

Waith Class Transcript

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Jacques Gives A Remedy For Indigestion

~ 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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Francis Answers Some Questions Regarding Animal Pets

Francis: There are many animals now who have come into the vibrations and the community members' lives and we are assisting those who would need that help to give you the necessary vibrational attunements as they will with you also. Waith has indicated that if there is a question from one that I would be available now to answer.

We have four kittens. I am afraid they will walk out and never come back, as some others did in the past.

Francis: Those of the vibration of the cat family have, as particular lessons to learn, as do all energy forms who take on particular vibrations and particular encasements, lessons of, among many others, wandering, and these particular entities, not just those that are in your vibration but in general those of the cat family, many will wander and become lost, as it is referred to. This is part of that which they must learn and the lessons that they encounter. Some return back to their home base. Others do not and take on other types of lessons.

There is not much that you can do without it being interference in that which they must learn. You can, as you would with other entities, be they of The Animal Kingdom or of The Human Kingdom or of any kingdom, send your love and your Light and hope that you will be able to help them in the best way possible with that which they must learn. You must not become, as we would say, obsessed with keeping them inside, for you would then become dominated in your life by their lessons to be learned. Rather, trust in The Universe that that which needs to be learned will be by them as well as by you.

Francis, would I be interfering if I allow the new rabbits to go to a new home that I know they will be caged? Or should I just allow this?

Francis: Just allow. Yes.

If someone wants to give it a home, just let it go.

Francis: Yes, you must not, then, impose your own standards upon those others, as we have stated, as it relates to the humans, where you do not impose your views. You would do so with all concerned including those of The Animal Kingdom, knowing that they would go to those vibrations where they need to learn their lessons and it is not up to you to determine that, but rather The Universe.

Waith: Well, I am back now. Another question is in order.

Can You Talk About The Mayan Culture And Their Connection With The Atlanteans?

Those known as the Mayans now on the plane, came as descendants of many who were able to leave the crumbling land mass of Atlantis, and as we had spoken prior to this regarding the animals that assisted in transporting the Atlanteans across the water, this particular land mass that is ~ that has housed this culture was one of the prime areas of first settlement. The culture has been infiltrated since that time through many different strains of the individual groups. The Mayan, as it is called, now representing a dominant infusion ~ we will use that term for now, where they received particular types of learning patterns that were penetrated into the consciousness of their culture for any who would then choose to incarnate into that particular group, thus giving them ~ these entities coming in, the opportunity to learn particular types of lessons.

It is a very misunderstood culture, and that is part of what they have taken on as lessons for their group consciousness. Their culture is very strongly Atlantean, as opposed to other cultures that were infusing into other groups at the time of that last destruction. They have been, as a culture, very significant in the transportation of energies from the pyramids. They have been, and their descendants, charged with partial guardianship of the energy field that connects the twelve major pyramids. They will continue in this guardianship with the new structures that will be built, and this guardianship, however, will be transferred into a new culture that will present itself in form as a group after The Shift, and it is now forming, and certain groups of entities are receiving particular types of energies from this culture and will unite as a unit when the time is appropriate.

Many of you in this gathering have incarnated into this culture from the past and have, therefore, at the Soul Level, a memory that needs only be tapped through your meditations and reaching your Higher Self and thus, gaining the knowledge that you gained as a result of incarnating into that particular group. That was a very good question.

Can Someone Who Is Very Dark Suddenly Become Very Light?

It is possible for any entity to move very rapidly along The Spectrum of the Light and dark. You must be careful when you refer to Light and dark that you do not make them, as you would say, mutually exclusive, for Lightness and darkness is very relative to where you are yourself on The Spectrum.

We have spoken in great length in the past on this subject and the transcripts are quite full of information regarding The Spectrum of Light and dark. Each entity is at some point on The Spectrum, and what is dark or Light to one entity may not be dark or Light to another. So, you must be very careful. This is an issue of judgement that is being dealt with here ~ that you look at someone and say that that person is of the dark. Well, comparatively speaking to your particular vibration, it may be dark. To another's

vibration, it may be Light. This is a concept that needs to be understood as you begin to grow in your own awarenesses.

An entity can move from dark to Light in very short periods of earth plane time. For example, you could, as an entity, in an instant become much Lighter because of any number of circumstances that would present themselves. At the same time, the opposite is true ~ that we have spoken of the situation of regressing. This simply means that there is movement along The Spectrum of dark and Light. So, to answer your question in its most elemental form, yes, an entity can in a very rapid period of time move from one point on The Spectrum to the other. It would be helpful for many of you to refer to the transcripts that give in detail the discussions initially of The Spectrum of dark and Light so that there is an understanding of it.

Would You Comment On The Quartz Crystal Skull Discovered In Central America?

That comes from a very old, old time, much older than those of the scientific community imagine. It is a crystal that is allowed to present itself at ~ as the approaching cleansing occurs. It will disappear once the cleansing has occurred. It has a particular vibration that is connected with the ~ to you. It has a particular vibration that is connected to the pyramids and the change in electromagnetic fields that will occur when the new structures are built, and it now presents itself as a symbol to the world who would see it ~ there are many who will not see it, even though it would be right in front of them, for it presents itself only to those who would want it to see. It is a very powerful energy form. It serves a very, very particular purpose in the gathering of the energies who will be responsible for, eventually, the construction of the twelve pivotal structures as well as the twelve sub-pivotal structures.

Are The Twelve Pivotal Structures Within The United States Or Around The World?

This is on earth itself, not just in one land mass.

A Question Is Posed About Someone's Crystal And What It Is Teaching Them

I have been keeping this crystal near me and meditating with it. I feel it is teaching me something, and I wonder if you could help me with what. Also, others here have the same thing, and if they were all connected with the learning. I think we are. I would be interested to know what it is teaching us. Should I keep trying to figure it out?

Indeed, for this is part of the process of learning from this crystal that you would learn from it and not be told. It is very, very vibrant now. It pulsates and it is very anxious to impart to you particular information and you will be able to do this quite successfully in your meditations during this coming phase between that which is known as the full moon into that where the new moon will enter. That is the little key I will give you.

The Pull Of The Moon Can Affect All Kingdoms

I had a crystal separate over the full moon. Is this connected with this full moon?

Remember that we have indicated that the phases of the moon affect each of you and entities have their own vibrational patterns as it relates to the moon and its phases. You will find that to be true of all energy forms in whatever encasement they happen to be in. In The Mineral Kingdom it is no exception, and just as many of you feel particular kinds of pulling at the time of the full moon, you will find that many of you who have strong crystals, that these crystals will in fact have their own reactions to the phases of the moon. It is not to be alarmed about, but rather allow now the crystal to settle into its separateness from the whole.

When We Meet Those Whose Beliefs Are Not Compatible With Ours

When we encounter members of establishment religions such as Born Agains and others who feel that our involvements with crystals, channelling, psychic readings, etc., are the devil or contrary to the voice of God, what is our best response?

This is a very common situation now that is presenting itself, and as we had discussed earlier in this time frame of the day, we do not advise confrontations, for as you grow upon your path of awareness you will begin to feel a comfort and a peace within yourself and that which you believe, and you will, in fact, regress if you attempt to impose your beliefs upon others. You simply act in the way in which you believe ~ which many, many now gathered here, as well as others who are part of the Terra Lux Community have come to understand and do, that there is nothing at the earth plane level that you could say or do that would convince otherwise, these individuals. Rather, it must occur at other levels, the sending of the love and the Light. Do not engage in arguments, for there will be no winner.

Understand that individuals such as these who you refer to, and any others who would condemn this belief that you have, are themselves on their own paths of learning and their awarenesses are at a different level than yours and that for some entities they have, in many incarnations, encountered these types of belief systems that would claim evil.

Understand that the Light carries on and is never extinguished and that what does happen is that the dark is extinguished, if you will, for the dark, those entities who are of the dark, are striving to become those of the Light. They are striving to move along the path and The Spectrum into greater Lightness, and thus, while it may appear that the evil, the darkness, is winning or suffocating that of the Light, it is in actuality not occurring, for at the Soul Level they are seeking Light, and as you are Lighter yourself you will find yourself under attack more and more by those who are further away on The Spectrum of Light than you, for the more aware you become and the more open you become, the more susceptible you will be to these attacks.

Remember that you have a purpose, many of you, in encountering individuals of this sort. Many of you will never have that experience. You will, for whatever reasons, not encounter, let us say, an entity who would be of this inclination and who would attack you for your beliefs. And others like yourself and your mate have purposely put yourself into those environments for teaching purposes, and as we had discussed earlier, you do it quite effectively.

You call upon assistance when the attacks at the earth plane level become very, very great. One very effective method, you see, is simply to walk away. As they are spewing out their derisions you simply walk away, for there is nothing to be accomplished by maintaining yourself there, and then call upon the Highest to assist you and call upon all of the energies in the community and all of the energies who you can call upon, for all can assist when called upon.

What Process Would One Follow To Cleanse Oneself Of Inner Hate For Someone?

There is a particular process that would be of benefit to many who have this particular issue, for it is a common issue that entities encounter a feeling of hatred, as you would call it. Remember that any feeling that you would have toward another is a reflection of what you feel toward Self and that any emotions that you feel, whatever they are, are a reflection of how you feel about yourselves. And thus, if you have a feeling of great love toward entities then this indicates that you have great love of Self. It is a process of continual growth from incarnation to incarnation, and one that is not accomplished in a short period of time. It is what the earth plane experience is set up for ~ to learn.

Now, to answer your question. It is not unusual for any entity to have varying time frames of feeling great love and feeling great hate, you see. This is very common and indeed, as you attempt to grow in your own abilities toward Unconditional Love, you must go through what is called this purging where when you become filled, as you would feel, with a strong and negative emotion that you work on pulling it out of yourself, and when you have done that, you then have a void that could immediately then be filled with love, and this then becomes a continual process, and in a particular incarnation, you would begin to be able to pull this hate, as you would call it, out of yourself more rapidly ~ more rapidly, more and more rapidly.

What occurs is that as you encounter entities from other incarnations where you have had experiences that now need balancing it will trigger a soul memory, and the purpose of incarnating on the plane is to balance from these incarnations and to learn the lessons. You will meet an entity where you will feel great love and you will know that there has been very positive past experiences with the entity. If you feel any other type of emotion when meeting an individual or focusing your attentions upon a group from a particular race or color, understand that it means you have unfinished business, that there is balancing and that this is what it is all about.

Waith Gives A Technique With The Solar Plexus To Help Remove Dark Feelings Toward Another

Now, a very simple technique that will help you is used during the meditative state, and thus you go into your meditative state, whatever that is for you ~ and this again varies from entity to entity ~ go into the meditative state and you focus upon that which is known as the Middle Chakra. It is right in this part of your physical encasement (Solar Plexus), and this is the Chakra in which energy comes and goes, and you will open this Chakra more and more as you become aware of your own Higher Self. This is true for all of you. This is a technique that all of you can use.

And what you do is to open this Chakra via the White Light, for you want that which is dark to flow out of the Chakra, and you then concentrate through imagery and you visualize this stream of darkness moving out of your body. This will not happen in one sitting. It takes much, much time. For some it will, as the technique is perfected, occur rather rapidly. And as that stream of darkness is moving out, and visualize a hole, you see, and as it is moving out of that hole and the last stream is out, immediately close the hole with Light, you see. Visualize this.

You may have difficulty in the visualization initially and that is part of the learning process that you will find yourself in. Many will not have a difficulty in this type of visualization. And this technique can be used to rid yourself of what might become an instant type of feeling where, for whatever reason, you are feeling suddenly filled with an anxiety, a particular negative emotion toward another entity, and the purpose in growth is to rid yourself of those feelings of negativity toward other entities. And find yourself a quiet spot, and I have said jokingly in the past you can go into a bathroom. If you are in a public place, go into a public bathroom and sit and visualize. It does not take all that long. ☺ And you would ~ you could very quickly begin the process of ridding yourself ~ you do not want to feel these negative feelings. They are ~ they do not feel good.

And so you begin this process, and if you do this on a daily basis, whatever time of day is good for you, before you begin your day or when you end your day, or both, for a very short period of earth plane time, you will begin to find yourself feeling more and more Light within you. And also, remember that your guides are there to help you and to call upon them to assist you in this process. This is for all of you, and to call upon us also, for we will help you.

Jacques Gives A Remedy For Indigestion

Jacques, a change in my diet during our travels has upset my digestion, and I was wondering if you could recommend a remedy for me.

Jacques: A remedy that would be beneficial for anyone who has found themselves going from one culture to another and encountering differences in that which would be ingested into the body is to take juice from the lime, fresh, one tablespoon of this juice. Combine this with one-half teaspoon of honey ~ and that is all. Do this three times per day. And this will help in the digestion. It is especially helpful if used at time of meditation. Use this prior to meditation and then concentrate on the substance going into the area that is feeling discomfort. We send you love.
