

# WAITH CLASS TRANSCRIPT

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

July 11, 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 ☸)**

## Waith Gives A Tunnel Technique To Assist Those Ready To Depart The Earth Plane

*We have now a request from a community member, that the transition of the entity that is her mother be helped with the Light from the Community of Terra Lux. This entity is known on the plane as (Name given), and she has requested that there be Light given and assistance provided, for her mother will be leaving the plane shortly.*

*Now, you are now going to be given techniques as a group that you will utilize, whether I am in the vibration or not, that will assist entities in their transition, for the Community of Terra Lux is a protector community. Now, what you first will do ~ and this is not mandatory ~ I give the technique. If any of you here would feel not wanting to do this, you are not obligated, you see. You can simply watch or be a part of the environment.*

*First step is for your hands to be placed in this position, (Pyramid Effect, fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) and you place your hands over your head, over the Crown Chakra. This is the final Spiritual Center, if you will, of the highest order and is the conductor of energy to be sent out. You place now ~ your hands stay over your head. You place your, what is called torso, in a straight position.*

*You now, before focusing on the Third Eye, will take a breath from deep within the Solar Plexus. I demonstrate to you ~ it comes from here and you breathe in through the nose ~ hold for five ~ ONE TWO THREE FOUR FIVE. Breathe out through the mouth. Good.*

*Now, you will close your eyes and you will move your pupils, as they are called, to the Third Eye position ~ almost as if you were cross eyed now ~ and now, the breathing once again. Breathe in through the Solar Plexus. Hold ~ ONE TWO THREE FOUR FIVE. Out through the mouth. And now, as you breathe in once again, envision a long tunnel and infuse into this tunnel White Light. Visualize the tunnel.*

*Now breathe in once again, and as you breathe in, begin to gather the White Light, and as you breathe out, throw the White Light into the tunnel. Do this now, seven times. Breathe in ~ ONE TWO THREE FOUR FIVE, breathe out, throw into the tunnel the White Light. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out into the tunnel the White Light. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light now, into the tunnel. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light into the tunnel. Again, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out the White Light into the tunnel. And one final time, breathe in ~ ONE TWO THREE FOUR FIVE, breathe out White Light into the tunnel.*

*Now, keep your hands above, and now, envision an energy form moving into the tunnel. Envision energy. Imagine it ~ energy coming into the tunnel, and you now, with your loving hands, gently bring the energy through the tunnel. You hold onto the energy softly and lovingly and you bring it through the tunnel. It has reached the end of the tunnel now, and you envision a host of The Angelics waiting to receive the energy form, and with your hands you very gently take the energy form and place into the hands of The Angelics. Your mission is accomplished now and you are ready to return to the conscious state. Return now. Slowly, gently, return to the conscious state.*

*Well, you now have a technique to utilize individually and as a group. Understand that it is more forceful if there is a group, and the more who gather to perform this technique, the greater the ease in the entity moving through the tunnel. And you simply need to request a gathering of the community for the technique. Question?*

**Is it meant as a transition from the earth plane into other planes of consciousness, or is it just also through difficult times?**

*No, this is very specifically for transition from the physical plane, this dimension, into the preliminary dimension. It is the, shall we say, the stagecoach brings then the entity to the beginning of other dimensions. It is the most difficult transition, you must understand, my dear ones. Of all the dimensions that there are, that of the earth plane into the thresholds of other dimensions is the most difficult to move through because of the mire, the muck, as we have described before, that surrounds the energy fields known as the earth plane, purposely designed this way for very accelerated types of learning.*

**Could an entity continuously use the Light before their departure? Does that make it easier for them going through the transition?**

*It most assuredly will help in the transition, and the host of Angelics will be awaiting the transition, for there is much joy in the accomplishment of the mission. Dearest entity, we await you. (Refers to one in the room) Now ~*

**If an entity is appearing ready for the transition, will it hurt to use this technique if the Soul really is not ready to leave?**

*If the Soul is not ready to leave, it is not time for it to leave, this technique will have no effect. It is only when the entity is ready and is being called, you see. If the entity is not being called, then this will not have a negative effect, as you would say. It will not hurt. It will, however, help in preparation, for when the situation is such that the entity is ready, and this could be, for example, on the plane ~ it may appear that the entity is ready to depart, and it is, let us say, Monday on the plane ~ and you use this technique thinking that it is time. It might be that the entity's time is not until Thursday, and thus, what you would do is to utilize the technique until the time has come.*

*You will know. It will not be a situation where you would end up doing this for a couple of years, you see. You will know. You will have this understanding. You will have the awarenesses of the fact that it is nearing the time. And what it helps to do, actually, is when the entity sees the Light in the tunnel, it helps to ease some of the fears that many entities have, and this is where the ability to see the Light in the tunnel helps the entity who is preparing to depart. So, it can only do good, it will never hurt. Light never hurts, only soothes. Questions?*

### **Can The Tunnel Technique Also Be Used For Animals That Are Passing**

**I wonder if this technique can also be used with the animals passing. I had a flash of my dog while we were doing that, and I was curious.**

*It can be used for any energy form, you see. Remember that energy is energy regardless of the encasement in which it finds itself, a concept many on the earth plane find distasteful.*

### **When Souls Become Entrapped In The Mire And Unable To Make The Transition**

**I was thinking about entrapped souls such as at Pasco's Restaurant. You did give the suggestion that this is the entity's soul path to have this condition that it finds itself in, and that it is on another level altogether ~ an astral ~ not being earth plane. Right?**

*It is in the astral plane now, yes. Which is a part of the earth plane, you must understand.*

**So, would the tunnel technique you gave help this entity?**

*No, it would not, my dear.*

*The situation to which our bright light refers, is one that is very common, and that is, entities become entrapped in the mire and are not able to make the transition into the other dimension ~ the doorway into the other dimensions. There is a particular facility, known as a restaurant, in which an entity has been trapped in the vibration of this for some time, and it was suggested perhaps that some type of activity could ensue, in which this entity could be released.*

*We would make the remark at this point that, much like we have talked of the Ouija board, we would indicate to you all that it is a very dangerous activity to attempt to free an entity from entrapment, without very, very specific protection for yourself, as well as the entity entrapped, and that it is not something that just any entity can do. This is something where there needs to be cooperation with the very Highest of the White Light Forces, for much like the Ouija board, it draws those mischievous entities into the environment, if there is even beginnings of opening up yourself, your Spiritual Centers, to attempt to communicate with an entity that it is in another dimension.*

*It is much like when other entities try to channel through some of you without the proper protection and preparation. They are mischievous. It can be very dangerous, for there can become possession by an entity of the mischievous levels, for you would be attempting to communicate by opening all of your Spiritual Centers, and in doing this, without having the right techniques and the right vibration, it is very critical, and you are open ~ you are open for mischievous entities to come right in, quickly, and then we are doing a whole other issue.*

*There is a great deal involved here in terms of the paths of those.*

**My best bet is to completely back off right now, and just leave it alone.**

*Yes. You would find your energies better served by simply projecting protection from your own energy source, as you would to any entity who you felt needed Light to help them. Not to say, "This is what the Light is for, to help you," but simply to send Light with the message that "It is for help in whatever way you need." Do not qualify what that help is for. Simply, "It is sent as help. If you would like it, it is yours to receive. If you would not like it, you are free to reject the White Light," you see. You must remember that in sending the White Light, you must not try to*

*force this upon someone. You send it to them, saying, "Take this, if you will. If you do not want it, reject it."*

**Can we pray for souls that are entrapped, or even in an act of praying for them, is that going to open us to ~**

*Yes, and in another session, I will give you the technique. We will work on one technique at a time in these sessions. I think what I gave you at the beginning of this session was a good beginning for your portfolio, and if many of you were to look back through the transcripts, you would find other techniques that have been given over time, for various situations in which utilizing the White Light and projecting that White Light has been given to you.*

### **Someone's Past Life Connections With A Horse That Is Having Front Leg Issues**

**I am visiting here and I have been working with a horse ~ she has injuries in her front legs, and it seems to be better now. I feel strongly connected to her and I would like to ride her before I go back to Germany. Can you please comment on this?**

*Indeed. You feel the connection, my dearest, for the animal spirit has been with you in other manifestations, for the animal spirits travel with the human spirits through many, many incarnations, and there is a mutual helping of spirit. This particular animal, now in the form of what is called a horse, has had other physical encasements of a much smaller size, and it has taken on this large size for some lessons of its path to learn, and it has been accustomed in other incarnations to being held by you, you see, because it was small, and it finds itself wishing, you see, that it could be held by you. Now, there is no problem in your riding the entity before you depart. It will be fine and it will be very beneficial for both of your energy forms to reunite in touch such as that of your riding, for the entity will feel the connection, and you will help this entity to feel joy.*

### **A Remedy Is Given For A Pony Suffering From Allergies**

**I have another question. I have a pony in Germany, and in summer she is suffering from allergy, and could you please give me some advice?**

*The allergy of which you speak is a common one in the ~ for The Animal Kingdom, that manifests in the geographic area that you reside in. What you might find beneficial to ease the allergy reaction for your pony is to take a mixture of one tablespoon of pure honey, place that with the herb that is referred to on the plane as rosemary. Crush ~ you would want to get the dried version of the herb, preferably to have it fresh and to have been dried naturally by yourself, have it dried and crush one tablespoon of this rosemary herb, mix it with the honey, and place this mixture in your hand, and have your pony eat this mixture from your hand. It is important that it be from your hand, for the energy connections that you would transmit through this mixture into the animal's spirit would be very critical, and this will help ease the discomfort that the pony has.*

*This pony is also another entity spending much time with you in other times. You will have a great affinity with The Animal Kingdom, my love, and you will find yourself, as the time goes on*

*in this manifestation, devoting time and much effort to The Animal Kingdom. You will devote much of your mission in this lifetime to the energies in the animal form.*

### **Waith Addresses Someone's Crystal ~ For The Record**

*(Waith addresses someone with their crystal) We feel it would be very beneficial to place on the record this crystal that you have and its significance, and thus, we would like it now to be placed into the vibration. This crystal is a knowledge crystal. It contains for you, my dear, information that you programmed into it during the time of Atlantis when you were developing the healing abilities that you now begin to develop further. This has been a dormant crystal now for approximately six thousand years, for you, in programming it in Atlantis, then found yourself with this energy during the time of the last building of the structures ~ those pyramids that now exist, and it was during that time that you developed further your healing abilities, and in working with crystals, developed these abilities.*

*And with the help of Mushiba and Abalma, you programmed into this crystal certain information that was specific for its release during this time frame you now find yourself in on the earth plane. And with your meditations now, you will begin to receive the information, for it is time for it to be given to you, and it will help you in your work with the community, as well as all those others who come to you for counsel and assistance.*

**I have it in my room, and since there is so many energies always in my room, I was afraid that it absorbs something, or would I have to cleanse it ~ and I have it under a pyramid.**

*You do not need to fear, for it is a very powerful energy and able to protect itself, for it was given a particular energy by Mushiba and Abalma and you, the three of you in conjunction with each other during this time that I have just discussed. Therefore, you do not need to fear that it would absorb other energies, for it has an energy that will take care of this for you.*

### **A Question About Releasing Someone's Rocks Back Into The Woods And Fields**

**I am going to be moving soon. I want to release some of my rocks in the woods and fields. Would that disrupt their transition?**

*No, it will not. It is proper, and you are guided, you see, by higher forces to assist you in placing these energy forms in that where they need to be now.*

**I was going to put them in a big box and cart them off to the woods some place and just let them go.**

*It is not quite that easy. You are the caretaker, as you know ~ a tremendous number of energy forms, and you will be guided as to how to release them and where.*

### **Finding The Herb Yacca ~ Confirmation That It Is Susan's White Day Flowers**

**I have a question with the Yacca plants that I have been trying to find. Would it be Susan's white day flowers? I think it probably is, since she mentioned it. I am asking for confirmation.**



*Confirmation is given.*

## Update On The Search For The Herb Lomus

Waith, is the Lomus that we have been seeking known to us as onion?

*It is a form of it, yes. And now, what you would do, the next step, is to get this in its proper form. And then come to me about it.*

Would you elaborate on its proper form?

*No. This will give you an opportunity to truly now reach the information from your Higher Self, for it is contained in your memory banks, and this will help tremendously as the involvement of the herbal aspects of healing and being provided for by the Community of Terra Lux that you will be involved in.*

## A Question About What Do In The Healing Issue Of A Wart On Their Hand

I have a wart on my hand. I have tried using many ways to get rid of it, to no avail. It only blisters up and comes back. Would you please give me some advice on what to do?

*Why do you think you have this wart?*

I do not know.

*Perhaps you might like to find out why first. You might want to, in your meditations, ask yourself, "What is it that creates this wart?" And once you have recognized what the issue is, the solution to it becomes crystal clear.*

I will try it.