

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

May 22, 1988

This is A Special Topic Session formed by a Terra Lux Group Member, with Waith. The group leader has left since left the earth plane. She specialized in teaching others about eating disorders, food addictions, and addictions in general. The Flow of Information contained in this class revolve around specific personal questions from class members, relating to past life balancing, soul mates, Self-healing as a life's purpose, learning tolerance, accelerated growth, meditations, and many other issues too numerous to break down into categories. Waith responds to everyone's questions, giving a great deal of personal information to each member, along with Universal information for all.

*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 ☸)**

Greetings to you all. It is I, Waith. We are most pleased and honored to be able to have this session, my dearest.

(GROUP LEADER): Thank you, Waith. I really feel privileged of offering this to my students.

We feel this to be an important milestone in our dissemination of information, as well as the beginnings of part of what you are here to do, dear one, and how it is working in conjunction with what Mushiba and I do during this time frame from now until The Shift. We hope that many of the issues that weigh heavily on your minds will be placed out into the open during this session. And there will be the beginnings of understanding of the issues of sustenance for the encasement of the Soul on the earth plane, this body that is so limiting, and yet so very necessary to the lessons to be learned and the reasons why so many choose to incarnate upon the earth plane, as opposed to not.

So, let us begin with, dear one. Since this is essentially your session, we will permit the direction that you would like it to go in, and as long as it is the direction that we want it to go in, we will allow you to lead. If we feel there are issues that need to be addressed that are not being addressed that you need to have for information, we will so proceed. So, I turn this over, my dear, to you.

(GROUP LEADER): Waith, I would like to have three outcomes of today's session. Number one, to give the opportunity to the students to ask personal questions of their concern about their weight, their food issues, and so on. The other one is I would like really to see also the general information of what food is all about, and then the role of addictions with food or other addictions, or in what way food is just another addiction. And then the third is, I would like also to have a structure for my classes, and also for my book to come.

This is fine. These are in alignment with what we also had planned with the addition of one other area which we will determine as the session goes on as to whether we will bring it up at this time. So, if there are questions that would like to be addressed at this time, by what I see as very bright vibrations in the environment now, we will begin. Do not fear, any of you who are new to this experience that any question that you would ask will be thought of as foolish, or silly, or stupid, for we are here to Be of Service. This is our mission, we of The Angelic Force, and there is nothing that you would ask that we would laugh at as being a silly question, and if we are unable to answer it for any number of reasons, we will let you know and give you the alternative to how that answer can be found. It is not that we will not answer anything. So.

I would like to find out what I get out of my eating addiction, and where it is eventually going to lead me, and how can I overcome it.

The issue of your particular eating addiction does have some very personal aspects to it, but also is appropriate to be addressed as a larger issue, so it is indeed a good question.

Let me address this first by going to the larger scheme, and then I will bring it back to a personal level for you, my dear.

Eating addictions, as they are referred to on the earth plane, are simply part of those lessons that need to be learned that are set up, if you will, for the earth plane experience. It is an avenue by which any given soul can choose growth by having to overcome certain addictions. And upon entering the earth plane for the first time, the addiction of sustenance to the physical encasement is the first one that is presented. There are many physical addictions that the body takes on as the lives on the earth plane gather and increase in numbers. Food is the first one that is presented. It is the necessary one to be presented and, depending upon many circumstances, the determination as to the Soul's bodily reaction to the food gives you either this addiction, or not.

Now, in your particular case, my dear, you have had difficulties since, let us see, it is perhaps your fourth or fifth time on the earth plane. You have been on the earth plane many more times than that. This was when you had been on the earth plane for about four or five lifetimes. You encountered some difficulties because of a relationship that you were involved in. The time frame on this goes back, perhaps two hundred thousand years ago. And you have not been on the earth plane in the scheme of things, my dear, for all that long. Two hundred thousand years in the way time is looked at here, it Universally is not a long time. You are a baby.

You had a relationship with an individual who is with you now in this incarnation. We see a female. In the incarnation of which we go back, this entity was a male and it was a love bond relationship, and the entity now with you is female. We see the name Pamela, or something of that nature.

It may be a parallel life. We will research this as we speak to you. There is a female entity with you now who relates back to this time in which you were deprived of food. It was a physical punishment. You were left in the house ~ it was a very wealthy situation ~ and you were left in this house alone for weeks on end. And this was your husband at the time, and you would have around you much abundance, and the food was there and it was locked. You could see it, but you could not get to it. And this entity ~ we are now realizing something here ~ the entity who is with you now has been with you ~ you have parallel lives, my dear.

This is another issue which perhaps you would like to read the transcript of Parallel Lives to understand it. You are very advanced in spite of your short time on the earth plane. Pamela is the name of this entity who has been with you in a parallel life. The entity who we refer to now, we are not able to identify the relationship except that it is a friend who is trying to balance with you. We cannot do this for the life's path of this entity, because of what was done to you in the past lifetime of which I am describing to you. We must have permission from this entity. This is a very serious balancing, a very serious balancing, that is attempting to be finished in this lifetime.

There have been other lifetimes where the two of you have come together, and she is female, the vibration, this is her dominant vibration, and she was male in this particular incarnation. In this incarnation she was a he, and he would watch you trying to get at the food. It was locked. And you have a fear now of food being locked away from you. You have to have food out in the open, and unless you do, you feel that you will not have any food and that you will starve. Many entities have had similar types of experiences where they have been deprived of food for any number of reasons. Yours relates to abusiveness on the part of another soul towards you. You need to know that food will not be taken from you, that you are safe in this incarnation. You have purposely come in to balance and to lose the fear that food will be deprived from you.

You also have other dependencies upon sustenances that are fed into the body, and you realize that you need to work on nondependency of these particular sustenances. It is a path that the majority of souls take upon entering the earth plane, and it is an addiction as you would perceive it to be. It is, while on the earth plane, a dependency. And once you are able to balance and realize the role food plays in your life, you will be able to see food as only necessary for the physical upkeep, and as you begin to lighten your vibration, your need for food becomes less and less, and there are many, many souls now on the earth plane who have very little need for food for they have freed themselves.

We do not encourage anyone to suddenly stop eating or suddenly try to rid themselves of these addictions. These are issues that are related most directly to past life balancing and issues from other times that cannot be stopped immediately. What happens though, as most of you have already begun to realize, is that as you lighten yourself and your vibration becomes greater and higher, then the desires for the physical become less and less. And it occurs naturally without force. To try and force it goes against the Universal Laws. One must allow things to Flow with The Universe.

We feel, my dear, that you would benefit greatly by perhaps coming at another time for what we call the mini-sessions where there are three or four, or even less, to address some personal issues, and if you open yourself up to this, then the entity of whom we speak will also come with you. We are limited, you must realize all of you, in what we can give for information. We have the information but we are not allowed to give out a great deal of information if it interferes with the Soul's path of another individual, so that there is something very strong here that relates to you and this other entity, but we are not allowed to give out the full information. If it were a private session, we could.

What is my purpose on earth?

We see a purpose of Self-Healing in this incarnation. This is a lifetime that you have taken not so much to Be of Service to Others but rather to Be of Service to Self. One cannot Be of Service to Others unless the issues of Self have begun to be resolved. And you have chosen this lifetime for that purpose so that you will grow within Self and be able to return in future to better help others by gaining insights into your own Self. You are

fulfilling your mission by listening to others in this particular environment and allowing them to help you find yourself, to help you to begin on the road to Self-enlightenment.

You will begin to meditate at levels that will put you in touch with your guides, and this will be a most significant task for you to have accomplished, for you have not been able to do this in other lifetimes. You have spent other lifetimes dealing with the very concrete of the earth plane and that was very necessary. You are an advanced soul from a vibrational standpoint. It means you have a very high vibration, and you have not spent many times on the earth plane, which is why you are so grounded, shall we say, on the earth plane. When you are not on the earth plane, you are in other dimensions, other planets, other learning situations, which has given you a high vibration.

However, you have now decided, your soul has decided, that you will begin to accelerate your time on the earth plane. You have spent perhaps two hundred lifetimes on the earth plane. This is not a great number of lifetimes, and as I said earlier you are one who has taken on parallel lives. You have one other parallel life. (GROUP LEADER) can perhaps give you some enlightenment in that as well as the transcript from the session in which I addressed it. You will find it most interesting and it will pique your curiosity even more.

And so you are following your path now, my dear. You have stumbled around somewhat until now, and you are beginning to have a sense of direction, and concentrate in this lifetime upon Self direction, and you will find that as you become more comfortable with Self you will become more comfortable with those around you, and you will then begin the preparations that will carry forward as you come back into other incarnations. We are most excited for you. This is quite a challenge you have taken on. We are very pleased to see the vigor with which you take it on.

Feeling The Effects Of Vibrational Ups And Downs

ANOTHER'S QUESTION: **Recently I have been stumbling around and doing things that really go against the grain of what I believe and what I feel my soul is needing. Why? What's going on?**

You are not unlike many, my dear, in this time frame especially. This period of time on the earth plane is one of tremendous acceleration for growth. As the time approaches for The Shift of the axis, the earth plane's vibrations are in the process of accelerating, and thus there is tremendous vibrational upheaval occurring, and this of course affects all energy forms, for all are connected, all energies are connected to one another. And you are feeling the effects of the vibrational ups and downs, shall we say.

You also, though, are finding direction now. There is the beginning of the feeling of centering. You have felt much like what we might call a little lost lamb, feeling out of sync with those around you until recently. You are beginning to feel an alliance, for you

have met souls who are the same path as you are, the same types of struggles, and you have met souls who, shall we say, speak the same language, and, in fact, verbalize for you that which you have not been able to put into words but have been feeling all of these years.

And also, for you it is not a coincidence that you have come into (NAME'S) vibration, and now into the larger scheme of things, the vibration of the greater group, for there is a larger group that forms itself now in the spiritual community. And you are being brought into this group in a gentle way now, through this session, so that you will be able to see the possibilities for understanding your path, and taking control of your own growth, and not feeling the victim, and not feeling that food controls you, and that which you put into your body controls you, but rather you control it, and that, in fact, what has occurred, has been very necessary for your growth.

The Issues Of Food And Other Substances Are For Balancing ~ It Is Not Negative

You are not to condemn yourself, any of you, any entities who find the issue of food or any other substances that are placed into the body as being negative but rather as balancing. It is only a negative when one does not try to understand why it is occurring. It becomes so very positive as you recognize that there is a reason for this and that it is not what these earth plane doctors and so called experts say, "Well, if you just had will power, you could stop eating." Bunk to all of them. It is not that issue at all, and they do so much damage by inflicting that sort of mindset onto all individuals, but remember that it is part of the scheme of things, part of lessons.

One must be able to filter out the information that bombards you and apply only that which will help you and feels right for you and realize that all that occurs to you is brought on by you. No one else does it to you. You do it to yourself. This applies to everyone. This applies to my love, Mushiba, who is just getting through her back problem. She brought it on herself. She knows she did and for very specific reasons. It was very necessary, and now that those reasons have been dealt with, the problem is gone. You see?

And many times it is essential that you experience that which you go through, just simply experience it and then let it go. And you, my dear, are now in that process, coming in to groups of souls who will help you in this area, who will support your efforts, who will not condemn you, who will not say to you, "You do not have to eat that cream puff. Just say NO!" Do you understand?

My concern was not really in the area of food though. Something that is more of a moral, ethical issue with me that I have always really firmly believed seems to be just going down the tubes.

You must realize that there are connections here that you are just beginning to see, and as the enlightenments occur, you will understand of what I speak. You are on the threshold also of coming in to what is referred to as the metaphysical awarenesses. If you would care to place onto the record your specific concerns we would address them. Otherwise the issues of which you speak that are of your current consciousness that in fact do relate to what I just discussed with you, unless you ask them specifically, we will not discuss them specifically for they do relate to your soul's growth and therefore there must be a conscious effort on your part to allow others to hear what might be said. This is entirely your choice. This is why we do not bring out certain areas of discussion now. If you would like to think about the specifics that you would care to ask and see whether you want to ask them now or some other time.

Some other time.

That will be fine, my dear.

ANOTHER'S QUESTION: **Waith, I have met up with so many different souls. I have opened so many doors. Even things that really hurt me, I now see as opportunities to grow. I know that as painful as they are, that it is all to something better. Recently, I met someone I feel very close to. Even though we are physically separated right now, I feel that spiritually we are right together. Can you shed some enlightenment on him? I know it is no coincidence that he and I met.**

Of course. You and this entity are what we call soul mates. And I interject at this point, that you as entities have many, many soul mates. (GROUP LEADER), in your own teachings it will be good that you emphasize the difference between what the soul mate is and what the twin flame is, for even though we have discussed this in other sessions, there is a general misunderstanding that each entity has only one soul mate. This is not true. And one twin flame. Many, many soul mates.

And it is truly a marvelous situation when you meet up with a soul mate. And soul mates take on the vibrations of either male or female, and is an indicator that there have been many positive lifetimes together with that individual, for upon the meeting of the individual there is an immediate clicking, shall we say, and it is what helps to get many entities through the grueling task of earth plane existence, to have someone of like mind, and to know that there is someone who has an unconditional attitude toward you, whose primary purpose is to help you and your primary purpose is to help that individual.

So with that brief background, my dear, know that your feelings about this entity are correct, that he is aligned with you very strongly. He will be in your vibration more closely as time goes on. You are both here to help prepare for The Shift. You are part of a very advanced group of energy forms who have chosen to incarnate during this time frame so as to assist all of the energy forms who need spiritual advancement.

You are here to learn from (GROUP LEADER) in very specific areas so that you can then carry on in particular areas, and she will know what these areas are. She will guide you in areas of concern. You will be presented with the opportunity in the near future to change geographic locations. As is true with all paths on the earth plane, you have free will. We will not tell you which direction you will take, for while we certainly are able to see the future, we are not able to tell you. This would not be correct, for it would mean interference in free will, but you will be given an option, an opportunity, a choice, and whichever path you choose will be a good one. You will have two or three options presented to you and they are all good, and whichever choice you make is going to be that which will head you toward your mission. It will just take on a different packaging, and you will decide if this entity will be a part of this or not. This will be your decision.

And as you learn more in your own studies about The Universe, and as you begin to tap into your own Self and reach the Higher Self through your meditations, and as you garner the information from those around you, those who have certain knowledge already in the spiritual groupings that are occurring, you will grow stronger and your mission will become clearer to you. You will be resolute in that mission. You are, as we might say, at the door with your hand on the knob ready to open it.

That leads me to my book, *Walking Through the Open Door* which I have been starting to write. 😊

Strange that I should mention that!

No, not really. I feel it is going to take a while to write this book. As you know, I always want to run in a hurry. There is also another book I am working on. I get frustrated sometimes. There are so many different directions I want to lead into. How do I know which ones to give my effort to right now? How do I know how not to spread myself too thinly?

This is a trick for all. It is a difficult issue for so many to deal with and relates to allowing yourself to trust in The Universe and allow yourself to follow your own answerings to these questions. The answers to these questions cannot be given from external sources. You can be given guidance from those who are going through the same kinds of situations in trying to center themselves, and calm down, and not be impatient, and not try to do four million things at one time, and talk to these individuals, and ask them how they do this, how do they center themselves.

You must find the answers from within. You must find the peace and the calmness from within yourself, and one of the most difficult issues that most energy forms find is in trusting The Universe. It is an intellectual concept for many, but to actually do it requires tremendous faith, requires practice, and talking to others who have placed all in the hands of The Universe, The Universe being The Creator, The Universal Consciousness

being all of the energy forms connected, the thin, thin thread that connects all energy forms. Be they on the earth plane or in other dimensions are all connected to one central point, the Creative Energy, The Universal Consciousness.

The Universe knows what is best, and the problems occur when any of you attempt to force something rather than giving it to The Creator, is in essence what is being done. The Creator, the One, takes care of all, will not allow anything to happen to you unless you fight it, for when you see things happening to others that are damaging it is because they fight or try to block The Universe from helping and therefore they are not helped.

As long as you give yourself to The Universe, all will be taken care of. You will not go pain free. We are not saying this, for growth is only achieved through pain, for there is the pain and then the growth that comes from it, and then the feeling of relief, and then more growth and more pain. It is the way it is, but it is not damaging to the Soul. It is only when the energy blocks or fights The Creator that damage occurs.

So, my dear, for you we would recommend during this time of anxiety for you, and your own abilities being so scattered, that you take time twice during the day, in the morning and in the evening, to quiet yourself. Place yourself into a semi-dark environment with candles, and allow yourself to let go of all that you think about. Allow yourself to forget all the books that you want to write, all that you want to say, all that you have to say, for you have much to say. And quiet your mind and concentrate your thought forms on the middle section of your body where I place my hands now on Mushiba's body, in this section, and I will explain the significance of this particular Chakra to you, for I am not in this session going to address Chakras, but this particular section is a very significant Chakra, and if you concentrate it will help you to center yourself and to be able to listen to your Higher Self and to allow your guides to begin to communicate with you.

You have two guides who have been assigned to you to be on call when you are ready to call upon them. They have been guiding you and helping you in ways that you have not even been aware. And you are now at a level where, if you so choose, you can begin to correspond with them directly. And when I say correspond, I mean in a written word, for you will be able, if you so want to, to have their messages come through you in the written form, in this what is called automatic writing. Do you understand?

Very much so. And I take it that in learning healing they will also be there to answer any questions I have. I am very aware of certain abilities that I have. I would like to now start to throw in those spears.

Yes. And they are ready to help you. They are very specifically guides of healing energy who have a great deal of information that they can give to you of a specific nature that relates to your own soul's path. They have been with you in past incarnations and will be able to help you in the development of your own abilities as they will relate to your

mission of Being of Service to Others and that which you will take from (GROUP LEADER), as a disciple shall we say, and become the teacher.

ANOTHER'S QUESTION: I have learned a lot of things through this food addiction, and I think top on the list is humility, and then probably second is a gratefulness to the bigger picture. When I was at Kripalu, I was asked to draw a picture of how I saw myself and I would like your help with it. From the neck up, it was a heart I drew. From the waist up, it was all different colored leaves which I crayoned, and from the waist down, it was an old, big, round, solid tree,. And this is the kicker, from the ankles down it was three inch high heels. ☺ And that was my picture. What I want to ask you, Waith, is I really am so anxious to be free, and when I saw that picture, I was going to take it to (GROUP LEADER). I was going to call her the next day. I couldn't wait, Waith. And I looked at that picture and I said this tree is just holding me down. I just want to fly, and it is just weighing me down, so heavy, and I just want to be free now, and I just need a little, I guess, enlightenment on that.

We find this description to be most curious and most interesting that you show a great insight into your Higher Self, my dear. You do not give yourself enough credit for your own abilities at Self-knowledge, for the symbolism that you portrayed is a recognition first of all of the conflict you feel between your head and your heart and the ruling of the head over the heart that you feel. Most of what you do in your life is ruled by your heart and this is not a bad situation, but that you see the fruit of the tree being the leaves, you see that being planted can in fact produce fruit.

There is this conflict, you see, that if you work with your head only, it will not produce fruit. It will not produce creativity, it will not produce love, that only the heart does that, but this is not true, and that the well-grounded trunk of the tree can, in fact, produce lightness and fruit. What we find so amusing are the three inch heels. ☺☺ This is the frivolous part of you that makes you the delightful energy that you are. It is a symbol from yourself, from deep within you, of the desire to just be carefree and to have a flair, a creativity that is attached to this feeling of being grounded that you have with the trunk of the tree.

You see, you have these interloping conflicts. You have something creative and frivolous at the bottom and then you have something that is firm and solid, the trunk, coming next, and then you have the fruit of that trunk, then you have the heart and the head. It is symbolizing all of these conflicts that you have within yourself, and your recognition of the need to balance, that you need to have all of these as a part of you but not be dominated by the trunk, shall we say, which is the largest piece of the picture. Is it not? What you need to do is to begin to shorten the trunk somewhat. Allow your three inch heels to show more. Allow your legs to become more than a trunk and allow the leaves to become greater, to become in abundance. And by doing this there will be the combination finally of the head and the heart working harmoniously together, one not dominating the other but rather complimenting. Do you understand what I say, my dear?

I sure do. And thank you.

We compliment you on your choice of attire. Mushiba has responded very positively to this, and of course we pick up on these types of responses. It is most beneficial to your vibration, my dear, to wear these colors. You know it is one of the colors that Mushiba wears almost exclusively, and it brings to you and your vibration a lightness. We encourage you to wear more in this area.

Thank you.

ANOTHER'S QUESTION: **Some years ago, I had an experience which had a profound effect on me. Since that time I have a sense of mission unfulfilled. I cannot seem to determine what that mission is. Can you help me?**

When you found yourself out of your body during that particular time frame, you were given instructions that did, in fact, change your perspective on things. And you were told that, at that time, that certain things needed to be fulfilled before other things could be accomplished and that it would take some time for certain things to be worked out. You were given the information.

However, at the same time there was a memory blockage that occurred by design. You have not blocked this for other reasons. You have very purposely blocked this mission of which we speak so that you could get the other things out of the way which needed to be done. You are on the threshold now. You have spent a significant amount of time cleaning up some loose ends, as we say, and yes, you would have this feeling of a mission unfulfilled, for your soul is now revving up the memories, shall we say, of that which you need to accomplish.

We see a time frame of a very short time for you, perhaps one year of earth plane time, that you have now ahead of you to prepare for your mission. It is quite a mission that you have taken on, my dear, and one that you will be very able and capable of performing given the fact that you are able to take care of these other issues. We see one remaining area that needs to be taken care of which you are doing now, which you have taken on and are tackling with tremendous energies. You are moving toward that point where you will take on a new mission. You have had a mission. You have been on a mission now. It is just that it is the minor mission, shall we say. The major mission cannot be accomplished until the minor one is accomplished. This is true of all and not just of one particular situation, my dear.

The fact of the experience that you had was a very necessary one, to perhaps shake up the Soul somewhat, for you were getting bogged down in the minor mission, and it appeared that you may not have shaken loose from it in this lifetime, which would have been acceptable. There would not have been any soul regression because of it, but your

soul recognizes that it had a major mission to accomplish, decided to do some shaking up of the consciousness which is why this incident occurred.

So, you need not be distressed at this point or feel that you are not moving along as you need to, for you are. And you are opening yourself up now to the kinds of information that are necessary for you to have when you begin your major mission, surrounding yourself with those who will be able to help you.

All is in place, and as I had recommended earlier to another energy. It would be beneficial for you to begin to seek the Higher Self in very specific ways. We encourage meditation for all, and as you find the best way for yourself to meditate. We are not proponents of one particular way to meditate. There are many ways in which you can seek your Higher Self. What works for one person may not work for another. You must find that which feels right for you. Then as a beginning you need to center yourself and find a way in which you can still the mind, quiet yourself, and concentrate on your body and what it is telling you, and then your soul will begin to speak to you.

I have a second question please, and it has to do with my food addiction. Am I going in the right direction? Will I conquer it after all these years? And what purpose has it served?

You are conquering it, my dear. It has served a purpose of tolerance for you. You have had lifetimes in which you have been very intolerant of those around you who were not able to control the sustenance that they placed into their bodies. The attitudes, while you were not abusive to people in physical manifestations, you were abusive mentally. Your attitudes toward people who were overweight, over what the body required, have come back with you now. You have specifically taken this on so that you can learn and understand the reasons why people become addicted and what consequences it can have upon the life.

Tolerance is the issue here, and you, upon recognizing that your own attitudes are being tested ~ the lessons to be learned are to enable you to achieve your major mission ~ you will, in fact, conquer this. You still have a bit ways to go which is why it has become critical now for you to be in touch with the Higher Self, to meditate, and to hear the answers that your soul is giving to you and recognizing that tolerance is the issue, that this will help to strengthen you now. And know that food is simply an illusion as is everything on the earth plane.

ANOTHER'S QUESTION: **Waith, I have had a number of accidents and would like to find out, maybe you can help me to understand why I drive fast, what I am getting out of these accidents, some information to help me to deal with this.**

There is a scatteredness of energy that you have that relate very directly to the issues of this lifetime that I have spoken to you about. You have taken this particular incarnation

to balance a great deal. And the accidents that you speak of are a result of the imbalance that you have brought into this incarnation, and until the balance can be achieved somewhat, more than it has now, you will continue to be susceptible to these kinds of accidents.

It requires a centering on your part, your own energies, calming yourself down, not leaving your house, for example, unless you have spent some quiet time in preparation for what you will encounter. We see for you the need to have the White Light surrounding you. This is the protective Light, and as you go through the day, to periodically surround yourself with the Light. This will protect you from many things and will be an aid to you in quieting yourself.

It would be advisable for you several times during the day to find a quiet spot and spend a few moments breathing, gathering your scattered energies. This will help you in balancing, though there are other issues that need to be addressed, as I had indicated to you earlier, that until those areas are addressed, total balancing will be a bit difficult. You can begin by finding peace within your own body, understanding what your body is saying to you. These breathing exercises (GROUP LEADER) can help you with, give you guidance, when to do them, how to do them.

You do not need to go into an isolated spot to do them. You can do them seated at your desk or in a room with a group of people and find a quiet time or quiet space surrounding yourself. You simply block out the phones ringing and the people chattering. It is a very necessary technique for all energy forms to develop, the ability to be quiet within the chaos.

ANOTHER'S QUESTION: **Waith, I have two souls that surround me constantly which I am very fond of and feel deeply connected to. One is very willing to go forward and make changes, and one holds back. Their purposes, even though they seem to be going in similar directions ~ have we all been together at one point, and will they be walking through that door with me?**

(GROUP LEADER): **I am eagerly ~ my sense of staying on purpose is extremely chilled right now. We are just wandering off into chitchatting ~ that we can somehow stay more around foods and the body's sustenance and let us have that at another time.**

Yes. I will address very quickly though, just to clear up part of the answer, that they have been with you, that I am not able to address much beyond that for I would need their permission to discuss certain areas, but yes, you have been together.

(GROUP LEADER): **Well, what actually struck me today was that even though outwardly all of my students come to me because of their food problems and eating problems, how little we are actually concerned about food problems and eating problems, how much we actually realize that we are not dealing with food or eating problems, that the**

questions asked are really much more of our own interest than when to eat, how much to eat, and what to eat.

And why do you think that that is, my dear?

GROUP LEADER: **Because those are the real issues and that is what we eat for, and I really want to make that clear now that our eating just covers up all those issues that we are dealing with, and that one way of not dealing with them is just stuffing our faces.**

It can be. It can be. For the most part, there are very specific reasons why any energy form will overeat, just as there are reasons why some will undereat when their body is not ready, when the Soul and body have not combined to the vibrational attunement of nonsustenance. You see, there are both ends of the issue here. If someone is not eating, it does not mean that they are spiritually advanced. It could mean that they are doing damage to their body in the same way that overeating can do damage to the body, that it relates to issues.

The addictions of the body are necessary for learning. It is what the earth plane is set up for, and all of the earth plane is an addiction. It is one big addiction that over a period of lifetimes the issues are worked upon, and it becomes so very complex as to what issues each soul is working on.

For example, in this gathering here we have the energy who is working on an issue which is a little more complex than I had given to you, my dear, for reasons I have expressed to you, but you were deprived of food, so you are dealing with issues that are very different from the issue of tolerance, where attitudes toward addiction were not tolerant, and so there is the bringing on of the overeating issue to learn tolerance, so you can understand that it becomes important that each soul understand why the food addictions and all other sustenance addictions are a part of themselves.

ANOTHER'S QUESTION: **Does it also mean when I get very tolerant of my friend's smoking, he might give it up? 😊**

It does relate. And one must not be judgemental of what another does, for it is by nagging one is in essence interfering with what the other soul has to experience and undergo. One must look to others with unconditional acceptance, recognizing that whatever their behaviors, it is for them to change themselves, and not for you, and that as soon as you recognize that, you will be much happier and those around you will be much happier, for you will not try to change them.

Do not try to change anyone. Simply recognize that each has their own path and that your role is to, when they seek out information from you, to counsel. You are not to force your counsel upon anyone. Just as we do not tell others what to do, even when asked we do not tell people what to do. We will respond to the questions as we feel it

may help in their understanding. It will be up to each individual to apply that knowledge to their own behavior, and everyone really becomes much happier. So stop nagging! ☺

ANOTHER'S QUESTION: **For my own growth I have been contemplating continuing my own work with (NAME). I just want some feedback from your side, whether you find it beneficial for me to continue with him.**

Yes, we see the energy form as a positive one for you in short term. You will gain what you need from him, but it will be of a short term nature, it will not be of a long term situation, and you know this.

Well the question comes up whether I sign up for another year or not. I guess it is my money issues, my addictions in those areas again.

Yes, indeed. One year is, in the scheme of things, an instant. When we say short term, for us, that could be centuries on the earth plane, but we have adjusted ourselves to the perceptions of the earth plane, and that being short term, one to two years.

Dear one, we have not heard from you. It is very nice to have you in the environment here.

Thank you.

We are most pleased at much that occurs with you. We will not go into it, for we know you prefer not to, but I could not let this session end without acknowledging your vibration and the beauty of it and the Lightness that is surrounding you more and more now.

Well, now, (GROUP LEADER), what have you learned from this session?

Number one, I got in touch again with my hurriedness, that I think things do not get done on time. The other is really that I see that, again, it is an affirmation, confirmation that we do not have food issues, that our issues are much more complex. And one way that we deal with our issues is by food, and how we deal with food. And I have seen also my own growth that I see since I have enormous issues around overweight people, how my own opinionatedness is going away. I have right now in the office a marvelous woman who I just love dearly. I would not ever think about her weight. And I have gotten really in touch again with paths that I am on.

And all of you, my dear bright lights, would any of you like to share what you have learned?

- ⚙ I have been enlightened a little bit, and I feel that there is a lot that I have to do for myself and that I am able to do it. It was quite an experience.
- ⚙ And the intolerance issue is one that I face even today, not necessarily in the same manner, but it is one that shows up when my handwriting is analyzed, and when I deal with other people, and I have found that to be an issue when dealing with my mother right now. She has a great deal of negativism which upsets me and I have learned that I should not change her, just accept her as she is and continue to love her just as she is.

You are progressing very beautifully, my dear.

I am trying.

- ⚙ *It is really beautiful to see how we are all part of a big plan, and that each one of us plays a very valuable role. It is very evident in this room.*

Indeed. You are all connected but this is an area that we could not even begin to develop because it is so complex, that all of you here have connections with each other, some in very major incarnations and some in minor roles, nonetheless, all connected. Are there any final questions or concerns or comments that one maybe would like to make?

In that out of body experience that I had, I was told that it was not time yet, that I would have to come back. Who was speaking to me?

It was one of your guides. You have three guides. One is the chief guide, so to speak, who manifests as a male energy form, and it was he who was informing you of this, and it is he who now wants to be in more direct communication with you, and this will be more possible as you reach the point of your major mission. During this time now and that which will become your major mission, you will be experiencing a tremendous opening up of Spiritual Centers, my dear.

Part of that experience will be a communication with this particular guide who will remain nameless at this time, for part of the experience for you will be to know what his name is. He will tell you, and when you know the name, when you are confident that this is the name, you will know then that you have connected with your guide. This is a very popular way that we like these things to occur. We do not as a general practice give the names of guides for it is much more fun to try and communicate with the guide and learn the name of your guide. or guides, from them. It is a tremendous learning experience, one that serves as an affirmation that you have, in fact, reached your guides.

Waith, how do you get to your guides? By meditation?

Yes, by meditation. For many it will not occur in this particular lifetime because of the beginnings of the attempt to be in touch with the Higher Self. It may take several lifetimes of practice and working on it, but one must begin with meditation. And while you may not be directly in touch with your guides, you will have a greater sense that they are around you, and you may in fact be able to recognize the signs that they send to you, for guides are able for the most part to give you physical manifestations of their presence.

Will I ever get to, in this lifetime, a guide?

What we see as being very beneficial for you would be some type of regression to the lifetime of which we have spoken to you, whether that is through someone guiding you into that lifetime, through a hypnosis process, or simply by having a regression dream which is something that anyone, any energy can do. It requires your own letting go, and when you are ready to experience that lifetime, if at all in this lifetime, then the opportunity will present itself. We see this as something very possible for you in this lifetime. It is a matter of your own free will though and letting go of the fear of reliving that particular lifetime.

ANOTHER'S QUESTION: **Waith, I would like to ask around one last issue, and that is my accepting lately that I feel the more we get in touch with our breath, breathing, with all this inspiration, we are nourishing ourselves on having spirit more. The more we connect actually to that inspirational food or nourishment, the less we need solid physical food.**

Yes, your basic premise is correct. It is more complex though than what you have stated. Breathing is directly connected to vibrational advancement and change and it is not an easy thing to diagnose. And changing the breathing patterns does not necessarily mean that spiritual advancement will occur. Yet, spiritual advancement brings changes in breathing patterns. Understand? And so, we are dealing with far more complex issues than simply showing someone how to breath differently. It will certainly help in opening up the Chakras, but it does not guarantee anything.

In terms of weight, for example, everyone stresses physical activity, where there is also more breathing, and I mean on a mere physical level now, that we also enhance the metabolism because there is also a higher combustion in the presence of oxygen.

Yes. It would certainly help in the mind body connection, but caution needs to be given here that unless the Soul issues are dealt with also simultaneously, then the physical issues will be short term in their benefit and that anything of a long term correction will not occur unless the Soul issues have been dealt with.

It could mean recognizing that the body, per se, needs the maintenance and needs the time and needs the love to be taken care of, that the exercises and the sports that we do

are not an end in itself but are a part of how we take care of our whole as a body, mind, and soul entity.

That is correct. Yes. While it may appear in the short term that concentrating on the physical activities of the body have in fact corrected the problem, and the long term effects show that it will not, you must recognize that the long term effects may in fact not be in this lifetime. This is part of why there is so much confusion and so much intolerance, for it can be that the body has been taken control over, and let us say, for example, that the weight has been lost and the body, because of exercise and strict discipline for eating, has been controlled and the energy leaves the incarnation in that form. The issues may not have been resolved and in the long term, which could be ten thousand years from now, the Soul still needs to resolve the issues and incarnates again having to address these issues.

So Mushiba also had to address some physical maintenance issues.

Oh, yes. Yes. And she is doing this now. She does not need to ~ her issues are different from what you might think they are and relate to this being the last time on the earth plane, and relate most directly to the mission she will have after leaving the incarnation with us. And the prodding that you give to her will be very good.

Are we all questioned out for the time being? The areas that have been discussed now, my dear, we would like you to digest and speak to others, and especially the group who has assembled here to get, shall we say, feedback. And this will serve as a springboard for you, and as time goes on, we will be available to assist you in other concerns that you may have or affirmations of certain issues that you would like.

Thank you.

We have been most honored to have been able to Be of Service to all of you. We welcome you back at any time. And as you all grow in your own abilities to reach the Higher Self, and to communicate with your guides and with those who surround you, know that you can call upon myself and the other six who surround us, who work as a unit in our mission, and that we will respond to your needs in the best way that we are allowed. So I will depart now and I send to you all the very Highest of the White Light from the Highest of the Kingdom of Amelius. Farewell.