

Waith Class Transcript

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Special Topic Session ~ Questions Related To Health Issues

Oat Bran As An Aid In Reducing Cholesterol

It Is Important To Thank The Creator And Universe And The Food For Providing Itself

Was It The Drugs That Reduced My Cholesterol Or Was It The Meditation?

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Hypertension ~ Meditation, Medication, Foods, Herbs

~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

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

☀ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

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Special Topic Session ~ Questions Related To Health Issues

We would like to use this particular topic as one of the first that will have some substance to it in terms of issues. And thus, this type of topic is best addressed with questions from each of you so that we may then respond, and also after the next cellular change that Mushiba goes through there will be some changes and additions to that which we present through the energies of Mushiba and that will relate to healing. And thus, we would want to set the stage at this time for certain conditions that will become in a short time. So, we would now in this session then address some issues relating to health, and we would answer questions of a personal nature in this instance, if in fact they would relate generally to those who would read this information and would be of value to them. We will indicate whether we feel it is appropriate to answer the question in open session or whether it is needed at another time in a private session. So let us begin the questions.

Oat Bran As An Aid In Reducing Cholesterol

I have a question relating to oat bran. Supposedly, it is good to help reduce cholesterol. Is this true?

That which is referred to as the oat bran is of a plant when taken in direct proportion to other substances, can be very beneficial. Taken by itself, of course, it is beneficial. Part of the problem that exists on the plane today with many food products including oat bran is that it is combined with other substances that therefore negate its original purpose. Specifically, the oat bran, you must be careful that it is a pure substance and not combined with anything else, for oat bran in and of itself serves as a dissolver of certain chemicals that present themselves in the physical encasement in that which is called the blood. If it is, however, combined with any other factor it does not work. It must be consumed in its pure form. It must be consumed without, for example, milk. It must be consumed dry and as you would find it in a form that has no other preservatives or other types of substances added to it.

So, muffins would not be good?

Exactly. It can help in very small percentages if it is combined, depending on what it is combined with, to help, as you would say, to reduce the cholesterol. It does far more than reduce this substance chemical called cholesterol in the encasement. It had far-reaching physical health benefits. However, it must be, for its full impact, in pure form. It must never be combined, for example, with that which is called sugar, that which is called milk, and that which is called flour, for it will have no effect. It will simply be tasting pleasurable, for it would have had the sugar and the flour and the milk added to it.

In its pure form, according to our resources on the plane, it is not especially pleasant tasting. However, its health benefits need to be looked at, and it would be recommended, for example, that if you wanted to use it to reduce your cholesterol significantly that you would consume one-half cup per day of it plain. And that this would then in fact be most beneficial to you and to those who would struggle with the cholesterol, knowing of course that the issue of cholesterol is a soul issue.

Could you elaborate a little bit on that?

The issue of that which is called cholesterol in the blood is an issue that many take on in the physical encasement that relates to issues of struggle from prior lives, struggles of weight. It is a weight issue, a problem of what is called weight. It is a fatty substance. It is not what the scientists would call hereditary. It is taken on by individuals who need to balance ~ it is not a major balancing act, here. It is not something that is critical as other issues might be to the Soul to learn, but rather one of those minor issues of understanding what goes into the physical encasement is important to the upkeep of the encasement, and that depending upon where you are in your path of growth will determine what is beneficial and what is not beneficial to the encasement.

For example, there may be one entity who consumes a great deal of sugar and eats a great deal of fatty substance and it has no effect upon ~ the body does not develop the problems that another who would eat those substances would develop. Those who have cholesterol, high levels of cholesterol, are dealing with their own struggles in determining from prior incarnations what is beneficial for them. They struggle with the knowledge that they must revere the physical encasement and yet struggle with wanting to consume the earth plane delicacies. It is an ongoing struggle for many entities and takes many, many incarnations to finally come to grips with. The issue of cholesterol has been one that has been dealt with throughout the history of the human encasement. It is now becoming more known to those on the plane that it exists, that the condition actually exists.

It Is Important To Thank The Creator And Universe And The Food For Providing Itself

Those who would struggle with high levels of cholesterol then, need to look at their own attitudes toward the food that they consume. One of the benefits of becoming more aware of the connection between all living kingdoms is that there is a connection, and, for example, when you consume food, you not only thank The Creator and The Universe for providing the food, but you also thank the food for providing itself to you. This is one way in which you can begin to deal with the struggle that you find yourself having with your attitude toward food. Once you begin to see food as part of the One, as part of you, then you recognize that all that you do affects the food also, and the food affects you. It is all part of the One. And you will then begin to view food in a different way. And therefore, the struggle will begin to ease itself somewhat until finally there is no struggle, and then your cholesterol will not be an issue.

Was It The Drugs That Reduced My Cholesterol Or Was It The Meditation?

Ah-h-h ~ the drugs would not reduce that which is your cholesterol. Your meditations have had a most dramatic impact, for through your meditations you have begun to deal with the struggle and at a higher level you have begun to address the very issue that I have just presented and discussed, and now that knowledge that you have opened up with through your meditations at the higher level is now beginning to filter into your conscious level and you will begin, in combination with continued meditation, to lick this issue, shall we say.

A Question About Sending A Healing Energy To Another, When Asked

The past few weeks my hands keep getting hot and swollen, and I assume that I need to send out healing. Is that what that is? It is every day now that I am getting this feeling. Should I just ask The Universe to take the energy and send it to where it is needed?

Yes, indeed. What is actually happening, you see, is that now that you are helping Mushiba with earth plane issues and dealing so directly and closely with that which must be dealt with on the plane, the physical ~ because of your healing abilities Mushiba will call upon you for energy to assist her, as she has done in the recent past. You are responding to that, and it will be called upon in greater amounts as time progresses, and there will be at times the opportunities that you will be called upon to lay upon your hands to project an energy. You will be requested by Mushiba and Abalma for this particular issue and it will be related to the health of those with whom all will now be dealing in this enterprise. So, you will develop more of this energy and we will work with you after the cellular changes.

I am pleased to Be of Service.

Issues Of Heartburn

Lately I have been feeling, what I might call heartburn, and I think that it is attributable to stress, but I am not sure. Is there anything that I can do about it other than trying to calm down?

Other than trying to calm down.

I think that is what it is.

For ~ to calm down would be the culmination of our desires in this particular incarnation for you. ☺

I appreciate the well wishes. ☺

That which you feel is related a bit to the condition of stress which as we recognize is a very, very major problem with those of you on the plane now. This condition that you refer to as the heartburn in some cases can be an offshoot of uncontrolled stress, for remember that stress can be controlled and uncontrolled, and it is the uncontrolled stress that creates the negative aspects, and controlled stress can, in fact, be very beneficial to the encasement and to all of your energies.

This particular situation for you, my dear, is related to issues concerning relationships of recent time and has manifested itself in a burning heart, for your sensitivities and responses are such that you would want all to be happy and yet know that certain things cannot be as they would want them to be, and you are not able or willing to have them be. We would recommend for you, to ease the physical pain, a combination, that you take a special time for meditation, separate from your normal meditation, perhaps as measured on the plane, ten minutes, for perhaps the next seven days and concentrate your energies on that part that ails. At the same time during that seven-day time frame immediately prior to your meditation and immediately after your meditation consume three quarters cup of whole milk.

Can I buy it in the store, whole milk?

Yes, yes. You do not have to milk the cow. ☺

You know what I meant!

We have made it easy for you. You will be trained, however, shortly in milking cows. ☺

The laughs at my expense are fine!

This will help you.

So, it is heartburn.

Yes, indeed. Many individuals will have this type of situation. When you have any type of affliction that goes at the heart level, physically, you must view this as a sign that the emotions are in effect here and to look at what has been occurring in your life prior to the development of this consistent heartburn. It is different, of course, from the heartburn that one would feel after eating the wrong food, you see, but if it is something that just continues and continues, then review that which is going on and look to those behaviors that affect you emotionally, and chances are that you will find, as I have discussed with this very issue and this particular remedy that we have given will be of benefit.

When you say in this special meditation to concentrate on the heart, do you mean on any specific situations I know or just on this part of my body?

You simply concentrate on the body and that particular part and the sending of the Light. Surround it with the White, you see.

Waith, I suffer a lot from the same thing but I find mine was connected with food. Now after I reconsider, could it be a combination of food and stress?

It could be a combination of food and issues of the heart. For many, the issues of the heart that create the stress then trigger the misuse of food, and therefore the wrong types of food are coming into the encasement. Know that the food is a minor aspect of this and that you must look at the emotional, again. The emotional, that which relates to the interconnections with those around you.

I had connected it with things high in acidity.

For you, high acidity does need to be addressed.

And not through Alka-Seltzer. ☺ ☺

Unless you would hold, as we would say, stock in this company. ☺ ☺ ☺

At this point I think I should.

We would suggest that you try the solution we have given. It is really quite simple. It is not a biggie.

Could Heartburn Lead To Actual Heart Disease Problems If Not Addressed?

If not addressed, most indeed, for it would be relating to the stress on the physical encasement which is the cause of eventual heart problems. Everything else is a residual to the stress that is left unattended by the entity.

Certain Numbness Areas Of The Body Resulting From Vibrational Changes

I am experiencing various parts of my body going numb. My foot, another time my forearm, and now my other arm. What is this numbness?

It is a condition that many entities will be facing now, as the Spiritual Centers are opened up ~ you will experience at varying times, it will come and go, that as your own vibrations are changing and increasing, as your own awarenesses become heightened, it

creates, in combination with the spiritual vibration ~ also the physical encasement undergoes such rapid change, that points in the encasement have what you might call a numbness. It is a realigning of vibrations, and that, depending upon the encasement, will determine those points that serve as pivotal points. This will continue for you as long as you continue to increase in your vibrations.

So, it is not nerve damage or anything like that?

No, as you would call it, nerve damage, no. However, those spots are there permanently, each of you who have begun to experience this. Those are the spots where, as this occurs on a regular basis, you will find the numbness coming. It would, by earth plane physicians, be classified as some type of damage. They would see it as a negative rather than a positive. To go to a metaphysical, as it would be called, physician, there would be support along these lines of what we have just discussed.

You will also, some of you, feel the sensation of itching in specific spots of your body. It may, and in fact in many cases does, coincide with a numb spot. This is simply activity occurring where the vibrations are realigning themselves, you see, and thus it is normal, as you all would define normal. So not to fear it, it passes in a short period of time, and in terms of giving any special remedy for the easing of it, there is none, except meditation does help in that. It must however, go through its normal adjustment and let it do that.

Gender Issues Resulting In Intense Abdominal Pain

Every so often I will get intense pain in my abdomen, so intense that on occasion, I almost passed out, broke into a cold sweat. I have woken up out of a deep sleep with this pain. I have gone to a doctor, and he could not find anything. He says it is stress. Of course, anything can be related to stress. If I did not know better, I would say I was going through labor pains.

You are. ☺

Does this have to do with a past life when I was a female?

Indeed, it does! You do not need me anymore. You have figured it out yourself. My purpose is accomplished here.

Maybe you can give me a little better background on it. I know I am a female soul, but what does that have to do with these pains I am experiencing?

Your intense longing to have children in this lifetime has a direct connection to the fact of, that you are a female entity, dominant female entity ~

Will this continue until I have my kids? ☺

It will continue until you have resolved the issue that you are in a male encasement in this incarnation, and that you can let go of the female at this point, and that you have had very strong difficulties in the bringing through of entities while female, and there are several incarnations in which you have held onto the difficulties, for the bringing through of entities, known as the childbirth, created in you the situation where you needed to leave at the time of their entry, and it was for purposes of soul growth. However, you did not understand that and have yet to understand that, and to deal with that issue, and therefore, there is the residual.

You must let go of this possessiveness, which it is, that you must have entities coming in through you, and you will lose the pain that you feel in your abdomen. What you might do when you feel this pain, there is a particular product on the market that is called Midol. ☺

☼ Just say you are buying it for your sister.

☼ I will just wait until it completes itself.

You must understand something, my dear one ~ you must understand something, that there is a particular chemical in this product that has a very immediate effect upon certain enzymes in the physical encasement, that will abate the pain, and allow you then to go into a meditative state that will help you to concentrate, for this is a type of pain, that if you ask any of the current female entities, is a very difficult pain to deal with.

I somehow had an intuitive knowledge that this was somehow connected.

Intuitive indeed!

I did not know how to confirm this, there is no book on the market that really goes into the subject.

Indeed. We would suggest that you do attend the Special Topic Session (Female Health Issues scheduled for the following Sunday) ~ also, and we know who else. ☺

Does that mean I should not go diving? (He is planning to be away scuba diving the weekend of the Special Topic Session)

You will find the information to be of great benefit to you in the future. We jokingly say that you should be here, but understand that what we mean is that the contents of this particular session should not be limited only to the eyes of the female, and that you each in male encasement, to read that which has transpired, and we will be with you as you go into the waters.

Finding A Harmony Between Meditation And Medication

I am experiencing some stress causing heartburn. I understand what it is from, but I am not sure how to resolve it. I know it has to do with the seeking of medical treatment, and I battle over this. I do not know if it is meditation and just saying, yes, this is how it must be, or if I am supposed to find another way through medication.

What you all need to be careful of is, as you find yourselves on particular medications, the tendency to say, "I will eliminate it all and give myself to meditation to solve the problem." You must be very careful about this for the physical encasement works in harmony with the Soul, and the encasement can undergo very rapid shock, and there must be a harmony between your abilities to meditate and bring your physical ailments under control, in conjunction with those medications that you would take.

We would advise any of you who are in this situation, to begin with the meditation, and you allow, over a period of time, the wholeness to occur. The body does not like shock. And that as you begin to resolve at a higher level, you will find that you will be able to eliminate certain things, just as (Name given) has found that through the process of meditation begins the ability to eliminate, one at a time, certain types of things.

At the same time, meditation aims specifically at reducing the stress ~ asking for help from your guides to reduce this stress that you feel and to come to resolution with the issues that you find yourself dealing with now. It must come from inside, it must come from Self, and the asking of assistance from your guides. That is what they are assigned to you for. We see you being able to resolve this issue that you are faced with, for you recognize that it exists, and this is the most important aspect, to recognize that it exists and to recognize that you can, through your meditations, solve the issue. You are ninety nine percent there already.

Could You Speak About Hypertension?

We speak of Hypertension as an issue of the Soul. It has two aspects to it. There is an aspect of general issues that entities face who deal with this problem of the encasement, and at the same time, each entity has something very specific that also interacts with the Hypertension, thus causing the condition. The general issues that Hypertension presents concern the Soul's excitement, over-heatedness, to perform its mission. And it comes not just at this incarnation, but there is a history of this.

For an entity to have one incarnation, this one, for example, that they become so agitated that they want to complete their mission and do what is right would not create the situation of Hypertension. It comes from many, many incarnations where this was not kept at bay, where there is so much pressure placed upon the Soul, which the Soul does on its own, you see, to get the mission done, to accomplish it, and it accumulates

over a period of time thus creating this agitation that is present in the encasement, this elevation of pressure within the life stream of the veins. This is the general condition.

Now, what truly creates the Hypertension, as you would call it, then, is brought in by specific soul issues where particular types of missions are undertaken by entities. These are missions usually revolving around tremendous service to other entities, and when an entity takes on a mission of being of tremendous service, it is a difficult mission, very difficult, and many times entities feel that they have not fulfilled that. They look on the plane, for example, for any number of ways to create and bring about their abilities to Be of Service in ways that, in fact, try to accelerate The Universe is sending them the opportunity, and thus, there is this tension that is created.

When the entity leaves the encasement for that incarnation, there is a feeling that it has not been accomplished, and takes that acceleration and brings it into the next incarnation, and into the next one, until it is finally resolved that, to take on the mission of tremendous service is the same as any other mission that is taken on. One must do it in the pace and timing of The Universe, and to not feel that there is a failure in any way.

Hypertension ~ Meditation, Medication, Foods, Herbs

Is there a way to reverse the hypertension by meditation, or should one look towards outside sources, i.e., medication or something natural, like you explained about the oat bran.

There are a number of things that can be done. The first and foremost is this process that we have been discussing in this session, the meditation, to focus in on a particular condition and to eventually reduce the condition. At the same time, you do not want again to eliminate your medications immediately until you have reached that point where you know that you are in control through the meditative process. While you are doing this, there are certain foods that would be of benefit to the encasement.

First of all, there needs to be an elimination of certain foods. The meat of the animal needs to be eliminated, and you can do this gradually. Again, encasements like things done gradually. We would say red meat is the most important to be eliminated. The other major food that should be eliminated completely is in the family of caffeine, and it is difficult to eliminate totally, for you would need to pay attention to the ingredients of so many of the food products that may slip in caffeine. You need to eliminate dominant products with the caffeine. What is beneficial to have in your diet would be a particular herb ~

I knew it would be my turn sooner or later. (To go hunting for an herb that is not listed in the books)

Yes, you did now ~ a particular herb ~ this will be very good for you all as community members to gather this information for the purposes of disseminating this in the future to

those who would need it. It is an herb that ~ it is spelled ~ Ah, she is ahead of me already. (Referring to Limera who is ready to write down the word)

Limera: When you paused in a certain way, I knew it was time to pick up the pad!

It is spelled L-O-M-U-C-K-A.

⚙ **In this century?!** (Meaning, does it exist as a word in this century)

⚙ **On this earth?**

You doubt? 😊 😊

We got to go up to Jupiter to pick it. 😊 😊

This is its root word. We understand that you are all sort of bored recently and need a little challenge now that you have figured out where the stone goes and all of those wonderful things. (Refers to the burying of a stone which, after elaborate confusing directions to the site for burying it, turned out to be just outside the door) *This herb, once it has been found, return to me with the question and we will then indicate how it is to be used. This way we place it on the record. And this will be most beneficial to the Hypertension.*

In addition to this herb, what is of benefit to Hypertension is love, the cultivation of group love. There are many other remedies, and we will address it in greater detail when you have found the herb and come back to me saying that you have it and we will then talk more about it.
