

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

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- ∞ Introductory Topic Session ~ Female Health Issues
- ∞ Each Entity Is In Full Control Of Their Health Issues
- ∞ Each Energy, In Order To Return To The One, Must Experience Male And Female Issues
- ∞ Inherent Female Qualities Upon Leaving The One Are Lost, And Become Lessons To Be Learned
- ∞ Why Illness Occurs
- ∞ There Are Dominant Females And Males Who Resent Being In The Role They Are
- ∞ It Is Important For The Males To Help The Females, And The Females To Help The Males
- ∞ A Question Is Asked About How To Avoid Hot Flashes During Menopause
- ∞ Waith Gives A Remedy To Help Comfort From Hot Flashes During Menopause
- ∞ A Question About The Emotional Roller Coaster From Premenstrual Syndrome
- ∞ Meditation, And Specific Remedies Suggested For The Mood Swings Resulting From PMS
- ∞ Anger Is A Necessary Emotion To Shake Loose The Issues ~ All Emotions Are Essential
- ∞ Do Not Compare Yourself With Others ~ Do Not Judge
- ∞ A Discussion Of Adhesions After Surgery
- ∞ Waith Gives A Remedy For Comforting The Physical From Adhesions From Surgery
- ∞ A Question From A Male Who Experiences Issues Generally From Females
- ∞ I Struggle With Wanting To Mother Everybody. Is That A Personality Or Soul Trait?
- ∞ A Question About Someone Having PMS While Not Having Their Menstrual Cycle
- ∞ A Question Is Posed On The Issue Of Cosmetics That Women Use, And Any Harmful Effects
- ∞ Does Conception During A Full Moon Affect The Gender of a baby?
- ∞ The Issue Of Getting Pregnant, Or Not
- ∞ Would You Please Address Postpartum Depressions?
- ∞ If A Female Has A Number Of Female Health Issues, Does That Indicate Many, Many More Lives In Which To Deal With The Issues?
- ∞ A Question About Why So Many Women Are Afflicted With Weight Problems
- ∞ Confirmation That Chaparral Is The Herbal Remedy For The Horse Discussed In The Last Session

*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 ⚙)**

Introductory Topic Session ~ Female Health Issues

We are here for this session to discuss an issue of female health issues. We will, at another time, give a Special Topic to the male health issues as they find themselves appropriate. We have taken the female issue first since we were asked first. Thus, we will address those issues. We will take this opportunity during this session to address questions. We will initially begin with an introduction and then, so that it becomes appropriate for the record, we will take questions, for many of you in this gathering have specific applications in your work with others that you do at this time, and several others of you will take this information and at a time in the near future will give application to it to others. And thus, you will have available to you the information that is in your minds now.

We would begin by indicating that the issues of health that we discuss, of course, are not simply that which manifests in the physical, but rather the health of spirit, the health of the Soul and the interconnectedness of the Soul with the physical encasement and, of course, then, the interconnectedness with the One, and that each of your physical and spirit health issues are related to the others. All energy forms in some way will affect each other in your health.

Each Entity Is In Full Control Of Their Health Issues

We would begin then by indicating that your health, as you manifest it now in this illusion upon the earth plane, is a result of that which you will yourselves ~ no outside force gives you that which you have. It is you who has all of the power to bring to yourselves that which you have, and to rid yourselves of that which you have.

The female entities take on particular types of health issues for lessons to be learned, of course ~ some related in general to the female encasement and the female energy form, and other issues that relate this specifically to the energy who has, over the course of experiences, rendered certain lessons of a specific nature and certain balancings that needed to occur.

Each Energy, In Order To Return To The One, Must Experience Male And Female Issues

The male energies also have the same direction ~ the general issues of being the male energy and then those of the specific. So, we see then that each energy, in order to return to the One, must experience in physical all of the gender experiences, male and female, regardless of dominance. We will address dominant female and those lessons that need to be learned.

Many of you in this gathering and many who will read these transcripts, while they may be in male encasement, are, in fact, a female dominant energy, and, of course, vice versa. And thus, regardless of whether you are male or female in encasement, male or female in dominant energy, it is important and indeed critical that you understand what makes everybody tick, shall we say. It makes for the wholeness of spirit. And to think that this information from this session does not apply to you because you are male in physical encasement is, of course, ludicrous.

Inherent Female Qualities Upon Leaving The One Are Lost, And Become Lessons To Be Learned

Now, female general issues regarding health. The female of the spirit is gentle, the female of the spirit is compassionate, the female of the spirit is loving, and the female of the spirit is

nonjudgemental. This is true when the female first leaves the One and ventures out into the path of learning. What occurs is that this knowledge, this inherent quality of the female, becomes lost in the memories of the Soul, as it needs to be in order for the lessons to be learned and the strength to be obtained in the gaining back of that knowledge.

Thus, when you each leave the One, The Creator, you leave with the knowledge, with the understanding that you will gain it back once you have returned and that the quest is in the gaining back of the knowledge. Thus, it is, that each of you has the knowledge. We emphasized this time and time again. It is simply that the path is meant for the relearning of the knowledge, the gaining back of the knowledge, and the experiences that one encounters make the entity whole and strong once again. Now, the general issues of the female spirit relate to an understanding of these qualities that I have just described, compassion, love, nonjudgemental. And when each female entity goes out into The Universe to learn the lessons, there then becomes what one might call a disassociation with the spirit and the quality, the quality that I have referred to.

We will take, for example, the quality of compassion. With the quality of compassion forgotten initially, the female entity enters the earth plane, and in the deep recesses of the Soul is this knowledge of the quality of compassion, and in order to begin to call up this knowledge and its implication, the female will begin to be at the other end of The Spectrum, will be completely non compassionate. This is at the beginning of the sojourn on the earth plane, and at the end of that particular experience there will be the development of the knowledge once again of compassion. It is a long and slow process, and several qualities may be taken on at the same time in a lifetime or one particular quality may be taken on, and lifetime by lifetime the knowledge begins to return. Now this relates then to health.

Why Illness Occurs

You might all be saying, "How does this all relate to health?" Was that a good question? This relates to health, for when the spirit has the knowledge, and the physical encasement and the personality and the conscious aspects of the Soul are not in harmony, then illness, as you would refer to it, occurs, for the Soul has the memory of compassion. The being, however, does not behave in a compassionate way, and must ~ this is where the understanding needs to be developed for many of you ~ this needs to occur, this behavior of not being compassionate, in order to move back to being compassionate, and we use this quality as an example.

You will, thus, behave in a way ~ compassion takes on many forms. Not understanding another's feelings is a very general aspect of not being compassionate, not understanding the feelings. And the female entities will be very, very non compassionate and would lash out at others and would go against that which is inherent in the Soul of the female, and by doing, thus creates what you might refer to as a schism in the total being of that energy form, and it is this very condition that then spreads throughout the energy a predisposition for illness of the physical that is a direct result of the spirit attempting to become compassionate once again ~ compassionate, nonjudgemental, loving and caring and all of these qualities.

Now this is a general perspective. Where the real issues come are in the specific, for each of the female entities, because of many issues and many situations that are a bit more complex than we can describe at this time, behave in certain ways that are unique to female, just as males behave

in certain ways that are unique to male. The female, being charged with responsibilities of bringing onto the earth plane other entities ~ being those who would reproduce ~ bring into the spirit energy a very unique set of issues, for the female being, therefore, the nurturers, the bearers of other entities, must, in fact, deal with each of the inherent qualities in their own particular ways.

There Are Dominant Females And Males Who Resent Being In The Role They Are

There are many female entities who, for example, have a resentment for the role of the female. This results from the initial split of the energy form from The Oneness. When the original energy form split, one became female and one became male dominant. Thus, the twin flame phenomena. And there are many female entities who, now, from the beginning, were not pleased with the fact that they had to become the dominant female and their other half became dominant male and carried this through. And much of what needs to be worked on for a situation like I have described is what creates for many females a difficult path, for coupled with the difficulties of the inherent female qualities is then this resentment that one had to become female.

The same also applies for the male. There are many of the dominant male energy forms who resent having to take on the male dominant, remembering, of course, all of you, that once you become One, you are genderless, you see. It is all part of returning back. It is all part of that which we play as a game, which is what it is all actually ~ remember this. We have said this in prior times. Now, we will get on with the playing of the game.

Your illnesses, therefore, come from many different situations relating to the various qualities that are being worked upon, and you may be working on a particular quality in this lifetime that another is not. The issue ~ we will return to the issue of reproduction, for this generates a tremendous number of issues related to it, for the physical encasement of the female is designed in a specific way, during this particular illusion in this particular time on the earth plane, to bear other physical encasements. This, because of the actual design of the encasement, can be a difficulty for many of the females. The physical encasement itself brings about discomfort for many in female form. For others, there is no discomfort. Most, however, feel some form of discomfort with the physical encasement, be it external or internal, and we will address your specific questions in a moment that we had indicated earlier we would.

The discomfort that comes from the female encasement will relate to those issues that you have brought into this lifetime. We had indicated in open session from our last time that one of our bright male encasements wants very much to bear a child, and this is a very strong reaction to being dominant female and having other issues from the past that are unresolved.

So too does this occur with the females, and you must understand that in order to find your answers to these difficulties you must reach your Higher Self. You must be able to find the answers from within you by meditation, by understanding from those around you and from sources such as ours, those areas that you need to pay attention to, those areas that you need to face up to. For while it is easy for us to say that certain issues come from a general sense of being female, it is not the easy way out.

It Is Important For The Males To Help The Females, And The Females To Help The Males

You will not leave this session knowing exactly what the problem is and how you can solve it. This will come only from your own seekings. We are here for this session, as well as for many other times to come, when questions are posed, to gradually unfold to you the issues related to female health, as well as male health. It is important that the males help the females and the females help the males. Do you understand it?

We would like now to give you the information that you need via the use of questions, for we know that which you want to know. For those of you who are new to the vibration and have not heard us speak before, you will understand that we enjoy the use of questions rather than monologue. It serves a much greater purpose

A Question Is Asked About How To Avoid Hot Flashes During Menopause

I have a question from (Name given) that she asked me to ask for her, and she says, "I am in the menopause and I am having hot flashes. Is there anything I can do to avoid them? I do not want to take medications. Is there an herb that will help? Thank you."

Yes, this question, of course, is one that we realize to be an important one for the females. This condition referred to as menopause or the cessation of the reproductive abilities, for many of the females comes as a joyous time, and for many, many of the other females comes as a time of regret, and the response to this condition becomes an individual soul issue in terms of whether you are happy or sad about the condition.

Nonetheless, the attitude does determine tremendously the physical response, and it is generally found that if there is an understanding that this is not an ending of any type of ability, but simply, the body's readjustment and continuance of other issues, then the physical manifestations of the condition will not be as dramatic. This condition is to be thought of as simply a move from one mission to another for most females. There are many females who will continue to have that which is called the bleeding cycle for a good number of years beyond the average female.

Waith Gives A Remedy To Help Comfort From Hot Flashes During Menopause

There are certain types of earth plane foods and herbs that can be beneficial during this transition time. There is a particular herb that ~ we will not make you search for this one. We will give you a remedy that will be most soothing to the physical as well as the spirit during this time. It is that which is extracted from the berry called cranberry, and it must be taken in its pure form. It must not be that which is commercialized. The cranberry, therefore, must be the juice extracted from the berry and heated to a temperature of seventy-three ~ approximately, seventy-three degrees. We will not be specific and give you points. We will simply say seventy-three degrees plus or minus one or two degrees.

Fahrenheit or Celsius?

Ah! ☺ Indeed. That which we would give as reference would come from that which is known in this environment ~ this geographic environment. Therefore, it would be that known as Fahrenheit. That was a very good point you made. We tend to discount many times those variations, for we use as our reference point that which is where we find ourselves, you see.

Now, you will take the heating of this, and with each quarter cup of juice will be added three-quarters of a cup of water ~ and it needs to be the purified water. Add to this one teaspoon of juice from the fresh lemon and one teaspoon of purified honey, thus giving you one cup of liquid. This is best consumed prior to the sleep state, and, at a minimum, be consumed three times during an earth plane week for as long as the discomfort prevails.

Now, the issue of menopause is a most interesting one, and we will address some other specific questions relating to it as we sense are in the vibration now.

A Question About The Emotional Roller Coaster From Premenstrual Syndrome

I would like to get some assistance in the Premenstrual Syndrome in terms of, not so much the physical discomfort but the emotional roller coaster that I see myself going through a lot ~ from whiny to resentment and sad, the whole gamut of feelings that I go through.

Indeed. Realize that this is connected to the cessation condition and that there are many females who experience these types of what you would call mood swings, as it has been referred to, in the condition of premenstrual which relates to the particular entity's abilities to deal with that schism that we spoke of earlier.

There are also issues here that relate to attacks from the darkness that will highlight particular conditions, but generally, what occurs, you see, is that from cycle to cycle, as the bleeding begins and ends, and begins and ends, during that time frame you experience many different events, and each of your earth plane days you deal with issues in particular ways, sometimes better than others, sometimes with greater awareness in understanding of the spirit issues. And there are, for example, sometimes when you let go to The Universe certain issues, and you understand and have greater awarenesses.

A particular lesson, however, as you know, keeps coming back to be learned over and over again, and there may be another day when you do not quite deal with it in the same way. For whatever the reasons ~ and this is fine, you see, this is all right ~ you will not give it to The Universe. You will block it. You will fight it. You will not understand what is going on, when just the day before, you may have handled it very well, or the month before you had handled it very well. These are all issues relating to the female that we speak of, not other types of issues.

Now, when it comes time for the expulsion of the lining of that which reproduces, you then, depending upon how much you gave to The Universe from the last time of the expulsion, will have varying responses to the physical. The physical, by design, is intended to interact with the emotions and the spirit. And thus, you will be moodier. You will be, you will feel less happy. You will have much anger many times. You will cry. You will have all of those experiences in varying degrees if you have had difficulty in dealing with issues that relate to being female.

For some entities, they are not bothered by these issues at all. Other entities have these issues periodically. Others do not know quite when it is going to happen from month to month. For those who do not know quite when it is going to happen from month to month, as has been expressed, is an indication of the Soul going through a tremendous metamorphosis and attempting to deal with issues at an accelerated rate and sometimes dealing with them very well

and other times fighting them and blocking them. Remember that sometimes the female entity, in a particular earth plane life, is not dealing with issues of the female but dealing with other issues, and therefore, experiences absolutely no response to the bleeding cycle. Many of you know other female entities who find this bleeding cycle to be just another day of the life, you see.

Meditation, And Specific Remedies Suggested For The Mood Swings Resulting From PMS

In addition, when you have tremendous fluctuation, there is a very strong possibility that there are also attacks from the darkness coming to those vulnerabilities that you would have because of that which you have experienced in your, many times, doubts of all that occurs. This can best be rectified through meditation, surrounding of yourself with the Light. We would want, prior to the beginning of this expulsion period of perhaps two to four earth plane days, to take into the physical encasement liquids that are warm, this seventy-three-degree temperature, no liquids that are cold, and to do this prior to the meditation period.

That remedy that I described earlier is beneficial for this type of mood that you would experience and helps to equalize the body, the physical, the body. It is important not to place any cold liquids into the body in those days prior to the beginning if one is subject to the discomfort. It will also be of benefit if you find yourselves, the physical encasement, retaining that which is the liquids, that seven to nine days prior to the beginning of the expulsion that you were to drink one gallon of whole milk.

*It does not need to be the warmed, and that you do this for three days in succession. Now we understand that for many of you, you are not able to accurately predict when this expulsion will begin, the bleeding cycle will begin. However, it is approximate, for as you begin to be in touch with your Higher Self and its connection with the physical, you will, in fact, know when you are beginning to feel this buildup of the pressures within the physical encasement, and by keeping track of approximately the comings and goings of the previous cycle that you would do this. It is not necessary to continue this for more than the three earth plane days. It must be whole.
(Referring to the milk)*

What is it about milk that makes it so beneficial?

Milk has particular nutrients that interact with particular chemicals within the physical encasement that will achieve a particular sense of balance given particular timing.

But just taking calcium, for example, would not do the trick at all?

Not completely.

Would that be something that would be helpful? Could a doctor recommend it during when women have their period to take calcium?

We would not recommend that you run out and buy a supply of calcium tablets, for in the calcium tablets, there contain other types of ingredients that may not be beneficial to the encasement. The same, of course, holds true for that milk. We recommend that you understand that there are particular nutrients necessary. We are not in favor of placing into the encasement pills of a general nature unless it is so needed, and we have addressed this issue in an open session

prior to this, as to when that would ~ the exceptions would be. So, for that issue which we have addressed we would go with the milk. Calcium tablets would be appropriate for other situations relating to the bleeding cycle.

Would the use of Bach flower remedies also be ~

Yes, we have been asked this in prior sessions, and these particular remedies, for particular individuals, can be beneficial, and if you feel them to be of benefit to you, then by all means utilize them, remembering that remedies are given out for general purposes and may not be applicable to everyone.

Anger Is A Necessary Emotion To Shake Loose The Issues ~ All Emotions Are Essential

When we go through that emotional turmoil and get angry and whatnot, does that cause blockages in our Spiritual Centers?

There is always a difficulty in the Spiritual Centers when particular emotions of a negative nature come about, and to answer your question, yes, it would present a blockage. Anger, however, is a necessary emotion in order to shake loose the issues. You see, all emotions are essential. They may be viewed as negative only if they are not viewed as positive. Now, that might seem to sound strange. However, anger, for example, will, in fact, block, but it is in that blockage that then expands the center.

Let me explain that a bit. Anger, if utilized correctly and understood as essential to the shaking of the memories of the qualities that one works on, will enter into a Spiritual Center and create a blockage. If you understand this and then send the Light, what happens is that the anger, in its need to then disperse because the Light has come in to do this, ever so slightly expands the Spiritual Center. Now, it is when the anger is allowed to fester and continue ~ and for many, anger continues for the lifetime, they are not able to diffuse it when it returns and returns. Then it creates the blockage that seals the Spiritual Center rather than helps to expand the Spiritual Center.

If you find yourself having difficulty in diffusing anger, you see, it is when you call upon all of the Forces of Light and you call upon all those around you who can send you the Light and the love to help you to diffuse the anger, remembering that anger is the opposite of the positive energy. And just as the illustration we gave of compassion ~ where you are not compassionate, you must be at the polarized ends in order to return to the One.

Do Not Compare Yourself With Others ~ Do Not Judge

For many, that will occur over many, many lifetimes. For others around you, they may be experiencing this finalization in this lifetime, and if you see someone able to deal with their female issues, for example, in an easy manner, they have no pain with their bleeding cycle, they have no difficulties with their encasement, they are at a particular point in their path, and you are not to look and compare yourselves with them. We have said this so many times about other issues. You must understand that each now in physical form as female has a general issue to resolve as being female and a very specific issue to resolve as being female and that there is not to be judgement made but rather to be assistance given.

Part of being female, part of the essence of the female energy that is different from the male energy, is the ability to bring love into an environment, into an energy field. We do not say the male is not able to do this, but does it in a different way, and it is not the priority of the male energy. It has not been given from The Universe as the priority of the male energy. The female energy has this priority and, thus, it is up to the female energy to understand this. We will take other questions.

A Discussion Of Adhesions After Surgery

I have an ongoing problem since I had an operation removing a cyst in my female organs. Apparently, I have a lot of what is called adhesions that just wrap around, and there is nothing that can relieve this. Is there anything that you could tell me?

This is a common condition of the female. Some will learn of it and others will not. It relates to certain resentments that we had discussed earlier to having to be dominant female, and that it is an attempt to block that which is one of the physical functions of the female. It takes on varying forms, some more severe than others, depending upon the severity of the issue that is being dealt with by the female. For example, this resentment that we had spoken of, in order for the female to be able to return once again to the One, that emotion must be resolved and must be dissolved, and therefore, it becomes part of the learning along the path. And thus, you will find that those females who have this issue will have resolved it in varying degrees. Thus, it will manifest itself in varying degrees in the physical.

In your particular case, my dear, you have come quite a way in resolving this issue, and you have reached a point in your path where perhaps one or two more lifetimes and you will have rid yourself of it completely. It is quite an accomplishment. You have done very well in dealing with this, and thus, that which you speak of will not give you much bother. You will be on occasion troubled by a sensation from the physical lesions, as you describe them, but you will, because of your own soul's dealing with the issue of resentment, you will find that it is abating at the physical in dramatic ways.

Waith Gives A Remedy For Comforting The Physical From Adhesions From Surgery

You are not alone in any manner in this feeling. There are a significant number of female entities, not only in this gathering, but in the forming Community of Terra Lux and those who would come to hear and read, who share the same issue, some in greater intensity than yourself. And in understanding that this issue exists, you can be sensitive to the female entities who you might feel have this issue to deal with. As far as a remedy to assist, we will place on the record a particular solution that would be of assistance for those who would find themselves with these lesions. The base of this would be water that is warmed to approximately eighty-five degrees.

Is this purified water, Waith?

This would be the pure water. Now into this water would be placed the herb that you know as chamomile. Now into this you would place for each cup of hot water, this water of eighty-five degrees, you would place one teaspoon of the chamomile that has been crushed. You would then place into this mixture, one teaspoon of the salt that comes from the sea. Now what you

then do is before ~ you would be consuming this and before you consume this you will place it under that which is the nose and you will breathe in deeply three times and allow the scent to enter into the encasement. You will then consume this liquid. Do this three times each plane day for approximately two weeks on the plane.

A Question From A Male Who Experiences Issues Generally From Females

(A male speaks) **Waith, you had made mention that I was a female entity in a male encasement. When I go through mood changes is that my response to what you would call the premenstrual condition? Am I emotionally reacting to the cycle?**

Indeed. He is a most bright entity, you understand, who has given opportunity here for us to illustrate the complexities involved in energy forms being dominant female, dominant male, taking on opposite encasements, and all of the complications that can come about, you see. To be a dominant energy and to take on the opposite encasement presents tremendous difficulties if, for example, it is one of the first times that it has been done. Which is not in your case, but can be for many, when it is the first few times that it is being done that it can present gender identity problems.

In many cases such as yours, you have brought into the male encasement strong female soul memories of difficulties in the female energy, you see. You are one who has difficulty in being female. You want to be male and ~ as an energy form, you see. And because you, when you are female, you have these same issues that we have just spoken of with others, who, while you are in female you are resentful of this, and you have brought through many, many entities. Many, many entities.

I had a lot of kids?

Yes. Now, you have had difficulty in your most recent lifetime as a female, and you were attempting to resolve, much in the way that (Name given) here is accelerating her attempt to resolve female issues, you were attempting to resolve many of these issues, and you were moving along quite well and yet, just ran out of time, shall we say, and it was time for you to leave the experience and you did not leave feeling that you had resolved that which you wanted to resolve as female.

And you had already decided, you see, that this lifetime you would be male, and you were advised by your guides to not plan ahead quite as much, but you, being a particular entity that you are, you were going to come into this lifetime as male because you had planned it many other lifetimes ago that this particular one you would be male. Thus, rather than come into your next lifetime again as female to pick up and resolve the issues that you had to leave unfinished, you would come in as male, and your female soul memories are still there and they are gnawing at you, and you left this particular incarnation of which we speak while your bleeding cycle was occurring.

So, it is still occurring. 😊

(Words inaudible on tape) ~ *It is still occurring. You have been most gracious in allowing us to use you as an example.*

Do The Phases Of The Moon Or The Lunar Cycle Affect The Menstrual Period, Or Menopause?

The physical encasement, be it male or female, is tremendously affected by the gravitational pull of the moon with that which is the earth plane. The physical encasement of the female is especially susceptible. This is set up, shall we say, for at certain points in the gravitational pull of the moon to the earth makes the female physical encasement more vulnerable to, shall we say, the dealings with certain issues.

It sets up the situation for the Soul bringing in a lesson to be learned, and the physical body, that which would physically be able to respond to an issue, is in direct relation to its strength during its bleeding cycle ~ where it happens to be within the bleeding cycle. If the physical body, for example, is bleeding, as you would call it, for certain entities ~ it makes it ~ it slows down the body. It slows down the energy form. For others, it energizes.

We cannot say in general terms what it does except that it has a very definite effect, and that by meditation, you will learn yourselves what effects your own body feels. If you were to chart your own moods and behaviors each day for several moon cycles, you will find a very interesting phenomena, for you will find that some of you as females have energy patterns that are very high while your body expels and others of you would find that you have very low energy patterns while your body expels, and that this can aid you in anticipating particular behaviors and aid you in getting under control your physical responses, for you will begin to have an understanding of the connectedness of the earth plane, remembering that the earth plane consists of more than just Planet Earth and that the moon is that which has been designated as the gravitational energy field directly related to the physical encasement.

I Struggle With Wanting To Mother Everybody. Is That A Personality Or Soul Trait?

You are certainly not alone in this. There are many who have that which you call mothering. It is a nurturing trait and it is not to be thought of as necessarily negative unless one tries to smother and impose upon others. Nurturing is a female trait. It is not excluded from the male by any means. However, it is not a dominant male quality. You need only understand that, like any other quality that you are working on, keeping it in balance, and that there is the very fine line, as we would say, between nurturing and smothering and that you do not want to take on the issues of another in the guise of mothering or nurturing. You understand that which presents difficulties to you, and thus, are working to balance.

A Question About Someone Having PMS While Not Having Their Menstrual Cycle

I have had occasion to just not even have a period for a month or two months, but have PMS for the whole duration, which is not pleasant. I can only assume from listening to what you said that there is probably some problem here dealing with accepting the female.

If you were female, then it would be an issue now, would not it?

I do not know. I mean it would, but if I ~ being who I am, it is still some kind of issue, but what? I cannot even follow it anymore.

And for your particular situation it would be, my dear, which we will address soon in another time, for it is of a particular issue rather than a general issue, you see.

Okay.

Understand that the irregularity of the bleeding cycle is the indication of the beginning phases of cessation, and as Mushiba would say to you, LUCKY YOU! ☺ You have completed one phase of your mission here and are about to take on, as you know, another very important phase and no longer have need of the cycle.

A Question Is Posed On The Issue Of Cosmetics That Women Use, And Any Harmful Effects

About female energies. Women tend to use more cosmetics than men do. I took the time to read what is in some of them. I was amazed. There were animal products, and chemicals. These are also issues on my side from, you know, they were tested on animals. How harmful are these, or how beneficial are they?

It is really not an issue to be concerned about. In the scheme of all that occurs from an aesthetic standpoint, it would be marvelous if your current culture allowed the males to adorn themselves as females do. It would certainly be more pleasing to the eye for many of the males. ☺ Just as the females can become so more aesthetically pleasing to the eye with the addition of particular adornments, so too could the male benefit from this.

The other issues of which you relate to the animal testing ~ this is not a health issue, and we have placed on the record through the course of many sessions, discussions about animals and the relationship of vegetarianism and this sort of thing, and as the transcripts take on their editing form, you will have this kind of information more available to you, but it is not to be concerned.

Does Conception During A Full Moon Affect The Gender of a baby?

The moment of, as you would call it, conception, does, in fact, have something to do with the moon, only in that the energy form has determined where it wants the moon cycle to be for itself. Just as I had indicated to you that if you were to plot your behavior and your emotions with the moon, you would find a pattern and, thus it is, that before you entered you wanted the moon to be at a particular point so that you would have a particular pattern which works with that mission that you have come in for, so it is not, of course, in the way of the plane as they speak now that if the moon is in a particular place it will be male or it will be female, or whatever. However, it does determine behavior patterns.

The Issue Of Getting Pregnant, Or Not

I am working with my meditations towards mental and physical preparation for getting pregnant. Can anything else be done to bring the primary health, and everything, to be in the right place so it will happen?

It will happen if it is meant to happen, regardless of what is done. If it is meant for an entity to come through you, that will occur. Most certainly, the meditations will help through the spirit to give you a greater awareness and thus be of greater benefit to the entity. Also, being in a sound

physical health will be of assistance in bringing the entity through and in the actual physical raising of the entity. However, the two do not necessitate the condition for entry. That is determined by your soul's mission and path. If you are to bring in an entity, then it will happen, regardless. If you are not to bring in an entity there is nothing that you can do that will bring that about.

Would You Please Address Postpartum Depressions?

Ah, indeed. This is an issue that relates also to the sense of feeling of being female and the sense of the mission that you have in bringing in an entity. The greater your sense of female acceptance, the less chance there is that you will experience this depression after the entity has arrived. The reason for the depression at a Soul Level is in knowing that you have brought in an entity and of feeling the conflict within yourself that you, as a female energy form, do not really want to be female and do not, therefore, want to bring in an entity, yet being in conflict with the fact that you are female and that you do want to bring in an entity.

Depending upon where you are in your own development toward the elimination of whatever resentment you would have about your own female dominant energy determines the degree of depression, if at all. For some female entities the conflict is so tremendous that they do not pull themselves out of it. Some have, in fact, taken their own lives as a result of the depression. Others have experienced in very minor degrees this feeling of depression. This indicates that ~ that whatever resentment toward themselves as females that they have carried into the lifetime that they have resolved it to a great degree and perhaps this lifetime would be the final one in which that resolution would take place, or one or two lifetimes beyond.

Many females experience no depression after the entry of an entity. This indicates that they are at ease with their role as dominant female. It also has some specific applications, and what we have just described is of a general application, and as we speak with entities in private sessions the issue would be discussed and given greater detail as to the private soul issues related.

If A Female Has A Number Of Female Health Issues, Does That Indicate Many, Many More Lives In Which To Deal With The Issues?

Not necessarily. Again, you must realize, as we have emphasized so many times, to not be judgemental when looking at another and seeing that which they bring about for their life, for there may be females who have a good number of, shall we say, loose ends, and this, in fact, could be their last lifetime, and yet they have these minor little things to be tied up, and thus it appears that there are a good number of complications, little things, and it does not necessarily mean that they have a lot to deal with for the future but simply to pull one little end and another little end and bring them all into ~ and they have taken this all on in this lifetime. Usually, the last lifetime, in the majority of cases, involves the tying up of the loose ends and the letting go of the earth plane, you see. On the other hand, it could mean just what you think it means. ☺ We never said it would be easy now, did we?

A Question About Why So Many Women Are Afflicted With Weight Problems

I work with many women who seem to be afflicted with weight problems. Is it more or less a mass hysteria right now that women judge themselves for being overweight and therefore

producing it, or is it also a part of the nurturing and the safety mechanisms of being a nurturer, just of having more body fat?

There is a combination at work here between the general issues of the female energy form and then those that become specific, and as we have addressed in the past the weight issues, as they can be specific relating to very definite experiences, be they of male or female, is not the case.

However, in looking at the dominant female, there are some very definite issues here, and as we had discussed in Special Topic a while ago relating to the female and the male energies and their roles with each other. You might refer back to that transcript. Being of female brings in a particular attitude and that of compassion and nurturing being the issues relating to weight, the physical weight. And generally speaking, when an entity finds themselves obsessed with their weight, whatever the weight is, be it more or less than the encasement needs, they will generally find issues of nurturing and compassion. Remember that an encasement that maintains more weight than it needs does not necessarily have to get rid of that weight in order resolve the issues, but rather to understand why the weight is there.

There is too much of an emphasis now on the plane placed on weight for both male and female but especially for the female, too much emphasis placed upon the losing of that, when in actuality, it may be imperative that the entity keep the weight on the encasement for the learning of lessons, and that by being imposed upon by external factors to rid themselves of the weight and thus responding to that they may, in fact, impede the lesson that they need to learn and thus have to take on that lesson once again in another lifetime.

It becomes, therefore, the role of yourself, as well as others who would do this, to help the entities of the female to understand why their body maintains the weight that it does, not that it needs to necessarily lose it but in the understanding of what the issue is and then to resolve the issue, and once the issue is dealt with the body then determines what to do with the weight, not the other way around.

Could it also be an issue of just learning to love yourself no matter what you look like?

There are a number of side issues related to this. It does not necessarily mean that if any entity were to say, "Well, I have three hundred more pounds on my encasement than I should have but, by golly, I love myself!" 😊 This does not necessarily ring true, you see, for the issues need to be dealt with as to why that weight is on, and love of Self becomes perhaps for an individual that issue, and perhaps not. So it is in the meditations and it is in the workings with healers of the spirit such as many gathered here, who would help those entities to understand their issues, not to be judgemental and not to be the one to determine what that issue is, but rather to allow the individual to understand their own issue, not for any of you to tell them what you think their issue is.

Confirmation That Chaparral Is The Herbal Remedy For The Horse Discussed In The Last Session

Waith. Is Chaparral the herb that you recommended for her horse?

Yes.

I knew. Thank you. I ordered it already.

You do not need us.

Yes, I did.

It is an indication of trusting in Self, and ~

I am learning.

Indeed. And this is what we find our greatest pleasure, for we also have emotions and our greatest joy is that you begin to learn to find the answers in your meditations and to seek the answers from yourself and to trust in yourself when you are given an answer. We are more than delighted to perhaps give confirmations when you need that confirmation, but our greatest joy is in not having to do that at all, in knowing that you can find those answers and trust yourselves, perhaps gain a bit of guidance from us in how to go about doing that.