

# 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  
(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 ☺)

## What Physical Changes Can We Expect In Opening Our Spiritual Centers?

*Indeed. A very, very good question. For we really have not addressed the physical changes. We have addressed the spiritual changes that occur. And it seems apparent that there are physical changes that many of you may be experiencing, and not realizing that they go along with the opening up of the Spiritual Centers. As you know, as you open your Spiritual Centers, your attunement becomes different. Your vibration increases. And the opening up of the Spiritual Centers creates what might be called a shaking of the energies within the physical encasement, and this has an effect upon the physical, for the spiritual and the physical are linked, of course.*

*Now, depending upon which Spiritual Center we are discussing determines the effect it will have upon the physical. For example, as you begin to raise your attunement and the Lower Chakras begin to be completely, shall we say, opened and cleansed as much as they can be in a physical encasement, attention then goes to a Higher Chakra. And that which the particular Chakra addresses will cease to have as much importance to the physical.*

*Each Chakra ~ each physical manifestation relates to a Chakra. So, the Lower Chakras relate to, for example, part of the sexual activity. And when you move from concentration on a Lower Chakra, the emphasis upon the physical pleasures, as we would refer to it on the earth plane, do not cease. They simply realign themselves. For you must realize that your energies begin to change, and the concentration of your energies move into other areas. And so, your energies need to be directed to another Chakra where concentration is given.*

*For example, there are many who find that the Heart Chakra is now receiving attention, and in the Heart Chakra opens up the capacity to love, and it becomes a very beautiful experience, for many who have not felt the workings of the Heart Chakra in this manifestation now begin to feel an overflowing of love and they see the world around them and the people in the world in a different way. And there is an outpouring of love. It can be very overwhelming at first. It can be very overwhelming for each of you as one concentration changes into another.*

### Realignment Of The Energies ~ Moving Our Concentration To Different Chakras

*And realize that this is occurring at many levels, for at the Soul Level, you are experiencing vibrational changes, and at the physical level it shows itself. You begin to feel this change and you may be very overwhelmed by it, recognizing, though, that it is advancement and it is growth, you see. It does not mean the elimination of anything. It simply means the realigning of the energies, you see. You may feel, for example, at the physical level even what you would call palpitations in the heart when certain situations present themselves. And when you are meditating, for example, and you are cleansing the Chakras, and you are giving them Light, you will feel a heat penetrate the physical encasement. This is a realignment of energies. This is a way in which your spirit is beginning to expand itself and to grow lighter. It is most beautiful.*

*You must also realize that it can affect those around you who may not be either understanding what is occurring or is simply not having the same kinds of changes, you see. And it does, in fact,*

*affect many relationships between energy forms unless there is an understanding of what is occurring, and that is not to be considered what you would call a threat to the other, but rather simply a diversion and a different flow of the energy.*

*There are some, for example, who experience perspiration at times, a shortness of breath in the physical. It is simply a cessation of desires, be they a sexual desire, be they a desire for certain types of nourishment, the food. This is a very common manifestation of higher attunement, a change in eating pattern, you see. When you suddenly, it appears suddenly, but it is not really, no longer eat flesh. When you begin to rid yourself of the earth plane limitations, such as that which is called drinking the alcohol, and the smoking of the nicotine, and other types of drugs currently available on the earth plane. And what it actually is then is a cleansing of the body in conjunction with the spirit.*

### **Feeling Warmth Or Cold As The Spiritual Centers Are Opening And Closing**

**Sometimes in meditation I experience being very warm. Then, all of a sudden, the lowering of temperature, almost to the chilling effect, being icy cold. Is that the same?**

*Essentially, what occurs here, is many of you are experiencing this in some degree or another as a fluctuation as the Spiritual Centers are opening, and they open for a short time and then they close again. This is necessary for the eventual cleansing, that they open a bit, and then they close, and then the next time they open a bit further, and then close again. And what you feel then is this heat when it opens, and then a lowering back of the body temperature to below that which is normal and then it adjusts itself as it gets into its own adjustment, for when it opens it rises ever so slightly, and when it closes it goes back down to a level below that which it was, and then it levels off. And each time that it levels, it is raised ever so slightly more than it was before.*

**Is this geared to certain Chakras, or to all of them?**

*This is for each of the Chakras, depending upon which one you happen to be working on at the time.*

**Then eventually that will just stop. You will go out of that. You will not experience that, because it has been a while, but ~**

*It will, depending on the Chakra, you see. You may go through the process in one Chakra, and complete the process at that particular attunement level, and then move into another Chakra. You give yourself a little time here, in between, and go into another Chakra, and you go through the whole thing again, and you open it up and you close it and open it and close it. And you have then reached a certain level of attunement across the board with the Chakras. Then you start all over again, you see.*

**Does this also affect our emotions?**

*Oh, indeed! Indeed. Yes, for the physical and the emotional are so interconnected. All is interconnected. One area of your being is not as you would say, mutually exclusive from another. That which occurs at the spirit level will have its effect upon you at the physical and at the emotional. It all begins with spirit and it filters itself into mind, and then the mind filters it into the physical and the emotional. Indeed.*

### **What Does Mean To Experience Numbness While Meditating?**

*There are many explanations for that, for numbness. Most of it is geared toward a particular situation, individual energy explanation, rather than to give a generalization that if you experience numbness, then this is exactly what it means, you see. What it means at a very elementary level, is that there is an attempt to reach the Higher Self. And that there is some difficulty in doing this. Now the reasons for this are what bring it into the individual level, you see. For me, for example, to explain to you why you experience numbness at times in your meditations would require a personal discussion, you see.*

**Nothing to worry about then.**

*Nothing to worry about at all. No, no, no.*

**When we use the term numbness, are we also referring to the detachment that the mind can have from altogether feeling the body itself?**

*Indeed. It is a sign of a very high attunement for that to occur.*

**Even though you do not feel any other things, but if you are detached, that is that?**

*Indeed.*

**Does this carry over into long meditative states sometimes?**

*Indeed. Yes.*

**You feel like you are there, but you are ~**

*But you are not there.*

### **How Does The Environment Around You Affect Your Meditation?**

How about the environment around you when you meditate? How does it affect that, as in electrical current in the air and in your house perhaps? Is there a relationship there, too?

*It depends upon your attunement. For some, for example, who are just beginning the meditation ~ just learning how to meditate ~ environment is very important, and as you are able to attune yourselves almost instantly to a meditative state, environment becomes insignificant, you see. It is why we suggest to those who are just beginning to learn of meditation, that they find a quiet spot that they call their own, and that it is the same spot. Or that they attempt to perhaps walk in a quiet area where there is nature. This helps.*

*The environment very much affects an energy who is unable to center with these distractions, you see. As you attune, and you get the habit and the trick of meditation, for there really is no difficulty in it, once you have achieved and understand the trick to meditation ~ how to put yourself into an altered state, like this ☺ ~ then you can be seated as you are right here, you see, in an altered state. And when, until that state is reached ~ this is what we say to all who need to learn meditation, and the struggle ~ so many say, "Show me how to meditate. Tell me what to do. How do you meditate?" And we say all the time that you must learn this from yourself. You must find that which is the best way for you to meditate. There can be given examples to you of how others do it, but once the trick is learned, you see, then you realize that it was no big deal after all. And it is very easy to meditate. And it is very easy to come to the Higher Self. And you can do it when you go to the bathroom, for heavens sakes! You can sit there and have a minute or two of earth time meditations. ☺ ☺ You do not need to have candles and incense and all this. You can be doing it in the midst of a rock concert, you see!*

In meditation, does your energy level affect the area around you, as in light bulbs?

*Yes, of course it can if you so want it to. You have the ability at certain levels of attunement to project your energies, as we would say. Part of the learning of the powers, you understand, means the spiritual context. When an energy suddenly realizes that, at the Soul Level, "Oh, when I am in a meditative state, I am able to project my energy and it can affect others. I can do things," you see. Part of the problem of advanced energies who do not use their powers in a spiritual context is this very issue of misuse, manipulation, you see. It starts with putting out a light bulb.*

Can it be unconscious, though?

*It is not at the Soul Level. It can be at the conscious level, unconscious, you see, but the Soul knows what is being done, and it is the learning of the Soul to understand the power that an energy has. We all have these powers. It is in the recognition of them, first of all, and then once it has been acknowledged that you can in fact do what you do, that you use these powers in a spiritual context, to Be of Service to Others and not to control others. This is the problem. It develops. And it is why we have so many powerful energies of the dark. For they are powerful energies, but they have misused their power. They use it to control, manipulate, and hurt, and therefore, they are of the dark.*

*So, it is so critical that when you go into your meditative state that you call upon the Light, that you call upon the protection. You call upon your guides. You call upon all those who will help you to keep what you learn in a spiritual context. And it becomes especially important that as you are able to go into meditation so quickly, that you also have the ability to, at the same quickness, call upon the Light. It is a simultaneous event. As you go into the altered state, you also call upon the Light.*

### **If You Project Yourself To Another In Meditation, Is That An Issue Of Infringement?**

**Would you be infringing upon another if you, in meditation, were to project yourself to that person and send them love and Light? That is not an infringement upon them, is it?**

*Yes, it is.*

**Is it? But they could accept it at the Soul Level, though.**

*That is correct.*

**Is that misusing your power?**

*It can be. Yes. You can surround someone with Light, but you cannot project Light to someone. You cannot project yourself unless you have asked them for permission. You can approach them. And this is done all the time. Your energy form ~ you can approach another energy at the Soul Level. Say hello, if you will. But you must ask that energy if you can stay in their space, if you will. And if they say no, you must leave. If they say yes, then you do whatever. It is why we have said to all of you so many times that we cannot come to your aid unless you ask us. It is very simple to simply ask us. We can surround you, but we cannot come to your aid, if you will, unless you ask us. We protect. There is a fine line of distinction here between coming to your aid and protecting, you see.*

*We of The Angelics are charged with protection, which we do, so nothing will happen to you, but the fine line comes in the actual help. When you would say to us, "Please help me to resolve this problem with this person. Please help me, so that I learn my lesson," we then can come into your meditations or whatever and give you advice, because you have asked us. If you do not ask us, we will simply surround you and protect you from any harm that might be damaging. And again, you see, it is a fine line between that which would infringe upon your own lessons and that which would not. And that is something that we have to work out here.*

**Today I did that with my father because I miss him. I did not see him over the holidays, so I kind of put myself where he is to give him love and Light and to just kind of talk to him. So, I infringed on him in doing that?**

*Sending of the love and the light is not an infringement, for that is what we refer to as a surrounding, you see.*

So, if that is my intention then I do not ask.

*Yes. You do not infringe.*

### A Discussions Of Repressing Emotions Toward Another

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

*Most definitely. For a repression of anything is a, shall we say, denial of a lesson to be dealt with at the Soul Level. It is not to say, however, that an emotion that you would feel should be just presented out, without your looking at its effect upon those around you, you see. There is much guidance here that is needed, and when you feel the same emotion always having to be repressed, whether it is, for many of you, a typical emotion being anger toward another, feeling that it is not right to express anger, that it is not proper for a spiritual being to express anger. This is quite incorrect.*

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

### All That You See In Others Is What Is In You ~ Be They Good, Or Not So Good

I have heard it said that the anger you see in others is what is a bad trait within you, and that is why you get mad, because you have some of the same traits you are getting angry at. And that is why you can recognize them.

*All that you see in others is what is in you, you see, be they good, or not so good. You can only see in others what is in you. You are not able to see anything that is not already in you. So, if you see intense love when you meet somebody, and when you meet people you see, you see love in them, and you feel trust toward people, and it is because that is a dominant part of you. When you meet someone, if you feel distrust of everyone who you meet, that means that this is*

*something you need to work on, that you, too, have distrust in yourself. Remember that you see the world only through your own eyes and it explains why so many people have so many different perceptions, for each of you comes from your own soul's growth and development. And if you understand this basic concept, you are then able to work on this.*

*You see, many people, for example ~ it is so beautiful now ~ we are seeing the unfolding of great love coming from people, for they see those around them viewing the world through the eyes of love, and they know that they do not see the world that way, and yet they are being affected by those who do see the world that way. And so, they begin to question themselves, and they begin to open up their Heart Chakra. And they begin to see the world through love. Most beautiful. Most beautiful.*

*We have seen energy forms in one single manifestation open up the Heart Chakra to such a degree that it can be overwhelming. They have gone from coming into the lifeform in a most distrustful manner and leave the lifeform with so much love in their being. And when they go into their next manifestation, they go in with this love.*

*This is how it develops, you see. It is not that one energy is better than another energy because they see the world perhaps in a more loving way. It is simply that it has taken many manifestations to reach that, to develop that. So, you must not look at another individual who perhaps looks at the world through a more, shall we say, cynical eye, as one who is worthless. It simply means that this is where the individual is in their path, and that if you see the world through a less cynical eye, more love, that you ~ it is part of your responsibility to help in whatever way ~ not, of course, by forcing, but simply by example.*

**Could it also be that if in, let us say, your previous manifestation you were a very loving individual, but for lessons to be learned in this lifetime, you took on that trait of being cynical?**

*Indeed.*

**So, you are not really regressing, but for lessons to be learned, you have taken on that trait.**

*Usually, it is for lessons to be taught. An energy form will not usually go from one manifestation of great love to one of great cynicism unless it is for lessons to be taught, you see. It highlights the fact that when you meet someone, you have no right to judge, for you know not why they are the way that they are.*

**It makes for a lot of wondering. One wonders.**

*You could put it into that perspective, or else you could simply accept as it is, the way it is, and not question why anyone is the way that they are, but rather to simply accept them as on their own path, and that you will be on your path, and you will be who you are, and you simply will*



*send love to all around you. And if it is needed by an energy form, it will be accepted. If it is not wanted by an energy form, it will not be accepted, you see.*

**It is simple, but it is tough to do when it is affecting you in a negative way.**

*Indeed. It is why you are all here. It is why you are all here to learn. It is not easy.*

### **A Baby's Decision To Stay, Or Leave, Within Their First Six Months Of Life**

**When children are born, they have a soft spot on their head. Is that their Chakra that is still open to The Universe?**

*It is not a Chakra, as you would refer to it. It is, however, an opening of sorts. When an entity first arrives on the earth plane, they have approximately six earth plane months to decide whether they want to stay. And we have addressed this issue before ~ approximately six months. It is this particular entry point that keeps them in connection with the particular guide who helped them onto the earth plane. And there is a communication that occurs through this particular area that during these first months, to help determine whether or not the energy will stay. And then once the decision has been made, one way or the other, you see, if the entity decides, let us say, after three months that they are indeed going to stay, then that spot hardens, you see. It also ~ the spot enables an entity to connect with others already incarnated who may have very strong linkages to them, to help them make their decision. For some it is not an easy decision to make.*

**Is this decision made at the spiritual or is it based upon perhaps the physical surroundings?**

*Yes, it is both. It is both. Sometimes it will be one or the other, but it is usually a combination of both, for they may decide that at the spiritual level this environment will not in fact help them learn what they want to learn. Or once arriving they decide that "Oh, I have taken on more than I want to." This in itself is a lesson, you see. We allow this to happen. For an entity to enter in, and once here, decide that this is not what they really want, that in itself is a lesson to them, you see. They may decide that they do not want the particular physical environment. It does not look so good to them after all.*

### **Is The Balancing Of Lessons Voluntary, Compulsory, Or Both?**

*A balancing is completely voluntary. Completely voluntary. No one forces anybody to balance. No. If we forced balancing, there would be no dark.*

**Right. But then why have I heard it said that some entities are sent to Work Planets?**

*Yes, indeed. We have certain controls. It is not for your understanding at this time. We allow certain things to occur to a point, and then we must intervene. This instruction is given to us from Amelius, you see.*

## Discussion Of Crystals ~ Environment ~ Negative Programming ~ Cleaning Crystals

**Is my crystal affected by my environment. I work in a photography dark room.**

*Environment is dependent upon many factors. One crystal may in fact be affected by an environment in a negative way and another crystal would not have that affect by the environment. It depends on many factors. A crystal is an energy form, just as each of you are, and while one may be negatively affected by an environment, another is not, you see. It depends on many, many things.*

**Does running clear water over the crystals clear them of negative energies? And what about a bath in salt water, either table salt or sea salt?**

*They are all a temporary situation. Sea salt is a longer temporary situation, you see. If you must use the ordinary salt, then you would want to bathe the crystal more frequently.*

**What about baking soda?**

*Not for the crystals.*

**What else could we do besides bring the crystals to you for cleaning it of negative energies?**

*There are those who are able to feel the energy of a crystal and assist it in realigning its energies or to take out of it the negative programming. There are many among you able to do this.*

**Is there anything that we can do? Say, we were not around you, or someone else was not, to deprogram a crystal.**

*It is part of lessons in understanding crystals. This is a rather complex issue to get into at this point. There are some basic ways in which crystals can be neutralized for a short period of time ~ being in the Light ~ some crystals need moonlight ~ others need sunlight. It is ~ I would say this, you see. Crystals are not something to be played with. They are not a game. They are energy forms. And there is too much game playing with crystals. It has become a fad, you see, and that is not the purpose of a crystal. And thus, if a crystal has a negative programming in it, and the person who has that crystal thinks this is all a game, "Oh, isn't this a pretty little bauble," they will be affected by the negative programming.*

Can it cause someone to have an accident?

*Of course, it can.*

Because someone told me that the piece of jewelry that her friend was wearing was a crystal and he had a motorcycle accident and passed over.

*Indeed.*

I shall not pass on that information to her, however.

*It would not be accepted. It would not be understood. Crystals are not to be played with. They are serious business. And this is one of the ways in which those of the darkness are able to perpetrate their power. One of the most common ways is through the programming of crystals.*

Can crystals, not negatively programmed, amplify your own negative emotions? Will just about any crystal amplify those negative emotions?

*Just about.*

So that is a good time to put them away for a while.

*If you are not able to understand the power of crystals and to understand their proper usage, you must not have a crystal in your environment. Crystals are here to Be of Service, but they must Be of Service in the proper way. There is much more to say about crystals. We have only touched the surface.*