

Waith Class Transcript

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The Ultimate Goal Is In Trusting Oneself For The Answers

~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

Questions and responses from those in the class appear in this font style.

☼ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

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Confrontation From Those Who Question Your Beliefs

We have been discussing the various topics here that we feel are of priority for energies now on the earth plane, and there are many, many issues that we will eventually discuss. We are concerned about how many of you are reacting now to those around you who are expressing concerns for your wellbeing, thinking that you have gone off your rocker. You must realize that throughout eternity on the earth plane, what you are experiencing in the form of concern, ridicule, derision, is predictable, is expected, has happened, time and time again. It is the clash between the Light and the dark. The more of the Light an energy is, the more they threaten those of the dark, in whatever degree of darkness that might be. And so, many of you now are increasing your Light.

Remember the discussion that I have had on the degrees of Lightness and darkness. No energy is completely of the Light, because that occurs of course when there is Oneness, and so as you move along The Spectrum and increase your Lightness, you will be more susceptible to those who are not of the Light questioning you. Many express genuine concerns for you, thinking that you are being brainwashed, you are following a cult. Know that all those who have come before you have experienced these kinds of accusations. Know that there are of course many of the dark who charade themselves as those of the Light, and therefore, there is justification for individuals to be concerned about others.

However, you, and only you, can decide what is right for you. You must not allow anyone else to decide what is right for you. You must seek the truth from within. You must reach your Higher Self. You must look to the guidance of those spirits who surround you who are here to help you. But know that they are only here as helpers. It is you who must make the final decision as to what is right for you, for it is your soul, and it is your soul's path.

All Energies Are At Different Levels Of Understanding Of Information

There is much information that is filtered through to the earth plane. It is not meant that one individual absorb all of the information. Indeed, the information is not meant for all, for your absorbency ability is dependent upon the degree of your Lightness. You must be very careful about the information that you do receive, for it must be a good fit for you. And the energy that is beside you, for example, in this gathering now, you are, each of you, at a different point in your growth. And an individual sitting next to you might have entirely different information needs, and in fact abilities that are different from you, to understand information. Know that there is so much that you are unable to understand, and you are given the information at the rate that you are able to understand it. And for each of you, individually, it is tailored to meet your specific requirements.

As you grow in your soul and in your Lightness, you will also grow in your abilities to be strong in your Lightness, for with increased vibration, comes increased responsibilities, and your tests become harder and more difficult, and the attacks upon your sanity become greater. But as you are able to feel comfortable in your own beliefs, you will not notice that people are questioning your beliefs. It is historic that those who are different are questioned. Know that as you grow, you will be tested. And once you have passed one test, that will increase your strength, another will present itself, and you will be stronger still.

This is a time on the earth plane where there is an accelerated clash between the Light and the dark, for the status quo is being very much disturbed. It is a time of tremendous opportunities for growth. You see around you the changes beginning. They are not to be taken lightly, or haphazardly, or as nothing to be concerned about. Everything is connected. Weather patterns are changing. The economic conditions are in flux, as you might say. People around you are in a state of confusion, for events, as they have been known to be, are changing in preparation for The Shift.

We are aware that there are some of you gathered here now who have had some recent, shall we say, confrontations, not of your doing, but from others who are questioning your belief system. Know that you are working toward being nonjudgmental, each of you. If you were not, you would not be here. And those who would judge you do not realize that you are not judging them, for you do not question their beliefs. It is they who question you. Continue to simply be who you are. Continue to work toward being nonjudgmental for your behavior will serve as an example.

Soul Mates Versus Twin Flames ~ Waith Gives Definitions

I understand that there is such a thing as soul mates. How many do we have? Am I in contact with any of my soul mates?

The issue of soul mate, versus twin flame, has seemed to be a confusing one. Each energy has what is referred to as a twin flame. You have one twin flame. It is you in another energy form. It is the complement of your energy form. One energy splits and takes on the dominant manifestation of male, and the other takes on the dominant manifestation of female. It is a union of totality. Twin flames many times will have their journeys on the earth plane simultaneously and come into incarnations together. There is a complete harmony. It is a perfect fit, if you will.

Many times twin flames will travel their own way and occasionally come together on the earth plane, for it is a gathering of experiences and strengths, individually. And the stronger each half develops, the greater the total vibration when the uniting occurs. Occasionally, twin flames decide not to incarnate with each other at all on the earth plane. They have this choice. It is a very difficult one and one that we do not encourage

very often, for the earth plane sojourn is difficult enough, and the occasional uniting with the twin makes for a nice respite, shall we say.

Now soul mates, on the other hand, are those energies where a very strong bond has developed, as a result of many incarnations of a very positive favorable dimension. The greater your capacity to love and to be nonjudgemental, the greater will be the number of soul mates. You can have hundreds, thousands, of soul mates, for it is a uniting in a common bond that brings you with a soul mate. You may have several soul mates in your current incarnation, all within your inner life. You could have five or ten, depending upon your advancement, and many other factors. You are, as you become more attuned yourself, able to recognize an energy who is a soul mate. Some of these bondings are stronger than others. Nonetheless, you feel the bond. It is a bond of harmony where you feel comfortable with the other. It is very rare that an energy incarnated on the plane does not have at least one soul mate, usually several.

You, my dear, have currently four soul mates in your environment, three female and one male.

Are there any names attached to them?

It is not necessary. It is good for you to come to those conclusions yourself. Know that they are here. You already know them and are working with them. You feel the harmony. Seek the confirmation of it through your meditations, reaching the Higher Self. Try to unlock the Soul memories that will substantiate that which I have told you.

The Bonding And Harmony Of Soul Mates

Waith, in a written question I gave you some time ago, you told me that I had a soul mate. And I met her here for the first time, in this life. And I have been keeping contact with her. And we seem to be experiencing similar feelings. And we just do not know what to do. It is a very difficult time for both of us. Is there any special reason why we are going through this?

First of all, not to address your concerns specifically, my dear, for that is not for the open sessions. But rather, to address the issue of soul mates having bonds, you see. This particular entity and you have a very strong soul mate bond, and when that exists then, when you open up your Spiritual Centers, you will indeed feel each other. This is true of any of you. As you begin to increase your own bonding with a soul mate, it will increase your psychic abilities with each other. Very often you will have a psychic bond to begin with.

Remember, in this time of accelerated opportunity and growth, as you are accelerating your own openings, your Spiritual Centers, so too is the possibility of a soul mate doing the same thing at the same time. And therefore you are harmoniously connected. When we use the word harmonious, know that it may not necessarily mean that you are having pleasurable connections. It could mean that you are both experiencing difficult

situations but are feeling it with each other, and are in fact having the same experiences because of this bonding, this spiritual bond that exists between you.

Negative Energies Pretending To Be Of The Light

Hi, Waith. I recently had an experience in meditation where an entity came into my vibration and misrepresented himself. How can I test entities who come into my vibration when I am meditating? Do they know my thoughts? If that is the case, it is going to be difficult for me to think of a way to identify them and have them prove themselves. If they do not know my thoughts, I definitely have the advantage. Can you give me some advice as to how I can test spiritual entities that come into my vibration so that I know they are who they say they are?

Yes, this is a very difficult issue, and it would be good for you, my dear, to request to see the readings where I have addressed the issue of negative vibrations, the ways in which you can be rid of the negative vibrations. A negative, or mischievous entity, if not there for the good, will eventually be driven away simply by your saying, "You must go. You must go." Say to it to leave you alone.

In terms of testing, there are several ways. First, and most fundamental, is that if you feel at all that the energy is not of the Light, then it is most likely not of the Light. If there was a doubt in your mind that it was being misrepresented, then it is most likely so. A negative energy that is negative will be found out very quickly if you call upon the Highest of the White Light. It does not mean that this energy is going to depart, for I have discussed in great detail psychic attacks. Know that if you are being attacked, then there is no need to test it, for you know. Nonetheless, if you feel that an energy is pretending, and this is a very serious concern, and there are many energies attempting to misrepresent themselves as of the Light, you must say to this energy, "Tell me who you are. And what is your purpose?" You can begin to get a sense of who and what the purpose is.

There are many tools that have been handed onto the earth plane from this side for protection against those energies that would claim themselves to be of the Light when they are not, and ~ one moment ~ we are searching for a particular technique. It comes from the readings of Cayce. There are certain intonations and words that can be utilized. And the information that came through him, in this particular area, need not be improved upon by us. I therefore encourage you to seek out that information that is already available to you and use it if you feel you cannot determine yourself if an energy is of the Light or not. Know that you are very susceptible to this, my dear, at this time in your development.

Possession ~ Negative Energies ~ Psychic Attack ~ Protecting Oneself ~ Exorcisms

Waith, there is talk sometimes of exorcism having to be done. Could you explain why is it that there are exorcisms that are necessary? And sometimes, I have been told, they do not work.

It is a very real phenomenon, this thing called possession. It is a very complex topic. There are energies on the earth plane who, for various reasons, are susceptible to being taken over by a negative energy. Those reasons are beyond the scope of what I could explain to you, except that it relates to the Soul's mission, the Soul's path, and certain lessons that need to be learned.

Possession is a very real event. And there are many on the earth plane, throughout history, who have powers. They are of the Light and they have the powers to rid the negative energy from the physical body. There are others who would want to be able to do this who do not have the abilities. They attempt it, however are unable to succeed. It is no different than any of you who are at various stages of your development in the abilities and the powers that you have.

There is nothing unusual about possession, except that it is something very difficult to explain its reasoning, for it depends upon the individual who is being possessed. There is possession occurring in various forms on the earth plane, some very, very strong where the negative energy completely takes over the body. That is at one end of The Spectrum. At the other end of The Spectrum is the phenomena, of course, of the psychic attack, or a surrounding of negativity around an individual where thoughts of negativity or darkness would prevail all along this Spectrum.

Know that it is really a constant vigilance on each of your parts to protect yourself from those who are less in the Light, as it applies on the earth plane, where you consciously are surrounded by those who are negative. They are always speaking in negative terms. They drain your energies. So, too, are there those types of energies at other dimensions that surround you, and for many on the earth plane now, it is an automatic response now to protect and surround themselves with Light, and they do not even think of the possibilities of attack from negative energies, for they have conquered that. It has taken some time, but they have done it. There are others who are at various levels of learning how to protect. So, you see, possession, or the need for exorcism, as it is called, is at the very extreme end of negative energies attacking.

What About The Wearing Of A Blessed Scapula?

Yes. I was also told that if such should occur ~ not meaning to me, and hopefully to nobody that I am aware of ~ that wearing a scapula would be a good idea. What are your thoughts about that?

The use of what you call a scapula is a symbol of the Light, you see. It is a symbol that is blessed by someone who is an instrument of The One, who has taken on in this incarnation a specific roll. And when there is a blessedness given to a symbol, the entity has a very strong belief in the symbol, and therefore it acts as a catalyst to assist the entity in their own beliefs. So you see if you believe that the scapula will protect you then it will. It is an aid to assist in protection.

The Use Of Concrete Aids OR Symbols For Protection

Eventually, as you grow in your abilities to protect yourself, you will not need the assistance of aids or symbols, but for those who are just beginning in their journey to learn to protect themselves, such symbols and aids are very beneficial. For if you believe that something is going to protect you, and it will, then when the protection occurs you feel stronger, you see. You have conquered one of the road blocks toward self-doubt that you might have been blocking. So you can break down this self-doubt, and eventually, you will be able to protect yourself, by yourself, without the aid of symbols ~ very beneficial to have this type of concrete sign for you.

Such things as the cross, you see, the crucifix, when I arrive, and when I depart, I give to you a manifestation of that which you understand as a blessing. It is a visible sign of protection. Know that you are all protected. I do not need to give you the physical sign in order to protect you, but it is a support of that which you understand.

Can Someone Become Vulnerable To Negative Energies During A Healing Session?

On one occasion, doing healing on a mental situation for a person, I picked up a very negative energy. It frightened me. Does this mean that when a person does healing, they will become very susceptible to negative forces?

Yes. Yes and no. First of all, you are in a very difficult stage of development, for your centers have opened wide, and you are learning how to protect yourself. It is a most difficult test for you, but you are doing fine. And yes, you will be susceptible to these types of intrusions and attacks. But once you have passed this difficult test that you are undergoing, it will not be a difficulty for you. It is all part of what you must go through in order to be the strong healer that you have the potential to be. All are susceptible to these attacks. You are progressing quite well. We are watching, and you are fighting a final battle with a particular group of energies who have been with you for a while. And you will have this battle for a short time longer, for they do not want to give you up.

You must realize that because of your brightness they want to try and dim this, so you must realize that the brighter you become, the more the dark will try to dim the brightness. But eventually, you will have no difficulties fending them off, and it will become to you almost a challenge. You will say, "Come, you negative energies!" Eventually many of you will welcome the challenge, for when a negative energy does come to you it means that you are bright, you see, and they are trying to destroy the brightness. When you get rid of them that increases your brightness. And the more you increase your brightness, the more they will come. And the more they will come, the more you can increase your brightness.

Can Negative Energies Cause You Physical Harm Or Illness?

Do they also try to get you at a physical level as well as a spiritual level? Do they cause illness this way?

Yes, they do. They can, although not all illness is a result of a negative energy attack. Know, please, that there can be illnesses that you are surprised at that come upon you suddenly that are the result of this very situation. I am trying to present an example that is a common one and not a very pleasant occurrence. When you, for reasons not connected with a virus, or an illness, or what you might call a cold, but suddenly for no reason at all, you have what is referred to as diarrhea that comes upon you, and takes away your energies, and then suddenly is gone, but leaves you weak, that is an attack at the physical level.

Waith, during these periods of extremely cold weather, are we more vulnerable because we are using more of our energies to keep warm rather than perhaps to focus on protecting ourselves? Does it have anything to do with it?

That is a most interesting question. One moment. The physician here, Jacques, is giving a response to this. He was, in his last incarnation, a doctor. He has been a healer for a very large percentage of his path. It is his mission.

First of all, the cold or warmth does not have a direct impact upon whether or not you can protect yourself. It does though have a residual effect. Jacques is saying now that during these cold times, if you feel your body weakened, that you must heat water to just below the boiling point and pour it into a bowl. And into this bowl, place a tablespoon of honey and let it dissolve. And with a spoon, slowly sip. This will give your body an insulation against the cold. For when you are feeling cold it does take your mind off other things. Your mind begins to think of how cold you are, and it does distract, and it could possibly then allow a negative energy to surround you. So you must try this.

The Ultimate Goal Is In Trusting Oneself For The Answers

We live here in the North where it is cold, and yet I yearn for sun all the time, and sometimes I feel like it is a test that I am living here. I am always wanting to move where it is sunny. I am wondering if that is correct. I feel like my goal is to live where the sun is shining all the time.

You want me to support what you already know?

Yes, I do. Every time I ask you a question, that is the answer.

You see, doesn't that tell you something, my dear?

Yes. That I am taking up valuable time.

Not at all. Do not ever think that you are taking up valuable time, for you are learning something very valuable. You are learning that you do indeed know your answers, you see. You are learning that we are here to help all of you to reach the point where you do not ever need us. You see, this is our ultimate goal, that you will know the answers yourself and feel confident in the answers and know that it is right. What you are feeling about the sun is right for you. You must understand that. And you must act upon what your feelings are. I am by no means saying to you that you should move to a sunny climate tomorrow. But rather, you must follow your instincts. And opportunities that will present themselves to you can be either taken, or not. You must trust in yourself. This is an issue for you in this lifetime. You must go into more sound meditations. You know this. For in your meditations, you will find the strength and the quietness. Center yourself, and to know that you are indeed responding to yourself.
