

# WAITH CLASS TRANSCRIPT

*(Information Given Interdimensionally By Waith, Through Mushiba)*

February 05, 1989

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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 ⚙)**

## Special Topic Session ~ Male And Female Energies

*We welcome you for this discussion that we realize has been waited for some time for us to give you some guidance and counsel. We are most pleased also that Farena and Bathusela will be working in this session to answer your questions. This will be their purpose. We will present certain information to you and then we will allow time then for questions, and it would be appropriate then that you would find out from Farena and Bathusela more about what they are here to help you with. Their missions will be further related to you. They are here now to say hello to you before I begin my discussions.*

*Farena: I am getting used to the lights! Hello.* (Farena is referring to the bright lights used for videotaping)

*Bathusela: I am most happy to be here and most honored to be a part of this. Hello to all of you. I, too, am very honored to be here, and am most excited about answering questions and talking with you in greater detail about this issue that so weighs heavily on the hearts and souls of so many of you.*

### When Energy Forms Decide To Split, One Becomes Male And One Becomes Female

*Waith: So, we will begin! Yes, well. First, we will begin by letting you know that many of you here now in the gender that you find yourselves are in the opposite gender of your usual energy, as we would call it, the dominant energy. When an energy form decides to split, and the usual, of course, is into two, then one becomes male, as it is, and one becomes female, as it is, taking on the lessons that are necessary for each of those gender.*

*Now, in order, of course, for an energy to become whole again, there must be the split parts able to understand the other, even though the lessons of the male energy and the female energy are what would be predominately learned by an energy who has chosen male or female. Now, we have the situation then that all energies must on the earth plane take on the role of whatever is available during a particular time frame, from shift to shift. We have the different races, as you would call them, the different family relationships, you know mother, father, daughter, sister, brother, all of those things.*

*And thus, it is that at any given moment on the earth plane, there are those who are not manifesting as their dominant energy. For example, in this vibration now as I scope out, shall we say, the energies of all of you who are here, there are approximately one-quarter of you who are not in your dominant energy, you see. It is approximately that ratio that we deal with at any moment in time.*

### Waith Discusses Energy Forms Being Either Dominate Female Or Dominate Male

*Now, the female energies have a very particular path to follow. Those who have chosen dominant female. And those who have chosen dominant male, have a very specific path to*

*follow, and they are both, of course, difficult paths. As all of you realize, there is no path that is easy, for the goal is Oneness and in order to achieve Oneness, one must acquire strength of Soul and that means taking on many, many lessons and tasks and tests.*

*Now, there has been over the millennia, periods of time when the two gender, as we would call it, energy forms need to balance. For in the quest to learn the lessons of the dominant female and the quest to learn the dominant male, a certain cooperation, understanding, sensitivity, begins to elude the energies where they are related to each other, and there is a forgetting at times that it is not a case of, "Them against us," but rather a case of, "We must work harmoniously together, for we are One."*

*Now, in this particular time frame in which you all find yourselves, there has been a great deal of imbalance that has occurred as a result of the past approximately fifty thousand earth plane years. It has been during this time frame in which there have been approximately eight cleansings of the earth, during this fifty-thousand-year time frame, that the imbalance that when a cleansing arrives, the time of a cleansing allows an imbalance to balance.*

*This has not occurred between the female and the male energies as it has in times past. It has, therefore, accumulated over the past fifty thousand years that there is a hostility between the male and the female energies, even though many of you have taken on the opposite gender so that you may learn to understand the feelings in that which would create the hostilities and to have a better sensitivity toward that which is in actuality yourselves.*

### **In this time frame, the females have a very high level of imbalance with the males**

*Now, in this time frame, those of the female have an imbalance at a very high level with those of the male. And while it may appear that it is the male that needs the balancing, it is in fact the females who need more of the balancing. And it is the female, as we have said before, who must help the male. For it is in the helping that the balancing will occur. You may find this shocking in earth plane perceptions, but it has been over the past fifty thousand years that the females have, in fact, done more of the abusing of the males in lifetimes, and not the other way around. And the way in which one balances is, of course, to Be of Service to Another. And thus, it appears that the females, those who take on the female role, are in servitude to the males. This is a very specific purpose, for female energies have banded together, shall we say, at the spirit level with this mission that they are to Be of Service to the male.*

*Now, one of the little problems that has arisen is that the male is starting to take advantage of this. And there is, thus, beginning to be an imbalance on the male energy side that rather than recognize that the female is, in fact, attempting to balance by Being of Service and being spiritual about this, many of the males are using this, and using it in a way that is not of a spiritual context. This began approximately twenty thousand earth plane years ago, and it had a very high working. It almost culminated during the Atlantean time, ten thousand years ago, when there was a tremendous struggle between the male and the female energies for the balance of power.*

*And there is, at this time now, over these past ten thousand years, a tremendous attempt to regain the spirituality that needs to exist between the two, male and female. There are many very strong dominant males, for example now, who have entered in as a female manifestation to attempt to help in very specific ways, the females who are attempting to balance. There are also very, very highly evolved female energies who have manifested as males, to help the males around them. There is a tremendous attempt to balance, for this cleansing is a very significant one that occurs. The others have been cleansings, but they have been of the minor sort. This cleansing will herald a very, very dramatic change in the vibration of the planet, and it will be signaled by the new structures taking on a different shape than you have currently known.*

*Now, in order for this to occur, there has to be a comforting of the male and the female. There has to be reached the realization that there is a Oneness here and that you are meeting yourself when you meet one of the other gender, that there is not to be hostility, but rather to be an understanding of love between the two. And an attitude needs to begin to develop that indicates service to each other and helpfulness, rather than power-playing and complaining that "Isn't that just like a man?" Or "Isn't that just like a woman?" you see.*

*Yes, each of the genders has their very particular talents and abilities that are unique to the gender. However, it is unique only to the gender while the energy form is separated. Once an energy merges with its twin in spirit, there is no distinction. There is no male-female. And it is only when the energy would decide to separate for whatever the reason might be, that there would be the manifestation of male or female, you see.*

*There are many energies who will show a particular dominance depending upon the situation. You hear me in the male, for that is what has been determined to be the proper focus. Amelius is projected to you as being in the male. Realize that the energy forms of this level have a Oneness with their own energy, and that it is therefore determined whether it is male or female that is projected to a given audience. When I am, for example, not speaking with you as we do here, I am pure energy, and there is no distinction as to male or female. It is simply energy. What needs to be developed is an awareness of this.*

*Now, what needs, then, is a realization on the part of both the male and the female that you are here to help each other, the female to help balance their past naughty deeds to the male, but the male also to help the female to balance, for in millennia past, it has been the other way around. This goes back and forth and back and forth. Oh, perhaps as time would be measured in your perception, a billion years ago, there was a balancing of just the opposite, where the male needed to Be of Service to the female. And this goes back and forth.*

*It is especially highlighted in today's time frame since there appears to be a greater awareness on the part of the female that they are not to be in servitude to the male. However, they have misinterpreted, all females, what the purpose of the mission for the past especially twenty thousand years, but more specifically ten thousand years has been. This does not happen overnight, for there is, of course, much resistance on the part of many of those of the female and male to participate in this balancing. It is not an easy situation, where you would say, "All right,*

*all you females, it is time to balance!" And everybody says, "Yes, of course, and we will do what we have to do!" There is much resistance.*

*And thus, it takes so many thousands of years. It is also true of the males. There are many, many of the males who have recognized that they are here to help the females to balance and are not resentful for the fact that there is a balancing that needs to occur. And there are many males who know that there is a balancing and are holding it against the female, "All right, I challenge you to balance," is what many are saying.*

*It is as many of you would know, when you recognize a soul who owes you something, and the way in which you deal with the fact that a soul owes you something determines your own level of spirituality, you see. Many of you in private sessions have been told of certain, as you would call it, karmic debts that are owed to you by individuals in your life. Now, we give you this information, and what you do with it determines your own rate of growth, you see, for ideally, when you learn that this entity owes you something, you want to help that person to balance, not hinder, and you send the individual love and you do what you can to help that person to balance. On the other hand, you may indeed hold it over their head, as you might say, and make them in the vernacular, grovel, you see.*

*While there has been a great deal of this groveling occurring over the past twenty thousand years, and there has been much, much balancing that has occurred in the past, oh, five thousand years since the minor cleansing of approximately six thousand years ago, there is much to be done. It will not be completely finished by the time of this cleansing, and you will take much of the residual into the shelters with you.*

*We are not saying that it will be completely balanced at the time of the cleansing, for it does appear that it will take a considerable amount of time after, perhaps in through the next cleansing. However, there appears now to be a desire to understand better what is going on, why this hostility, why this constant picking at each other. "You did this!" And "You did that!" and all of this sort of nastiness that can occur. And the judgemental attitudes on both sides. You are all here to help each other. It is not easy to take on the female path, nor is it easy to take on the male path.*

*And any of you who find yourselves with your twin flame in this physical manifestation would have the very unique opportunity now to look at each other as each other, and not to judge the path that one has taken on, but rather to help each other, and to use it as an opportunity to help others, for in understanding the path that your twin has taken on, you would then be able to understand those around you better. And there are many of you here who have your twin flame close by. Many of you do not realize this as yet. There are a good number of energies who will coming into the community and who will be exposed to the community who will have their twin flame with them. At the time of the cleansing, there are more opportunities for the twins to manifest together, so that there can be a cohesiveness felt and less of a feeling of separateness.*

*Now, we understand that there are many, many questions and concerns that you all have, and is as our usual practice, rather than my sit here and simply give you information, we would like the questions for the record. We know those questions ahead of time, of course, but we want them to be asked. There is certain information that we will want to have on the record, and Farena and Bathusela will be here to answer your questions as will I, of course. So let us begin.*

### **I Know Who I Am And What I Am. Can You Help Me Understand Why I Am?**

*Why is anyone? Indeed. The why of existence is the eternal question, and one which must be found from within the Self, for the answer to the why then indicates fulfillment. Until you are able to say to yourself why, there will be an emptiness. And you must seek the Higher Self to a greater degree than you do now so that you will be able to understand the whyness of it, and it will also then enable you to understand your choice of gender, for this is part of what perplexes you as to the choice of gender and the feeling of the separateness from the opposite gender and in understanding your own choice, not necessarily, however, feeling comfortable with that, for that is another issue completely, but at least in understanding. For you are a dominant male. This is ~ you are in the manifestation of your dominant energy but you have struggled over many, many lifetimes to understand the why.*

*You had the why originally, and you have blocked it because of various experiences that have occurred. You have come into the vibration here in an attempt to seek and find that which you think you have lost but have not lost but blocked. Call upon your guides to help you, for this is their purpose. And they will help you to be comfortable.*

### **Waith Helps Someone Who Is Having Difficulties Communicating With Their Guides**

**I have a pencil drawing of, supposedly, my guide. It was given to me in 1982, and when it was given to me it was told to me that, "Seek and ye shall find. If you want to meet this guide, ask for him to come to you." As of yet, I have not been able to talk to him.**

*Yes, indeed. This is a problem that many find, and I think that many here in the community could help you in understanding why this perhaps has not occurred. To be told that you have a guide and that the guide wants to talk with you and to help you is ~ it is another to be able to do it. It does not just happen, simply because you are told you have a guide. It is a two-way street here. The guide is working to be able to communicate with you and you with the guide.*

*It does relate very much to the issues of gender. And your guide is a dominant male energy. And you have another guide who is a dominant female energy. And there are issues of gender here that you need to work out within yourself before you will be able to communicate with your guides. And they are working with you. It many times can take, on earth plane time, years and years and years and in some cases a manifestation does not accomplish that which it had sought to do.*

*You must take pressure off yourself to try and communicate with them, thinking that you must do this, but rather to simply relax and to say that you will attempt to communicate with them and ask all of the White Light, those others ~ Waith and Company and all the other energies who are available if simply asked, and of course, that is always including Amelius, to ask for assistance. It is far better to say, "I need your help. I cannot do this alone." For none can do anything alone.*

*There are many in the community if you sought them out would help you, for they too have had difficulties in reaching their Higher Self and in communicating with their guides and they can give you perhaps tips on what they did and you use that. This is what everyone is here for, male and female. The females have a greater ability because of certain developmental patterns in the gender of female to explain the difficulties and to assist those to reach the Higher Self. The males can reach the Higher Self as easily as the female, of course. But in this time frame of which we speak, the females are here to help the males break through some of their difficulties.*

### **A Discussion Of The Need For Females To Help The Males Express Their Spirituality**

*Farena: I would like to add something to that, and that is a greater sensitivity by all of you to those who would express difficulties, especially of the male, and this is for the females to not be judgemental because a male energy has expressed difficulties. It is not easy for the males to give these kinds of expressions, and it is up to all of the females to help in this and to ease the level of discomfort that so many of the males feel when discussing issues related to the Soul.*

*Bathusela: I would concur with that, Farena, and would like to simply add that the males need to be encouraged to speak out, to not feel that they will be laughed at. It is part of taking on the male energy form, difficulty in expressing the Soul. But what is truly beautiful, my dearest ones, is when you have helped a male energy to feel comfortable in expressing the questions of the Soul, when in truly you have a soul mate and truly you have beauty.*

*Waith: Yes, indeed. Farena and Bathusela have said some very profound remarks.*

### **How Do We Help To Be More Sensitive When There Is Great Resistance?**

**How do we help to be more sensitive? I do try that with my soul mates and a lot of times they feel a great resistance for my offering suggestions. But I am just trying to be sensitive.**

*Farena: When you attempt, my dearest one, to be sensitive to the point of being over sensitive to the point of imposing upon the male that which is of your perception, rather simply allow the male to be. Do not judge the male in the activities. The males have a certain type of bonding that is unique to them as is the female who has a bonding that is unique to them. Simply acknowledge that that exists, and not try to impose your femaleness upon the male. The male, on the other hand, should not impose their maleness upon the female. Bathusela has a very good statement that she wants to make.*

*Bathusela: It is very, very important to be soft with each other, not to be hard, to be soft and gentle and loving and not to criticize and not to place what might be a barrier, and most importantly, not to think that you only have five years to do this, or whatever time you are imposing ~ it must be done now. Give yourselves eternity. Recognize that in this time frame you have only what you can do. Do not impose any time frame upon all of this, but rather as it takes, so does it take.*

*Farena: You also should be joyous and happy and lighthearted. Seriousness of mission is important, but lightness of spirit is essential. You must be happy with each other. And you must not look at each other as an enemy, and being sensitive is more than simply saying, "I am sensitive to you." You must act it. If your soul mate wants to go out and hammer a nail in something that you do not think he should be doing, for you think he should be doing something else, let him do that which he feels he needs to do. It does not serve a purpose to say to him, "Now, dear, it really would be better if you did this, for this serves our mission better." But that is by your definition. But rather, accept each other's definition of mission and accept each other's being. And at all times, laugh. Laugh and be jovial. Do not be so serious about all of this.*

### Many Reasons For Entry Into The Opposite Gender ~ Balancing Issues ~ Attempting To Help

Waith, you had mentioned that approximately a quarter of the people are in the opposite energy they are dominant in. And then you mentioned that females who are dominant males, and vice versa, are here to help those of the gender they are in now, help the opposite. I am finding all that confusing to follow.

*Waith: What confuses you, my dear?*

For example, one was a dominant male in the female gender. Then that person should consider herself female, because she is, and be helping other women to help men. Correct?

*Partially, yes. It is not quite as simplistic as that, of course, for there are many reasons why there is an entry into the opposite gender. There is usually an issue of balancing in some other areas as well as the issue of attempting to help. And in many cases, though, during this time frame there is this duality that is occurring ~ attempting to balance from their own lives, from other incarnations, as well as being an advanced soul, that you would be helping the females to understand the male perspective. For if you go deep within your soul, you will bring to the conscious level the male orientation, and there will be a memory from the Soul of what it is like to be of the male and how that interacts with that of the female in terms of behavior.*

Sometimes it causes ~

*Schizophrenia.*



I am serious. And it also causes a disassociation from either gender ~

Indeed.

~ Into a non-gender situation where, who is who and what is what, and ~

*And that is not so very terrible, my dear. For remember that when I first began this session, I indicated that there is a Oneness originally. And that when the energy form divides it then takes on either male or female. But that in actuality, it is One. And there are, of course, as you become more attuned to your own Self and your abilities to connect with The Universal Consciousness, what you are able then to do is, when you connect with The Universal Consciousness, wherever your twin is, you are connecting with your twin, and there is an attempt to become the One, and so there is genderless, you see. I am genderless. Amelius is genderless. Many of the Angelic are genderless. Many are genderless. Now, dominance becomes the issue, male/female.*

### An Issue Of Ego In Attempting To Help The Male

In my attempts to assist the male, clumsy as they may be at times, and you know without ~

*Farena: Oh, my dearest. They are not clumsy. You must not say that about yourself. You must not! ☺ ☺*

*Waith: Continue, my dearest.*

In my attempts to help the male, such as they are, sometimes I feel I may end up taking on the problem, go too far with the help, rather than telling them to do this. I might just take the whole thing right on and do it. He learns nothing. I end up with an extra problem, and then causing myself to be angry and knowing that I caused the whole thing. Is there anything you can say about that, any of you?

*Bathusela: It is an issue of ego, my dear. It is a very definite ego issue, where, on the one hand, you are feeling that you have such great abilities that you can take on something for someone else. And on the other hand, you say they are not able to do this themselves. They do not have the ability to do this. And thus, it becomes an issue within yourself where you simply say, "Let it be."*

*Now there are situations where you can take on something for another soul, but it must be by mutual discussion at the spirit level, not at the earth plane level. You do not go to someone and say, "I know that you have an alcohol problem ~ I would like to take it on." ☺ It will not work.*

*At the spirit level, you converse and you say to a spirit ~ this happens frequently ~ Mushiba does this with Abalma all of the time ~ "Let me take something from you partially, for I have*

*enough strength to take it on myself, for I have dealt with it and rid myself of it. Let me take what you have so that you can do something else for the time being." And the other must say to you, "Yes." Only then is it spiritually correct.*

### And we would know that if we tried to do that?

*Bathusela: You know this at the spirit level. When at the earth plane level, you find yourselves taking on the problems, it is definitely a signal to you that you have done this at the earth plane level rather than at the spirit level.*

*Farena: Someone else would like to add to that, that it is fine if you do this at the earth plane level, for it is only in doing this that you learn that you must not do this. You see, Bathusela is correct. She' has been away from the earth plane, though, longer than I have. I have just recently come from the earth plane and have learned what I have needed to learn, and I understand how difficult it is at the earth plane level to see someone struggling and to not want to help that person, but to misunderstand that that which you are doing is not the benefit of Self or other.*

### I Would Like Some Suggestions That Would Help In Being Gentler

*Waith: Ah, the gentleness. The gentleness is something that is a characteristic of the Soul that is learned and practiced over eons. It is part of the spirit. Farena has a particular concept for you.*

*Farena: Being gentle, by Farena. ☺ ☺ Being gentle means smiling, even when you do not feel like smiling. Being gentle means touching, even when you do not feel like touching. Touching, when you would think that they would not want to be touched. All spirits love to be touched. Being gentle means going like this truly. Male and female. Even if your hair is short. Come to me for a moment. Stand. Now, you must allow me to stand and you stand, for no one bows to us. Now, gentle! You see. Gentle means touching and touching spirit. That is very good.*

### I want to hug you.

*Farena: You may hug me! ☺ ☺ Gentle. Gentle. Yes. And not being afraid to touch without ~ now you may sit again, for I will stand for a moment. I like standing. ☺*

*Touching means touching spirit and reaching to that who you touch at the Soul Level, and not at this earth plane encasement, and therefore, taking the gentleness from the lower Chakras and bringing them into the Heart Chakra. Touch is a Heart Chakra movement and not of the lower Chakras. Being gentle means speaking softly and gently and patiently. It means having, of course, full body in your voice, as you hear Waith speak. You have heard Waith. He is gentle. It means looking at love in every entity and seeing love. And trying to foster the love that is so thirsty, the love that is needed and not feeling threatened if someone does not respond to you with love, for they need to be shown the love that you can give it to them through simply a look to their eyes.*

*It means when you speak with someone over this telephone, that you smile all the time regardless of what they say to you, and you bring yourself to the Heart Chakra, and you send them the love. You practice this, and you practice this every time you meet someone, regardless of what they look like, or how they sound, or what they wear, or what they say to you. And as you practice this, it becomes natural for you. Not something that you consciously say, "I am doing, I am gentle." But rather, it tends to become a part of your soul.*

*This takes many manifestations to accomplish, dearest one. It is part of the path, and each of the male and each of the female have this gentleness as a part of their mission, and it is the seeking in each other of that gentleness that you will find success in the bonding between each other that needs to occur. It is quite simple.*

⚙ Beautiful.

⚙ Very nice.

*Waith: She made that up herself. 😊*

### A Workplace Situation Of A Female Working With All Men

**I am in a position at work where I have almost all men working for me, which is a tough situation. I am criticized and judged and I still must carry out my job and do it in a way where I am fair. I try not to let all the judgements affect me too much. I am coping well, but I am sure I can do better.**

*Waith: Bathusela will address this particular issue.*

*Bathusela: My dearest one, this situation that you find yourself in is that which you have taken on for two purposes. You are growing as an entity, and you are helping those around you. As you know, this is for you a rather restful incarnation, and there is not a great deal of stress that is having to come your way. In your very gentle manner, you are not only strengthening your own soul, but you are serving as an example to male energies around you who are having difficulties in understanding the female perspective. You have helped them a great deal, for your own gentleness and love come through, and they see you not so much as a threat to themselves, but rather as an equal, one who has earned their respect. And what more beautiful step toward love is there than to have respect, you see.*

*Farena: I also would like to add that you are projecting to these males such lightness of spirit.*

*Bathusela: Yes, Farena loves to emphasize lightness of spirit.*

*Farena: Well, lightness of spirit is very good!*

*Bathusela: It is, Farena. The combination of the lightness of the spirit and the gentleness of the Soul is what will help when you are in an environment where you are the only energy form, you are the only female and there are all males around for ~ (The balance of the sentence is inaudible)*

### Issues Of Judgement And Imposition Between The Females Imposing On The Males

I give a lot of books to read or other information to some women where I work. However, I am torn sometimes when they tell me they do not want their husbands to know. They are afraid of their mate knowing what they are doing or learning, and it bothers me because I do not have that situation in my own life, so it is difficult for me to know what to say to that.

*Bathusela: Yes, and this is a very, very important issue. You must realize that it is not just the females who cannot talk to their spouses, but there are many males who cannot talk to their spouses. And it is an issue of judgement that you must be careful of and trying again to impose upon your female friends that they should give this information to their husbands. Do not worry about what they can or cannot do with their spouses. Rather be only concerned with that which you give them for information, and what they do with it is up to them. It is their path. Farena has a very interesting perspective here.*

*Farena: Yes. In my last incarnation, my very last, I tried to impose upon my sister in that lifetime, who is Abalma's mother. I tried to impose upon her with he who is her husband, for she was very interested in issues of the spiritual, and he was not and is not. It created disharmony among all, and it is best that you not worry, but rather be there ~ when someone asks you for the information, give it to them and not worry about what they do with it.*

I am not sure if what I have done is imposing. I have a younger sister who, a year ago when she heard that I was into this type of thinking, thought I was really flipping out, and in a couple of months talking to her, she has really made an about-face, and she is really into this. And I am wondering if I imposed on her.

*Waith: My dearest, imposition upon another brings resistance, you see. If you simply discuss without forcing, but rather to just respond if something is asked of you, if an entity is ready to take this in, then they will, and your sister was ready. You have served rather as a catalyst for the unblocking of that which was deterring her.*

### An Issue To Competition Between The Females With Each Other

I find it very hard for me to relate to other people that have my same gender. I do not know why. How could I improve that?

*Yes, indeed. You are not alone, my dear, by any means. One of the issues of the female during these past, we will narrow it down to the past five thousand years, has been a competition with each other. It is part of that which has created the imbalance to begin with between the male and*

*the female energy forms. And there are many, especially in the female, who are trying to balance and are afraid that they are not going to do it because some other female is going to do it ahead of them. This is a characteristic that has created itself over the, as I had indicated to you, fifty thousand years has been this problem of the balancing.*

*It began fifty thousand years ago with a silly, silly incident. And that began to create this feeling of, "Oh. I want to do it before this one does it." Now, there is a particular energy flow that occurs in this particular lesson. It is a dominant lesson that is prevailing in the female energy. It is a vibrancy, you see, that some of the females have been able to break away from, and others are attempting to break away from. It is a balancing act. And what needs to be understood, is that it is nothing negative about yourself. You are not to say, "Oh, I am an awful female because I am not able to identify and get along with other females." But rather, it is to be looked at as an issue to be dealt with.*

*For in saying that you are not able to get along with other females and you only are able to get along with males, means that you are not seeing all as One. You are seeing, in your thinking, a parochialism, one sided way. This is the only way to see it, you see. And you must begin to realize that other females are not your enemy, but rather the enemy comes from within you, in your feeling that there is no other female who you can identify with. Many times, those of the female have had very unhappy experiences with other females, be it this incarnation, or previous ones, that have brought to this point in time a sense of distrust. It is this distrust that must be worked upon, which must be looked at.*

*There needs to be a way of acting. When you are female and you are with a male, I will use this as an example, it is important that you act as equal souls with each other, not as submissive one to the other, especially the female, you see. There is this misinterpretation of the balancing here where the female has misinterpreted of service to that of being submissive. And when you are of service, you are here to serve. It does mean that you compromise yourself for the male. That is not Being of Service.*

*Many times, the behavior of a female ~ this is not entirely just the female. It does occur with the male, but it is more dominant in the female ~ there is a behavior of acquiescing to the male, and this creates antagonism among other females who have perhaps seen that their role is to Be of Service to the male, and not to bow down. And thus, when there are females among you who may, in fact, be submissive in your behavior to the male, the females then will not respond to you, and then that accelerates the already adverse cycle that is already there where you feel you do not trust, do not want to get along with another female. See, it feeds on itself. Your behavior, their behavior ~ their behavior, your behavior. Do you understand what I say?*

*It takes a great deal of strength of soul to pull yourself from this pattern of behavior and an understanding of what it implies. And that it is not just yourself who struggles with this particular issue. There are many, many, many. Some are at varying points of breaking away from this thread of energy, which I spoke, where others have broken completely away, and others are hanging by a thread, shall we say. And others are more firmly gripped onto it.*

*It is, however, the responsibility of the females who have broken from this thread of which I speak, when recognizing another female who has not broken from this thread, to help, and not to create antagonisms, even though that female may irritate. It is all very easy to say, isn't it? 😊 😊*

Waith, I am dealing with every single one of these issues, and I find that it is difficult to know where the line is between helping and infringing. I have control issues. And I think that quality that I possess of being dominant, wanting to impose my will on someone else, which I do quite often, especially with my poor husband, and I am just being competitive ~ competitive with other females. I have always felt myself to be much more male than female, because these characteristics are associated on the earth plane with maleness. And I have learned so much about gentleness from my husband. I have learned more about gentleness from him than anyone, and this does not jive with the way we think about men and women.

*What do you think that means, my dear? 😊 😊 Do I have to spell it out for you? 😊*

That we have taken on these genders to learn and to teach the other? Do I suspect that he is dominantly female and I am dominantly male, and we have come in together to teach each other these qualities and balance them?

*What do the rest of you think?*

⚙️ Yeah. 😊 😊

⚙️ Shall we take a vote?

Is there anyone of you who can give me advice on how to be less hard and more responsive? Farena gave a very beautiful dissertation on how to be gentle and not be hard, but I have difficulty in the hardness.

*Of course, it is a difficulty, my dearest. If it were not, then it would not be a lesson, you see. And it is not something that is going to be achieved in after sitting and listening to one session. Nor will it be achieved in a lifetime, you see.*

### **I Have Been Having A Hard Time Lately. The More Attuned I Become, The Harder It Is**

*Of course. Did you want a rose garden here? It does not get easier. No, of course it does not. It does not get easier. The more attuned that you become, the greater your lessons, the higher the level of your lessons. Now, what can you do about this? What you do is simply what you have been doing. For as you become more attuned, it increases your own spiritual identity. It increases your own abilities at the spiritual level to adjust to these changes in attunement.*

*There may be a transition time, and we have addressed this issue in other times where, as you move from one attunement to the next, there is an adjustment time. And it is in recognizing that*

*once you have chosen an accelerated path, which you have done here, each of you, different from many of those around you, that you would be constantly shifting up, you think. And just when you think it is all nice and settled and you are adjusted to a particular way of thinking and doing and responding to the world around you, and you think AH!*

**That “I got it!”**

*Yes. Yes. Then it is time for us to kick in some more lessons.*

### **Someone Expresses That Their Grandparents Did Not Experience Such Acceleration**

**In the past, I do not recall the parents or grandparents ~ they had different problems. But to be as accelerated, it does not seem to me that it was.**

*Not in the most immediate time reference to which you refer, my dear. The acceleration has begun to occur in just this past, oh, earth plane of perhaps fifty years. Recognize, of course, the time frames of millennia where this is simply a repetition of that which has always been. But you are correct in your observations. It was, shall we say, an easier time.*

*This is very specifically a time of accelerated awareness, as well as the acceleration itself, because of the technology and that which exists. It is, to put it into perspective, however, nowhere near what it was in Atlantis ten thousand years ago at the time of the final civilization of Atlantis. But that is not for discussion at this point, as to those reasons. But you are correct. And it is simply a fact. It is what has been chosen. And recognize, also, that once The Shift occurs, it does not stop there. There will be different types of issues to deal with after The Shift. Once you go into the shelters, you will regroup yourselves, and there will be instructions as to what will then happen upon entering the earth again from the shelters.*

### **What Can I Do To Help With The Sadness And Feelings Of Homesickness That I Feel?**

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

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

*spirit, ready to take on other issues, and the issues of spirit will not be easier than the issues of flesh.*

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

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

### **A Discussion Of Mass Conditioning Of Behavior Between Male And Female**

**I will find myself very often in this situation when I deal with female energy, that you reach certain conflict just by repeating certain patterns in your behavior. As you have been taught by your parents to behave in a certain way, again and again, even if you made bad experiences in a previous situation. Could you elaborate this? What is the reason behind it? How can you get away from this situation when it occurs again?**

*Yes, indeed. This is a very common experience. Again, those experiences that you all have with the male/female conflict is just repeating itself. And what is occurring is that there is a mass conditioning of behavior. And it is this mass conditioning that needs to be broken up. And for many of the male and the female over the past, shall we say, five to fifteen thousand years, they have worked very consciously at breaking up the Soul memory of that mass conditioning. Each of you came in through parents who were also a part of this mass conditioning. And depending upon where they were in their breakup of the mass conditioning would determine its effect upon you, and whether there would be a reduction in this conditioning or a reinforcement at a higher level of it within you.*

*In your particular case, there has been a reinforcement of the already existing mass condition that you have had struggles with over the past three thousand years in particular of earth plane time, where you have been trying to break away from this mode of behavior. You are in this incarnation more aware of this condition than you have been in the past. And you are attempting to, at a very minimum, recognize it. It is in the recognizing of it that is the most essential. For then once you have recognized a condition that needs to be changed, you are then able to tackle it and change it. It will take a number of incarnations after this for you to break away completely.*

*What you can do in the meantime, however, is at the end of each day, sit in a quiet spot and access your behavior toward the female energies during the day. And evaluate it as honestly as you can. And without judgement upon your own behavior, but simply as an outsider saying, "Now, this is what I did." And outline it and look at and say, "What is it that I like and what is it that I do not like about the way I behaved? And what can I do to change it?"*

*Change comes slowly and quietly, my son. And comes only through concerted ways of Self-determination that is applied only to yourself and not the way someone else is doing it. For you*



*must break away from this mass conditioning in a way that is best for your soul, in your Higher Self telling you this. Meditate on this at the end of each day.*

### Language Is So Limiting Sometimes In Communication To Overcome A Problem

I think it was Farena or Bathusela who taught us today that instead of talking, we should be touching and helping. I feel that sometimes that our language is limited in certain circumstances to overcome a problem. We try to say something and the other person's perception is totally different than what we expect. So, I am happy that you taught at least that instead of using language ~ there are other tools, other approaches you should use more frequently, than just talking to each other.

*Yes, indeed. Language is a most ineffectual tool for communication actually. If we did not have to speak through Mushiba's vocabulary, we would find it much easier to communicate with you. But unfortunately, there are standards that need to be used in order to get the message across. However, it is in the subtle ways, expressions, facial expressions, a look of the eye, a touching, that can break away through some of the barriers that language does present.*

*And understand that the male, the female energies, have a different language even within the language that you all speak. That entails a great deal of understanding. It is all right to ask someone, "What do you mean by that?" It would be beneficial when you first begin this attempt to understand what one of the opposite gender says to you by saying, "What do you mean by that?" even if it appears to be something that you know from your own perception. Try to understand that those of the other gender have a different definition so often.*

### The Effect One's Behavior Has Upon Another And How to Deal With It

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

*Why would you want to change?*

**Because I am such a grouch.**

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

*The issue that you discuss is no different from the issue of, shall we say, the smoking and the drinking and the eating and all of the other issues that you need not change, until it is time for*

*you to change. There should be no imposition from any source, that what you do is terrible, you see. If you are not able to function properly as someone else perceives it at a certain time in the day, that is their problem, you see.*

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

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

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

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

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

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

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

## Dealing In A Hostile Work Environment ~ And Knowing, Or Not, That You've Helped

I am in a work situation where I am the only female and feeling a lot of hostilities toward me. I try to be fair and not attempt to change their attitudes. However, it seems like that no matter what I do, the attitudes remain the same, to the point I will withdraw within myself to protect my own feelings. I do not think that there is anything being gained by either side. And I do not know how to overcome the feelings of the hostilities that I feel that are directed toward me. And I think some of it is not me personally, the mere fact that I am a female.

*Indeed. That which you started out to do has changed. And you are now in a position of preparing to depart from this situation, for all that could have been done has been done. And you will find an area in which your energies and your insolence will be greater appreciated and understood and will be utilized in a more productive and beneficial way. You are at the end of a particular path and ready to take on the next level, which you know about.*

I just feel that I came up short, that if there was something that I could have done that I failed ~

*You have not. No. Understand that you did what needed to be done.*

You see that I do not see that anything was accomplished.

*Many times, you do not see. Many of you will not see anything accomplished at your level. You will not see what may have been accomplished at the spirit level. And it need not be a dramatic accomplishment, but rather a very minute subtle accomplishment. And it may have been only for one entity rather than a group of entities, even though you were in a grouping. It is not the purpose to determine if you did, in fact, accomplish something from an earth plane perspective. Your soul knows. Your soul knows.*

*At the plane level, it is very difficult to fully understand so often. There are times when you will be able to see it very concretely, that something was accomplished. You see the changes in a positive way of those around you. When you are not able to see change in a positive way in those around you, it is a sign that this is an issue at the spirit level that you may not know of at the conscious level. Know that you have done that which you set out to do.*

I just wish I felt better about it.

*You may not feel good about this situation for a while until there is a different perspective. There are changes coming for you now, but you knew that. They will be here shortly, as earth plane time is measured, it is a very short time.*

*We would have Farena and Bathusela give some closing remarks to you, then we must depart. For this is a topic area that we know could continue for a great number of hours.*

*Farena: Well, closing remarks. I would leave you all with the perspective of happiness and joy, and looking at this manifestation as one of opportunity and love, and the chance to help each other, be with each other, to touch each other, to appreciate the sense of touch, for the sense of touch is not in spirit, and so it is to be revealed in. Enjoy it. And it will help in the homesickness.*

*Bathusela: I send to you all my love. And I am here to be called upon when you need gentleness in your life, combined with happiness of spirit. This is what I am here for. And I say to you all, I am here to help you, the female, to be strong within oneself, and to understand the difference between service and servitude, and to understand how to Be of Service to the male so that the balancing occurs. And at the same time, I am here to help the male to help the female, and to help in the balancing in a spiritual context. I am pink, and I am with you, and I love you.*

*Waith: And now we are ready to depart. Remember that this special topic session is not the end of this conversation, but rather it is simply the beginning of what will be many, many questions to come that will relate to this topic.*