

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

October 04, 1988

- ∞ [Jacques Gives A Brief Discussion Of His Mission In The Spirit Group](#)
- ∞ [A Remedy Is Given To Help Relieve Fatigue Resulting From Psychic Attacks](#)
- ∞ [A Remedy Is Given To Help Relieve Headaches Resulting From Psychic Attacks](#)
- ∞ [A Remedy For Weakening Of The Joints Resulting From Psychic Attacks](#)
- ∞ [Is It Possible To Have Other Conditions As A Result Of Psychic Attack?](#)
- ∞ [Can You Give A General Reason Why So Many People Have Back Problems?](#)
- ∞ [Grapefruit Juice As A Way To Cleanse The Physical Body](#)
- ∞ [A Brief Discussion Of Emphysema](#)
- ∞ [A Child Is Being Rebuked At School For Seeing Auras](#)
- ∞ [Sending Light To Others ~ What Can Be Done To Help Lengthen The Effects](#)
- ∞ [A Question From Someone Dealing With Their Children's Learning Disabilities](#)
- ∞ [Farena Comes In ~ Gives More Discussion On The Aum Kara Nada Sound To A Member](#)
- ∞ [Sleep Is An Altered State And A Form Of Meditation](#)
- ∞ [A Question About The Challenger Astronauts](#)

*Waith's Words, and the Spirit Group's Words, appear in this font style
(If a Spirit Group Member speaks, they will be identified)*

Class Member Questions/Comments appear in this font style
(Multiple responses from the class are preceded with this symbol ⚙)

Jacques Gives A Brief Discussion Of His Mission In The Spirit Group

I am Jacques! Well, I have been requested, and am very honored to be here. I am of the healing mission, and any of you that call upon me in this area, if you are having concerns of the physical encasement. I am here to assist you in this and to guide you in ways to resolve those issues of the Soul that relate to the issues of the physical. This is my function. I am here to come in your meditations, as well as to give information of a general nature for health, that which will guide many of you toward better health. I am also able to send energy when approved by those around me, to help in healing. It will occur, however, only when the Soul has resolved the issue, and not before that.

There are more and more healers coming forth now, many who have been trained on the earth plane schools for physicians, who are now realizing their own spiritual self and using their training in this lifetime, as well as from other incarnations, and coming together with their own advancing awarenesses to bring a greater number of healers to all of you. You will find them increasing now.

A Remedy Is Given To Help Relieve Fatigue Resulting From Psychic Attacks

I have been feeling over fatigued and recognizing this as a possible psychic attack. Is this chronic fatigue a psychic attack? For those of us who feel this way, is there anything other than surrounding with Light and telling negatives to go away?

Jacques: Indeed. Remember also that the fatigue is not always psychic attack. You are beginning to learn the difference between psychic attack and the basic fatigue that the physical encasement will have on occasion. There are precautions that you can take, for those of you who will come under psychic attack, and there are particular remedies that will ease the physical response to the psychic attacks. For example ~ this is a good question.

When you are all feeling fatigued, you have a sense of tiredness, you might take the following ~ a teaspoon of raw honey, take one clove, take one half of a cup of whole milk ~ Place this to be heated. Bring the liquid only to below the boiling point, and then place it into a container that is of a rough ceramic, nothing that is polished. Before consuming this, place your right hand, if you are female, and if you are male, your left hand, over the top. Visualize this mixture going into the solar plexus, the Spiritual Center, and coating the solar plexus. Allow the mixture to warm down to the point where it is easy to consume without sipping, but rather, being able to drink it down. That is one remedy.

I would recommend that you do this in the evening, as you prepare for your meditation. This will help you, for the psychic attacks, understand, come in through the solar plexus, and that as each of you are expanding your awarenesses,

the solar plexus opens itself up for entry for all sorts of energies. This will help you. It will help in the fatigue.

For the past two weeks all I want to do is sleep. I spend most of my afternoons sleeping and I am not usually like that. Have I been under attack?

Jacques: Indeed. The fatigue is a residual to the psychic attacks, and it is sometimes healthy for the body to allow the rest to occur for this helps you to gain the strength that you need at the physical level. For if the physical encasement is feeling weakened, then at the mental and spiritual there will be a weakening also. There needs to be a strength all around. So do not feel guilty that you are sleeping. Allow that to occur.

A Remedy Is Given To Help Relieve Headaches Resulting From Psychic Attacks

We realize also that there are some who have the feeling of the ache in the head. Yes.

We suggest that you take a very large cloth made of a soft material, a cotton perhaps, very soft, and you place for heating a pot with hot water, and in it you place an herb that ~ let me search now for the name that is used on the earth plane now. Aramis. Place Aramis into boiling water, and as the steam comes, place this cloth over the steam until it penetrates and creates a warmth in the cloth. Turn off the heating element. Place the cloth around your head, as in a tent effect, and place your head so that the steam comes in through the nostril area of the head, and be certain that the cloth covers your ears, and breathe in through your nose, and breathe out through your mouth.

Do this as often as you feel necessary to help in the ache. We advise that you not consume any chemicals, such as pills that are available, but rather, this particular remedy. There are many, many remedies. This is one. It is a favorite of mine for the aches. And repeat this as much as you need it in one particular sitting. After the water has cooled and you still feel in need of comfort, repeat the process.

A Remedy For Weakening Of The Joints Resulting From Psychic Attacks

There is also a condition that some of you and others in the future will feel that is a physical residual of the psychic attacks, that is a weakening in the joints of the body, a feeling of losing strength. This will manifest itself in several areas of the physical encasement. It will manifest itself in the area of the hands, in the area of the lower neck, as it connects to the back. There is a way to help.

You are needing this. It is to take the grapefruit juice ~ this is one of our favorite remedies, you know, grapefruit juice. It is to heat the grapefruit juice ~ the warmth is essential in remedies. There should be really nothing cold going into the

physical encasement during times of distress. Heat the grapefruit juice, and in the heated grapefruit juice, place the herb that is of licorice family. Anisette, anise, yes. A small portion of this, very small, for it is strong. And we recommend perhaps, one cupful, not boiling, but warm, and to consume this three times each day, at a minimum, and this will help to relieve the pain which is in the joints of the body due to psychic attack.

Jacques, I have a problem with my knees and my elbows. I was wondering if this would relate to this residual effect. It is a weakness in the joints.

Jacques: Yes, indeed, some of it is related to that, my son. You have been under tremendous attack because of your Lightness and also because of your involvement with all of us. They do not like that. There are, however, some other issues that we feel the time to discuss with you is coming close, that we would like to discuss with you. Waith has indicated that there are particular events about to occur, within the community, and that will necessitate then a number of private readings to explain certain things. And there are some connections that you have that are ready to be explained, and it will help you in understanding the issue of the joints, as you refer to it.

We recommend that in the meantime, be careful of the type of shoe that you wear. We see your needing a shoe, especially on the right side, that has a greater support to it. Perhaps something that can be made for this support, to go under that which is the arch that will give you a greater balance. There is a bit of imbalance at the physical level.

Is It Possible To Have Other Conditions As A Result Of Psychic Attack?

Jacques: There are many manifestations at the physical level that come from psychic attack. They come up with new ones also, to keep you off guard. There are the standard physical manifestations, and then there are others that what they do is go into your own fears. They understand what your fears are, and they find something of a physical nature, something so concrete that if you were to have it, it would create more fear. This is how they work.

Is this something that has happened to me recently? And by the way, I want to also thank you for all your help in the past couple weeks with my surgery.

Jacques: We have been honored. You have had a particular, shall we say, flowing through blood occur. That is an illusion created by the darkness. It is not there, but rather, in their abilities to create strong fears, they have led you to believe that there is something in your blood system. It is not there!

Can You Give A General Reason Why So Many People Have Back Problems?

Jacques: Most relate to individual reasons. However, there are issues that many resolve in this manifestation that come through physically in the back, recognizing that the back symbolizes the stature of the individual, the ability to stand tall and to support oneself. The back represents those issues, and many now on the earth plane are attempting to increase their stature in many different ways, spiritually, mentally, physically. Many, many are attempting growth.

This is increasing in stature, and so there may be problems relating to the physical encasement responding to this. It is not quite as simplistic as many of you would hope it to be, that we could give a quick answer. It does relate, though, to individuals, and what applies to one may not apply to another, but rather that the back is the symbol of control, and many do have issues relating to control.

Grapefruit Juice As A Way To Cleanse The Physical Body

I have taken my daughter off all artificial remedies, but I am a little concerned about her having regular bowel movements. What could I give her, other than the artificial things, to help her with that?

Jacques: The cleansing of the physical body requires more than just placing substances into it. It requires a mind coordination, a coordination with the spirit. We, as usual, present the grapefruit juice as being one of the most efficient cleansers if used on a regular basis. This issue, though, dearest, is again something that would be better served discussing in private.

In the meantime, however, we would recommend that you sit with her and explain the grapefruit juice, and explain to her, not only at the physical level but at the spirit level, for she understands at the spirit level greater than you realize, remembering of course that she is an advanced entity. Do not be concerned about this particular issue. It will not create any major problems. When the time approaches, which will be in a short time, for the individual reading, we can go into it in greater detail.

A Brief Discussion Of Emphysema

What can I do about my Emphysema? Is there anything I can do to get rid of it?

Jacques: Before you can rid yourself of it you need to understand that which creates it. Present this during the reading in the future, for it is something very particular to you. The problem of Emphysema in general relates to those who have had difficulty in prior manifestations in expressing their own spirituality. There is an attempt to suffocate that spirituality at the public level. But there are other issues that enter into it other than just this that I have described.

What will occur as we give these individual readings, if it is I who respond to, let us say a health issue, that the issue of the Soul will be discussed and it will then ~ certain types of remedies, if you will, will be presented and then, in confidentiality, that will be available to others to read without the name of the person being given, but rather having the issue at the Soul Level presented in a particular way to help alleviate the physical pain, but we do this in private sessions.

A Child Is Being Rebuked At School For Seeing Auras

A friend of mine asked me to inquire about her daughter seeing a blue aura on her teacher's head at school, because besides wondering what this little girl is seeing, she says that the school will soon be telling the mother that she cannot let her come to school until she finds out ~ go to a psychiatrist at school. The mother thinks her daughter is really seeing something.

Jacques: The situation, of course, is so predictable. It has happened throughout millennia where those who are advancing spiritually are chastised, condemned, made out to be lunatics. Most all of you in this session now have had manifestations in which this occurred. It is part of the learning that each soul undertakes in how to discuss this, how to deal with it, when there is an ability to see certain types of manifestations. There is nothing that can be done to stop those around this young entity who would claim her to need psychiatric help, for she simply does see the aura. What is the big deal?

The mother said even if her daughter is seeing auras, she still has a problem to deal with the school, because they call her and say to take the child home.

Jacques: It would be best for the child to be counseled from one of a metaphysical orientation, and to help the child to understand that the world does not understand or accept much that she will be able to see. Those who are in the stages of developing their psychic abilities, such as this child, find a condemning environment, and many of you have gone through this and understand the precautions that need to be taken when one is first developing these abilities.

And to speak of them one must be careful about the audience until there is a strength within the entity to take on those who would criticize and those who would condemn and claim the entity to be crazy. There have been so many cases where those in authority were able to simply have their way and label energies who were advanced spiritually and have them put away, labeled in many different forms. It would be best that the child simply stop saying that she sees these.

The child is also having a physical response by shaking, as well.

Jacques: We are aware of her responses to the sighting of the aura. It is part of what she has taken on to learn in this lifetime, how to control this, how to deal with this ability. It is a gift to her, and she needs counsel from someone, perhaps one of us from The Company, perhaps someone from The Community here, where she is given the knowledge, first of all, that she is not crazy, secondly, what it is all about. And that she is not to fear it, rather to view it as a gift that she can work with and help others, for it is a healing gift, to be able to see the auras, for in seeing auras, one is able to help another, and this is what she has the ability to take on in this lifetime.

We are always most open to having those of the young age, earth plane wise, coming to speak with us. And so, it might help if at least the mother had a feeling of community, knowing that this is not an unusual occurrence and that there is nothing wrong with her child.

Sending Light To Others ~ What Can Be Done To Help Lengthen The Effects

My understanding of questions is that the protection is there as long as you put attention on it, but when you initially visualize it, can you program it then to stay longer? Perpetuate itself? Can you program a crystal to maintain an energy field?

Jacques: It can be done. It takes practice and experience, and much of what many of you are here to learn is how to reach for that achievement. You cannot just simply start doing it one day. It takes a great deal of practice and working with your guides and your Higher Self. It is not something that I could wave my hand, and it is done for you. It is something you do yourself, and it comes through much hard work.

Jacques, when I put a white light around my kids and my husband, when they are leaving the house, I assume that it is put there. When I send it, it is there. Does it disappear when they leave my sight?

Jacques: It is there. No, it does not disappear. However, it does not stay for a long time, for there must be this element of time if one is to use that. It is really not quite accurate to call it time. However, there is an element of it staying, and it is part of the ability that each of you would develop, to have the protection last longer. Continue to work on it, and as you do this, you project a particular time frame, and when that time frame has been completed, immediately send more, and keep extending the time frame.

Once you originally set it up, then you just zap a little attention on it periodically and maintain it as long you put this attention ~

Jacques: Yes.

Does it help to have the color white, to intensify the sending of the White Light?

Jacques: It is a technique that could be used, dearest, to help you in the visualization of it. It is not necessary, but it is one of those, shall we say, crutches that can assist you when you first begin. For you are all at various points in your ability to do this, so you find something that will help you along the way, and you can find this information through your guides, and through your Higher Self. Simply ask them. Ask your Higher Self to come through with the information that you need to help you to gain this ability, for it comes from within.

A Question From Someone Dealing With Their Children's Learning Disabilities

Jacques, I have a question about learning disabilities. It is people learning in different ways. I have two children who both have learning disabilities. I know that they are soul issues, but they are being trained, my daughter in particular, for word retrieval, and things like this, to get her brain in gear so that she will make the connections. Is this more a soul issue that she is dealing with, or is it a physical problem?

Jacques: Remember that all physical problems, if one would use that word, for we do not view it as a problem ~ we view it as simply what must be, not even a challenge, just simply that which must be in order to resolve an issue of the Soul in order to grow, in order to learn. It is exciting. It is what must be. It is not a negative.

I am just wondering, should I proceed the way I am doing as far as addressing her speech problems, or it being a soul issue?

Jacques: It is a soul issue, and you must come to an understanding of what that is through your own meditations with your Higher Self, and working with the dear entities, for they are most beautiful, and they have taken on some very interesting lessons that relate to you in the path that you have chosen. You are close to understanding it.

Will these problems kind of alleviate themselves because they stand in the way of a lot of things. It seems there is so much more to do.

Jacques: It will take care of itself when it is ready to take care of itself. Do not be impatient. What must be done is what must be done, and will be, according to The Universe. Nothing more and nothing less. I must depart now. There is one who would like to enter briefly, to address the question that is raised on the photograph. I have been most honored to have been a part of your vibration, and I thank you for calling upon me, giving me the opportunity to Be of Service to you.

Farena Comes In ~ Gives More Discussion On The Aum Kara Nada Sound To A Member

Farena, I was so grateful to hear the Aum Kara sound, but what has happened to it? I do not seem to be hearing the sound anymore. I got all the sounds and then lost it with the same speed that it came.

Farena: You have not lost it. You simply must realize that it is not something to be taken for granted, and that it comes with you permanently as you develop your own strength within and have a great appreciation for it, and not to think that when you have it once that it will keep coming automatically. You must give very strong attention to it. Each time you meditate you call upon it and use the technique that I gave to you and continue to use it, for it builds and builds and builds, much as one would build this White Light. This is what you must develop. It was shown to you that you have the ability, and it was given to you as a gift and now you must appreciate the gift. You do appreciate it. We know that. Do not fear. It will return. You must meditate and go to your Higher Self. Do not look for external sources to help you but rather that which is within you. It is strong.

Sleep Is An Altered State And A Form Of Meditation

I seem to get a fear that each time I go into meditation, it seems that sleep is haunting me. The more I am determined to ward off this sleeping, the more it seems determined to thwart me.

Farena: Why would you want to do this?

Because meditation is not sleep. Meditation is a different state, so there cannot be room for sleep during meditation, by my understanding.

Farena: Not always, for sleep is simply an altered state. It is its own form of meditation. And when you find yourself going into meditation but feeling a heaviness that you might perceive to be sleep, you must not fight it, for it is what the Soul is requiring. It is its own form of meditation. It means that your soul is requiring a deeper state of alteration. You must allow it to happen. Do not fight it, for meditation is what your soul intends it to be, not what someone else tells you it must be. And so, you must not go by that which others tell you, but rather that which your own sense tells you. And if as you go into a meditation, you feel that you might fall asleep, allow it to come. Do not fight it. Oh, do not fight it. You will learn much from it.

Farena, that is been happening to me as I try to write, which is my way of meditation. Lately, I have been falling asleep with a pen in my hand. Is that the same sort of situation?

Farena: It is the Soul's response to information that is attempting to be given to you at a higher level. Remember that not all of the information that comes through to you is at

the conscious level for you to know, be aware of, but rather to go into your higher consciousness to be called upon at a future time at the conscious level, and if you do not allow your soul to filter through this information then it creates difficulties in the future.

So, you are saying perhaps that I am getting information better through sleep?

Farena: You are! Oh, yes, even though you do not remember, it does not mean that it is not there. It will come when it is needed. The Soul does this continuously.

The sentences are up there then.

Farena: Indeed.

Farena, is there anything we can do to help us remember what we are learning?

Farena: That which is needed for you to remember is what will come to you.

At night I wake up and it is all fuzzy and I know it was something good. I cannot remember and then go back to sleep, feeling that it is good again.

Farena: It is an ongoing process.

I have been told that it is your Higher Self reading the physical state of your body, and you need that sleep more than anything. Also, upon awakening to meditate for five or ten minutes before getting up. You will feel much more refreshed. However, you allow yourself to sleep because you really need it.

Farena: Yes. Yes, as you learn how to sense that which your soul sends out to you, you will have the understanding of what is needed, and you will respond accordingly, so do not fight that which the Higher Self presents to you, for it unlocks the Soul memories, which is what it is all about, isn't it?

The contradiction arose because meditation is not to be confused with sleep. It is not to be mistaken. In other words, the person must sit, with back erect, and not with a drooping posture.

Farena: This is not entirely correct, my dear. Sleep is a form of meditation, and the position that one takes in going into an altered state is that which is necessary for that particular soul's path. What is right for one is not necessarily right for another. There are no edicts. There are some positions that, as one approaches a certain level of awareness, prove to be more beneficial, the aligning of the Spiritual Centers. However, it is not

always for each individual. It depends upon where they are. Remember that meditation is simply an altered state and that there are many, many, many altered states, and sleep as defined by one, is not sleep as defined by another. Altered state ~ that is what we deal with. I must depart now. Waith has told me it is time. I thank you all for allowing me to come in to speak and to Be of Service to you.

Waith: Well, here I am again. We feel that there has been a very enjoyable interaction that has occurred here during this session. We are most pleased with it.

A Question About The Challenger Astronauts

I have a question about the Challenger Astronauts who died in that explosion thirty-two months ago. I was just wondering, given the way that they died, are their souls at rest?

Oh, most definitely. Each of them are very advanced entities and they took on that issue for very critical lessons to be taught. They are completely ~ this was all necessary, all necessary. There is really at this time not to be discussed, for that which needed to be taught is something that relates to the coming cleansing and that will come. In time we will talk about it, not right away but soon, when conditions are a little better for the masses to understand. There are many of you here, of course, who would understand that right now. However, we will wait.