

# 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 ⚙)**

## Special Topic Session ~ The Healing Of Self

*We have come in now to discuss a topic that is very important to most who gather, who seek Self growth, and that is the Healing of Self. We understand that many feel an inadequacy in their being at this point in their path, this inadequacy being not able to heal Self when there is now so much discussion about healing of Self. We would begin our discussion with you with some basic precepts and then we will open up our discussion to questions of a specific nature from you, not for your own Self-Healing specificity, however, but that of Universal concern and general concerns.*

### Healing Can Only Occur When It Is Decided By Self That It Will Be

*To begin to talk about healing, you must understand that healing can only occur when you, the entity, have decided that it will be. This means not just if you were to heal Self, but also if you were to ask another to heal you, be that healing from a spiritual connectedness or healing that comes from those known as physicians or doctors on the earth plane now who would have certain medicines and techniques.*

*Understand that there is no technique, medicine, or incantation, if you will, that would heal you unless you were ready to be healed. There might appear to be a healing but it could possibly just be short term, for healing means that the Soul has learned the lesson that it so chose to learn and gives up that which it was holding onto. There may be occasions when the lesson has been partially learned and there, then, appears to be a healing, the ailment no longer exists. However, if the Soul has truly not learned its lesson it will take that lesson into another manifestation.*

*In many situations, healing takes many, many hundreds of manifestations and that what might appear to be a total cure may, in fact, be one of two situations: It may mean that a partial learning has occurred and that there is some relief on a temporary basis until the next phase is ready to be taken on in the next manifestation, or it may mean that the lesson has finally been learned and this happens to be the manifestation in which it has been completely learned and given away.*

### Healing Is An Evolutionary Process ~ Total Healing Takes Many Hundreds Of Lifetimes

*Healing, therefore, is an evolutionary process. It is transitional in its orientation. It takes much time. And each of you, and each of you only, can do the healing. You can be assisted by others who will guide you in your growth, just as you are guided in your growth in other areas, be that the learning of patience or tolerance or love, you receive help from guides, be they on the earth plane or be they in spirit. So too do you receive this assistance in the healing, but it is only you, ultimately, who can heal yourself, for it is your path, it is your series of lessons that you take on.*

### You Do Not Have Something At The Physical Level Unless You Also Have It At The Spirit Level

*We have ~ would like you to understand that the levels of that which you take on for healing manifest at the spirit level, manifest at the physical level, to be very simplistic, and that you do not have something at the physical level unless you also have it at the spirit level. This does not work in reverse, for you will have so often something at spirit level for healing that may not manifest itself quite yet at physical level. Eventually, it will, but know that whatever has manifested at the physical level has, indeed, become quite ingrained at spirit level and that each, then, works with each other in its attempts to be cleansed and to heal.*

*The process begins with yourself, first, in that you need to reach your Higher Self through meditation. All that occurs in growth for the individual occurs through the meditative state, in the understanding of that which needs to be worked upon and the ability to center yourself and to make the physical connected with the spirit. You may go on your merry way at the physical level and not connect with spirit but, eventually, be it in this incarnation or any others that come, you must reconcile at spirit level.*

You are saying that it always starts from the spiritual level into the physical level. So, each disease is due to disharmony on the physical level. Doesn't it consequently mean that in order to heal yourself, either with existing medicine and blocks, or with meditation, that you have to start on the spiritual level?

*Disease starts on the spiritual level. You will review what I had said earlier. It starts at the spiritual level and then manifests itself at physical level. In order for it to be cured at the physical level, it needs to be cured at spirit level.*

Yes, so you have to start on the spiritual level?

*Yes.*

But when I refer to books and information, they are always telling you that you should concentrate, for example, if you have a disease on your body, on this particular part of your body, but that will only help if your spiritual level is ready to be healed.

*That is correct.*

So, if you do not know this, you can work on your foot, or whatever, for years and years, and you do not make any progress ~

*That is correct.*

Because your spiritual level is not ready.

*That is correct. And you see, therefore, while it might appear that at the physical there has been a cure ~ "Oh, the pain has left the foot!" ~ it will come back if that particular point has not been addressed at spirit. Now, it may not come back, for example, in this lifetime. It may, in fact, have a cure that carries itself through this entire physical manifestation. However, it will return in another physical manifestation and oftentimes it will occur at a deeper level, a more intense level. For when short term cures occur without any effort being given to the spirit, it will accelerate it further and make the ultimate healing more difficult, more intense.*

*This is what occurs so often, you see, on the earth plane is that there is the desire to get rid of the physical pain, and thus, at some level in the spirit, the spirit says to earth plane, "Spirit to earth plane. ☺ ☺ You can cure this physical pain, for I do not want the physical pain." And thus, you allow a quick fix. A quick fix may, in fact, be the entire remaining plane life. Then it must be taken up once again in another life.*

*And thus, it is easiest to at least at spirit level be addressing the physical pain and to be saying, "Help. Help me, Higher Self to understand what is causing this pain." It may not be that you are able to cure it, but at least you will begin to understand what is causing it. And, in fact, you may realize that it is not to be cured for all to see, but rather for you to take on this physical pain for the entire manifestation in order to, at the end of the manifestation, have cured yourself, and only you will know that that has been done and not the world.*

### **No One Has The Power Over You ~ Only You Have The Power To Heal Self**

*Each and every one of you has the ability to heal yourself. It is only in the believing in yourself and recognizing that no one has that power over you ~ that no one has any power over you. You give power to others, that only you have the power to heal yourself. And you may reach a point of your own advancement that you would have the ability to help others to heal themselves, or you would call upon an entity who has developed their own healing abilities so that their energies would connect with your energies, but it would only be if you allowed that to occur. Oftentimes this is done at spirit level where the allowance is given, the permission is given.*

*There are several of you in this gathering who have developed healing abilities to a very high level and are able to draw out of others these desires to work on the Healing of Self. Energies who help others to heal themselves serve as catalysts. They are able to help the individual feel the desire to learn the lesson, to understand. They serve as channels, if you will, to give the information, but like all information that is given and that is available, each of you takes that information and uses it in a way that is proper for you, and not to be manipulated.*

*Now, there are situations, and this is the flipside of the coin, if you will, those entities who possess such tremendous powers that they are able to use those powers in a negative way upon other entities. This has occurred forever and will continue. It is part of the process of growing that those who abuse their powers must learn to use them in the spiritual context, and those who have been abused by the powers learn to protect themselves. So, there exists currently on the*

*earth plane as well as in spirit, many entities who would use their powers, their energy field, to force certain situations.*

### **There Is No Such Thing As A Magical Cure By Someone ~ Only Self Can Heal Self**

*Remember, however, that we have said that it only appears often that a cure or a healing has occurred and that if it appears that someone has used their powers to cure ~ suddenly someone walks who has not walked all their life, or suddenly they see where they have not seen before, that it may be a real cure or it may simply be one that was forced. The ultimate end to all of this is that you as an entity grow in your own Self-assuredness so that you have the control over your own growth in conjunction with The Universe, for when you work with The Universe it flows as it needs to according to your own time frame, and therefore, no one else can force it upon you.*

### **Do Not Compare Yourself With Others ~ The Process Affects Everyone Differently**

*Understand that this evolutionary process of which we have just spoken affects each and every one of you differently, and that you must not compare yourself with anyone else. We have said this regarding other issues and we emphasize it in this area of Self-Healing, that you do not look to those around you as being able to heal themselves and you not able. You must compare yourself only with yourself. You must understand that others have different points on their path where healing is concerned, where their ability to take something from themselves and give it away will differ from that which you are able to do.*

### **Many Come In To Work On One Very Specific Lesson, Which Manifests In The Physical**

*Also, remember that many entities have come into this manifestation to work on one very specific lesson, and that may take its form in the physical. For example, there may be the different ailments, the different diseases that are currently available for you to choose from. ☺ ☺ That is how it is, you know. You choose those diseases before you come in, just as you choose your lessons and all of that as you were deciding to come onto the earth plane, so you choose, and you know that you may be able to get rid of it in one lifetime or two or three, or it may take you a hundred, but you know that this is the way in which you will work on a particular lesson.*

*Now, for some entities, they become very focused in the learning of a particular lesson and this is what they devote their manifestation to, and therefore, it appears that they are able to cure themselves in dramatic ways compared to everyone else. Others may have a whole series of diseases and things that they are working on and each takes a little bit of time and energy, and therefore, in this particular manifestation, there is no dramatic cure that occurs. Healing of Self simply then means that you are growing from lifetime to lifetime and that in some lifetimes you do a rather dramatic growth and in others you are working slowly. You are evolving.*

### **Using Medications Is Not A Negative ~ It Can Bring You To A Point Of Self Healing**

*There is no pressure for any of you to suddenly heal yourself. You should not feel this pressure that because you have, let us say, taken on a cold, for example, that you must cure yourself of this cold and you must do it so that everyone knows, and you must not take any of the medications that are available. You see, we must interject here that medications as you refer to them on the earth plane have been given a rather bad rap recently, and they have been talked about as if they were negative and not to be used. You must look at that which is available on the earth plane in its proper perspective, my dear ones.*

*Not all that is on the earth plane is of the darkness. There is much, much more of the Light than of the dark. You must come to understand the difference, and there are many substances on the plane that would not be useful for you in alleviating the pain at the physical level, but there are many, many that have been discovered by those of the Light, by those like yourselves, to help in this evolutionary process of healing.*

*It is fine if you feel that in order to alleviate pain you were to take an aspirin, as it is called, where others would say, "No, I do not want to do this. I do not want to eliminate the pain through meditation." This is fine. This is as it needs to be. It needs to be that which is right for you, and in understanding that if you are to take certain chemicals and use certain techniques that they are appropriate for you at this time in your growth, for you may, in fact, need to experience, let us say, the negative side effects of using certain medications in order to bring you to the point where you will be able to heal yourself through Self. Do you understand?*

*There must not be this feeling that you throw away all that is available to you on the plane for assistance, for just as there are entities of high vibration able to help you heal yourself, so too are there substances available to help you heal yourself. Part of your growth is in understanding what is best for you, and if you select something that turns out to not work, then you have learned from that, have you not? And therein is your growth, for unless you try something, you do not grow. Unless you seek out, be it another individual or substances, techniques, medications, you will not know what will work for you and what will not work for you.*

*There are many on the plane now who have developed, through their manifestations, abilities of a high level to heal themselves. And thus, you will be surrounded by these individuals. You are not to feel intimidated by them. You are not to feel less than, but you are simply to look at them as examples of what you too can be as you, yourself, progress along your own path. You must also understand that there are many among you on the plane who have in the past abused their powers and for any number of reasons choose not to heal themselves, for they fear that they will bring about their powers in the physical and not be able control them. This is a lesson that they also must work upon, for to have power and be afraid to use it is, in itself, a lesson.*

*Now, we would be pleased to discuss this topic so that we, as you know, do not like to have monologues, but rather, knowing what all of your issues are that it is better served if they come in the form of questions for the record, for the transcripts, so that others will understand that questions they may have are not unique to themselves but rather in the minds of many, and we, therefore, will address them. So, we will start.*

## The Method Of Healing Another By The Healer Taking Upon The Malady Themselves

One method of healing another is to have the healer take upon themselves the malady that the patient is experiencing. Must that always be so, or is there an alternate method?

*No, there are many ways. That is one very effective way and one in which serves to be very useful to entities in understanding this process of healing. Healing, understand, occurs when the entity says so. The ultimate ability is that the entity has said, "I have learned this. I no longer need ~ whatever it is ~ I no longer need this cold for I have learned what I needed." That is ultimately what occurs. In some situations, a demonstration of movement, one to the other, take it upon yourself, helps in the understanding of the process to be able to see something very specifically. There are many who are healers who take ailments upon themselves from others as a way of helping. It does not heal the other entity, understand, but it simply helps in the process. Your method is quite, quite effective.*

### Are Major Illnesses Associated With Spiritual Centers? Can Yoga Breathing Exercises Help?

Most of my major illnesses are associated with Chakra Centers. This is my experience, and I am wondering if it pertains to all. I have learned through meditation that I am blocking energies in certain important Chakra Centers in my body, and a result of that blockage is physical pain on a physical level. Does this apply to all illness? And if so, do the breathing and Yoga techniques release energy in healing?

*Illness as it relates to the Spiritual Centers, often referred to as the Chakras, have their applicability in certain areas. It does not relate in all cases, but rather is one of the ways in which illnesses can be worked upon. When any of the Spiritual Centers have a blockage there will be, of course, an energy block. And when your energies are blocked, be they of a short- or long-term nature, there will be an effect and there will be a physical effect that has its root in the spirit. And yes, there are very specific techniques that can be used to help you to unblock those Spiritual Centers so that the flow can occur again. For many, illnesses will project themselves through their blocked Spiritual Centers. They will show themselves in that way. This is not true, though, of all illness, or all cleansings.*

*Know that there is much more than just those Spiritual Centers that you have been given. There are other Energy Flows in the total being, and those Chakras, as you call them, are the most significant for the average workings of the energy form on earth plane, and that as the evolutionary process occurs, other Spiritual Centers open, which very little has been given for information and is currently not too familiar on the earth plane for it is not significant to have. It is not applicable to the masses as knowledge of the seven Chakras are, you see.*

*Now, the techniques such as you have referred to are very valuable. There are other techniques, many forms of the meditation that are available. There are many, many techniques for meditation, for breathing, for going to the Higher Self, that are very, very valuable and can be*

*very helpful to you as you begin to expand your own Centers of Spirit. You must find that which is right for you, and in your particular case, you have found a very good technique for yourself now. That will change as you evolve. You will need more, shall we say, sophisticated ways of dealing with the same type of situation.*

**So, the important thing is to meditate so that we know what is going on with our bodies? It is through the meditation that the healing really can begin to occur.**

*Indeed. Remember, also, that many entities will choose to keep something to teach, you see. This is another side of things. There are many things that while the healing has occurred, the physical will remain so as to teach those around. Mushiba does this with several things. Many of you know. Next question.*

### Jesus And Healing

*Waith, I want to ask you about how ~ that were mentioned in the Bible ~ (Some words are inaudible on the tape)*

*The response to that would be as we have discussed. There were many who were ready to be healed and they simply allowed Amelius to use them as instruments of example. All of the healings that occurred through Amelius, while he was on the plane as Jesus, were to teach and to show that that which he did also could be done by Self. They were of varying levels of depth, as your question asks. Some were of complete healings. Some, in fact, were pseudo, as you might call them, pseudo healings, meant to, in agreement with the other entity, to show that this is what is possible.*

*Understand that the level of understanding at that time was such that these parables, as you would refer to them, were needed in order to have people at that time understand certain precepts. It is done continually. When we give out information, it is given in a way that will reach the levels of understanding currently existing on the plane, for if we were to give you explanations of precepts as they truly are, you would not understand them. You understand at higher levels, as you yourself reach higher levels. And thus, remember, that Amelius was charged with the responsibility of reaching the masses, then and now, with the knowledge of what the levels of understanding would be during this past time frame.*

### Someone Asks About Their Emotional Illness Of Extreme Anger

**I have had for many years an extreme emotional illness of anger. When my anger shows itself, I can best describe it as my feeling of no control over myself, over my environment, a terrible feeling of inadequacy. Now, this anger has pretty much dissipated itself, and with meditation, I can find peace. I would like to replace this with feelings that are positive. Instead, what has replaced it is a terrible anxiety, a fear ~ being scared to death.**

*You have a feeling, dearest one, that is very common. You are not alone in the feelings that you have. You are able, however, to express this verbally in ways that others who have the same feelings are not able to express, and this is an indication of your being close to the letting go of the particular feeling, emotion that you have. Anger, as a primary emotion, is perhaps one of the most difficult to heal. It takes the most time throughout the manifestations to heal, for anger brings about, then, many other illnesses, for the anger is Self-inflicted. It is anger at Self. It is saying to Self, "I am not worthy to be on the path back to Oneness."*

*Somewhere you have, as an entity, not just you, but many, many others, have deemed yourselves not worthy of becoming One once again, and you struggle with yourself for you see entities around you who appear, and the key work here is who APPEAR, to not be having the struggle, and that causes you to impose upon yourself even more detrimental feelings, and over a period of many lifetimes it accumulates until it will come to a head, as you might say.*

*Understand that one of the basic precepts of The Universe is that whenever there is a void, an emptiness, it needs to be filled, and you have rightfully recognized that when you feel a cessation of a particular anger and a sense of peace, that you equate peace with a void rather than saying that "This peace I feel now is a filled spot, that the void actually is the anger," and that as you have anger you have more to fill it and what you fear is that you will, in having peace, have a void which will be filled with more anger.*

*This comes from, and this is not just yourself who feels this, this is felt by many, many, who see peace as a void rather than a fulfillment. First, in understanding this difference will begin to help you to ease yourself and to take the pressure off of yourself. The anger that an entity feels has its source in many different ways, and as we have indicated, it is helpful if we speak privately with many of you to get at the, perhaps, some of the understanding of where that anger is generated from. It means beginning to change your own attitude that anger is not the void but to understand that it is the void, it is the emptiness. Peace is the fulfillment.*

### **Weight Control Issues ~ A Balancing at Soul Level ~ Forgiveness of Self**

**Waith, you said one of the reasons we do not give up some of the illnesses, or we hang onto some of the emotional pain, is because we have a lack of self-respect and a low self-esteem. Does that also apply to those of us who have weight control problems where we yo-yo back and forth? Is it the same kind of cycle?**

*Yes, indeed, for the issues of bodily weight have their beginnings at spirit. There are many different reasons why a physical encasement has the weight difficulty, and so often, the, as you call it, the yo-yo effect is a result of not quite wanting to work on the problem. A part of you is saying, "Yes, I understand that I have this problem." And another part of you saying, "Yes, and I understand that it is at some deeper level than just the fact that I want to eat." Most, in fact, who have weight issues know that it is far more than just the issue of eating, but rather it stems, whether they would acknowledge it to be psychological or spiritual, psychological simply being the intermediary step of understanding for spirit, you see.*

*And thus, you, like many others, know that you have an issue at spirit and you are ever so slightly afraid to face that. For like any issue, the fear to face something is part of the biggest of the problem, for once you have faced it you can deal with it. But many are afraid to face the issue for the fear of what they will see and the fear that they will see something that is awful ~ "Oh, I will see that I injured someone or I did great harm to someone in another life and they, therefore, starved to death as a result of my behavior, and therefore, I am now paying for that." Well, so what!*

*You are having to deal with something, and there is no entity who goes onto the earth plane who has not encountered some kinds of abuses toward others. It is necessary for all concerned. The issue, then, means how do you overcome that? How do you reconcile that? How do you say, "I forgive myself?" For unless you say, "I forgive me," healing will not even begin. So, you must look to the root cause. You must not be afraid to believe yourself. How easy do you find it to say to others who may have done something to you, "That is fine. I forgive you." It is very easy, isn't it? Why is it so difficult to forgive Self? Why do you continue to impose upon yourself, your own health? Why do you not say, "I forgive me."*

*You see, it is not some singular being known as God who is the only one who does this, for The Creative Force is made up of all energies, each and every one of you, and you are each capable of forgiving Self. In fact, you have to. With the help of The Universe, The Creative Force, you call upon The Creative Force, which means you call upon all other energies in existence. That is the God. That is the ultimate Creator, The Being, Oneness, the Ultimate Being of Love.*

*Forgive yourself. Do not be afraid to look at those issues that have brought about your illness. Do not be afraid of them. Until you face them you cannot heal them. One of the things that Amelius was able to do while here, as in the life as Jesus, was to help entities to forgive themselves. He was able to reach many and show them that that which they had done could be forgiven. This has been part of the theme of the message from Amelius, forgiveness.*

*And whatever you have done needs to be balanced. Yes, it does not mean that you get away with anything, that you have a free ticket to do anything that you want. It means that regardless of what you have done, you are still beautiful and good and loving entities, even those at the far end of The Spectrum of darkness, for all are part of One, and you forgive yourself. Yes, you must balance, you must pay back, as you might call it, and that is where you find yourself now, balancing. But the balance will not occur until you have faced the main issue and forgiven yourself and said, "Let us carry on now and be done with this."*

### **A Question Of The Physical Aspects Of Illness In Aging**

**It seems that when people age that they get sick, and yet when they were young, they were healthy. Why would that be?**

*There are the conditions that have been set up on the earth plane, very specifically, for the physical encasement to wear out, as you might call it. This coincides with the opportunities for entities, then, to learn a particular lesson at a particular time in the life of the encasement. So, that as the encasement ages, for example, the bones, for example, may weaken. In some this is true, and in others it is not. Some encasements are quite strong as it goes through the aging process. It is once again the opportunity given to the entity to the type of encasement that is selected as part of lessons to be learned as to whether or not the effects of the aging of the body will have dramatic, or not dramatic, impact upon the spirit with the body.*

**So, it is all preplanned in that respect?**

*Indeed.*

### Healing The Spiritual And Still Having The Physical Condition ~ Issues of Teaching

**The spiritual entity can be completely cured and healed, yet that physical manifestation continues for on and on and on without having any effect on the spiritual. So, the spiritual could heal, yet you do not see any physical evidence of this at all. Meaning you have learned how to live with it, be happy with whatever you have, regardless of what it is.**

*Indeed, and in that particular case ~ the answer to your question, it is that so often, in fact, really the only way in which true learning occurs is after spirit has, in fact, balanced, then the final learning is in the teaching. And thus, the spirit has said, "I have learned this lesson. I have cured at spirit. Now I must continue through teaching, so I will keep the manifestation physical. I will keep the ailment to teach so that truly it is learned."*

### A Question About Severe Food Allergies

**Waith, the question I have is about food allergies, where they are so severe that they sometimes send me to the hospital, and I know that my next step would be to see a physician to see what the roots of that might be, but I know it is deeper than that and I do not know what the next step beyond that would be. And I was wondering if you could maybe talk about that a little bit.**

*Your particular allergies are based very deeply in the spirit, at the spiritual. The traditional physician, as you would refer to it, would not be able to help you in this manner. You must work with a spiritual healer who can help you to find these answers. Only you can find these answers. Oftentimes, these answers can be found through your own meditations. For some, there is the technique of hypnosis that regresses you into other lifetimes, but this must be done very carefully and with only those who are spiritually oriented. It will, many times, help you, you see, to get at the spiritual root to find out what happened in other manifestations that have brought you to where you are now with these allergies.*

*And understand that an allergic reaction to something that is placed in the physical encasement is an indication of a dependency that was imposed upon another entity. This is in general. To get, then, to the specifics of what that imposition was and how it relates, if you look at the type of food, the food category for example, will begin to aid you in understanding. You can do it, of course, on your own through your own meditations. Often it is difficult for many entities to meditate to that point, for there is a fear that so often comes when entities meditate and they hear information. They are not certain whether it is from their Higher Self or from just some other source, or simply their own hopeful thinking and wishing, you see. And so, it can be very beneficial to enlist the aid of someone who can guide you in that way. Not tell you what to do but guide you.*

## **A Question About The Correlation Between Specific Diseases And The Spiritual Level**

**Waith, is there a correlation between our disarray and disharmony on the spiritual level and the type of disease the encasement might have, or will occur?**

*Not necessarily.*

**So, you cannot say if I have this type of disease, this is due to a specific problem on my spiritual level?**

*That is correct. You must remember, we continue to emphasize, that you cannot judge. You cannot look at a physical encasement, you cannot look at another individual, each of you sitting as you do now, and say to yourselves, "Oh, that person has a lot of disease. Therefore, that person must be really messed up spiritually!" ☺ ☺ No correlation involved.*

## **How Does One Stop Themselves From Speaking Ill Of Another?**

*This does relate to the issue of healing, for to speak ill of another is to speak ill of yourself, and until you can cease speaking ill of another you cannot heal Self. And thus, you must realize that you must consciously, as you work toward this healing, as you feel the desire to speak ill of another, to say, "I am about to speak ill of someone. I must not." As we have spoken of in the past, it is much easier to say this than to actually do this, and that there will be times when you will say something of another. This is all part of your own growth.*

*However, there are many people now who speak ill of others continually. This is all that they do, and that is a serious situation, and it is one that relates to the inability to be nonjudgemental and to give Unconditional Love. It is in the recognizing of the issue, however, that the greatest hope occurs. For when you say, "I know that I have this, I look to the root cause."*

*Speak to your guides, talk to your guides, talk to your Higher Self. Find out what it is that makes you speak ill of others, and is it one particular person, or is it in general. That too is the issue, for if it is of one particular person, then recognize that there is balancing of a very dramatic effect*

*that needs to be dealt with. If it is in general, then you are dealing with issues not just relating to those entities but very strongly yourself ~ why do you speak of others in such an ill manner.*

So, if it is in particular, it is specific, then to ask Higher Self and guides for help with that one person I feel that is wrong, that needs to be balanced?

Yes.

### Is Comforting Someone A Form Of Healing?

I am wondering if when we do things ~ something very simple such as to comfort someone or to have a conversation, or to write a letter, is that in essence healing in a small way.

*Oh, indeed. Remember that I have said that healing is not always the dramatic but that it is evolutionary, and that, yes, if you offer words of comfort to an individual that it can be helping to heal them in some small way. It can be helping to heal you in some small way by releasing certain things. If you say, I had a conversation with an individual and write a letter to them or any communication, that it is in some releasing, you see, and that occurs over time. So, yes. Do not look for the dramatic. You do not look for the throwing away of the crutches.*

### Is It Easier To Grow If You Remove Yourself From Earth Plane Entanglements?

In my experience of going away to the holistic retreats and being among like-minded spiritual people, and away from all the distractions of the earth plane, we are still on the earth plane. Is it easier to grow in an environment like that, spiritually? it seems it would be easier to grow on a spiritual level if you said goodbye to the earth plane entanglements and were amongst like-minded people and did not have television and radio and all these personal distractions.

*You would never grow, my dear. These times that you discuss are essential for renewal of the spirit. However, there would be no growth that would occur if you were to stay within that environment. You must be on the earth plane environment. You must be bombarded by all of these tests, for to be in that environment you would not have any challenges, any tests. Everybody thinks the same, therefore, does not challenge anything that you say. You are with those who are like-minded, which means you have probably balanced with these people and there is nothing to do. ☺ Now for some, they are allowed on occasion to have a restful earth plane experience. This is allowed on occasion, not very frequently, but you come in and you do perhaps find yourself surrounded only by this kind of environment that you describe. But no growth occurs.*

I am thinking of the Tibetan Buddhist monks who live in isolation, and the yoga masters who go out into the mountains, or whatever they do, and they meditate for their whole life.

*That is their mission. They serve the purpose. They do not have the same kinds of issues in that manifestation to deal with that others have, and their mission is, in fact, to be in isolation. It is*

*difficult for an entity to be in isolation. It is not an easy task. It is not easy to be alone, you see. And thus, they learn their lessons in other ways that relate to their path.*

**So, it is an earth plane illusion?**

*Indeed. It is all illusion anyway.*

**Do The Illnesses From One's Parallel Lives Reflect Back On The Main Lifeform?**

*Yes.*

**So, basically, these parallel lives, then, are trying to help.**

*Yes. The parallel lives have been given a part of the total to be worked upon and may reflect in varying degrees, the total. So, yes. The parallel life may not be given the responsibility of taking on a particular illness, may not have to do that but, generally speaking, that is correct, that they do take on part of the total energy.*

**They take this on willingly?**

*Not always. That, then, is part of the learning, knowing that there is never a forcing of any entity to do anything. When it comes into parallel lives and lifelines, then we are dealing with other variations on the theme which we will not get into at this time, for it is a time for another discussion, parallel lifelines.*

**Longevity After The Shift**

**Is it true that some of us will stay on the earth plane much longer than usual after The Shift for the reconstruction?**

*You would perhaps want to have a qualification here of what you mean by longer than usual.*

**In years, like beyond the usual life span.**

*You will be here for as long as you are needed, as is every entity, and that which is considered normal life on the earth plane now will change, of course, after The Shift, for there will be needed the use of the energy's talents and abilities that will be such that the body will sustain, the physical body is sustained longer than what you may be accustomed to now.*

It goes along with the stories in the Bible about people who stay on for five hundred to eight hundred years.

*Indeed. But you will do this willingly. You will not do this out of being forced to. There will be others who will leave when they are ~ when it is time, without that longevity.*

I have a question then that ties in with that. Those people that will stay longer than usual, would they right now be experiencing a slowing down of aging process today?

*No. Not necessarily. Not necessarily.*

### **Will The Knowledge Of Our Medicines Today Be With Us After The Shift?**

*It is part of the acceleration that has been occurring prior to The Shift, and the advancement of souls who have come in for very specific reasons. Know that when The Shift occurs, much of this knowledge will be maintained and will be carried over into the new environment. It will not be completely destroyed, and thus, it is necessary that much of this knowledge have been brought into the plane when it was.*

And the changing of organs, is that that acceptable from your end?

*That is a statement of specificity that we must look at, not in general terms, that it is necessary in certain cases for lessons to be learned, and not necessary in other cases, nonetheless, done for lessons to be learned. So, it goes that whatever happens is necessary and there is no right or wrong ~ yes or no ~ that something should or should not be occurring, for it needs to occur for its own reasons.*

### **A Discussion Of The Recent Alaskan Oil Spill**

We know that the world out there reflects our inner environment. Now, since we are all experiencing the pollution disaster in Alaska. What energies are we putting out that something like that is happening?

*That which happens in what you call Alaska is related to the major cleansing of the earth, and it is not something that has just happened as a result of a few ill thoughts from some of you. It has been an accumulation over the past six thousand earth plane years, for that particular land mass is no different than the rest of the planet that is experiencing the cleansing. It is a result of accumulated abuses and will be taken care of as the time approaches. And when the axis shifts, then those land masses that need to remain will, and those that do not, will not. Surely, you can send Light to this land mass as you would do for any energy form that is undergoing distress.*

*Understand that the Planet Earth has reached the point where there is not much that can help it in terms of Light being sent to it. It has gone beyond that, and that it is on its own path now toward cleansing, which is The Shift of the axis. And what you all can do is to help soothe the earth as it journeys toward its final destination of cleansing and hold a kinship with the earth. Let it know that you love it and that you know that there is nothing you can do for it now except love it, and that when it has gone through its cleansing as it needs to, as each of you does, that you will be there with it, with its new life, and you will help to make the new life happy.*

### Other Sources Of Information Coming Through Which Seems To Contradict

I read a lot by Lazarus lately who makes very different statements, that really pulls me in two directions.

*We will not discuss that at this time for it does veer off from the topic. But understand, as we have said before, that there are many sources of information coming through that may appear to be not in along the same lines. It may, in fact, be contradictory, but that its ultimate usage is in harmony and that it depends upon who is reading and what that information is that they take as important for them at their own path, you see.*

### Side Effects Of Drugs

There are a lot of new medications coming out that have side effects. What can one do to protect themselves, yet take the drugs?

*Indeed. This is an issue of tremendous concern to an entity, for you are at a point where you feel you need to take the drugs in order to heal and, in fact, you probably do, and yet the side effects create their own problems. There is no easy solution to this for it relates to the Soul's ability to trust in itself, to know that you could go without taking these drugs and heal Self, but yet not trusting. And thus, it becomes a battle from within Self. There is no solution. We cannot give you a way to avoid this ~ take the drug and not have any side effects. The side effects and the drug are part of that which forces you to learn to look within Self and to say that "I will trust myself and not take this drug".*

*It may mean, however, that the illness may appear to extend itself and become worse. And understand that so often in order to cure at the spirit level there has to be a tremendous pain at the physical level. It all does not just work out and happen, you see, easily. Oh, "I have said that it will be and therefore it will be." It could, in fact, cause you to leave the earth plane. This is all part of your own progression of growth.*

Most people who take drugs anyway go to the doctor, and the doctor gives you drugs when you may not necessarily need them. Your natural system could cure you. If only you would ask them if you really need the drugs, they would probably would say no. You could do it that way. There

are other alternatives in the taking of drugs. So, most of the time, you really do not have to take them, but if you do, you will get that side effect.

*Indeed, and it does relate to the issue of trusting Self. It is very easy now, as it has been done deliberately, to take some medication and to, in the short term, quick fix, eliminate pain. One does need to trust in Self and also to find this fine balance between the medications that are available and what can, in fact, truly help you, and those that may appear to be detrimental to you, knowing that if you take something that creates side effects, that you, in fact, need to take that for lessons to be learned.*

*It might appear to be an easy way out of answering your question. However, it is imperative that you understand that only you can make these decisions for yourself, that the others who would give you advice do so based upon their own standards and their own frame of reference, and that you could challenge that at any time if it does not appear to be right for you. This is what you need to do in general, to challenge anything that comes before you if it does not feel right for you.*

### How Does The Growing Consumption Of Drugs Fit Into The New Illusion Coming?

About the approaching cleansing and accelerated growth, how does the growing consumption of drugs fit into that? People are losing more and more control of themselves. They are giving the responsibility of health or illness to someone else. So, where do you see the growth in awareness and the development of our souls?

*Indeed. What you fail to see are those growing numbers who do not do themselves this medication, the growing number of souls who are lessening their intake. What you hear about and give attention to are those who are increasing, and they are those individuals who are not attuning themselves spiritually. You must remember that the remaining number of entities on the earth plane after the cleansing will not be a large number, and we are speaking perhaps of only a few million, as you would call it, who will remain on the plane. So that if you were to say that many are increasing their consumption of drugs, you are looking at individuals who will not be on the plane after the cleansing, for they, for whatever the reasons, are not going to be spiritually attuned to the new vibration of the planet and must not stay, will not be allowed to stay. And thus, while your concern is legitimate and one that many hold, you must understand that in the scheme of what is about to occur, only those who are spiritually attuned will remain.*

### The Issue Of Children Coming In Now And Whether They Will Be Advanced Spiritually

The new entities coming in now will be less likely to get involved in the drugs, as are children that are growing up now that are more highly advanced spiritually.

*There will be a higher probability of entities now entering the plane. However, you must realize that not all entities coming in now are highly evolved, and that many coming in are coming in*

*through the darkness and are under the control of the Sons of Darkness for the battle to be waged.*

So, we still must face some of the same problems that our generation has?

*Indeed.*

*We have presented to you some basic information regarding Self-Healing that will now be elaborated upon as we discuss issues in the Public Sessions so that there will be a growing body of information available to you. This has been, by nature, really rather generalized and will become more specific as situations present themselves.*