

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

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*Waith's Words, and the Spirit Group's Words, appear in this font style
(If a Spirit Group Member speaks, they will be identified)*

**Class Member Questions/Comments appear in this font style
(Multiple responses from the class are preceded with this symbol ☺)**

Inquiry About Relationship With A Daughter ~ Past Life Connections

She has been a daughter to you in four lifetimes that I can find right now. And in two of those lifetimes, she was, what we might call today, crippled. She had deformities. And you were not very supportive of her during that time of her deformities. You were not an unloving mother to her. However, you were very critical of her and tried to force her to do things that she was physically unable to do. And when she was subjected to ridicule, you were not there to protect her from it. You would go someplace else, or look in another direction.

And in this lifetime now, you are balancing with her. She is not so much physically crippled, as she is with other aspects of her being. And you are attempting in this lifetime to help her to become who she is, and to overcome her own lack of self-image that she has. And this is a very critical lifetime that you have chosen to help her. You are learning lessons, because of behaviors of hers, that you must tolerate or indeed accept and realize she is becoming who she is, and that you are here to simply serve as the catalyst to assist her in that. And you are thus far progressing very well along this path.

Question About Healing From An Accident ~Balancing From A Past Life

I would like to find out if the accident to my leg was for a specific purpose, and when and if it will be healed in this lifetime.

Everything that happens is for a reason. The question to be asked is not whether there was a reason for it. Rather, what is the reason for it. This is something for all of you to keep in mind that everything on the earth plane happens for a specific reason. What you have with your leg is something that comes from a lifetime in which you were a cave dweller. And you were working with other individuals to build a certain kind of monument to worship someone, who was not to be worshiped. Only The Creator is to be worshiped. And you were involved with a cult.

In the building of this monument ~ you were a male in this lifetime ~ there were many who were trying to stop you and the group from building this monument. And a war of sorts broke out between your group and the other group, and there was much fighting and much taking of lives. You were, during the battle, attacked by someone from this group. And there was a wound into your leg like a spear or knife of sorts that was very severe. It hindered you from fighting at that point, and you escaped from the battle, and you escaped the destruction that then occurred, leaving all of those in your group no longer on the earth plane. They were killed by the opponents. You were the only survivor.

It did not leave much of an impact upon you in that lifetime. And you did not, upon returning to the spirit dimension in evaluating that life, see it for the purpose that it was, the balancing that you needed to have. And it took you many thousands of years coming back on the earth plane and spending time on other planets to finally see that issue from that

lifetime, which was not to worship any being other than The Creator. And you have come into this lifetime to balance that. The leg and the accident were necessary to give you a reminder of that lifetime, and whether it is healed in this lifetime, or not, is not the issue. You can heal this, if you so choose. Your soul has chosen to have this as a reminder for you so that you will work toward developing your contact with The Creative Force and giving homage to The Creator and not to give homage to anything other than that. So if you want to heal, it is available to you. You have the ability. However, your soul may decide that it is not the way it wants to go, that you will keep the injury until you leave the earth plane.

Food Addictions ~ Brief Discussion Now, And Special Topic Session To Follow

I have a question about food, and weight, and nutrition. I know that the attitude we hold about food is more important than what we eat. When I only eat junk food, I certainly do not function that well. However, is it according to my own development that I can transmit certain foods, or are there certain laws that we in general must obey, and learn to follow, or treat our body well?

This is a most complex subject. This is not one that can be truly addressed in a few short sentences. The issue of food on the earth plane is manifold. The physical body, by its molecular structure, requires nutrients of a sort. And what you put into your body is really dependent upon what your own preferences are, as far as nutrients are concerned. The issue though that you are concerned with, and that really is more complex, is the attitude, the emotional aspects, of attachments to food, and those individuals who have attachments to food based upon other experiences from prior lifetimes.

We urge purification of the body on a regular basis for those who are able to, or who have been able to overcome the hold that the earth plane has upon you where food is concerned. It is one of those addictions. And I use this term the same as I would where nicotine and alcohol and caffeine and all those very commonly accepted addictions are concerned. The body is addicted to food. You can break that addiction ultimately by simply not eating. For the majority of those on the Earth this is not possible because the body and the mind are at a level where they are not able to transcend the need for the nutrients. Most people need to be helped on an individual basis where their attitude toward food is concerned. Many, many on the earth plane now have overcome the addictive element or aspect of food, and are not ruled by food, and can take it or leave it, and find it very easy to eat less and less, and in fact might not eat at all if they did not have the pull from the physical body to give it sustenance.

For those individuals who have a very serious addictive problem where it does not matter what they eat so long as they eat, then that is a different issue completely. There is a very large portion of people who fall in the middle of these two extremes. These are the people who enjoy eating and find it pleasurable. There is nothing wrong with that. They are simply at a point in their spiritual development where this is a comfortable area for them.

Food And Allergic Reactions ~ Cleansing The Body With Grapefruit Juice and Water

I have a specific question regarding food. I have been having more allergic reactions than usual lately, and I wonder if there is any nutritional advice you might give me that might relate to the allergies.

You know the test of which we told you we would put you through for a certain mission. And part of that, my dear one, is a cleansing. And you are now going through certain preliminary stages to cleanse so that you will rid yourself of these certain kinds of foods and elements around you. It is nothing to be concerned about. Drink plenty of water. Drink grapefruit juice (either pink or white), perhaps a quart a day, for the next nine days.

Beginning tomorrow for nine days, one quart of grapefruit juice and lots and lots of water. The spring water is preferable. If you are unable to have access to that, the tap water will be sufficient. The water should be not cold, not warm, a sort of lukewarm. And drink one glass immediately upon arising, and immediately before retiring to the sleep state, and then intermittently throughout the day.

Inquiry About A Brother Who Has Passed On ~ Waith Discusses Work Planets

He is currently on a Work Planet resting up from the lifetime that he had here, this last one. It was a most difficult one for him. He had certain issues to address in his lifetime, and he did not do what he started out to do. His plans for this lifetime were not completed, and he is most distressed about this, and asked to be allowed to go onto this Work Planet. The work planets are usually reserved for those who have regressed in a life and need to reflect very much upon their behavior in that lifetime. Certain conditions are prevalent on work planets. Some work planets are more intense than others depending upon the degree of the evaluation and the degree of regression that occurred on the earth plane.

He is in an atmosphere that is not too intense. He asked that he might go there, because on these work planets are entities who have been assigned to help. And they have a mission in terms of helping souls in their evaluation and to come to an understanding of what is not balanced correctly and why they are having difficulties progressing along their path. Depending upon the needs of these different work planets will determine the type of entities who will be assigned to help. And so, he has, in his request to be on the work planet, been of assistance to his own soul, because usually those who go on a work planet go there unwillingly. We require that they go onto the work planet. He is recognizing that he needs help, and this is very beneficial, and he will do very well.

He is with two particular helpers right now who are showing him certain things and giving him certain knowledge and information to help him in his evaluations. The issues that he is dealing with of course are private to him and not information that can be given out. Know that he is well, and that he is being helped. His attitude is very good. And he will, if he

continues as he is now, indeed learn what he needs to learn and will be better prepared for his next incarnation.

I send to him now the knowledge of your request for him. It is being transmitted to him, and he is most humbled by it. He is not able of course to communicate directly with you. However, he sends his love and his gratitude to you for being concerned about him. And he indicates that when he has reached the point where he is able to leave the work planet ~ he does not know when that will be, and neither do we ~ that he will find you wherever you happen to be, whether it is on the earth plane or in one of the other dimensions. And he will come to you and commune and try to help you in whatever way he can. So he is fine.

Someone Asks How To Use Their Crystal To Help In Healing ~ A Conduit Of Energy

The use of crystals varies from entity to entity depending upon your vibrations. The way in which you use your crystals vary. For you, my dear, it is a conduit of energy. And by wearing it around your neck it serves as an opportunity to give energy to those with whom you come in contact. It will take you some time of wearing this crystal before it will be fully workable, you might say, before your energies have truly permeated the crystal. It will take perhaps another two or three months of being on your body. Do not take this crystal off. If you take your crystal off it breaks the bond of energy.

As you yourself open up your Spiritual Centers, your own energies flow into the crystal. And when you are with people, as your crystal increases in its strength, it will give energy of a positive nature to those people around you. As you become stronger yourself, your energies become stronger, so too will your crystal. And so too then will its healing powers, so that eventually you will be able to have someone hold your crystal, and with concentration on your part, transmitted to that individual, you will be able to heal them, if they so want to be healed. It will take some time, and you are well on your way to this. Know that your crystal's energy is dependent upon your energies, and you are progressing at a very good rate here, as we would expect. So know that it is an energy field and it will help people who may have darkness surrounding them in some form or another. It will help to dissolve that darkness.

A Question About Someone's Role In The Past Atlantean Cleansing And This One

When I first met you, you told me that we had met during the second destruction of Atlantis. Could you tell me something of my life during that time, how I came to meet you?

You were a friend to someone who is very close to Mushiba and I. During this lifetime, as with many of the lifetimes in Atlantis that Mushiba and I spent together, we were preaching to the people about love and attempting to prepare many people for the cleansing of the earth plane. She and I have done this on several occasions. This scenario is simply one of a series that we have done. And in this second destructive phase of Atlantis, someone who is

very close to both Mushiba and I, then and now ~ he is with us now ~ you were a friend who he helped.

When you met him, he was perhaps eighty years on the earth plane and you were very young, a child. And your energies were vibrant, and you began asking him questions that impressed him as being far beyond your age in their complexity. You were asking questions relating to the Soul and to life. And so, he brought you to Mushiba and I so that you could meet us and we could talk with you. And we recognized that your soul was on a path of great progress and we then took you under our wing, so to speak. You were very young. You were perhaps ten years of age.

Mushiba and I were ready to leave the earth plane. We had been on for perhaps one hundred and twenty or one hundred and thirty years. And so for perhaps another five years, until we decided to leave, you were a sort of protégée and we took care of you. You stayed with us in the temple and you learned a great deal. And you were anxious to help others to learn how to increase their spirituality and prepare for the destruction that was impending. You became very attached to Mushiba and I, and also of course to Abama, who was the one who found you.

As the time came, and it approached that we were to leave, you became very distressed. You did not want to be left alone. And then, as will be true when The Shift happens this time, there will be a choice. There will be entities who will be allowed to stay, if they so choose, and of course those who will not be allowed to stay, whether they want to or not. Those who are spiritually attuned will be able to either stay, or not. If they do not want to stay, that is perfectly fine. That was the situation then. Just as Mushiba and I were leaving the earth plane, you were given the choice to leave or to stay, and you decided to leave.

You have returned now to finish what was left undone during that lifetime, for we had prepared you to help others through the destructive time. And there was nothing wrong in your choosing not to stay. You were given that choice. Nonetheless, you have felt all this time since then that you would like to return the favor to Mushiba and I. And you were doing other things during the final destruction of Atlantis ten thousand years ago. You were on another planet learning some very important things, and so you missed out on that one. You have done so much since that time in the progress of your soul that you now feel ready to take on and pick up the scenario as it was then. And this is why you are here now.

Waith Responds To A Personal Question From Someone About Their Guides

Could tell me anything about my guides? I was told that one was at my left side. I have a very strong feeling that one of them is my grandmother. I just wanted to know if you could tell me anything about that.

Your grandmother is around you on occasion. She has not been assigned as one of your guides. However, she is able to check in periodically to see how you are doing. She is in a

dimension now where she is learning some very important things. She is in school, and we occasionally let her out for recess. That is when she comes hopping over to you to make sure that you are fine. She is a very, very delightful energy, and she has conversations with your guides to make sure that they are taking care of you properly. She is a very protective entity toward you.

She has been in a protective relationship with you in many different lifetimes. In this lifetime, she was your grandmother. In other lifetimes, she has been your mother. And you have been sisters in other lifetimes. You have had many, many lifetimes together. You have a very complex web which has as a result given you such a very strong bond, because you have shared so many different relationships with each other that you understand each other very much.

Your guides, as I had told to you, are two in number. The one who stands on your left side is of the direct Angelic Force, the winged one as we would call her. This winged one is a female energy and has charge of the other guide, who is not of The Angelic Force. Rather, an advanced entity who is guiding for the first time. He has come out of being a Guide in Training, and this is his first full-fledged guide job. He will be a bit reticent at first until he gets a feel for what this is all about, because the winged one of course has been a guide for eons. And he will begin to make himself known to you, as he understands more his role. You can eventually be in touch with him by use, of course, of meditation. You will begin to hear both of your guides speaking to you if you listen. When you meditate do not talk. Listen.

Waith Discusses One's Psychic Direction And Their Personal Guides

What direction should I follow, and who are my guides?

As relates to your psychic direction, you should follow what feels right for you. Each individual has their own level of psychic awareness, and that can be developed as strongly as you want it to be. You have, in other lives, been very open in your abilities. You have been very public. You are on the threshold in this life of rediscovering the abilities that you have. You should continue on the path that you have chosen and allow your perceptions to widen. You have a sensitivity to those around you in understanding what their needs are. Allow this to blossom and allow yourself the freedom to let happen whatever will happen, knowing all along, of course, that as you open up your own psychic Spiritual Centers that you must continually surround yourself with the White Light as a protection against the mischievous entities who might try to sabotage.

Your guides will be of help to you. They have been specifically assigned to you because of their experiences on the earth plane with developing their psychic abilities and the problems that are inherent in doing this when you are on the earth plane ~ the hesitations, the trepidations that you have, the feelings of insecurity, feelings of actual safety from criticism and verbal attack. They have experienced all of this and have overcome this in a very grand

way. And so they have been assigned to you, two of them, to help you through this. As you are meditating and being in touch with your Higher Self you will begin to be in touch with your guides. You will hear them. You will be guided by them. Trust what you hear as coming from the source and you will be fine.

Inquiry About Someone's Strong Pull Towards France ~ Waith Relays Past Lives

I have felt a great pull towards France. I know I have had a past life in France, and right now I am involved with a guy from France. I would like to know if we have had any past lives together and how that is going to affect our relationship.

This one is most interesting. You have had several lifetimes in France occurring very closely to each other, one after the other. This particular one, which I am chuckling over, has a relationship to a lifetime that Mushiba had in France not too long ago. It was quite a lifetime for her. It is well documented, this lifetime. She stayed only for twenty-one years. It was enough. There was quite a bit of balancing that occurred in that lifetime. You had a relationship in that lifetime with her. It will be pleasing to Mushiba to explain this lifetime to you because she has ~ I do not have to explain it to you. She knows all about it. And there are certain people, in this lifetime, who she has wondered if they were with her now in this lifetime, or would come to her. You are one of these.

The male of whom you speak was with you in this lifetime in a very supportive way in many levels. He is a most vibrant energy for you and is here to help you in balancing some issues in your life. You and he do not really have any balancing to do together. There is, what we would say, no karma between the two of you. Rather, he very specifically wants to help you to tie up loose ends. Your energies, when they are combined, are very vibrant and strong and can serve to be of great benefit to those around you in giving out the Light. He is very much of the Light and is beginning to open up his own sensitivities to those around as his energy renewal with you grows. The Soul memories return. And it helps him and reaffirms with him his mission here, which is to be of service. I would suggest that you and Mushiba talk about this lifetime in France.

A Question About Feeling Threatened By Someone In Their Life ~ An Issue Of Balancing

I have a concern about an entity on the earth plane that has caused me great anguish in the past. I would like to know if he is a threat to me in the future ~ if this fear that I have ~ if he is a threat to me now. (The name is given)

You had a debt to settle from an incarnation many thousands of years ago, and you have settled that debt. There is no longer a threat to you. He is just now beginning to recognize at the Soul Level that the debt has been paid. You need not worry or fear because the balancing has occurred, and you can simply go on your way now with the debt being cleared. If you were to continue in any form of a relationship with him, there is a very

strong probability that you would again incur debt, and so it is best that you simply go your separate ways, knowing that nothing will harm you.

Inquiry About Someone Who Has Passed On ~ A Discussion Of Their Transition

Yes. He is quite fine. He is in school. He learned a great deal in this lifetime. And he has gone through the transition into this dimension very smoothly, and evaluated his life very rapidly. And now has gone on to do other kinds of things, and will determine at some time in the future when he will come back on the earth plane. He is in no hurry. This is the feeling that he is sending. He may not return to the earth plane for many hundreds of earth plane years. He is out learning some very good things and experiencing other kinds of things. He sends you his love.

He has chosen a direction at this point that puts him in a vibration, that once he is in that vibration, he must stay there for a while. And it is a vibration that is not easy to move in and out of, so that he would not be able to come to you in meditations, or in any other aspect. However, he wants you to know that he loves you and that he will meet you again at some point, because you are connected through many experiences. And so he wishes you happiness and love, and he has asked the Angel in charge of him to make certain that you are taken care of, and that will be obliged. The request is made and granted.

Someone Who Has Passed On ~ An Issue Of Being Stuck In The Astra Plane ~ Help Given

I want to ask about a soul that has gone. Even though it has been a short time. It feels like they are still here. Is that possible? Could I visually see him? Is this possible? (The name is given)

He is close by. We are now aware of some difficulties that he has had in passing over into this dimension, and we are now going to his aid. He has had difficulty in accepting the fact that he has left the earth plane. He is in, what you all know as the astral plane. He is caught there. You have seen him. He has shown himself to you. This has been because he is still so close to the vibration of the earth plane and not because his energies were of such a height that if he so chose, he could show himself to you. It has been a plea, almost, to help him. And now that you have spoken here and brought it to our attention, we are now going to help him to move from the astral plane into the Light ~ into the clearness.

The astral plane is murky and very slow moving and very close to the vibration of the earth plane. We will help now. It takes a little bit of time at this end. You need not worry. He will be freed from the astral plane, because he got caught there was not of his own doing. It is just one of those things that happens sometimes. And many times we do not see this happening until it is brought to our attention, as this has been. We will take care of it for you.

Inquiry About A Relationship With A Daughter ~ Waith Relays Past Lives

You have been mother and daughter in four different lifetimes. She has been your mother, and you her daughter, back and forth. You have also had relationships in which you were not related. There is a relationship in which you were what is called a nun and she a priest. In that relationship there was some balancing that needed to occur. As a priest in that lifetime she exercised a great deal of control over you. You were with a group of others ~ nuns. And there was a great deal of control and abuse of power in that lifetime toward you. And it is this particular issue that has been carried forth into this lifetime where the power struggle is evident and the balancing needs to occur.

She is here now to learn about power and its destructiveness if used improperly, and you are here to help her with this. You have power over her now and you are using it in a positive way to help her understand what happens when people use power over others. You are progressing fine so far. We see no problems. You have both, before entering this lifetime, set out the scenario, and you are following it thus far, although at times you feel great difficulties and great friction. Know that you are balancing and that eventually there will be a smoothness in the relationship, because it will not take you the entire lifetime to work out this issue. Once it is worked out you can then go on to other kinds of growth experiences with each other.

A Question From Someone About Their Personal Spirit Guide ~ Waith Elaborates

He falls under the jurisdiction of one of the other Archangels, so he is not under my wing directly. I can tell you that he is a very advanced entity. And his most recent lifetime was that of India. He has also had a lifetime as an Indian ~ this North American Indian rather than an India Indian. He was a medicine man. And in India he was a healer. He has a track record in this area. He is a most protective energy for you. You have had lifetimes together, and he is specifically working with you to get through some very important issues in your life that you already know about. He is a most beneficial entity for you and will most likely stay with you until you leave the earth plane. You are able to be in touch with him and to communicate with him.