

# *Waith Class Transcript*

**JUNE 13, 1989**

Waith Gives A Description Of Mushiba's Necessary Cellular Changes  
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## **~ 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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## Waith Gives A Description Of Mushiba's Necessary Cellular Changes

### What To Do As Your Body Begins To Change As A Result Of Your Own Vibrational Changes

*We are in on a lower vibration now during these cellular changes and will speak with you briefly. This first segment of the cellular changes are creating tremendous changes in the molecular structure of the physical encasement, and we thought that you might be curious to know what it is all about, why it is occurring, and what it means, not only the process with Mushiba, but also for each of you, for as each of you increases in your own vibration, your physical encasement physically changes to accommodate that which the scientists would say does not exist, and that is spirit. And what we will describe to you in terms of what we do with Mushiba will give you an indication of what you may also do as your body begins to change as a result of your own vibrational changes. It is applicable to you, and also, just the knowledge of the phenomena that we work is of interest to many.*

*What we do is considered accelerated vibrational change, and it is something that, in agreement with Mushiba, we have taken over certain changes. It is almost as if you would think of it as switches in an electrical box, and they are all being switched on and off, on and off, as the wires are realigned to create a higher energy field. You all experience this in very minor, minor ways, many of you on a continuing basis, but in such minor ways that you do not see immediate impact. You see it over time as your own body adjusts to different patterns. And thus, you are able to accommodate these changes gradually as it is meant to be. We will address this in a bit.*

*What we do with Mushiba, and what we have been doing with the physical encasement since we began speaking through her, is periodically to change the energy field. Her own spirit energy is exceptionally high in spirit form and is therefore able to accommodate the accelerated changes without there occurring a burnout, as it might be referred to. There is caution that needs to be given, for example, when an entity from a higher vibration would want to speak through you as we speak through Mushiba, that the body that it would speak through is properly aligned vibrationally and energy wise, and if not, burnout, short circuiting, can occur where the energy form literally sparks out, much as you would see a shortage because of an overload of electricity.*

*What we do now is, in concentrated periods of time, we enter the vibration of Mushiba and work on the circuits. This creates tremendous fatigue in the physical encasement. The necessity for great amounts of fluid going through the body is necessary to prevent shortages or, as you might call, a burning, you see, much as water over a stone soothing. The particular food that we have prescribed over time has also had molecular ramifications for the particular cellular change in which we are working. The fact that when I was on the plane in many incarnations I enjoyed strawberries, does not have anything to do with strawberries being a part of this particular diet.*

*What each of these cellular changes, however, has enabled us, is to come through in higher frequencies, in stronger vibrations, and it will enable us to present to you our energies in as high a level as is possible through any physical encasement. My energies are of such a vibration that, if they were to come through fully, it would short circuit even Mushiba. There is no physical encasement that could take it. And this is true of most entities who would want to come through and speak and be of guidance. Any entity who would not take precautions with the physical encasement, whether it be for yourselves or for anyone who you would know, is not of the Light, for they would simply want to come in quickly and do whatever they wanted to do and would have no concern for the encasement. Many of you have seen changes over this time frame that we have been speaking, and you have seen the capabilities of myself and the group increase.*

*This is the third major cellular change, and it will be for some time now the final one. There will be minor cellular changes occurring on a regular basis, but this will be the final major. This major change involves that which is called the central nervous system, and it is related to a vibrational opening that is new to the spirit of Mushiba and is necessary for the advancement beyond the plane when that occurs.*

*What will occur as a result of this particular cell change is that we will have capabilities of healing through Mushiba when we are in the physical encasement, and we will demonstrate the applicability of healing powers where appropriate. Not all of the group will be doing the healing. Jacques has been able to do this on occasion, through Mushiba, in a very modified manner and was very successful. We will be doing things where it is needed in a very dramatic way.*

*With this being the final cellular change of a major proportion for some time, we thought it appropriate that you understand, for your own purposes, what you can do for yourselves when you begin to feel certain symptoms of cellular adjustment within your own encasement. And thus, we have indicated that milk, and it must be the whole milk with the cream in it, the grapefruit juice, and the water ~ this is the flushing out, that the quantities that you would consume would be determined by your own body's reactions, that which you feel appropriate for yourself.*

*You will on occasion feel a fatigue. A fatigue, remember, is not always a sign of a cell change, so you must be aware that it could simply be that the physical encasement has been overworked, but if you feel a sudden unexplained fatigue that comes on with no explanation, it simply means that you are having vibrational changes in your body, and perhaps, take then a glass of each of the liquids. And they will not, as you would say, curdle in the stomach, for the vibrational adjustment is in such need of those particular fluids that it would absorb them immediately and not allow for them to get together, shall we say ~ would absorb immediately.*

*When you begin to feel in your body an itching in particular places that come on suddenly, this is for most instances an indication of the energy that is stirring around in*

*your encasement, attempting to get out. What you need to do is to direct that energy into one of the Spiritual Centers, depending on which is the closest one to where the itching is occurring, you see. The Solar Plexus is a favorite exit as it is entry point. Also, the Crown Chakra is another that is appropriate. And what you simply do, is to direct all of the scratching, if you will, and physically on the skin, to move it toward a particular point, that which is closest, so that you do not find yourself going the entire length of your body trying to move the energy out. So, think of it much as you would simply water that has accumulated and needs to be flushed out, and we do not use that analogy in jest of what has occurred in the geographic location now. Understand that has all been planned and necessary. (Refers to recent flooding of Mushiba's and Limera's residence)*

*What is occurring with Mushiba now is something that she does not discuss or talk to most people about. She encounters a great deal of physical discomfort and pain, for there is pain associated with the changes, which at an accelerated rate that we do them, will occur. It will not occur for the average change or realignment. You might feel a bit of what you might call a pin prick on your skin. You might feel that. In accelerated changes such as we do with Mushiba, it is intensified tremendously. This is done, however, for the mission, and it will be finished in a very short time, this cell change.*

*What we most want you to understand is that this is what we do with Mushiba, not a particularly unique situation. It has been done over time for particular types of what you would call channelling. It does not occur with all channelling, as you would call it. There are many situations where, for example, your guide comes through and speaks. That does not require cellular changes in the dramatic way in which we demonstrate, for there is an alignment already of energies.*

*It is in those situations where there will be particular types of work done such as we do, and will plan to do as time progresses, that require very high vibration. Understand that we are simply taking from the spirit form of Mushiba and placing what is already there in her own spirit form into the physical encasement. We are not putting a higher vibration in from nowhere. It comes from somewhere. Energy does not simply come about without a source. So, we have begun this process with Mushiba. As a result of it, during this time frame there will be a much-lowered energy for us to speak through, and our time in the physical encasement will be shortened so as to not put undue stress. This will be completed in a very short time as the earth plane goes. We would now address questions or observations.*

### **Questions About How To Help Mushiba ~ Sending Light**

**In regard to Mushiba and her pain, would it helpful to apply magnetic and polarity therapy?**

*It is not necessary to apply anything, dear one. We take care of all that is necessary. In fact, Mushiba has mentioned to several of you that you are not to attempt to send energy to her, for it would create a short circuit in the person sending the energy. We are a self-contained group here in terms of what we do, and any of the abilities on the ~*

*currently on the plane, would not be of help to that which we do, it would not give any relief. There are the same scratching techniques that I have described to you that work, and you will find Mushiba is quite funny about the itching that is occurring in the body, and it goes right down the middle of her body, the corridor of the central nervous system.*

**All we can do is just send her Light?**

*Yes, indeed, the sending of the Light. It is a time of revamping. Her protection abilities will be greatly heightened after this particular cell change and will be able to protect at even greater heights at spirit form than currently. You will be able to call upon the Purple Ball.*

### **Defense Against The Darkness At This Time**

**When she is going through the cellular change, does the darkness try to take advantage of that?**

*It tries, but we are, during this particular time, allowed to give complete defense, so that she would, yes, be very vulnerable, but because this is something that has been requested by powers above me, it is allowed that we would completely protect. It does not mean, however, that those peripheral to Mushiba would not feel the effects, for those of the darkness, in realizing that something is going on, and they are not quite sure what it is for we have shielded them from the knowledge of this, but they know that something is going on, are a little bit perturbed.*

**So, the core community should intensify the Light.**

*All who would like to intensify the Light, it would certainly be beneficial for yourselves, as well as Mushiba. Yes.*

### **Questions From Community Members Who May Be Experiencing Cellular Changes**

**Would the exhaustion that I felt this weekend be part of all this, or a cell change, or just my own exhaustion?**

*Yes. You are one who undergoes regular vibrational changes. Any who have taken on an accelerated growth pattern in this incarnation will have this as a situation, and those who have taken on an acceleration over the acceleration, will feel it in greater form. And you responded as you needed to.*

**For once, huh?**

*Oh, it is not just the first time. You have responded many times in the appropriate manner. Many times, not. But many times, you have. But that is how we learn, my love.*

Could part of what I am constantly feeling with my hands be my energy increasing?

*Yes, it is simple. Indeed. Many of you experience sensations in the physical encasement that you may dismiss as any number of things, and rather than become distressed by them, view them in a joyous manner, for that it means that you are increasing your own awarenesses.*

### Imposition On Another When Sending Energy

It seems to help me if I can send it, if someone needs it.

*You must be very careful. You cannot send energy unless it is asked for.*

Oh, no. I make sure that it is asked for, but if someone holds that hand and accepts the energy, then the hotness leaves, and it is more comfortable.

*Indeed. But not everyone would want that. It is one of the side effects of having energy flow through you, that you may, in fact, touch an individual who is not ready, or able, or wanting to have your energy.*

### The Changes That Are Experienced Can Also Relate To Balancing

Waith, the chemical imbalance that you told me that I was experiencing, is this related to what you are talking about?

*There are some, yes, some changes occurring ~ modifications, that are creating a chemical imbalance. It is also related to balancing, so you are experiencing in some degree these changes, but it is the result of your balancing, you see. As each of you balances, whether partially or completely, it increases your vibration. You see?*

### Waith Addresses A Few Crystals

Waith, could you tell us a little bit about the rose quartz?

*This is a very appropriate rose quartz for Mushiba to have, and as she indicated to you, she will take it into the working environment. It is a knowledge crystal that she and Abalma used in other incarnations. It is not from the Atlantean period. It did not present itself during that time. It has been with them, though, in many, many times, and has*

*come back for a very specific purpose of which I have already informed Mushiba, and it is very powerful, as you felt.*

### Some Crystals With Lifelines

(Other stones are presented) **Did one of these stones manifest, or did I just miscount them? All the stones were picked up that day ~ the rose quartz, from the same place. I have one of them I felt a real connection like they are all connected.**

*Yes. The majority of them are lifelines, if you will, of this particular quartz, this energy form. Not all, but the majority of them, and those that are of the lifelines, have a connection with the work that this particular crystal has now taken on in helping Mushiba and Abalma.*

### A Crystal Can Grow

(Other stones are presented) **A few weeks ago, I went down to the shore and I took a few of the crystals, and I felt that some of them grew. Did they, and if so, what triggered it?**

*Yes. They did. They grew. They were simply ready to grow. You see, crystals grow. The Mineral Kingdom grows, not quite as dramatically as your physical encasements, but nonetheless, they do, and there are times when there will be a dramatic change in the size of the crystal. Just as the insides change ~ the color changes ~ so too does the shape of it, and these particular crystals being of elongated shape, had a greater impact in their growth.*

*If you were to look at many of the crystals that you have, be they of the stone or whatever, you would, if you were to measure them completely all around and then go back to them at some time, you would find growth. It may not be perceivable ~ it would be very, very slight, but nonetheless, it is there.*

**Well, this happened overnight.**

*Indeed, it did. And for a reason, which we will relay to you at another time. Mushiba will tell you when that information will be relayed to you.*

### A Crystal Coming From Planet Atlantis

(Another stone) **I connect this crystal with Atlantis ~ under the water. The feeling I get is an underwater city.**

*When we are addressing the special topic of the Planet of Atlantis, you will understand what this stone is all about, for it comes from the Planet of Atlantis, and yes, it was under*

*water, and there was a time when there was a city, as you would call it, under water. It is also from one of the Water Planets. Thus, what you feel is accurate, and we would suggest that you meditate with it more to have it reveal to you itself some of its secrets.*

*Indeed. We must depart now so that there can be a soothing of the vibration, for even though we are in at a lower vibrational mode, it still ruffles up the energies. We have been very pleased to have shared your vibration for this short time, and we send love to all of you and wish for you the fulfillment of your missions, the attainment of the one with your Higher Self so that ultimately you attain Oneness with The Creator. As we depart now, we send to you all the very Highest of the White Light from the Highest of the Kingdom of Amelius. Farewell.*

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