said, it may not be at an earth plane level, it could be the Soul that is kicked in and said, "This is what has to be done," and the Higher Self is struggling as the intermediary to try and get the earth plane energy to work in harmony. But the most difficult concept, it appears, on the earth plane, is that the energy, each of you encased, accepts the responsibility for all that occurs, and that you have chosen whatever it is that happens to you. You have chosen that.*

*And so, rather than look at events occurring as disasters, or as bad, or look with pity at another, look at another with love. Look with Unconditional Love, and if you feel that this situation that you observed could use Light, then freely send the Light into the vibrational area of that entity or that grouping, knowing, of course, that one cannot impose Light upon another, to be made available if they so choose. And recognize that they are working on their path. As disagreeable as it might appear to you, or disharmonious as it might appear to you, it has been chosen by the entity.*

*Think of the groups in which you each find yourselves involved, be they two or three entities or larger groupings. Think of all the various groups, for each entity on the earth plane finds themselves in the minimum of one grouping. Most of you find yourselves in many, many different groupings, each having various harmonies, some very harmonious and others not quite so harmonious. And you know that you must work with this. You know that it is your path.*

*Thus, devote your own energies to your path rather than be worried about another's path. Curiosity is one of those issues that the earth plane makes available for the learning. Some entities on the plane have a very, very high curiosity. They want to know about everybody's business. They want to know why everything is happening, and, as a result, oftentimes, neglect their own growth, for they are so concerned about what everybody else is doing.*

*Rather, be concerned with your own growth and how that is interacting with the groups in which you find yourself. Concentrate on that, for then you have the ability to send brighter, higher Light to those who would need it, for you have developed your own strength. The stronger each of you becomes, the greater your ability to Be of Service to another who may call upon you, at either earth plane or spirit level.*

**You said it is important for us to recognize the events in our lives as choices. What about people who are very close to us when events impact very strongly on our own lives? Are those also choices that we make, or agreements that we are making with them on another level?**



*We return you back to part of what we have just said. Each of you has your own path. You have to take responsibility for your own path. Each of you, however, groups with others, and you do this deliberately. This is part of the plan. It is part of your path and you work in conjunction with either one other entity or several other entities. And so, as part of your path, there would be interactions with another, so that, to make this a simple explanation, one other person agrees at spirit level ~ and this agreement can come after entry into the plane ~ it does not always have to happen prior to entry ~ agrees that there will be a learning and a teaching of the two on particular points in the path, so that each of you has your own path that you must continue to walk upon. However, you connect at certain points in your own path where the connection itself becomes part of the path. Do you understand?*

### **Responsibilities And Balancing Within Relationships, Versus Just Within One's Own Self (December 07, 1993)**

**When you take on a relationship with someone, isn't that then taking on responsibility for the other? You mentioned before responsibility for Self only, but when you get into Universal Love, and there is a specific type of love, isn't there a kind of responsibility that goes along with that?**

*Of course, my son. When you take on the responsibility of your own path, in order to work through your path, you work in conjunction with others. It cannot be done alone. Ultimately, you must take responsibility for Self. However, in order to work through the issues, you agree with another to work within the context of a relationship, as you might define it, however that relationship would function. And it is virtually impossible to grow in any great degree by existing within Self.*

*To come onto the earth plane and be what you call a hermit can provide in some cases a certain type of growth for the entity, but this cannot be ongoing and continuous, for balancing requires the working with another. And so, yes, you do take on responsibilities with another. This is what makes the issues of balancing so complex and oftentimes so difficult.*

**There is a difference there between responsibility that two entities agree upon and, let us say, I decide to be responsible to correct the environment all by myself, or what have you. But that is different, isn't it?**

*You are responsible only for the development of Self. You are not responsible for any other entity's development of Self. That is a primary directive. What occurs, however, is that you agree with other energy forms ~ be they human, animal, mineral, plant ~ you agree at higher levels that you will Be of Service specifically as they move along in their path. And thus, you will engage in activities that are interrelated with another energy form. But it is they, that individual, who is ultimately responsible for their own progression. Each of us needs others to help us along the way, to help us see and to learn. But ultimately, we make our own decisions as to the continued progress of our destiny. Does that answer your question?*



It is still fuzzy. I just have a problem with where the line is, where we are imposing on somebody else, or not.

*Well, it is a most difficult line to see oftentimes at a conscious level. The reason that we emphasize meditation and the seeking of the answers from within Self is to help you distinguish this very line, to help you to know within yourself where you are simply assisting another via the agreement that has been made with that entity, or indeed, having crossed the line and begin to impose.*

*No one outside of yourself can give you that answer. And thus, it is a most difficult situation, and it is the reason why you must find the answers from within yourself. You can seek out guidance from others on the earth plane and even the guides ~ your Spirit Guides serve in that same capacity. They, however, cannot make the decisions for you. They are not allowed to do that, just as you should not allow anyone outside of yourself at the physical plane to make decisions for you. You make your own decisions.*

*And taking on responsibility for Self has its consequences, for you must indeed look at the impact of your behavior upon others. And this is all part of what you are here to learn. Some go about with quite a chip on their shoulder thinking that they are metaphysically inclined. They are in a spiritual path and that they can do absolutely anything that they want, because "After all, it is my path. And it is too bad if you do not like this." This is not at all what spiritual development is about. Spiritual development is about responsibility to Self and Respect of Self in harmony with all other energies ~ and learning of the harmony and learning that you do not need to be threatened by another, and that each entity has their own path, and that you respect that entity's path and work in conjunction with that entity's path and not to feel that you would be threatened by another. And this is where the difficulties do come in, you see, and this is why meditation is so very, very critical, you see.*

*Yes. Now, you see, this all relates to the way in which you play on the earth plane. You may have thought, he let an answer go through here that was not relating to Playtime on the Earth Plane. But it does quite, quite a bit, for there needs to be a lightness in relationships. There needs to be a sense that, yes, we are here to help each other, and while we do this, and take what we do very seriously, because this is our path, we do it with a sense of lightness and humor, understanding that all that is occurring is unfolding as the Soul and The Universal Consciousness have determined.*

### Multiple Births ~ Each Energy Has Its Own Soul ~ Issues Of Group Balancing (May 17, 1994)

I have an identical twin sister, and I am just wondering about the decision being made at the time to make two souls as opposed to another one.

*Well, now there is a significant difference between incarnating as twins and being spirit twins, you see. In either situation you are separate souls, for in the splitting off that occurs ~ and we have described this in other sessions of how energy begets energy and becomes what it is ~ each energy has its own soul, and when an energy splits, a soul consciousness forms, so that it would have to be that way. Otherwise, there would just be the One Soul ~ which there is of course, The Universal Consciousness ~ but the One Soul begets, this is the only word we can come up with. It means bringing forth new life ~ brings out new souls ~ and it becomes a microcosm of The Universal Consciousness.*

*Now you, as what you refer to as identical twin, simply have taken on a path with another soul in which you would find the entry time, and the place of entry, and the spot from which you entered, to be very closely aligned. You are separate souls with very distinct and separate paths. However, you have chosen to come in through this type of experience for very specific reasons, which would not be discussed now because of the personal dimension of the information. But to know that whenever entities enter in together in what you call the multiple births, that there is a Group Balancing that is occurring, be it two ~ for two can form a group ~ or three or four or five. And in some cases, when very, very large multiple births occur, it is a significant Group Balancing. Be careful in judging, however, for you know not what the group is that balances. It may not be the group in which you think, but rather, other groups.*

*You each have separate and distinct soul memories and are no different than each of the others who gather for this session. You have a common linkage in that you came in very closely aligned energy wise, but nonetheless, you did not come in at exactly, EXACTLY, the same point. No energy does. Even if you enter the earth plane at the exact same time, you are in different places, therefore different energies. And it is all for the working through of lessons that your soul has determined prior to entry.*

### **Group Balancing Issues For Drug Addictions (September 20, 1994)**

**What if they are part of your family, and what you see is very, very destructive, and they are destroying those around them?**

*Indeed. Yes. What you have brought, then, is a Group Balancing. You have chosen to come into a group and that you must then interact with members of that group. And as we had discussed earlier about the one-on-one interaction, it becomes much more complex when it is a group. And if you see destructive behavior, whatever the balancing issues are, you must determine whether you would attempt to step in or whether you step out.*

*The fine line is always within Self as to what is imposing upon another or Being of Service. That is why the meditative state is so critical, that you get in touch with the higher sources that guide us all to help you know what you should be doing. Sometimes, it would be very appropriate that*

*you step in, for you have been asked by the other to do that, but you do not know that at the concrete. You will only know that at the higher levels and be given that information from your guidance or from your mere intuition. Do not be afraid, however, that if you were to step in, and it were not what you were supposed to do, that you have somehow damaged someone's path. Or the opposite, if you do not step in, you have damaged your path or another's.*

*All of the lifetimes are those in which you step a little bit forward to test the waters and see if it is the way you should be behaving, and if it is not, you know it and you step back. And if it is, you move a little bit further ahead, and you test it. Many situations are meant to be tested very slowly, step-by-step. Others, you jump right in. Meditation will give you the answers to that. No one outside of yourself can give you that answer. That is the taking of responsibility for the actions that you present.*

### **Susan Comes In With Conversation On Group Balancing (October 18, 1994)**

*Susan: Susan is my name. My primary purpose is Group Balancing. Have I not taken on quite a job? ☺ When groups of entities gather at any point in earth plane time, it is not random. It is by design, for whatever lessons need to be learned, even if it is for a very, what you call, infinitesimal point in earth plane time. All of you gathered in this session, now, have gathered to either reconnect or to make new connections very specifically with other energies here. Some of you may not see, at the earth plane level, another in this gathering again on the earth plane in this lifetime. But you will have made the energy connection. Many of you have gathered very purposely, for long lengths of time, for balancing as a group. The groups take on many, many different facets ~ family, friends, workers, many different groupings.*

*We work to help in the issues relating to many entities coming together for a specific mission, for in all groups they gather for a particular reason. Each of the group members has their own path and their own spiritual walk that always remains, but each also comes together for a particular reason. And when groups of entities depart at the same time, it is for lessons to be learned or lessons to be taught, but it is not random. When you see mass departures on the earth plane ~ especially now as the illusion comes to its closure, you will see large numbers of mass departures. They are all going together for a reason. It is no one's business what that reason is.*

*We have chosen the color blue as our representation, a soothing color that spreads over a group. We work in harmony with the final member of our company who will now speak to you, for our time grows short, as you would say, on the plane. As you are able to call upon the others in The Company, as they have indicated, so too can you call upon us, and to call the name Susan.*

### **How Do You Know When A Relationship Should Be Over? (November 01, 1994)**

Are there any guidelines to know if and when a relationship should be over? How do you know if you would be leaving it prematurely, and maybe there are more lessons to learn if you stayed in that relationship?

*Yes, my love, that is a very critical type of question that you pose. In the guidance that we have given in our time on the earth plane, in this mode, we have continually emphasized that the letting go of a situation is a very important component of balancing. However, when to let go is always the point in which entities are wary of their own ability to anticipate the letting go. This is a difficulty.*

*There is no pat answer, as we would say to you. There are, however, some guidelines that we can give to you. First and foremost, of course, you must be searching within Self for answers. You must be able to, in some way, connect with levels of Self that are higher than that which is the Conscious Self, whether it is the very Higher Self, of which we speak so often, or whether it is some level in between that is able to see a different perspective than the Conscious Self. This is the critical point. If you are not able to connect with some level higher than Conscious Self, then you will not be able to truly understand the critical points in a relationship. Once having established that, however, as in any balancing, relationships ~ be they with a spouse, be they with same gender, or be they with opposite gender, whatever that relationship is ~ have a very core purpose for existing. There is no relationship that any of you would have that is simply happening in a random sort of way.*

*One of the clues that you can utilize in whether you should be staying, or not staying, in a relationship is the sense of lightness that you feel within your vibration. Now, in order for you to experience this, again, you must be able to bring yourself out of conscious existence into a higher level. If you are grounded in the concrete, then you will not be able to feel the lightness. If there is a sense of lightness and a sense of release, as you say, to that level to which you are communicating, "Is it time to let go," then you will know that it is time. Again, this comes from within Self. We are not able to say that "On the fifth day of the fifth month, if the moon is blue, then it is time for you to leave the relationship." You know, those are not the kinds of techniques that we would provide.*

*If, when you ask the question of Self, "Is this time to let go of the relationship," you feel any pulling on your vibration, any sense of heaviness, then it is time to not leave the relationship, but rather, to continue to reevaluate. It is often important to stay in a relationship even when it is time to leave the relationship. Now, that may sound contradictory. However, we put then a bit of a glitch into the formula that it is time to leave the relationship, and you feel a sense of Lightheartedness. You must also then ask, "Even though it is time to leave, should I stay to learn certain lessons about not letting go, when I should let go?"*

*What we make then as a point is, that regardless of what you do, my love, you will learn from this. We have continually emphasized that all behavior that is exhibited by any at the conscious*

*level is meant for learning and for teaching. You must not become overly obsessed with whether you are doing the right thing, as you would call it, but rather, to continually work within Self to receive the sense from your higher awarenesses that what you do is best for Self, even if it appears to not be best by the views of others around you, which of course is not a concern, ultimately, when you are dealing with your own relationships. Relationships are purposely designed to bring about balance between energies and within Self. If you exist in this earth plane dimension without any relationships, then there is no reason to be in this training ground. Each entity must be having at least one type of relationship in order for the existence in this training ground to be significant and to provide growth.*

*Thus, if it appears, as you look around you, that certain entities appear not to be having difficulties ~ they have perfect relationships ~ be most careful of thinking that that is a Utopian situation. There is no such thing on the earth plane as a perfect relationship. Relationships are meant for teaching and learning. Some just take on rather dramatic implications, and others are more harmonious in their teaching and learning. All relationships have moments when one, or both, or several of the entities, depending on how many are involved in the relationship, come to a point in their path where they must ask certain questions as it relates to the individual path, and then how that individual path lesson relates to the relationship lesson. And these are not easy answers to receive. In many cases they can be difficult questions to ask, for asking the question may mean that you will need to hear an answer that you are blocking. But if it is time to ask the question, it is time to hear the answer, for the question will not be asked within Self unless it is time to hear the answer.*

Well, thank you, very much. There is a lot to think about there.

*Yes, indeed. It is complex in one way but quite simple in another way, but as you say, food for thought.*

### How Does One Make Judgement Calls On Whether To Help Someone, Or Not? (May 02, 1995)

I think it is very complicated. If you see something happening to someone, you have to make a judgement call on it, like you have to say, "Well, you know, maybe I should help this person, or something bad is happening to them. Maybe I should save them." And does that mean to say you should not help anyone if you see something bad happening to them because you might be interfering with the balancing? How are you going to know?

*We understand your emotion in this. What we have spoken of continually is the importance of meditation and the ability to hear answers from the Higher Self, and also the Soul speaking through the Higher Self, to give you then the proper response to a situation. We have never said that you would do nothing, that you would not help, for each has to make their own determination as to who they help and what they do to help. It is your own balancing issues that come into play. What is not understood is that simply because a situation is happening does not*

*mean that everyone must run to the rescue. There are millions of humans starving in parts of the world. Does that mean that everyone who is not should run and save them? No. It is not in their path. It is the path of some, however. Thus, they would go to the millions who are starving.*

*You were not in the vibrational nor geographic area of this collapse, this bombing. You, therefore, were not called upon at any level ~ and we can tell you that, that at any level, you were not called upon, for it was not part of your balancing nor was it part of your path. You will be called upon by those with whom you must balance to respond to. It is, then, up to you through your own Higher Self understandings to acknowledge what your response will be. You will respond, and it may be appropriate for the balancing, or it may not be appropriate for the balancing. But, even if it is not an appropriate response, it, in the end, is an appropriate response, for any response ultimately is appropriate. It is what you take from it in your own understandings of the issues relating to the interaction between the entity or entities with whom you have been involved.*

*Does that answer your question?*

**I think I just got laced up and down. Yes.**

*Not us.*

**Join the group.**

*Understand how we stress the critical importance of meditation. Each of you has your own responses to events around you, and you must go with those responses. They will differ from one to another, and you must not feel guilty that you do not rush to the aid of a disaster area, for that is not for you to do. It is for others to do ~ and there were plenty who responded. You may never, some of you, be asked to rush to the aid of a major disaster. But you may have one close to you, and in their own way they are in disaster, and they come to you for assistance. It is appropriate then to respond.*

*We have never said do not respond. We have said you must respond in the way that is appropriate to your path, and only you know what your path is. You must, in realizing what your path is, follow that and be adamant in the following of your path. At the same time, respect the adamancy that another has in the following of their own path, even though it may not be like your path. Does that soften it a bit, my love?*

**Yes. We want Farena!**

*You cannot have her.*



*Farena: Well, just for a moment. Just for a little moment. You know, remember what I have said to you before about Waith. Sometimes, you know, he has to say things like that to keep you all in track. And when he says things like that, just take a deep breath. (Farena takes a deep breath) We all do. ☺ Because he gets it too. You see, he gets it from higher levels and he has to take a deep breath. (Farena takes another deep breath) We all do. So, take a deep breath. (Everyone takes a deep breath with Farena) Bye.*

*Waith: Yes, indeed. This is true what Farena says. And we lighten this up a bit now, you see.*

**You know that this is uppermost on our minds. You have told us not to be judgemental. That is one thing you have really gotten across.**

*That is one thing. What else have you learned? What is a second thing?*

**Well, we are helping ~ because we were not asked to help. It was not our balancing this time. And here I thought I was flying around and I was not. And to look at it as we are supposed to look at it, not just from earth plane stuff that we hear all the time.**

*We will close the session with the sending of energy of fluffing and soothing, an energy to bring you into a clearer perspective of all of the earth plane activities that occur and their spiritual connection, their higher realm connection. Keep that in perspective. At all times volunteer the sending of your Light to those who would need it, and if they do, they will take it, and if they do not, they will send it back. Be ever ready.*

### **Discussion Of Prejudices In This Illusion ~ Racism, Same Gender Relationships, Etc. (October 17, 1995)**

**What situations must occur before the heavy-duty racism and anti-Semitism and ethnocentrism diminish? Because it is at a peak right now. Is it going to get higher or what situations have to develop?**

*It is going to become worse than it is. It has not reached its peak as yet. It is close, however. It is one of those situations that with a complete cleansing, it will be eradicated. You will not see it here today, and some event, some assassination or such situation, occur and then suddenly everyone is enlightened. It is of such an extreme now on the plane, which is the way it is at the end of an illusion, that it will take the shaking of the illusion, the cleaning out of it, for it to start fresh. At the beginning of the coming illusion, it will not exist and then it will begin its journey as it does in illusion after illusion.*



*What you experience now on the plane is nowhere near the extreme nature that it has had in other illusions. This is mild compared to the Atlantean time, for example. It is not much discussed, but there was this same type of situation except in a different kind of clothing, if you will. There was racism, as you know it, and elitism, and extreme levels of hatred toward The Animal Kingdom and toward The Mineral Kingdom. For remember that in Atlantis, The Mineral Kingdom and The Animal Kingdom easily communicated with The Human Kingdom. It was as if, in communicating with The Mineral Kingdom, you were sitting next to each other as you do with humans and carrying on a conversation. And so, prejudice began against The Mineral Kingdom and The Mineral Kingdom against The Human Kingdom and The Animal Kingdom. The three had a very close antagonism and love, you see ~ that balance.*

*In this illusion there will be several major events that will continue to move the level of antagonism and hatred. However, it will reach its peak right at the moment when it is time for it to crash, you see. So, as with all balancing, it has to reach a very high extreme before it crashes and it goes into the opposite extreme where there is none of that attitude.*

**So, we have a way to go.**

*As measured on the plane, not too many years, as the nearing of the illusion change occurs. As we see it, dear one, it is here within the energy flow. It is moving toward that point of closure. As you would measure it on the plane, "a way to go" for some could be ten years, it could be five years, or in your case, my son, it could be five seconds, based on your issues of patience. "It is going to take five seconds, Waith? Can't it take less than that?"*

### **What Groups In The New Illusion Will Be The Highest Brunt Of Hatred And Prejudices? (October 17, 1995)**

*Those of color and those of same gender orientation. That is why, you know, we have said that in The New Illusion same gender is the norm and opposite gender is not the norm. However, at the beginning of The New Illusion, there will be no issues. There will not be this, "Oh, this is your lifestyle!" "Oh, this is your lifestyle!" It will be smoothed out. Those of color throughout the earth plane will be targeted by those of a lighter color. We consider white as a color. We consider black a color in our perceptions. Those targeted, then, will be those of color ~ meaning as perceived by someone lighter than, or a different color than. So, everyone on the plane is up for grabs on that one.*

*There are certain groups, however ~ and I do not dismiss this question ~ there are certain groups much more susceptible to the hatred. And where same gender orientation is concerned, what is developing now is a very, very strong psyche of those who are same gender oriented, and they, as you would say in terms of battle, are positioning themselves ~ they are strengthening themselves. So, even though the attacks will come, and they will be strong and they will be many attacks, those of same gender will be strong enough and indeed, willing*

*enough to fight the battle. And it is one of those battles at an illusion change, the issue of gender. It changes from illusion to illusion.*

**What are the best protections that one can protect oneself with this, or do we just go with the flow.**

*If you keep speaking, then you will answer your own questions.*

**Just go with the flow.**

*But you know ~ we do not like to put the issue into a sense of trivia or to slough it off, as you might say. But understand that as you become more aware of your own answers and your own ability to get those answers and the ability to sift through all the information that comes through, and to determine what is appropriate for you and what is not appropriate for you, you are, in essence, in the flow.*

*Whether or not you stay for The New Illusion is not even the issue. Whether or not you will win the battle is not even the issue. You will be doing what is appropriate for you for your path. There are many, for example, in same gender-oriented lifestyles who are very, very strong and serve as role models for those who would be traveling the same path. Those who would come to them may not be strong enough to fight the battle, but that is all right, for when they return to deal with the issue in another lifetime, in whatever form that is, they will be stronger as a result of having either been in your vibration, or another's vibration, and have reached a certain level in fighting the battle, you see.*

### **Waith Gives The Concept Of Group Balancing (April 02, 1996)**

*In our last time with you, we were speaking of Community Development. That is, then, the bringing together of the group. Once the group has been brought together, as you all know, balancing immediately begins to take hold. Once the group balancing has been addressed as an issue, it is then time to bring it back into Self, and The Healing of Self. So, we will discuss Group Balancing in this time frame, and in the next month, right before the summer retreat time, we will discuss The Healing of Self.*

*As you know, The Company member charged with Group Balancing is Teetee. She has newly joined The Company, replacing Susan, and she will come in during the next gathering to give a group balancing meditation. In our next gathering when discussion of Self-Healing comes about, Jacques will speak in both sessions. Teetee is still orienting her vibration to working in The Company, and thus, I will give, then, the Concept of Group Balancing in this session. And Teetee will then come in for the next session and give you the marvelous technique that she has*

*developed. It is of her own design that comes out of her training in guide school. So, let us begin then with a discussion of Group Balancing.*

*Group Balancing comes directly from the understanding of the Energy Circle that each of us, as energies, has. When you are on the earth plane, it is a very specific type of Energy Circle in which you find yourself. You have the resources of many other energies in various kingdoms who are working in harmony with you to help in the overall sojourn on the earth plane. But now, let us look at this wonderful situation that occurs on the earth plane, called Groups.*

### **The Many Different Aspects Of Group Balancing In The Human Kingdom** (April 02, 1996)

*It is almost impossible to avoid being in any kind of group if you are living on the earth plane as a human. Even if you are living on the plane in other kinds of kingdoms, it is difficult to avoid a group. Generally, when we are referring to Group Balancing, we are referring to the same kingdom. For purposes of our discussion, we will keep it in that simplistic form. Group Balancing, however, will be discussed in a later time as it relates to animals, minerals, air, whatever, in the group context. But to understand the basic concept, as it will then be applied to the technique for meditation, we give you the discussion as it relates to the same kingdom ~ in this case, The Human Kingdom.*

*It seems that the most difficulties that humans perceive to have in their path is not that they are trying to balance with an animal companion or a mineral companion, but they are trying to balance with a family member or a work associate or some other human who enters into the vibration. This appears to be of the utmost concern on the plane now, as it needs to be, since it is an accelerated time, and since it is also the time of an illusion change. There is a concentration of effort in same kingdom balancing.*

*What we give you for concept in Human Kingdom balancing ~ same kingdom balancing ~ would relate to animals and minerals. So, animals are now also gathering in groups where they balance with each other, and the plants and the trees and all of that, so this is the concept then of same kingdom balancing.*

*How joyful it is when you are in a group and all is harmonious. You all get along, you laugh together. You understand each other. There may be some differences, but they are so minor that it is not even noticed. It is a grouping then of tremendous similarities. You have spent many lives together, working through many issues, bringing you to this point of such harmony.*

*A group can be two or more entities. That is how we define a group. Earth plane defines a group perhaps as, "Oh, it must be three or four or five or more." However, two or more is a group. So, you are with one other person, or two others, and you are in a mutually agreed upon activity,*

*whether it is a social activity, or work activity, or family activity, and you are in harmony. This is something you have worked toward in many lifetimes to achieve.*

*Many, many on the plane, currently, have those kinds of groupings. We focus, first, on the harmonious groupings to remind you that it is possible, and indeed, quite prevalent. But, in your own lives, you tend to forget the harmonious groupings in which you find yourself and focus more on the inharmonious, the conflicts, those groups where no one seems to get along, where there is disagreement, where it is difficult to find the similarities, and much easier to find the differences and to focus on the differences.*

*First, and foremost, you must look at your life and find the harmony in it, find those groupings where there is relaxation and laughter ~ Lightheartedness, joyfulness, mutual sense of purpose. Find those, first and foremost, for that is a sign of your success from other lifetimes. You must remember that you have been successful. You are here. You live in groups. You have not killed each other off. It means you are doing something right. You tend to forget that. You tend to focus only on that which is not working.*

*Focus first on that which is working, and on a daily basis, remember your success at group balancing. Make a list. We know many on the plane enjoy doing this activity ~ "Making a list and checking it twice to see if you have been naughty or nice." Oh, that is the wrong holiday! There is the religious event occurring on the plane now, but we have not identified the correct one, have we?*

#### **The bunny rabbit one.**

*Yes! Amelius is pleased at the references now made to his Ambassador, Jesus, as a bunny rabbit.*



*In any event, what you do is make a list, if you need to, of the groups you find yourself in harmony with. One other person, remember, makes a group for you. Make that list and keep it with you. Use it as a concrete example to help you to remember that you have indeed been successful. You have brought into this lifetime a harmonious relationship, first and foremost. When you do this, you are able then to take the step into the arena of conflict and disharmony as you find yourself in a group situation where no one agrees, where you want to take your hands around the neck of someone in the group and shake them and say, "Listen, listen." It is a natural response when one becomes frustrated in a group interaction, "See it my way, see it my way." This is a natural response that any energy takes along the path of enlightenment, awareness.*

*The more aware you become of your own role in group balancing, the easier it becomes to let go of those moments when you want to shake someone. But it never goes away completely, you*

*know. There is always a time, no matter how advanced your awarenesses are, that you want to shake some sense into someone, as you might refer to it. We do it in the Angelics.*

*You know, the Cherubs are out there. I was an errant Cherub at one time ~ remember, I have told you this ~ and my master would shake me on occasion, and say, "Straighten up! Straighten up! Stop this flying around." This is a very natural response, but it is not to be a response that overcomes you, that consumes you. It is why the need to meditate and find out the reasons for the imbalance in the group exist so as to give you better insight as to why you are out of balance.*

*Remember, that no matter how out of balance you are, through hard work and perseverance and continual seeking of insight, you are able to smooth out the imbalance and bring about harmony. Remember, that the search for harmony is a very step-by-step process. It does not happen in one momentous experience. It comes about slowly, and then at some point, it has accumulated so much that you see all of the tiny steps as one large step, and you feel as if you have made a breakthrough. But the breakthrough in achieving harmony within a group has come through many, many small incremental behaviors.*

*You must look within Self to determine what your role is in the Group Balance. Is it you who is the primary person to balance with others in the group, or are there others in the group who have that position, that they must be the ones to primarily balance with you, or with others in the group. Generally, in group balancing it is not all equally distributed. You all have the same amount of balancing to do with each other. It is quite, generally, disproportionate, which makes it, of course, much more fun and creates the imbalance, for if you were all equal in your imbalance, then you would be balanced. So, you must be disproportionate in terms of who has to balance with whom.*

*The first step, of course, that you have to reach in this understanding of what proportion you are fitting into in this Group Balance is, after recognizing your play in this particular Group Balance, to not then say, "Nah-nah-nah-nah, I do not have as much to balance as you do." Because, if you do that, you all know what will happen. You immediately put yourself in a larger proportion of imbalance than the person to whom you did the nah-nahing.*

*So, group balancing in The Human Kingdom ~ you have come into a group situation, you have recognized what your positioning is in the group balancing. What do you do next? You have many choices. The choices, most of them, will be presented to you in your meditation. The technique that Teetee will give to you in our next gathering is one that will help you to determine what your alternatives are and which alternative you will choose. So, you must look at your alternatives, and then you must choose one of those alternatives. Some of the alternatives open to you would be to leave the group, and say, "No, no. Not this time." You are able to do that. You simply leave the group. Another, of course, is to dig in, entrench yourself, and say, "I will not leave under any circumstances." So, you have the two extremes ~ run away to face it in another time, or entrench ~ two extremes.*

*In between are the issues where most group balancing occurs. You will work on it for a while, and then perhaps you will move away from it, having gathered a bit of experience. You may be the catalyst in the group, and if you are, that in itself brings about a whole set of alternative behaviors. You are the irritant in the group. That is your role. You go about and you get everyone riled up. You are the carrier of the imbalance. That is a role that is played in group balancing.*

*You may be not the carrier, but the receiver. Someone else in the group is the carrier, goes around and comes to you, and just by looking at you makes you irritated, pushes the little button in you that says, "Leave me alone." When that little button is pushed, that is a signal. When you become emotionally involved in an irritating way to the way someone has acted toward you, that is the signal from The Universe. Remember that feeling and take it with you into your meditations. "What caused this? Why does that person push my buttons the right way?"*

*You can be guaranteed that if you allow yourself to work through another lifetime in your meditations with this particular person, or members of this group, you will find the reason. It could be something as dramatic as this person cut off your head in another lifetime. That is very common. Or simply in another lifetime you were brothers and sisters and you were the brother and the other person was the sister, or vice versa, and you fought all the time in that lifetime, and this person who pushes your button now used to get away with this bad behavior in another lifetime, and you were always blamed for it. So, now you are back together in other roles and you are remembering at a Soul Level that you were always blamed for the behavior of this other person. And how do you respond now? You have not worked through it. You have not balanced with this individual. The button is still pushed.*

*Think of yourselves, each of you, as one big button, with a series of little knobs on that button that represent points of imbalance with other humans. Remember, we deal only with same kingdom group balancing in this discussion. Visualize yourself ~ nice smooth button, that is what you are ~ and then all over that smooth button are little knobs. Those little knobs stick out, and until all the knobs have been smoothed within this particular group balance, will you then, and only then, feel a sense of harmony with the group. However, remember that you are still a big button, and even if you have come into harmony with a group, The Universe will occasionally push that button, smooth as it is, to make certain that the harmony that you have achieved in a group continues to be harmonious. Remember, we are all tested regularly for lessons that we think we have learned and issues we think we have completed.*

*For remember that even as harmonious as you are with another or with a group, occasionally, ever so slightly, something comes in and things get fluffed up. It does not threaten the harmony of the group, generally, because there is awareness of the harmony and awareness that there is just something coming in to try and create conflict and disharmony. So, you must not take for granted the harmony that you have achieved. You must work at it, and at the same time you work on the disharmonies, to bring them into harmony. So, there is always this activity going on*

*in your lives. This is what the earth plane, especially, is all about ~ working out the disharmonies.*

*If you did not have a group, what would you do? How would you work out your issues? Think about this. As much as you might like to say, "Oh, I wish I did not have to worry about working out groups. I do not have any group balancing. I have done all my group balancing. I am very evolved. I have nothing more to do." Well then, why are you here? There is no reason to be on the plane, other than to work out group balancing. So, if someone were to say to you, as many do on the plane ~ the elitist will say, "I have worked through all of my issues with group balancing. I am in complete harmony. I am One with The Universe." Do not believe them. They may believe it, but ~ believe it ~ it is not true.*

*In this gathering, this is a group. You have come together as a group for the first time, for there is a new member in this group, in this particular gathering. Others of you have been to our sessions, but for this particular gathering, it is the first time that you have all been together in this scenario. Do you think that it is the first time that you have ever been together as energies?*

**We know better.**

*Ah, you know better, but many do not understand that concept and would say, "Well, there has to have been a first time ~ for the first time." How can you say that, even though it is the first time in this dimension that you, specifically as entities, have formed a group, that it is not the first time? The answer is quite simple. It is the first time as humans that you have been together. It is not the first time as energies that you have been together, for you are connected at the highest of levels of energy.*

*No grouping of entities is ever gathered for the first time in a training ground. You bring into this gathering a shared experience. It is not coincidence or randomness that brings each of you together in this gathering. "Why this group?" "Why not?" we would answer. Look to the reasons for bringing the group together, rather than thinking that it is some type of random event. "Oh, well, we will never see that person again." Or, "We will never be in this kind of gathering again." This is not the correct way to view it. Instead, go to each other, as a group, and just simply out of curiosity find something that you all have in common. Determine if this is group harmonious or does it appear to have some kinds of ripples in it?*

*It is a game. Whenever you find yourself in a new grouping, look about you. View it as a chess game. "Oh, we are going to move this particular person over to this spot and see where everything blends together and works together, or not. Who is in control? Who has the power in this particular group? Are there more than one? Am I, in this particular group, the point of power, or is someone else the point of power?" And if you see another as the point of power, and you think that you should be the point of power, then you know that this is going to be an*



*inharmonious group, FOR YOU, Maybe not for someone else. And that is another red flag at an earth plane level.*

*How at peace do you feel in a grouping? Do you feel comfortable, or do you feel out of place, or do you feel that you should be in another spot? "What am I doing in this group?" While you are in a group for a reason, accept that and play with it. Use it to your advantage. The more groups that you can make harmonious for yourself, the stronger you become.*

*You may be in this lifetime to work with many, many different groups, some of which will smooth out, and you will have the harmony that you wanted for that particular experience, or you will simply say, "Enough is enough. I have done what I can do. It feels as if it is time to leave this grouping." And you go. Oftentimes, entities will prolong their own agony. "I must stay in this group. It is written in stone that once I commit, I cannot leave." This is incorrect. You can leave at any point. It is simple. If you have not completed the harmony percentage that you had hoped to achieve in this lifetime, so what? It just means that the percentage goes back into the Toy Box and you must, at another time, bring it out and play with it again until you complete the percentage.*

### **Group Harmony Situations When There Is A Full Moon, And Polarity Changes (April 02, 1996)**

*Group harmony on a full moon. We understand that the moon on the plane in this geographic area is about to reach its fullness once again. Remember, that we have indicated that the moon as an energy form has reversed its polarities, so that it is already vibrationally attuned for when the earth's vibrational changes occur. As a result, when the moon reaches its fullness, it is in direct conflict, vibrationally, with the earth. Its polarities are at the exact opposite and it is creating much stress in vibrational fields.*

*If your polarities have already switched, at a full moon, you are going to feel dramatically that conflict in opposite polarities of the moon and the earth. If your polarities have not changed, you will not have that kind of conflict occurring. The stresses on your emotions and your body will be much less. If you are somewhere in between, flipflopping back and forth, it simply means that at the time of a full moon, if your polarities happen to have moved into ~ in its flipflopping ~ the new polarities, then you will instantaneously start to feel that effect. If they are flipflopping during the phase of this full moon, then you will feel yourself flipflopping. One moment you will feel lighthearted and the next moment you will feel very, very tense as if the cord is stretching to its ultimate.*

*The full moon, historically, on the plane in this illusion ~ and we stress that, in this illusion ~ has had dramatic effects upon the human encasement at the mental, at the emotional, and at the physical levels, as well as the overall vibration. Think about the implications of what has just been said upon group balancing. You are in a group, the members of whom are in varying stages of*

*polarity changes. Some have switched completely. Some have not. Others are flipflopping. Imagine the implications of mood, physical discomfort, or physical comfort. You are all gathered together, and you are all having very, very different responses to the pulling of the polarities of the earth and the moon. That can be used as an opportunity for insight.*

*Use the full moon as a time of group meditation. This is not just a witch's tale, you know, taken out of the folklore of yesteryear on the plane. There are reasons why groups gather at particular points of earth and moon alliance. The ritual that comes from that is based on real reasoning, to bring harmony into the vibration of the group. It is critical to maintain harmony, even in the most harmonious of groups. So, rather than going outside and howling at the full moon, you would best be served by quieting yourself, and gathering perhaps with others in a group that you would like to gain some insight about, or simply to help each other in the smoothing out of your own vibrational difficulties.*

*So, this is the basic concept that we would give you for same kingdom group balancing. The animals and the minerals and the plants are all going through similar kinds of group balancings. They have similar ways in which they must bring about their own harmony.*

*A future discussion of group balancing will bring together the group balancing of other kingdoms into the group balancing of other kingdoms. How do you superimpose other kingdoms into each other where they are all having the same kinds of issues of group balance? You are humans balancing, but you also have other kingdoms balancing within your singular life which then superimpose and overlap into the group. You might have a bird that lives with you and that bird likes one of your friends and does not like another ~ or a cat, or a dog, or a piranha ~ the animal kind ~ actually, technically, not an animal, but of that kingdom, generally.*

**Fish?**

*On the earth plane it is referred to as The Fish Kingdom, but for another time, we will discuss. But, yes, in that water.*

**They are mean.**

*They are not! They say that about you, my love.*

**Oh, they do?**

*You must remember to keep a sense of perspective. All energies have a purpose and a place in the scheme of the scenario in which they have been placed. It is not nice to call them mean, for they are doing what they are supposed to do. Also, remember, that since there is no hierarchy of*

*superiority for kingdom, you may at one time have been a piranha, or about to be. If you cast dispersions upon a member of another kingdom, you may find yourself, then, going into that kingdom and experiencing those dispersions that you, yourself, levied upon them ~ at some future sojourn, once you have finished The Human Kingdom. Be careful of what you say.*

Cute little fish!

*Much better. Would there be questions?*

### The Continual Redefining Of The Group For Balancing (April 02, 1996)

Did I understand you to say that even after group balancing has occurred, that simply the growth of the individuals in the group will make it continue to be rebalanced?

*Yes, that is the conclusion that you would reach. It is the group itself that continues to redefine its own balance, for no one outside of the group can define what it is that has created the imbalance within the group. It is only the group itself ~ and there is a continuation of that definition. You may be in a group, for example, of four individuals, and you begin to smooth out the relationships. Two of you are working well with each other, and two of you are not, and the two who are working well, decide to try and bring harmony with the other two, and you may achieve a bit of balance. Then you redefine yourselves because now there is a different harmony in the grouping, you see. It is a continual type of situation. You, of course, bring back this redefinition of the group into your own Energy Circle where the ultimate group balance occurs. And this is for another discussion, but this lays the groundwork for it, my love.*

*We have given you the information that we wanted to in this gathering. Thus, we will now then return to our realm and take off our wings and kick our little sparkly toes up, get our refreshments, get our Universal clicker in hand and start flipping through the channels of the earth plane to see what is going on ~ tune into lifetimes. It is truly a soap opera, as you refer to it on the plane ~ quite an interesting training ground. We will, then, return to our realm and bring Teetee with us in our next gathering. Wear something of aqua, for that is her color ~ group balancing. Relax then and enjoy the remainder of the earth plane day, and we give you a soothing energy. We send to you, now, the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

### Teetee Comes In To Discuss Her Mission And Give A Technique For Group Balancing (April 16, 1996)

*Teetee: Hello! A marvelous group. You all are here, not by coincidence, for you each have been together in other experiences, not all, of course, at the same time, but each of you has known the other in other lifetimes. You come together in this gathering as an energy field that we very deliberately gathered. It is not coincidental that those of you who are here, are here. Just as in the last session when Waith described to you the group balance issue from the concept point of view, you were all, those in that session, brought together for a reason.*

*This meditation technique that I give to you is one of Lightheartedness. It is not one in which you would sit and be heavy. It is one in which you look to the group for lightness, for achieving harmony through laughter. The group must not take itself seriously. There must be a sense of happiness. And we will show you now how to do this. It is very simple. and it is one in which you can take away from this gathering and easily apply to other group balancings.*

### **Teetee's Lighthearted Technique For Group Balancing** (April 16, 1996)

*First, we will rearrange you. Rest assured that when we have completed this balancing technique, you may return to your little spots. You each have your little spots, and this is very appropriate. So, my loved ones, please stand first at where you are situated and come in. All come and form a circle and hold hands. I will be outside the circle.*

*Now then, we would begin this technique by an instruction. When you do group balancing using this technique, you will appoint one in the group to be the leader. This must be for this technique. You will have all of the words when you leave this gathering, and that one person will lead the group in the technique. So, I, then, will be the leader, and whatever it is that I say, and the direction that I give, is that which your leader would be responsible for.*

*The leader ~ then. I am the leader. I am the leader! I jiggle my hips ~ (Repeated several times), Now, all of you jiggle your hips., jiggle your hips, jiggle your hips. And I am the leader! Follow me, follow me! Jiggle ~ (Repeated several times). Move your little feet. Move your little feet. Jiggle ~ (Repeated several times). Move your little feet, move your little feet. Move your little hand, move your little hand. Hold onto your little hands. Hold onto your little hands. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle.*

*Move your little hands around and around and jiggle, jiggle, jiggle. Now we laugh. Laugh ~ (Repeated several times). Now, we laugh ~ laugh, laugh. Jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh ~ jiggle, jiggle, jiggle ~ wiggle, wiggle, wiggle ~ laugh, laugh, laugh. Ha-ha-ha! (Repeated several times). We are balancing, we are balancing, we are balancing! Say it now!*

**We are balancing, we are balancing, we are balancing! Ha-ha-ha! Hee-hee-hee! Jiggle, jiggle, jiggle. Wiggle, wiggle, wiggle. We are balancing, we are balancing!**

*Now, we slow down. Now, we slow down. Slow down ~ slow down ~ slow down. Quiet ~ quiet. Take a very deep breath. Ah! Another very deep breath. Ah! One more very deep breath! Ah! Squeeze the hand of the person on your right. Squeeze the hand of the person on your left. Squeeze both hands. Squeeze.*

*As you squeeze, you send beautiful White Light. It is a shot of energy that you send to each on the side of you. Hold on tightly to each other. You are bound by some Universal Force that has brought you together. Be joyful in the reunion, if only for a short time. Feel the White Light now, surrounding your encasement. It is the beautiful White Light of protection. It surrounds you and comforts you. Slowly, it begins to move to your right and mingle with the White Light of the one next to you. Now, on the left you send your White Light to mingle with the White Light of the one next to you. Feel the circle filled with the mingling of protective White Light, for the group becomes one.*

*Repeat after me now. (Repeated)*

- *I call upon my Angelic Protector ~*
- *to enter into my vibrational field ~*
- *to provide harmony and peacefulness ~*
- *to my energy field ~*
- *and to all of those in the group.*
- *I call upon my spirit guides ~*
- *to enter into my vibrational field ~*
- *to give me the guidance and the help ~*
- *necessary to learn why we are all together.*

*For a moment now, relax and envision your spirit guides and your Angelic Protector surrounding you, comforting you, guiding you. (A time of silence)*

*And now, the leader will enter into the circle. Do not break the circle. Hold on. The leader will enter the circle. And the leader, with hand extended outward, will move around the circle, smoothing the energy that comes from the Angelic Protector and the spirit guides. It is the leader's responsibility to keep the energy smooth. You are all part of a group. You acknowledge the leader for this meditation as the one to keep you together for the meditation.*

*Breathe in deeply now, in through the mouth and out through the nose. One more time, in through the mouth and out through the nose. Visualize a very beautiful White Light filled with*

*purple and gold. It is a ball. It is round, it is soft, it is fluffy. Visualize that at the Crown Energy Center, resting on the Crown. It now begins to pulsate. Feel its energy at your Crown Energy Center. It moves around the flat surface. Feel it moving around.*

*As the leader, I have my hand placed over my Crown Energy Center, encircling, as a way of directing the energy of each of you. Around and around, you feel the energy moving. You have spread the purple, the gold, and the white energy Light all around your Crown Energy Center. I bring my hand now down to my Heart Energy Center. Visualize the color pink at the Heart Energy Center.*

*This is a technique to give love to those with whom you balance. Feel the pink Light of love filling your encasement, and feel now the purple, the gold, and the white at the Crown Center, seeping in through your encasement and mingling with the pink Light of love. The higher powers of purple, gold, and white now combine with the love energy of pink from the Heart Energy Center. You are filled with the higher power of love now. It is what you use to love each other, unconditionally. It is this combination of White Light that fills your being with nonjudgemental, Unconditional Love.*

*We will form an Energy Circle of the purple, gold, white, and pink Light. We will begin with this entity, known as (Name given). She will be the pivotal point in the circle, and it will begin with the right hand moving the infusion of Light through the hand and up through the hand on the left. It moves up. And I will follow it around for this demonstration. It moves down now, the left, down into the right and up to the left, going around and down, and up and down, all the while merging with each energy, (This is done to each in the circle), to the source. You are all connected, and the leader now goes around and smooths the energy thread, for now it runs through you. You are all connected with the higher powers of love. You are connected with the higher powers of love. Feel the connection. It is joyful. It is peaceful.*

*It is at this point that the leader determines how much time you stand ~ or you can be sitting ~ for the meditation. We will keep you in this state for a few moments. Relax, close your eyes, and feel the connection that you have with each other. Relax and enjoy the feeling of the higher powers of love. (A time of silence)*

*The leader will bring you out now, at whatever time is appropriate. The leader has been standing quietly in the middle of the circle. Now it is time to keep the bond together, while separating. You have an energy bonding now that will keep you bonded until it is time for that bond to no longer be. Breathe in slowly now through the mouth and out through the nose, through the mouth and out through the nose. This is the way to return back into the conscious state, keeping your hands together.*

*Now, it is time to sway in the circle, back and forth movement, back and forth, to feel the bond, to move it back and forth, back and forth. Wiggle ~ (Repeats several times). Wiggle your hips.*

*Wiggle ~ (Repeats several times). Move your feet. Move your feet. Move your feet. Wiggle ~ (Repeats several times). Move your hands around. Move your hands. Wiggle, wiggle, wiggle. Ha-ha-ha! (Repeats several times) Hee-hee-hee! Ho-ho-ho! Ha-ha-ha! Wiggle ~ (Repeats several times). Move, move, move. Ha-ha-ha! Move your hands. Wiggle ~ (Repeats several times). Ha-ha-ha! Hee-hee-hee! Ha-ha-ha! And now, everybody hug everyone else. Hug! Do not miss anyone! Hug! (Chit-chat and laughter as everyone hugs) I am not fragile. (As someone hugs her carefully)*

**I did not miss you. I have just been waiting.**

*Teetee: Thank you!*

**Thank you for the meditation.**

*Teetee: You are welcome. Thank you. You may return to your favorite spots now. Yes, thank you. Ah! How beautiful! How do you all feel?*

**Great. Uplifted!**

*Teetee: Uplifted! You see, group balancing should be thought of as a happy occasion, not as one of duty and horrible feelings. "Oh, we are together now again. We must work out these issues." This is not the attitude to have. The attitude is to embrace each other, to love and to laugh. That is how we all get through group balancing, for we are all, in part, balancing. Waith and Company have group balancing. We group balance with every session that we meet with each of you.*

*Group balance is the way of The Universe. It is not unique to any one entity. It is what makes up the game outside of The One. It is the group balance. It is to be heralded with great happiness. It is the opportunity to share experiences. That is the joy, to share with each other, if only in one gathering. For now, you have reinforced in this gathering your group. And in other times, in other lifetimes, you will meet again and you will have a soul memory of this meditation, and it will be a joyful memory. It will be a happy, fun-filled memory. It is the joy-filled memories that we seek to bring into our vibration. Cherish it. Hold onto it. Love each other. Would there be any questions of me?*

**When We Are In A Group And Do Not Have This Kind Of Cooperation, Where Do We Begin?  
(April 16, 1996)**

*Teetee: First you shake them very hard and say, "Pay attention, pay attention! I want your cooperation. I want your cooperation! Cooperate, or else!" (Teetee giggles while she speaks these words) We say this in a joking manner. But actually, the concept is quite real ~ to be lighthearted*



*among those who might not want to cooperate. And, you can use this technique in a modified way. You do not have to use it in its totality if you find that others are a bit hesitant. You could take a part of the group, you and one other, or you and two others, and simply say, "Let us sit and smile at each other." Or, you start the process. Smile at someone in your group who might not be fully cooperating. It will drive them nuts! ☺*

*There is always one, at a minimum, who needs to be the leader in bringing the group together, when there is difficulty in bringing the group together. Some groups come together very easily and would say, "Yes, let us do this technique in its totality." The purpose is to bring a sense of Lightheartedness into the group. The concept of this technique is laughter and smiling and joyfulness.*

*For some groups, you may need to work on that a bit before you can even hold hands, and that is all right. You begin with a concept of reaching out when you know that it is a group balance issue. And, if you have the wisdom and the insight to know that, then it is you who reaches out to bring harmony into the group, if only by going initially to the person, and saying, "Hello, my name is (Name)!" and smiling, and ever so gently, touching ~ if not the encasement, smoothing the energy field ever so slightly. Group balancing in some cases is done by step, by step, by step, until finally the steps bring you together into a circle, and you are able to do this technique. It is based upon your own styles as entities as to how you bring harmony into a group balancing.*

### **If It Is Too Heavy To Smile In A Group, Is It Okay To Just Dismiss Yourself From The Group? (April 16, 1996)**

*Oh, indeed, you most certainly can dismiss yourself. You do not always have to be the happy little doobie. There are certainly appropriate times when, in a particular group, you take yourself out of it, for it has become too heavy for you. There is a time to retreat, and there is a time to advance. It is in your own growth that you will know when to do which of those activities.*

*Certainly, you do not have to walk around always smiling, for then many would think you to be a fool ~ for that, then, is an exaggeration. Remember that exaggerations, while necessary, are only part of the equation to reach balance. You must find the balance between the smiling, and the not smiling, and that by not smiling, you are still happy. It is the physical act of smiling that helps you to concretely bring your energy field into a sense of Lightheartedness. And then, it is all right to be contemplative and happy at the same time. Does that answer your question?*

**Yes. In the past I have tried so hard to spread my positive Self that I have gotten to a point where I thought I was trying to save the world, and the world could not be saved. I could feel my energy being drained out, so I have developed a technique of backing off.**

*Ah, remember that you will not be called upon to spread your energy any more than you would be able to give it, and that each of you affects the world in which you live. Do not be concerned with the greater world ~ "I must save everyone. I must go here. I must go there." Rather, as the Flow of The Universe works, you allow the opportunities to be presented to you. You do not need to go searching out to spread your joy or your enthusiasm. It will be presented to you, in which you then respond. Just as you are presented as an opportunity to another who is seeking happiness or seeking a smile, you would then become the opportunity that The Universe presents to that entity, to respond, or not. So, you are both the opportunist and the opportunitor.*

### **Could You Lend Any Insight Into Closure With Relationships, Or When People Pass On? (December 03, 1996)**

**You just described the importance of closure. Could you lend any insight into closure with people and relationships? It could go even into when people pass on.**

*Oh, yes, indeed. The closure of any Energy Circle, as you might call it. This is not, of course, the major Energy Circle that each of you has, but rather the forming of an energy grouping at earth plane level as it would pertain to all of you. When that comes to closure, it is very important to utilize the bow-tying technique.*

*What we will show you in this gathering is applicable for that. It is a very simple ~ quick, actually ~ technique, one in which, as a concept, many on the plane do not understand the importance. When something comes to an end, it is cause for celebration and would be best viewed as that type of celebration ~ ah, one particular grouping has now reached closure. That is a good thing. It means that whatever was set out to accomplish has been accomplished.*

*It also means that when an energy leaves the earth plane ~ or leaves any dimension to move into another dimension ~ that lessons have been completed. It is always a good thing when an energy leaves the earth plane, even though at concrete level you are saddened by the loss of the concreteness. It is, nonetheless, a good thing.*

*We will be presenting in workshop form, soon, a discussion of the Toy Box that we have presented and the ways in which the Toy Box, in conjunction with the ending of an energy's earth plane sojourn, can be used to strengthen those who are left behind on the earth plane. It is also a form of closure. There are many different types of closure that need to be given, and the energies associated with those closures, depending upon which particular type of behavior is occurring. So, when you finish, let us say, a phase of your mission, whether it is at earth plane level, or you are leaving the earth plane, or you are in another dimension ~ you have finished a predetermined phase ~ that would be one type of energy closure.*

*When an energy within your grouping leaves your grouping, be it at earth plane level or be it moving into another dimension, that, too, would necessitate some type of energy closure. When that does not occur, then disruptions can present themselves. It is good at concrete for you to be aware of these types of energy closures, even though at higher levels there is great awareness of it, so that those closures are occurring at higher levels even though at concrete you are not completely aware of it.*

*However, as can usually happen with the battle between the Higher Self and the Concrete Self, or the Higher Self and the Soul, blockages can occur, and those closures do not indeed happen. And then it opens up for an entirely different discussion, which we will address at some point down the road into our Second Phase.*

*So, my loves, in this session we will be giving a closure exercise that you could apply to an entity who leaves the earth plane. In the future we will give more specific kinds of exercises. You will see from what we give in this gathering what the concept is, and you can make up your own. There is no set way, "The Archangel said you must do it this way, and if you do not say it word for word and do every motion exactly as Waith indicated, then it is not a good one." This is ridiculous, of course. Understanding the concept is what is important and then applying your own, making up your own little ditty, shall we say.*

*Certainly, you have seen over time the many different meditation techniques that have come about and the sending of the Light techniques and all of these different techniques, depending upon who happens to be making them up at the time. Each of The Company members, for example, came up with different little ditties. Each one is applicable, or not, depending on your mood at earth plane level or depending on any number of things ~ your own sense of creativity.*