

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

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*Waith's Words, and the Spirit Group's Words, appear in this font style
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Cleansing Of The Physical Encasement ~ Fasting ~ Your Way ~ Slowly

There is much information available to all of you regarding cleansing of the body and its effect upon the spirit and how beneficial it is to the body. We thought we would give you some additional insights into what this is all about, and also to help you, many, many of you, take some pressure off of yourself where it comes to this whole issue of cleansing of the body.

We realize that you each see around you friends and acquaintances who are, shall we say, sometimes fasting or consuming certain items, and you hear about this as a way to achieve spiritual attunement, and there is some confusion about it on the part of so many in thinking that there is one right way to do it, and if you are not doing it and, horrors! if you are not able to do it that there must be something wrong with you that you are not spiritually attuning yourself. We are correct in this, are we not, this feeling that many of you have? Yes. So we are going to help you put it into perspective.

First and foremost, as we have said so often to you, you must not compare yourself with someone else in terms of advancement and attunement and all that. You must compare yourself with yourself. That is all that matters, where you are for yourself, and place the expectations upon yourself and not as it relates to someone else. Now this applies very specifically to cleansing. You have heard that it is good to fast and place into the physical encasement perhaps only spring water for X amount of time, maybe juice with it, and that that is the ultimate fast and cleansing. Maybe for certain entities.

What you need to recognize is that any changing in your eating patterns, whatever those patterns happen to be, where you eliminate that which is considered solid food, if you eliminate only one of that for, let us say a one day time frame, that for you is a form of cleansing, for you have ceased putting into the physical encasement that which you normally would put into it. Do you understand? For example, if you are accustomed to on a daily basis having this thing we have discussed in the past, a hot fudge sundae, ☺ by eliminating one of these for one day, you have in essence done a cleansing, you see.

Some cleansings occur on a Spectrum, you must realize. Many of you I feel are beginning to recognize that everything we bring to you for information is on a Spectrum, shall we say, opposite ends, and everyone is somewhere in the middle. Cleansing falls within this area so that there is the ultimate cleansing here at the very end where in actuality the body is not consuming anything. We have discussed this. At the other end it is where the body consumes everything it can get its little hands on, and as you begin to move from that end toward this end ~ it is a gradual type of thing.

Your body cannot undergo a traumatic denial of sustenance without having adverse effects upon you at all levels, physical, mental, and of course spiritual, for remember that the spiritual will not be achieved if the mental and the physical are unbalanced and

unhappy because of the balance, and it is not good for you to do shock treatments to the physical encasement.

So for many of you who are doing various degrees of cleansing, it has come over time, where for many of you, you have not even realized consciously that you have eliminated a particular item of solid food from your diet. It just seemed to happen, and then may have happened simply by accident, and you just found yourself no longer eating a particular item of food.

And you can all on a very conscious level now, if you so choose, begin a path of cleansing, for it truly is a path, one in which you progress at your own rate and takes lifetime after lifetime. It is not something that you begin at this end of The Spectrum in this lifetime suddenly and you are going to reach this end by the end of this lifetime. It will not happen that way. You understand that all, don't you, that you may move ever so slightly forward in one particular lifetime and that it is acknowledged that as you move closer and closer to this end of The Spectrum there is an acceleration that can occur where you are able to take on that acceleration, your body, your physical body, in connection with your mental state is balancing with the Soul, and therefore you can begin to move very rapidly towards elimination of most everything.

We recommend that if you want to move along this path that you do it slowly at first. You have not been accustomed to cleansing, and it is, as we have said so often, a step by step process that all energy forms evolve, and so it is easy for many to start with for just one day eliminate one thing out of your diet, one. It does not mean however that you replace it with something else. It means a void, so if you are not eating hot fudge sundaes for a day you will not replace it with a butterscotch sundaes, saying, "Oh, I have eliminated the chocolate."

It is the mass itself, what it represents, the food item itself and what it represents to you in the total context of you as an entity. It may mean that you decide to eliminate all bread for a day, and what you do is not replace it with anything so that if you are going to eat a sandwich, this thing called a sandwich, you would not put something else around the filling to give it substance, and you would simply not have anything. And when you do this the first time, and you have accomplished it, you can then look at your accomplishment and pat yourself on the back and say, "What a good little entity." ☺

You will begin to have a record of success for you see yourself able to eliminate one item, and if it is a difficulty for you by the end of that day and you find yourself the next day doubling up on that which you did not have the day before, that is fine, you see. What you have done is start the process, and each time that you do this it becomes easier and easier for you at a psychological level.

Food is an illusion, as we have said everything is, and gradually you begin to work your way through to the point where you may indeed have the desire and the ability to have

a liquid cleansing, and that you begin this again very gradually so you might go for, shall we say, a twelve hour time frame and consume just liquids, water and juice being the most popular. And gradually you increase this and do it in a way that feels right for you and in a time frame that feels right for you, so that you might increase from ~ oh, you could even begin with this time frame of meals, and rather than consuming solids at three meals, as is the custom for the encasement, you might consume liquid at one meal and solid food at another meal.

Do you see how you can begin this process and begin this cleansing? And that is in essence fasting, so that you can begin to feel proud of yourself at your accomplishments. And if you feel a sense of success with yourself, then it becomes easier for you to move along this path rather than compare yourself with someone who is at a point where they may have a juice cleansing for seven days. That is all they consume is juice and water and you feel intimidated by this. You do not begin at that stage unless you have worked your way toward it. Does that sound simple enough?

What Are The Benefits Of A Cleansing?

The benefit of cleansing the physical encasement is that it serves as a discipline for the Soul and it has a benefit to you at a very concrete physical earth plane level that you are attuning your vibration ever so slightly. The lighter the body becomes vibrationally, not necessarily in what you would call poundage, for you may in fact fast all the time and not lose this poundage. That is an issue that has nothing to do in fact with your weight. What it does though is heighten the vibration of the Soul, increases it so that the Soul is at a very highly attuned level. And when of course that happens it means that there is a very strong interaction between the Higher Self occurring and an ability to understand the Universal Concepts at a higher level. So the more that you rid the physical encasement of the entrapments of the earth plane, the higher your vibration, of course, we have so many times discussed with you, so it has that type of benefit. It is working hand in hand with the three levels of spiritual, mental, and physical.

I have read where Anwar Sadat, when he was having to make a very major decision, he would fast and supposedly he felt that that would help him make that decision or allow him to get in touch with the deeper truths of the choice he must make. I wonder if you could comment on that fact.

Yes. As we had just mentioned, it helps to attune the Soul with the Higher Self. There is the discipline involved as well as a concrete physical change in the vibration that allows in conjunction with meditation a gaining of some deeper truths. You must realize, of course, that that type of fasting is only achieved ~ it is at this end of The Spectrum as you move closer to this end of The Spectrum that I described to you that if you have never fasted to suddenly do that and think that you would have deeper meanings revealed to you is simply not going to be, for you would rather be concentrating on the fact that you were hungry, that would be bothering you.

Those who have reached a level of attunement, in conjunction with the progress of elimination of sustenance from the body, have also been simultaneously increasing their meditative abilities and their attunement to the Higher Self. And so, yes, when that level is reached, as in the case of this entity of whom you speak, great enlightenment can occur. It can occur for each of you, however, as your own levels, for enlightenment comes at particular levels, that which you need to know and that which is necessary for your mission.

So, for example, the entity Anwar Sadat, of whom you speak, had a very specific message to convey with his entry and a very particular mission. He was of course a walk in, as we are referring to. The original was not the one who you saw at the end. That is no news coming from me. That has already been documented. And thus the level of knowledge that he needed to acquire and to have at his disposal for the accomplishment of his mission was working in conjunction with his own attunement.

Working Simultaneously ~ Fasting In Conjunction With Meditation

Thus as you begin to undergo these fastings, whether it is the elimination of a hot fudge sundae, if you simultaneously work it in conjunction with meditation, you will find yourself slowly understanding some truths that were until that time not clear to you. You will have, shall we say, a click occur where you will suddenly understand something. It may in fact be something from many of the readings that you have of our sessions here that you may not have understood certain things, which is entirely possible, and as you begin to attune ever so slightly, ever so beautifully, issues and information that was at one time murky to you and not even understandable, suddenly you understand the meaning of it.

A Discussion Of Combination Of Foods ~ What Is Right, Or Not, For Your Body

Is there any advantage to the physical encasement not to mix proteins and carbohydrates at the same sitting, same meal?

These are issues that have seemed to have been on the minds of all on the earth plane for a number of centuries, and there has been much general information being given regarding some basic reactions that the physical encasement has in response to combinations of food, and while there are certainly advantages to listening to this information and understanding from it the implications of food combinations, one must take this information and begin to apply it to yourself as it feels comfortable.

The combination of, shall we say, these carbohydrates and proteins can have upon the physical encasement something of a heavy effect, a weighing down, for both have a solidity about them as they interact in the body, and that it is actually a better situation to not consume both simultaneously.

However, this must be something that feels right for your body. It is very easy to give an answer and to say this is right and this is not right, and you do this and do that, and you will achieve attunement. It is not quite as simple as that, my children, as you are beginning to realize from speaking with me and from reading the transcripts that all of the responsibility eventually falls upon you and your own abilities to meditate and to reach your Higher Self and to find your own answers. There are some who could in fact consume both of these food products and have no adverse effects whereas others would have an adverse effect.

What is needed is for you to become very much in touch with your own physical body's reaction to the various food combinations. You can begin by looking at that information that has been given to you as a basis of comparison, and so if you are feeling for example that by eating protein and carbohydrates together that it is making you feel less that you would like to feel, groggy perhaps, try reducing the percentages.

Do not try eliminating completely at first. We do not advocate this as we have said from the beginning of this session. So perhaps instead of, shall we say, two slices of bread with a slice of cheese as a protein you would eliminate one slice of bread and try this for a period of time to see what the difference is in your feeling, combining this with meditation so that you can call upon your Higher Self at whatever level that is to help you to interpret. And if you are feeling ~ if your body is feeling good, then you might try going one step further and eliminating the combination completely and seeing what type of reaction you have to it.

Remember that you are somewhere along this Spectrum of which I spoke in the elimination of sustenance into the physical encasement, and that eventually you need not worry about combinations, for there will be nothing that you are placing into it anyway and that what might appear to be an unusual combination for an entity may not be so for that entity.

Many of you know that I have placed Mushiba on a cleansing which consists of water, grapefruit juice, milk, lettuce, pineapple fruit, and the special bread she makes, for thirty five days. If you were to look at that, as many of you have, in sheer terror and question the combinations, understand that it is right for her vibration and that as a result of it there will be a very high degree of vibrational change occurring. We know what is right for her. We have been working in conjunction with her. She has actually been eliminating most everything from her menu, as many of you know who know her, and that there will be in a short time virtually no consumption occurring on her part.

This has not happened suddenly and just in this lifetime. It has taken hundreds of lifetimes to reach this point. Thus, if you were to discuss this current food pattern she is on you would find her to indicate that there is absolutely no problem with it. There is no hunger. There is in fact not much consumption of any of these foods occurring, and it is because it is right, and it is time and it is wanted. So Mushiba, for example, she does

consume simultaneously milk and pineapple, you might say yum, and it is in fact working most definitely for her own vibration.

This example serves as a model for each of you to find those foods that feel best for you in whatever combination it happens to be, and that by knowing what the standard is for the masses, looking at those who are very far at this end of The Spectrum in their consumption of food, that by looking at these changes in food combinations helps you to adjust your body in certain ways, so that as you begin to attune yourself to those items that are right for you, you will begin to make the decision yourself.

Remember, that information that comes through for the most part is something that you take, and you analyze it, we have said this before, and you synthesize that which is right for you, and that which is not applicable to you, you do not pay attention to it. You discard it. You take from many different sources and find that which is best for you. You make your own combinations which may be very different from anyone else around you. Do you understand that?

A Question Concerning The Bodily Functions Of Eating Just Before Meditating

I have heard that you should not eat before you meditate. Well, you mentioned that meditation can probably occur a little better if you do not have food in your stomach. And I thought I would come to some conclusion about why that is true, and that is what I would like to ask you about. When you eat, your brain or your mind must also control your bodily functions, so if you, more or less, fast prior to meditation, your mind is then freer. It does not have to control your body functions as much, and you could seek other levels of consciousness.

That is partially correct. Remember that we indicated that by simply eliminating one food item it is considered a fasting, and that you could go into the meditative state even after eating, shall we say, a full meal, but without the hot fudge sundae. And in place of the hot fudge sundae, you might in fact begin to center yourself even if you had had a great amount of food to eat. At your own level it is an elimination. It is a fasting. It is therefore helping you to attune yourself.

And as far as the bodily functions are concerned, at the beginning stages of fasting, the bodily functions will maintain themselves. So you would need to give attention to that regardless of the fact that you did not have a hot fudge sundae. However, as your fastings become stronger, the body functions work in harmony with that which the body is abstaining from and it does not become an issue. And yes, you are not thinking, for example, that you must go into the bathroom and so you may meditate and not worry that you will have a little accident. 😊

I am thinking more if you eat, your body has to digest the food and that takes up a lot of energy.

We are referring to this. Remember again that the degree of vibration works in conjunction with energy and that you cannot start at this end. You must start here in order to reach an energy level of which you are referring. The digestion and the physical manifestation divert in the body certain energy. However, as attunement is heightened and there is less of a need for sustenance, it is working harmoniously and simultaneously with the energies. And thus, by eliminating one food item and still consuming others, yes, the body is still consuming the food and using up the energy. However so slightly, an amount of energy is diverted and that energy is then put into the total vibrational package.

Knowing Whether To Eat, Or Not ~ Listening To Your Body

I wonder if you could comment on this. A lot of times, although my body might feel hungry, I will feel better before I eat than after I eat.

Then why do you eat then?

That is a good question. I am wondering if it is the choice of food, or just maybe a signal that what you are talking about here, that your body actually feels better without this food.

It is an issue that many of you are beginning to recognize and to be faced with, and yet out of habit, out of fear, that if you do not eat, something awful will happen to you. You therefore go through the motions of it, and this is what we have spoken of earlier. You learn to understand how your body feels as it consumes a particular type of thing. This is how all energies reach this ultimate point. It is not someone saying to you externally, "You must now not eat such and such." It is your body saying to you "I no longer need this."

Know that this is not a concept of mutual exclusivity here. It is the Soul, the mind, and the body working harmoniously together saying, "I do not need this. My energy levels are different now." And it is a gradual type of thing. And for those you might see starting in this incarnation at a very young age of not eating very much, understand that that did not just happen by accident. They have brought that in from another lifetime. Thus, you begin to see that there is a definite reaction at the mental, as well as the physical level. After you have consumed something, meditate on this and analyze it as a sign to yourself. No one forces you to eat anything nor does anyone really care in fact what you eat.

It is not even the amount of food. Even if you eat a little bit, it is still unsettling, and I am more uncomfortable than before I ate.

Then you must recognize this as a sign to you and perhaps it is a particular item that is causing this for you.

Pizza? 😊 😊

You might, in fact, when eating something that has a combination of many things, try and eliminate one thing at a time from a combination to determine if it is the entire, shall we say, PIZZA, or whether it is one of the ingredients. You see? This is how it is done. It is all up to you. No one can tell you. You make that decision. And you can talk with Mushiba about this because she will tell you that no one really cares what you are eating. You simply state to them what your dietary needs are, and if they do not like it, it is too bad, that others can accommodate themselves accordingly, and you should not allow anyone to force you to eat something that you do not feel right in eating.

Nor should you impose upon others your own eating patterns. This is something to keep very much in mind, and as you begin to change your eating patterns, do not feel that you have found the one and only truth, and that all those around you would only benefit by your needs and that you proselytize to them and try to impose upon them your own eating pattern.

Food Addictions ~ The Gradual Elimination Of Foods You May Be Addicted To

We spoke about food addictions some time ago. I am struggling with sugar and caffeine. Would you advise on the continuum instead of eliminating all coffee tomorrow, as I am thinking about doing? I know that does not usually work because I get headaches when I slowly do that.

This is exactly what we have been saying. It is a gradual reduction, and that would apply to any one food item in particular ~ that you will begin to eliminate things gradually. It might appear that you suddenly stop consumption, but in effect you have been at other levels eliminating it gradually. This thing called COLD TURKEY is not all that it appears to be, for unless you are ready at the spiritual level to let go of something it cannot happen.

And thus it is something that is done gradually, whether it is at the Soul Level or at the physical level, where instead of five cups of coffee a day you start reducing to four cups, and you do this for perhaps one week, and then the next week you try eliminating another cup, and if you find that that is difficult, then eliminate half of a cup and give yourself several days in which to do this and for the body to adjust.

It Takes Approximately Fourteen Days To Adjust To Withdrawal Of Certain Foods

It takes the physical encasement approximately fourteen days on the earth plane time to adjust to withdrawal. The issue of how easy it is for you to adjust to that withdrawal

depends upon the Soul's evolvment, for if you were to suddenly say, "I will drink no more coffee ever again starting tomorrow," if your soul has just let go of that entire issue and you have learned that which you needed to learn about it, the physical body will of course have to go through that withdrawal stage. However your own discomfort level will be very minimal and it will not be an issue of desiring the coffee any longer. Most everything should be done slowly for you to allow the most beneficial results. You can eliminate these two areas, my dear, very easily.

It is interesting because I stopped eating meat kind of without realizing I was doing it the way you described before, but coffee I crave and want. It is a different situation, I guess.

It is because your soul has not dealt with the issue completely and is still holding onto it. You can help your soul along in the discipline of elimination slowly and you may find that you reach a point where rather than consuming mass quantities of a particular item you have in fact brought it under control and that in itself is a tremendous accomplishment. Perhaps not in this lifetime is it to be that you eliminate a particular addiction but rather bring it under control, so that in another incarnation you are able to eliminate it. You must bring it under control first before you can eliminate it.

What About Fasting Now As A Way Of Getting Ready For Possible Issues After The Shift?

I have a question that is to do with fasting but a little different. I have read in several places that it is good to get your body used to fasting now because after the shift there will be times when we will not be able to have the nourishment that we are accustomed to.

What you must realize is that those who will be staying after The Shift will be physically, mentally, and spiritually ready for it. There will need to be a certain level of attunement, as we have spoken of so often, at a spiritual level in order to be able to stay after The Shift, so that that level of attunement will be working already in harmony with a certain ability to fast.

It does not mean that there will be total abstinence of food from the earth plane. There will be a sufficient amount of food to maintain the vibrations that will be remaining on the earth plane. There may be periods of time when it will be in scarce quantities. However, this will not be a problem for those who have been allowed to stay after The Shift, for they will already have done that, to already have reached that ability. Whether they do it a great deal in the manifestation or whether they simply have the ability, it is so often not going to be known by those around you.

Being Nonjudgemental Of Another's Eating Patterns ~ And Issues Of Imposition

There are many who you may see eating certain types of food and never fasting. Again, you must be careful not to judge where someone is on their path, for they may have the ability that has come from another lifetime that if they decide to stay for The Shift, it will be called upon, this ability to fast. It may be that for whatever their mission, a lesson to be taught, something to be learned, they do not fast. So not everyone who has the ability to fast and cleanse themselves are actually doing it, or at least doing it visibly, noticeably, to those around but rather privately, or not at all.

What it does is try to impress upon you that you cannot judge anyone by looking at what they do to determine their attunement, for you may see someone next to you overindulging in food and there may be a very, very specific reason for this which you have no idea, and yet that person may in fact be very highly attuned and may never in this incarnation use the ability to fast. They may not even stay for after The Shift but in fact have just come in to teach or to learn something where that issue is concerned and then go on their merry little way to another dimension or another incarnation.

So, what we are presenting here, so often as we do, is to shake you from your preconceived ideas. Do not think that you are above someone else because you are able to fast and you see someone who is not fasting, not even wanting to fast or cleanse themselves. So do not think yourselves superior to them. You are not. No one is superior to anyone else, no one. We are all on the path together. It is no one's right to judge why someone does something, to impose upon them your beliefs or make your judgements about what they should or should not be doing. Do you understand?

This is not directed at you specifically, my dear. It is to all who will read these transcripts. You must be very careful. Do not impose that which you believe and feels right for you onto anyone else. It is where the organized religions run into so many difficulties, so they have moved so far away from the concept upon which they were founded, and present dogma as the one and only way to believe. We have spoken about this in great detail in the past. The issue is that no one has the right to judge anyone else under any circumstances.

Parents Guiding Children In Their Eating Habits

The point is, Waith, that what you are saying is correct if we listen, but also should not parents act as guides to young children?

Guides are a completely different issue than judging. Yes, you give guidance but you do not judge. Do not judge. It is an issue that requires a great deal of work, to be unconditional and nonjudgemental, to understand that every entity is its own Self connected to the One, and that no one possesses another, and no one has the right therefore to judge.

That guidance that you give to those charged to you in the beginning is meant for help, just as your guides help you, but you make your own decisions. So, too, do your children make their own decisions. They may be in alignment with that which you have guided them, and they may not be. You must recognize that it is their own soul's path and their own free will making these decisions, and that if they choose to follow your guidance, fine. They may choose not to, and that is fine also, and that in the end, you cannot judge them for that. Simply accept that they have followed their path in whatever way they felt was best, you not knowing what that path is, only them. It is a most difficult issue to live and it is why it takes so many lifetimes to get through this earth plane experience.

These are not easily learned lessons. If they were, then the earth plane would not serve its purpose. You know coming into the earth plane experience that it is for hard lessons to encounter, and you do the very best that you can, each of you, remembering that you cannot do it all in one lifetime, and that you are not perfect, and that the way in which you learn your lessons is by taking them on and working with them and understanding where you might not meet the lesson and try to work with it. It is a matter of working with these lessons on a regular basis and understanding what the disciplines are that one needs to deal with in your life that may be different from someone else.

We feel most honored to have been able to be of assistance to you during this session and to answer any questions, and hopefully we have raised an issue with many of you that will begin to settle into your consciousness, and as time goes on, you will have other questions relating to this which I will be able to answer. Also that you may be able to commune with your guides along this issue and begin to become in touch with your physical encasement in a more personal way, knowing that it is your physical encasement. It is yours to do with as you please. And that is a Universal Truth. No one has any right to tell you what to do with your physical encasement.