

# WAITH CLASS TRANSCRIPT

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

May 16, 1989

- ∞ [There Are Many Ways To Send Light ~ Be Lighthearted ~ Be Joyful ~ And Smile](#)
- ∞ [More Follow Up On Eating The Bran To Lower Cholesterol Remedy Of 05.02.1989](#)
- ∞ [Do Lifelines Share Guides?](#)
- ∞ [Was I Correct In Thinking That My Lifeline Was Draining My Energy?](#)
- ∞ [A Technique For Blocking A Drain On One's Energies By A Lifeline](#)
- ∞ [Can Depression Be A Symptom Of Energy Drain?](#)
- ∞ [Can A Parallel Life Be On Another Planet ~ Because Another Planet Is The Earth Plane](#)
- ∞ [What Would Be The Best Way To Get Rid Of A Scar? ~ Jacques Gives A Technique](#)
- ∞ [Is There Something I Can Do To Alleviate My Allergy To Trees Blooming?](#)
- ∞ [Someone Tells Jacques How To Fix The Bunny Ears On The Hat That Have Flopped Down](#)
- ∞ [Farena Comes In To Help With The Bunny Ears Hat](#)
- ∞ [Waith Discusses The Issue Of Someone's Dog Having Separation Anxiety](#)
- ∞ [Confirmations Of Help Being Received, And The Importance Of Asking For Help](#)

*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 ☸)**

## There Are Many Ways To Send Light ~ Be Lighthearted ~ Be Joyful ~ And Smile

**Pull the string! Pull the string!** (Refers to strings on bunny ears which Mushiba/Waith are wearing ~ pulling the strings makes the ears flop forward)

*I am aware. ☺ ☺ You must realize that in times past when Mushiba and I were together in physical manifestations, she did these things to me. ☺ It is nothing new.*

**Waith, if you want it off, you just ask me.**

*No, I would not do that. I learned one million years ago when Mushiba became my charge that this was part of that which I had to endure, and this is fine, Limera. You do not need to concern yourself with this.*

*My name, in fact, came from Mushiba, the name Waith as you know it. I have many names, of course, that I have been known by but this was the name that she gave to me many, many thousands and thousands of years ago as part of one of her little jokes. So, we find it quite delightful actually that it amuses all of you and lends a bit of levity, joyousness, to what would be a serious session.*

*We hope that those beautiful entities who have joined us for the first time in this session will appreciate that this process of speaking through from one dimension to another is not to be held in awe but rather to be looked at as a rather natural type of phenomena, and those who have been a part of all of this for some time have come to recognize the energies as simply other energy forms, each of us on our own paths. And thus, we are here in this session to speak a bit about joyfulness and thus it is appropriate that we have a prop. There tends to be, you see, far too much seriousness on the earth plane. And there are times, you see, even when Mushiba, who is a very, very lighthearted entity, takes things to heart as we would say and becomes feeling overburdened with it all and becomes so serious.*

*And we see this with most entities ~ not all of course, but most who would be seeking enlightenment, be seeking perfection, and in the seeking lose sight of the fact that it can be joyful and that the lessons that come your way are those that have been called upon by you, by each of your souls and therefore, should be looked at as joyful, for it gives you the opportunity to perfect which is what you are here for. You are here to perfect yourselves ever so slightly from one manifestation to another, and it is a time of joy, and even though the lessons may appear to be difficult and hard and actually disastrous in some cases, from the Universal perspective, it is joyful for it means that as you learn your lessons you become ever so much closer to becoming One again with The Creative Force.*

*To be joyful means that you have attained a deepening understanding of love and what love brings to the Soul, for as you develop your Unconditional Love it lightens you, for you are able to view other entities in a different perspective and you view them not as threats or not in judgement but rather simply as other loving souls who need your love and whose love you need.*

*We encourage, of course, Lightheartedness. And there are times when we are here speaking that it becomes very serious and there are, indeed, the times when there needs to be a serious look given to certain issues and certain discussions. That does not mean that you take that and carry it*

*with you as a tremendous burden, but rather synthesize the information and then let go of it as a burden and take the information and use it for enlightenment.*

*And enlightenment means joy ~ great, great festivity, for in other dimensions, we view enlightenment by any number of entities on the earth plane with great jubilation, and when any one of you increases ever so slightly in your vibration, we see it. It has an impact upon all of us and we celebrate and we recognize it even though you as an entity may not recognize your own enlightenment, your attainment of Universal knowledge that was not yours prior.*

*And so, as you meditate each of the earth plane days, recognize that you move ahead even if it is ever so slightly and celebrate it and do not look at that which you did not accomplish but rather look at what you did accomplish. Make a list if you need to. You see, have columns: "What I did not do," and "What I did do." And if you have only one item on this list of what you did do and ten items on this list of what you did not do, do not mourn over that which you did not do, but rather take that which you did accomplish and say to yourself, "Look what I have done. I have accomplished something."*

*It does not have to be monumental, my dearest ones. It can be simply that you were able to smile at someone who was not smiling at you. You know how difficult that can be for some of you to simply smile. When you stand in line in some place, a store or whatever, and those around you are not happy that they are having to wait in this line, you do not have to be little-goody-two-shoes, of course, but you certainly can be enlightened by not frowning and simply acknowledging peacefully that there is joy within you.*

*Smile at those around you now. Look to your right as I speak to you and smile at those near you. Yes. ☺ ☺ And look to your left and smile. ☺ ☺ Yes. You see, when you smile it brings about even this laughter, this feeling of wanting to express in verbal sound an emotion and it brings about, even momentarily, a feeling of Lightheartedness. It makes you feel better and it makes those around you also feel better, and this is how you help to spread the Light.*

*There are many ways, you see, to send Light. And we have given so much information in the past of sending the Light and visualizing the White Ball of energy surrounding that which is dark. This is another way and one that you can see a most immediate response. Smile. Smile, and laugh. We would enjoy taking questions from you.*

### **More Follow Up On Eating The Bran To Lower Cholesterol Remedy Of 05.02.1989**

**I did eat the oat bran.** ☺ ☺ (The report that she followed Waith's advice given in the May 2, 1989, Public Session to eat oat bran to assist in lowering cholesterol)

*We are aware of that.*

**It tastes awful.**

*Would you care to express to the gathering here your reaction to that, my dear?*

**My reaction to it? Well, yes, that is it. Yes. But it can be eaten! A spoonful at a time.**

Indeed.

As long as you do not have to answer the telephone. 😊

*That is beneficial information for all to know who would attempt to try the remedy that was given, remembering from this end that while we try to maintain a sensitivity to the human encasement and its perceptions of intake, there are times when we see remedies in their purest form and do not understand the, shall we say, the psychological reactions to particular remedies being ingested into the encasement. So, this is very, very good information for the record.*

### **Do Lifelines Share Guides?**

*In some cases, they do and in some cases, not. It is determined by what the mission of the particular lifeline is. As a general rule, they do not share guides. There may be a host of guides assigned to the dominant energy and out of that host of guides there is a dominant guide that, shall we say, directs the others, and thus it may be that one of the host of guides would be assigned to one of the lifelines leaving, then the dominant energy for the time that is needed. There may be occasions when a particular lifeline has taken on a mission that requires a special type of assistance, and the guide then would request assistance or it would be determined from whoever was responsible ~ whichever of the energies and guides were responsible for monitoring a particular energy's guides.*

### **Was I Correct In Thinking That My Lifeline Was Draining My Energy?**

*Oh, indeed. This is a very common phenomena when you are experiencing parallel lives, and for many of you in this gathering you have a number of parallel lives coexisting with you in this manifestation and there can be a drain on the energies. There can also be a surge of energies. It works in both directions. It is a function of attunement as to how this is controlled. If you are aware that you are, for example, being drained from one of your parallel lives, you have a very particular technique that can be used to help you protect yourself and prevent this drain, as you would feel it. Many of you will feel this, and if you feel a drain on your energies, you may want to determine if there is a pattern, as you did, my dear ~ a particular time of day perhaps, a particular day of the week, particular kinds of behavior that you may engage in, or incidences that might occur that pull on your energies. It might be that it is a parallel life that is doing a particular activity that requires more energy and would automatically go to its own energy source.*

### **A Technique For Blocking A Drain On One's Energies By A Lifeline**

*The technique that you might use that can be very beneficial to you is to place yourself in a seated position and to close the eyes and center your attention upon the Third Eye. Bring your hands up to the Third Eye as such (pyramid position with fingers pointing out from the Third Eye, tips of thumbs meeting and forming the base at the forehead), and what you want to be doing is to connect with the Solar Plexus and the Third Eye, for it is through the Solar Plexus that the energies come and go and it is through the Third Eye that there can be control of the energies, you see.*

*And so, you will have your hands in this particular position and with your eyes closed and your thoughts centering on the Third Eye and having Whiteness ~ the White Light in the Third Eye, you take this Light and as you move your hands down, you are bringing down a stream of White Light ~ much like a thread, you see. Perhaps visualize something of this thickness. You bring this down, down, down, down like this into the Solar Plexus area, and you visualize this thread actually sewing up your Solar Plexus, thus preventing escape of energy and withdrawing of energy.*

*This will last for as long as you determine that it is needed, you see. And this is where you will experiment perhaps. You may say that you need this for one earth plane hour and at the end of that time The Universe will know that it is time for the Light to release and it will do so. If the parallel life has not gone its own way in getting its energies, then it will then be able to take energy. If it has finished, then you will know this. So, if you begin to feel an energy drain again, then use the technique once again. It does not take very long for you to do and can be done with a minimum of attention being given to you.*

**What I have been doing is ~ when I fill myself with the White Light, I try to envision my lifeline and surround her with the Light also. And when I am communicating with her, is she aware of it at Soul Level? Is it getting through?**

*At Soul Level, yes. Yes, indeed. Understand that each of you in dealing with a parallel life ~ those of you have this to deal with in this manifestation ~ are aware at Soul Level of what you all have to do and what your missions are, and one of you may be more aware at conscious level than the other that the other exists.*

### **Can Depression Be A Symptom Of Energy Drain?**

*Oh, indeed, it can be. Yes. However, it can also be an indication of an attack from the darkness. It can also be an indication of a balancing that is occurring at Soul Level with a particular issue. It is not one of these categorical situations where one could say that such and such a situation is a direct result of something else. It is why meditation is so critical for each of you so that you are able to learn from your Higher Self that which is causing a particular situation.*

### **Can A Parallel Life Be On Another Planet ~ Because Another Planet Is The Earth Plane**

*Indeed. Indeed.*

**So, it does not have to be on this Planet Earth.**

*Indeed, it does not, and in many cases, is not on the physical earth but on one of the other physical manifestations that are part of the earth plane.*

### **What Would Be The Best Way To Get Rid Of A Scar? ~ Jacques Gives A Technique**

*Jacques: Ah. This is a very complex answer, for a scar is the result of a lesson that has been learned, you see. There are particular remedies available that may lessen a scar's imprint. The imprint, however, will not decrease unless the Soul has given up the issue. In some cases, the scar remains as a reminder to the entity of the lesson that was taken on, and perhaps not learned, and*

*thus the scar remains as evidence of additional learning. On the other hand, it could mean that the lesson has been learned and that all that remains is the physical scar, and the entity can simply heal by way of meditation. Or, if there is need of drama, as is needed many times, then it is possible to use a remedy.*

*We will give you this remedy. Now, remember that this will work not in all cases. This is not like you would think to be a cure-all, you see. The conditions must be correct. You must use this in conjunction with your meditations. Now, what you do is to take paste of the almond and mix this, you take ~ the proportions would be one tablespoon of the paste of the almond in its pure form mixed with one teaspoon of the oil from the olive. This must be then steamed until it reaches the temperature of 96.34 Fahrenheit.*

### How does one determine that particular degree of warmth?

*Jacques: That is for you to determine from those vehicles available to you now currently on the plane. Once it has reached that temperature, you place it onto the scar. You then place over this a cloth of white that is of cotton, and you wrap this and you allow this to stay for two earth plane hours. During this time, you need to be meditating and sending the White Light to the scar and allowing your Higher Self and your soul to connect. And if it is meant that your soul no longer needs the scar, it will go. If it does not go away this first time and you feel that perhaps by repeating it will, then do so, but do not use this procedure any more than two times, for if at the end of the two times the scar remains it means that it is meant to remain. If it is going to go away it will, between the first and second application.*

### Is There Something I Can Do To Alleviate My Allergy To Trees Blooming?

*Jacques: This is common on the earth plane. Again, it is a soul issue, as everything is a soul issue. Unless the Soul has given up the lesson and has learned it, then the condition will continue. To alleviate this and to help you through those times when it is irritating to you, you would find comfort in drinking grapefruit juice ~ a very simple remedy. One half gallon per day. ☺ ☺ It is not difficult to consume that, you know, as you may ask any member of those gathered in these sessions. That is not a lot to consume and in fact many in this gathering consume more than that with little difficulty.*

### Someone Tells Jacques How To Fix The Bunny Ears On The Hat That Have Flopped Down

*Jacques: You must understand that the experiences that those of us in The Company have had with Mushiba are different than those that Waith has had. Also, Waith is far more advanced in his patience. ☺ ☺*

### You have on a bunny hat. You do know that?

*Jacques: I am very aware of what is called the prop to the physical encasement through which I speak now. Part of the six of us who serve Waith in The Company in our learning is to learn from Waith. As he was speaking of Lightheartedness, we, with the exception of one who you are all familiar with, need to learn our lessons also in being lighthearted and not taking ourself seriously. Someone would like to now speak with you since we are on the subject of it. And so, I*

*bid you love and farewell and am pleased that I was able to Be of Service to you and pleased that I was able to have to wear the hat. ☺*

**Thank you, Jacques.**

*Jacques: It has been a lesson.*

### **Farena Comes In To Help With The Bunny Ears Hat**

*Farena: Hello!*

(A child's voice from the group) **Do you like this hat?**

*Farena: I love the hat. ☺ Waith told me what to do. Waith told me to take the arms of the encasement and go like this. (Farena pulls the strings and the ears flop back and forth). ☺ There is a technique. You see? Watch. ☺ So, Waith must return now and I bid you all love and light and farewell.*

*Waith: Well! You have all been able to speak a bit with some of the others. Do we have more questions?*

### **Waith Discusses The Issue Of Someone's Dog Having Separation Anxiety**

**Waith, what do you suggest I do with my dog who has been totally out of control ever since my parents are on a trip?**

*More out of control than before?*

**But since my parents left, she has been ~**

*More out of control. You see, this is ~ and this occurs with many in The Animal Kingdom ~ this is her first time on the earth plane. Thus, she is having tremendous difficulties and she simply is feeling disconnected, and because it is her first time on the plane, she is unaware of the issues of separation, and she, in her way, you see, has established a bond and she is fearing now that they have left her and she is frightened. She does not understand that they will return. All she sees is that they have left. She does not feel their vibration, and in spite of her ill behavior when they are around, they are providing to her that foundation that will establish the pattern of reincarnation for her as she progresses on the plane.*

*So, it is temporary, and there is really nothing that you can do. There really is not. You can continue to send her Light and help her at her Soul Level to understand that they will return, but it will be only upon their return. When they do return then they need to spend some quantity of time with her, and to reassure her.*

**Did her stone fall off the other day for a specific reason?**

*The stone is attempting to soothe the vibration, and the vibration was so, shall we say, ruffled that the stone felt the impact of it and was literally thrown from the vibration of the entity. It*

*need only be placed back on, but wait until the return, for the stone will simply be thrown again until that occurs. It would be beneficial that your mate be the one to place the stone back on.*

## Confirmations Of Help Being Received, And The Importance Of Asking For Help

Waith, I was having a tough time the past couple of weeks and in my meditation, I asked help from you, and it did come and it lessened the intensity of the situation. I still have a lot to work out but I just still want to thank you.

*We are pleased to have been of service to you and we also thank you for placing on the record further support that if you ask for our help we will come to your aid. But that unless you ask us, we are not permitted to do so.*

I also think that Bathusela had something to do with it. I am not sure of the details but I felt the vibrations around.

*Indeed. Yes, indeed she did.*

Waith, I want to also thank you for whoever guided me with healing the wrist.

*That was Jacques. But it was also in connection with your own soul.*

Waith, who was driving the red car the other day?

*We manifest in many ways.*

It was one of The Company, wasn't it?

*We are allowing one of The Company who you do not have much contact with, that is Jenjura who does our research for us in certain ways, and he wanted to do a few things, and so, he wants to break out of his stereotype. ☺ ☺*

**He certainly did. If I did not have a new car, I might have rammed him.** (Jenjura, manifesting as a woman driving a red sports car, cut in front)

*Lessons to be learned.*

**It took me a whole day to figure out what happened.**

*Lessons to be learned. Patience being a major lesson.*

**I am better than I was.**

*Oh, many of you are better than you were and it is joyous to see.*

- ⚙ I even get a lot of green lights now.
- ⚙ You do manifest green lights ~
- ⚙ And parking spaces, too.

*Yes. We feel that it is time to depart now, and we would like for each of you as we leave the vibration to calm yourselves and to center your energies into the heart area, and to breathe in deeply through the nose and breathe out through the mouth, and concentrate on the White Light surrounding you and protecting you, and call upon Amelius, the very Highest of the White Light, and connect with His love. Breathe in once more and out and keep the warm White Light around you as we all now depart from the vibration, and we send to you all the very Highest of the White Light from the Highest of the Kingdom of Amelius. Farewell.*