

# Waith Class Transcript

## QUESTIONS RELATED TO THE TOPIC OF ADDICTIONS (1987-1996)

(TOPICS INCLUDE ALCOHOL, BEHAVIORS AND SUBSTANCES, DRUGS, FOOD, MATERIAL POSSESSIONS)

- ∞ [Helping People With Alcohol And Drug Related Issues ~ Learning Tolerance](#)
- ∞ [Food Addictions ~ Brief Discussion Now, And Special Topic Session To Follow](#)
- ∞ [Food And Allergic Reactions ~ Cleansing The Body With Grapefruit Juice and Water](#)
- ∞ [The Lesson Of Alcohol And Drug Abuse On The Earth Plane](#)
- ∞ [Earth Plane Addictions Carrying Over In The Soul](#)
- ∞ [Topic Session ~ General Information Of What Food Is All About](#)
- ∞ [The Issues Of Food And Other Substances Are For Balancing ~ It Is Not Negative](#)
- ∞ [My question has to do with my food addiction. Am I going in the right direction? Will I conquer it after all these years? And what purpose has it served?](#)
- ∞ [The Issue Of Over Eating And The Issue Of Under Eating](#)
- ∞ [A Question About Eliminating Eating Meat And Caffeine ~ Earth Plane Addictions](#)
- ∞ [A Remedy Is Provided To Someone Struggling With The Effects Of Quitting Smoking](#)
- ∞ [Being Confronted With The Loss Of Material Possessions](#)
- ∞ [A Discussion Of Someone Having Difficulty Consciously Dealing With Their Addictions](#)
- ∞ [Waith Advises A Child To Pray For His Father Who Has Issues With Alcohol Addiction](#)
- ∞ [Waith Uses The Word Dependence And Addiction As The Same Reference](#)
- ∞ [All Addictions Are Co-Dependent ~ It Is Necessary To Work Through The Issues](#)
- ∞ [A Question About The Recent Discussion Of Co-dependency And Shaking Up The Higher Self](#)
- ∞ [Waith Discusses The Issue Of Addiction, And The Use Of Controlled Drugs](#)
- ∞ [A Technique To Use When You Feel An Addiction Is Taking More Control Over You](#)
- ∞ [Can Food Lend Itself To Being A Good Focus Point For Joyousness?](#)

*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

*Information Given Interdimensionally By Waith Through Mushiba*

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For more information, please contact us ~ [terralux.org](http://terralux.org) | Email: [Admin@terralux.org](mailto:Admin@terralux.org)  
Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

## Helping People With Alcohol And Drug Related Issues ~ Learning Tolerance (August 27, 1987)

I have been troubled by people with alcohol and drug related problems. I keep being told of them ~ reminded of them ~ the same people. And I feel like I should be doing something, and I really do not know what it is. Or if I know, I am afraid to do it. I keep running into this alcohol, drug problems ~ people that really need help. And I do not know what to do other than to shake them, you know, and that will not work.

*They are being presented to you, my dear, as you know already, for lessons to be learned. Very specifically, in your case, it is to help you to gain a tolerance for the imperfections of the earthbound. You, yourself, have dealt with this in another life. And you simply need to sensitize yourself and be nonjudgemental and realize that each of these individuals is dealing with lessons themselves to balance their own lives. And what they need from you is not judgement ~ rather, love and nonjudgement. They are trying, as each soul is trying, to deal with issues that they have brought into this life to learn ~ to balance. Some are doing it more successfully than others.*

*And your soul ~ you ~ have chosen to be in touch with these individuals ~ to be surrounded by these people, because your soul wants to learn tolerance. And thus, it is occurring. Look within yourself as to why you feel an impatience with them, as to why you want to shake them, and try to understand why you feel this way about them, and what it is about yourself that you see in them. Is that not homework for the week?*

Thank you. That is enough homework for the week. I feel one of them is being told he is going to die. He is so obese from all the drinking. I am feeling ~ again, I know ~

*Would you want to take on his lesson for him?*

No, that is okay. ☺ No, no, no.

*Send him Unconditional Love. He is learning lessons. He has chosen this. He is meeting himself.*

So, it is not me that has to help him with the alcohol problem.

*My dear, how can you?*

Yes. I cannot.

*You send them love ~ you be nonjudgemental ~ because your vibration will send off the judgement, and that will deter them. They are having enough struggles as it is. And while your judgement will not make a difference drastically, it is one more issue that they will have to deal with.*

*Your vibration is so strong, my dear. You must realize that you are not average, and you send out strong vibrations. When you are being judgemental, and when you are being loving, people react to that without realizing it at the Higher Level. Love them as entities. You do not have to like them. You do not have to be buddies with them. Rather, send them the Unconditional Love that all entities deserve ~ one entity to another ~ that they may learn the lesson that they need*

*to learn, and especially this gentleman who will have to leave the earth plane soon. It is time, and his lessons are over for this lifetime. So simply send him the Light that he makes the transition and passes into our dimension. He has guides who are watching out for him. As you know, concern yourself not with the lessons that others are having to learn for themselves ~ rather, with the lessons that you have to learn for yourself.*

I was given a book by a friend this week, by Isabel Hickey, called *It's All Right*, and it talks about this issue of alcoholism ~ like you have just said ~ talking about praying for other people. So, I guess that has come to me two ways then. Thank you.

*You are welcome. And I have simply supported what you already knew.*

### Food Addictions ~ Brief Discussion Now, And Special Topic Session To Follow (October 08, 1987)

I have a question about food, and weight, and nutrition. I know that the attitude we hold about food is more important than what we eat. When I only eat junk food, I certainly do not function that well. However, is it according to my own development that I can transmit certain foods, or are there certain laws that we in general must obey, and learn to follow, or treat our body well?

*This is a most complex subject. This is not one that can be truly addressed in a few short sentences. The issue of food on the earth plane is manifold. The physical body, by its molecular structure, requires nutrients of a sort. And what you put into your body is really dependent upon what your own preferences are, as far as nutrients are concerned. The issue though that you are concerned with, and that really is more complex, is the attitude, the emotional aspects, of attachments to food, and those individuals who have attachments to food based upon other experiences from prior lifetimes.*

*We urge purification of the body on a regular basis for those who are able to, or who have been able to overcome the hold that the earth plane has upon you where food is concerned. It is one of those addictions. And I use this term the same as I would where nicotine and alcohol and caffeine and all those very commonly accepted addictions are concerned. The body is addicted to food. You can break that addiction ultimately by simply not eating. For the majority of those on the Earth this is not possible because the body and the mind are at a level where they are not able to transcend the need for the nutrients. Most people need to be helped on an individual basis where their attitude toward food is concerned. Many, many on the earth plane now have overcome the addictive element or aspect of food, and are not ruled by food, and can take it or leave it, and find it very easy to eat less and less, and in fact might not eat at all if they did not have the pull from the physical body to give it sustenance.*

*For those individuals who have a very serious addictive problem where it does not matter what they eat so long as they eat, then that is a different issue completely. There is a very large portion of people who fall in the middle of these two extremes. These are the people who enjoy eating and find it pleasurable. There is nothing wrong with that. They are simply at a point in their spiritual development where this is a comfortable area for them.*

## Food And Allergic Reactions ~ Cleansing The Body With Grapefruit Juice and Water (October 08, 1987)

I have a specific question regarding food. I have been having more allergic reactions than usual lately, and I wonder if there is any nutritional advice you might give me that might relate to the allergies.

*You know the test of which we told you we would put you through for a certain mission. And part of that, my dear one, is a cleansing. And you are now going through certain preliminary stages to cleanse so that you will rid yourself of these certain kinds of foods and elements around you. It is nothing to be concerned about. Drink plenty of water. Drink grapefruit juice (either pink or white), perhaps a quart a day, for the next nine days.*

*Beginning tomorrow for nine days, one quart of grapefruit juice and lots and lots of water. The spring water is preferable. If you are unable to have access to that, the tap water will be sufficient. The water should be not cold, not warm, a sort of lukewarm. And drink one glass immediately upon arising, and immediately before retiring to the sleep state, and then intermittently throughout the day.*

## The Lesson Of Alcohol And Drug Abuse On The Earth Plane (February 23, 1988)

During your discussion you mentioned people with drug and alcohol problems. I want to see if I understand correctly what you said. Did you say that it is possible that they have worked out all the other lessons and this is the only one left, or that they were choosing to just work on this lesson?

*It could be either one of them, my dear. It could be that many times this issue of drug or alcohol addiction is something they have put off in their other manifestations on Planet Earth, in other dimensions of the earth plane, much like you would put off taking a subject in school until the very end. They do this. And it is the one lesson left, and they come in and learn it. It can also mean that this is a particular lesson that they have decided to tackle in this life and get it over with if they can, so that knowing it is a lesson they need to learn, they can do so and then return in other manifestations without it interfering.*

*You must realize that alcohol and drugs are an earthbound dependency, and as long as you consume alcohol or take drugs, you are bound to the earth plane and must return. Once you are able to not have them, then you have eliminated one of those earth plane bindings. Now some entities have difficulties in their manifestations with this issue, and rather than working it through naturally, abuse occurs. And when this abuse occurs in other manifestations, it builds up and they must take it on in the form of what you know as alcoholism or drug abuse. It does not mean that every energy form, that it is one of those lessons. It simply means that for whatever reason there has not been a natural, as we would call it, withdrawal from it on the earth plane, so most energies find that when they have this accumulated dependency to take it on as a major lesson, for it is a struggle to learn from it, and to have other major lessons along with it can be difficult.*

*There are very advanced entities, several in this gathering, who have taken on the major lesson of alcohol and drug and conquered it much sooner than they anticipated it and still have energy left to do other things in this life and have chosen to do this. We have one particular energy in our gathering now we are most pleased with who has done this and has advanced tremendously, very advanced, very advanced entity, who has gathered his energies now to help in very accelerated ways.*

### Earth Plane Addictions Carrying Over In The Soul (May 19, 1988)

**When you cross over into the next dimension, what about those earthly desires so prominent on earth? How do you work with the love of strawberry ice cream over there?**

*Depending upon the vibration of the entity, it is usually not an issue off of the earth plane in terms of the craving. The issue, if it has not been resolved on the earth plane, stays in the Soul memory until it is resolved, so what happens actually becomes what you might call an itch at the Soul Level, so that if the issue of alcohol, for example, has not been resolved at the earth plane, it remains at the Soul, and therefore the Soul knows that it has to continue to return to the earth plane until the itch is gone. That is really about the only way that I can explain it in a simple manner. Once that issue has been resolved through earth plane incarnations then the Soul no longer has to deal with it and it is no longer part of the Soul's conscious need to resolve.*

*(From an earlier discussion) I mentioned the strawberry ice cream for it is a connector that I have with Mushiba. I have no, shall we say ~ these addictions to the earth plane ~ I never had them since I am at a different level. However, what did develop during each of the manifestations that I had, and they were all to help Mushiba, I came in only when she was here and needed help. It only occurred incidentally, oh, I think, let me look now, it was about fifteen different manifestations that I came in to help her with, and what occurred actually was simply an ability on my part to understand better those entrapments that the earth plane has for the Soul, so I have a memory of certain earth plane pleasures and pains that enable me to better understand that which all of you attempt to resolve, and of course one of the pleasures that is in the memory is of this strawberry and the ice cream.*

### Topic Session ~ General Information Of What Food Is All About (May 22, 1988)

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

*The issue of your particular eating addiction does have some very personal aspects to it, but also is appropriate to be addressed as a larger issue, so it is indeed a good question. Let me address this first by going to the larger scheme, and then I will bring it back to a personal level for you, my dear.*

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

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

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

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

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



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

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

### **The Issues Of Food And Other Substances Are For Balancing ~ It Is Not Negative (May 22, 1988)**

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

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

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

**My question has to do with my food addiction. Am I going in the right direction? Will I conquer it after all these years? And what purpose has it served?  
(May 22, 1988)**

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

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

### **The Issue Of Over Eating And The Issue Of Under Eating (May 22, 1988)**

**GROUP LEADER:** Well, what actually struck me today was that even though outwardly all of my students come to me because of their food problems and eating problems, how little we are actually concerned about food problems and eating problems, how much we actually realize that we are not dealing with food or eating problems, that the questions asked are really much more of our own interest than when to eat, how much to eat, and what to eat.

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

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

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

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

*For example, in this gathering here we have the energy who is working on an issue which is a little more complex than I had given to you, my dear, for reasons I have expressed to you, but*



*you were deprived of food, so you are dealing with issues that are very different from the issue of tolerance, where attitudes toward addiction were not tolerant, and so there is the bringing on of the overeating issue to learn tolerance, so you can understand that it becomes important that each soul understand why the food addictions and all other sustenance addictions are a part of themselves.*

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

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

*Do not try to change anyone. Simply recognize that each has their own path and that your role is to, when they seek out information from you, to counsel. You are not to force your counsel upon anyone. Just as we do not tell others what to do, even when asked we do not tell people what to do. We will respond to the questions as we feel it may help in their understanding. It will be up to each individual to apply that knowledge to their own behavior, and everyone really becomes much happier. So, stop nagging! ☺*

### **A Question About Eliminating Eating Meat And Caffeine ~ Earth Plane Addictions (September 06, 1988)**

**I have decided to give up on eating meat and caffeine at the same time. I seem to feel much better since I have not eaten any meat or drank any coffee. Can you give a little insight if this healthy to do quickly, or should I be more cautious?**

*What you do, remember, is what you do and is appropriate to you. It may not seem appropriate to others but that which you do is indeed appropriate to yourself. If you find no difficulty in eliminating things from your food intake then it simply means that you are ready to do this. If you find difficulty, then it means that you are not quite ready. And by difficulties we would mean that you would feel craving for these particular items.*

*Once the Soul has learned what needs to be learned from the earth plane addictions, be they food or emotion, and that lesson has been learned, and the giving up of it is then presented to The Universe, and you no longer need it. In the case of food, your body would no longer need, for example, that which is called protein from the source of meat. Some other entity whose soul has not reached that level yet would, in fact, need the protein from the meat and would have difficulty in not eating the meat. If you find no problem with it, then simply do it.*

*But we caution you, as we would all who begin to give up things and find it easy to do, that you do not herald it, and that you do not make those around you feel inadequate or less than, for they are not doing it, but rather to be very quiet about that which you do and simply to be. Simply to do it and not talk about it. And when you have reached a level of comfort with*

*yourself and that which you no longer eat, you will simply again do this without telling people and making an announcement, "I no longer eat meat." So what? ☺*

**My whole family is going this week without meat.**

*Whether they want to or not. ☺*

**We all discussed it. Even the children, the youngest ones anyway, are kind of excited about it. At six, and seven and eight years old, could it be harmful to them to suddenly not have meat?**

*Most definitely not. Remember that which I just stated, if the Soul is ready then the body acclimates itself. There are many entities who upon entering the earth plane have never eaten meat, for they eliminated that addiction in a prior lifetime and come into this lifetime without it, and remember that the health of the physical encasement is directly correlated to the health of the Soul.*

*From all indications, it appears that you and your family are on a very nice path toward the elimination of several Earth addictions. That which is referred to as nicotine comes next. ☺*

**Do you think that will be soon for us? We keep saying it will.**

*Not quite as soon as you are talking. No, this is not meant in any way negative to you. It simply means that you must be careful in thinking that you must do everything all at once. The Soul releases the addiction in a particular, shall we say, time frame. However, there is a catch-up time that the physical encasement needs for adjustment to the withdrawal of certain things, and usually what occurs is a staggered series of events where you are actually cleansing your body in elimination of many things, and you must not do this in a shocking way to the physical encasement. It would not be able to deal with that suddenly.*

*Therefore, what you find first is that you will eliminate certain aspects of food intake and when the body has adjusted to that it will be ready then to take on elimination of others. Do not feel that you have not fulfilled a goal if the nicotine takes longer than you had planned. You are ready to let go of it, both of you, and it simply now is a matter of the physical encasement adjustment. Do not force it. Simply allow it and it will happen when you are ready. Do not feel any pressure that it must be accomplished within a particular time frame.*

**Eliminating all these bad habits, and whatnot, or just habits, eliminating the meat, will that help to raise our vibration?**

*Oh, most definitely. You will begin to feel an increase in your vibration very, very soon. It will, for any one of you who begins to eliminate those substances that go into the physical encasement, and to also gain control over the emotional attachments and addictions, that when you have released it, you are no longer run by it and controlled by it, but rather you have given it to The Universe, and you will begin to feel a lightness. Your Spiritual Centers will open.*

**Sometimes it seems like it is a matter of learning to feel comfortable at a higher rate, a different rate.**

*Yes. We have spoken of this on other occasions, that when you increase vibrationally you must have a period of adjustment and you must become acclimated to that new level. Then you move higher. This is how it goes. You must give yourself that time of acclimation.*

### **A Remedy Is Provided To Someone Struggling With The Effects Of Quitting Smoking (January 31, 1989)**

**Is it possible for you to give me some special energy? I just quit smoking and I am crawling the walls.**

*Indeed. We would first say to you that during this transition period, the physical body, understand all of you, reacts and that there is a very simple way to ease that, and that is for you to drink a great deal of liquid, and that liquid, we have given this before but we will reiterate, drink eight to twelve glasses of water per day, and also, we would advise you to drink approximately one gallon of grapefruit juice a day ~ one gallon per day for approximately two weeks of earth plane time.*

**Oh! I hate grapefruit juice!**

*We understand the dislike many of you have for this taste.*

**Orange juice?**

*No. However, if you speak to those who now drink the grapefruit juice, you will learn from them that when they drink other types of juices, they are not able ~ the taste is very strained ~ the grapefruit juice becomes very, very acceptable.*

**I will try.**

*This will help you, dearest one, in the easing of the physical and it also, the grapefruit juice, as we have said before, is a very good cleanser, and is used by many who do day long fasting with the grapefruit juice. We will give you a special energy also that will help you. Yes. (Waith sends the energy)*

### **Being Confronted With The Loss Of Material Possessions (February 07, 1989)**

**I have been unemployed for nine months. I am reaching a point where I distrust my soul.**

*Ah. This is not beneficial, for you must continue to trust your soul. That which you call unemployment is an earth plane illusion that gives a definition to a particular behavior that seems to put pressure onto entities to be a certain way when taking on a particular employment, a job or a career. Now, there are reasons for you to not be in this kind of situation, for you are in the process of redefining yourself. And this is at a spiritual level.*

*And if you were in this job, it would take all of your energies away from what your soul needs now for its own definition. And thus, you are able to receive what you need in terms of the money without entrapping yourself into a situation that would prevent you from the seeking of the new path which you have undertaken. Now, you must be patient, my dear, for when you are ready at a Soul Level with the new definition of yourself and your mission and an understanding of it, you will have that which you seek.*

**And The Universe will provide the money to pay the mortgage?**

*We cannot guarantee such materialistic issues. We simply say that you will receive what you need for the lessons that your soul has taken on.*

**That is why I am scared.**

*When you have fear, there becomes a blockage. And The Universe is not able then to give you what you truly need. And those of the darkness would begin to feed upon your fear and create an even greater fear. It is very important to understand, and this applies to all, of course, that those of the material world are given to you to learn spiritual lessons. And while it may appear to be fearful that you would not be able to meet your financial obligations ~ that if this occurs there are very profound reasons for this that relate to your path and relate to so many issues.*

*There needs to be an understanding that if you are not given all that you want materially, that somehow you are failing spiritually, and that there is something wrong and The Universe is not giving you what you need. Many of you have taken on a lifetime in this manifestation of cleansing. Cleansing is a very complex issue. And many times, the cleansing needs to begin with a forced act as it might appear to be, where you are confronted with the loss of possessions.*

*One of the objectives on the earth plane sojourn is to become depossessed of your possessions. Once you are able to not feel that you must have things around you, then you will have what you need. So, for many of you, one of the issues is cleansing, not only of the spiritual but of the physical. It is not easy. We recognize this. We do not mean to imply in the least that it is easy, and that, in fact, if you do not have possessions then you are more spiritual than someone who would. This is not the meaning at all. It is simply that material needs to be kept in its proper perspective as aligned with spiritual.*

### **A Discussion Of Someone Having Difficulty Consciously Dealing With Their Addictions (February 07, 1989)**

**When asking for something, is once enough? I am dealing with releasing a few earth plane addictions, and I ask every day. Is that correct to do that, or once is enough?**

*Once is enough.*

**Not every day?**

*Not every day. You see, when you are ready, it will happen. You are not ready. Your soul is still dealing with some issues. Once the Soul releases the issue, the addiction just simply leaves, you see.*

**Can I ask for help from my soul to release me?**

*Yes. Yes. This is where you need to address your energies, is to work with your soul through your meditations.*

**Is that where affirmations would come in?**

*Yes, indeed.*

**I have written out what I perceive as these three addictions. And in the morning after my meditation, I ask for help with these things. I am not sure I am understanding how to ~ what is the difference?**

*The difference is that at the conscious level, you recognize an addiction. You have recognized it as such. Remember that there are many who would not recognize that something is an addiction, you see. So, this is the first step. And you are very anxious to be rid of certain addictions. Your soul is still holding onto them, though there is now the beginnings of release.*

*What you are feeling is the Soul beginning to release, but not completely. And there is an impatience that is within you that you want to do it now, and that somehow, you must bring it about through your own activities at a conscious earth plane level. Rather, commune with your soul, and do this through your Higher Self. Go to your Higher Self, and your Higher Self will commune with your soul and say to your soul, "Let us work together on this."*

**Like in my writing to myself? Write about it?**

*Yes, indeed. Yes. And rather than attempt to force a completion to this addiction, simply say that "What type of behavior needs to occur for the Soul to be able to let go of this addiction?" What is being addressed here is why the Soul holds onto the addiction. There are reasons for it. It may be that for many of you, when you have an addiction, it is meant for you to deal with during this entire manifestation.*

*Just because you, at the conscious level, say that you want to let go of it, does not mean that the Soul agrees with that, you see. But at all times there is to be a communication between the Conscious, the Higher Self, and the Soul so that you can understand why it is your soul is doing certain things.*

**And then, even if my soul is not ready to let them go this time, it would be easier to have whatever vestiges I have to live with?**

*Yes. You must realize that if you force this, and, for example, this addiction for caffeine that you have ~ we will not go into it in a Public Session why you have this. However, there are certain things that need to be resolved before it will simply let go of itself. And if you were to force yourself to not have caffeine, you may in effect go through the remainder of this incarnation without consuming caffeine, but the addiction is still there.*

**I can feel that happening. I have less, and I want it there. The addiction is there.**

*Rather than fight it ~ the addiction, talk with your soul about why that addiction is still being kept.*

**So, if I, myself, understands the why, my Higher Self can then get to the bottom of it?**

*Yes. Remember also that addictions ~ to have an addiction does not mean that you ~ and you are not able to rid yourself of it ~ does not mean that you are bad. Addictions are a very important part of strengthening of the Soul. They are very necessary to have. For it is only in the overcoming of an addiction that substantial growth occurs.*

**I feel I am creating both physical and emotional pain.**

*You must go to the why.*

### **Waith Advises A Child To Pray For His Father Who Has Issues With Alcohol Addiction (September 05, 1989)**

*Yes, my bright entity. (Waith addresses a young boy in the group)*

**Do you think you could help our dad?**

*Tell me a bit more.*

**Well, he's kinda like an alcoholic.**

*Indeed. And what would you wish?*

**To help him.**

*To help him.*

**To come and see us.**

*To come and see you both? This is what you would like? And what do you think you might need to do to help? Do you know what you might need to do to help?*

**No.**



*The best thing is that you pray for him. Do you do this now? (Child shakes head no) We will attempt to give some help to him, but it must be mutual. For you to ask us to help, you must also be prepared to help, so that when the time comes for you to be helped by someone, they will pray for you and send you Light. So, do we agree that you will pray? And your guardian will help you in forming these prayers and we will help with this problem. Agreed?*

*Mm-hmm.*

*Indeed. We give you Light. Take the Light. (Waith holds out his hand to the child to give Light) Now.*

### **Waith Uses The Word Dependence And Addiction As The Same Reference (November 03, 1992)**

*We are continuing our discussion of The Earth Plane Connection, and in this time frame with you, we will discuss what is best described, in your frame of reference on the plane, as energy dependence. When we use the word dependence, we also use it within the same context as addiction. And thus, we may use the word addiction and we may use the word dependency. It means, from our frame of reference, the same.*

*There has been much concern and discussion in the illusion currently on the plane of that which is called dependency upon something or someone outside of Self. We will address the reasons for dependency. And understand that while on the earth plane, there will be issues of dependency, for part of the earth plane condition is to work through the issues of addiction and that when one is free of dependency means that you are back in The One. And thus, as with all issues played out on the earth plane, it is an accelerated ground of training for lessons of dependency. Dependency exists in all training grounds, be it the earth plane or any of the others, be they spirit or be they in concrete, as you would know concrete.*

*Now. There is a sense, then, on the earth plane that one must free themselves from dependency, and this is the ultimate goal, of course, of all energy, for it is without dependency that we all are then allowed back into The One. Now. To be dependent, or to be addicted, means that you are developing a strength of inner Self, and that as you work through your issue of dependency, you grow within Self, becoming less and less dependent or addicted to those items that are external to Self.*

*Now. You all are at varying points in your path of growth on the earth plane, and therefore, have varying levels of addiction. Remember that the earth plane itself is an addiction. Knowing that, understand that you will always, each of you, have, while incarnated on the earth plane, a relativity of addiction to the energy of addiction of the earth plane. There is an energy of dependency that brings you continually back to the earth plane. Thus it is, that to be on the plane means that you have plugged into a particular energy of dependency, necessary, as you have determined by your own planning for your path, to be critical to your own development. The issues of dependency can be worked out on any of the other training grounds, just as any of the other issues, lessons, you choose to work on, can be worked on in other training grounds. The earth plane is a very special training ground.*

## All Addictions Are Co-Dependent ~ It Is Necessary To Work Through The Issues (November 03, 1992)

*Now. There is the issue of what is referred to as co-dependency. All addictions, my love, are co-dependent. You cannot be solely addicted without their being an interchange. It means, therefore, that if you are dependent upon a food substance, for example, that food is an energy, and that food also serves as an addiction to your energy just as individuals would be perhaps co-dependent, addicted, to each other. The Animal Kingdom, The Mineral Kingdom, all is energy, and all are planned on the earth plane to be co-dependent. It is necessary in order to work through the issues. You cannot work through your issues without interaction, you see. You would have no reason to be on the plane.*

## Co-Dependency Is Not Negative ~ Energy Attracts Energy In Order To Work Through Issues (November 03, 1992)

*Thus, it is not to be viewed in a negative sense, co-dependent. This is a phrase that is tossed about these days on the earth plane, co-dependent, as if it were some new revelation, some new behavior that is occurring. It is not. It is the history of the earth plane that energy attracts energy in order to work through issues. That is all that is occurring. Co-dependency is the opportunity to balance, be it with the "co" or be it with that energy simply because the energy has allowed an issue to be worked out, remembering that when you all have issues to be worked through, the balancing may or may not occur with the energy with whom the imbalance occurred originally. We have discussed this in other times.*

## Exaggerated Addictions At The Time Of The Cleansing ~ Alcohol, Or Mind-Altering Drugs (November 03, 1992)

*Now. There are particular addictions on the earth plane that are prevalent now as the time of cleansing comes to finality. For the past three to five hundred earth plane years, as we have indicated earlier, the illusion has been preparing for closure to bring in The New Illusion. And during these final moments of cleansing, all is exaggerated, all is accelerated. There are addictions that are part of the closure of an illusion.*

*One such addiction is to that which you know as alcohol, or what you call mind altering drugs. These are addictions that are most difficult to work through, and the dependency of their energy upon the energy of others, be they human, animal, mineral, vegetable, whatever particular kingdom, and understand that the energy that comes from these particular substances affect all other energies. You simply are not aware of the co-dependency factor in the other kingdoms unless you are able to communicate with the other kingdoms. What this particular area of dependency is highlighting relates to the vibrational attunement of each of you as The Shift of the axis is about to occur, and the levels of awareness that are, each of you, are working toward heightening, and that you would find yourselves, as you become more attuned to the vibration of the planet, having less and less of a dependency upon that which is mind altering.*

*The purpose of these particular energies is to plug into, if you will, at a particular point in an energy's path, the ability to see beyond the current illusion, to see that there is indeed something else. And while many would call it a state of stupor, this is not to be viewed as a negative, but rather, to be viewed as a way of shaking the Higher Self into acknowledging that there is more than the illusion that is current. And once the ability at Higher Self and Conscious Self is maintained in seeing higher awarenesses, the addiction or the co-dependency is gone. It is no longer there, for the need that was apparent in the shaking up of the Higher Self has been met.*

*We have spoken during this year, this topic of Earth Plane Connection, of the Energy Circle and of the connection between the Soul, the Higher Self and the Conscious Self, and that the Higher Self is the intermediary, if you will, between the path and the memories of the Soul and the playing out of that path at conscious level, and that oftentimes, an energy gets stuck, and it is the Higher Self that is responsible for the unsticking ~ and it is then through this co-dependency with mind altering substances. And this can take many lifetimes, my dear ones. It does not just happen in one incarnation ~ there is then the shaking of the Higher Self that then allows a freer flow from Soul through Higher Self into Conscious Self. And the levels of awareness, then, are achieved without anything external.*

#### **As You Work Through Your Issues Of Dependency, Be Careful Of The Issue Of Judgement (November 03, 1992)**

*Awareness, at its height, comes from within, and, as we have indicated so often, it is perfectly all right to use external crutches, if you will, to assist in the gaining of internal strength. It is necessary. It is absolutely necessary. And therefore, as you work through your issues of dependency, you must be most careful of judgement, for this is the area of set up on the earth plane, to test your judgements. Do you judge another because of their dependencies? If you may have already worked through certain dependencies, do you become elitist? Do you impose upon another? Or are you simply available for counsel, for support, for guidance?*

#### **Self-Serving Is An Addiction (November 03, 1992)**

*For, remember that when a lesson has been learned, or so we think, opportunities come around and wham! test you to see if you truly have learned your lesson. Just when you think you have it, and you become rather complacent about having it, The Universe, in conjunction with your soul, says, "Let us really see. And let us see how arrogant or non-arrogant we are about the achieving of heightened awareness. Do we use our newly-gained awareness and sense of freedom to Be of Service to Others, or are we Self-Serving?" Self-Serving, then, is an addiction.*

*And thus, The Cycle of Lesson Learning has yet to be complete, for remember, The Cycle of Lesson learning, and this is in our readings (See Transcript dated 04.17.1990), is not complete until you as an energy have taught those who will teach the lesson. And thus, you have much to achieve in the letting go of addictions. And co-dependency, then, is an issue in which you work with the other energy to move away from the addiction of each other, be it human or any of the*

*other addictions. You know, the kingdoms ~ addictions do not occur just, you know, human to human and animal to animal. They cross pollinate.*

**All Energy Has Consciousness And Is Of Service ~ All Serves Each Other  
(November 03, 1992)**

**You mean those chocolate bars that I crave have a consciousness?**

*Indeed, they do. Contrary to scientific and arrogant thought that only human and animal have consciousness ~ and there is, of course, we know, debate that even animal has consciousness, that only humans, oh! humans are the only conscious energy. All has energy. Every, EVERY, thing on the earth plane has an energy, and all energy has consciousness. You sit now on energy. It has a consciousness. It is of service. It allows other energy to sit upon it. There is energy that sits upon each of you. At a higher level, you know this, and you have agreed. For these other levels of energy that exist on the earth plane of which you are not aware, you as humans serve in the same function as the floor would serve. All serves each other. And thus, chocolate bars serve as you serve it.*

**Can you overcome co-dependency, and retest it, without becoming co-dependent again?**

*Yes. It is part of The Cycle of Lesson Learning, and that indeed this activity must be undertaken in order to have finally reached closure on the lesson so that there is no need for The Universe to send retesting. There will be a continual retesting until the Soul is absolutely certain that the lesson has been learned and the bow has been tied and closure given.*

**When you talked about chemical dependency, and if a chemical-dependent person wants to see if it is okay to go back out, as many co-dependent people, if they make that slip, never make it back to the support group that they need to go to. It is a very dangerous statement for people who are co-dependent on alcohol and drugs to hear that they, after so much time, feel that they go back out, so to speak.**

*We did not make that statement, my love. You have misinterpreted our words. We have not said that it is all right. What we are saying is that it is an issue of an energy's issue of heightened awareness and that every energy has the right to proceed upon their path and not to be imposed upon by another who feels that this is the right way to work through the co-dependency or through any of what you call chemical addictions.*

*It takes as long as it takes for an energy to work through their own addictions, and that those energies on the plane who have achieved a level of success in working through their chemical addictions are, therefore, responsible to Be of Service to those who might seek out their assistance. And thus, as you say, support groups are such vehicles that are made available to the energy if that energy so decides to utilize that vehicle, and that no one outside of Self has the right to impose that, that is the vehicle of choice, and that if they do not return to this vehicle of support, that something has gone drastically wrong and that you may indeed have failed that individual.*

*There must be the fine line between Being of Service to an energy and imposing your own views. It is most difficult. We understand this, for we see it from our own levels, to watch another struggling along a path that you have already taken and that you know what is at the end of the path if such and such, and such and such, is achieved and done. But each of us learns our own lessons in our own way, and we seek out the support and the guidance from others without, hopefully, having severe judgements imposed.*

*Thus, you would continue to provide a support mechanism, understanding that part of the path of those who would provide a support group is also a learning of lessons in how to guide those who follow the path that you have taken. Do you understand? Has this cleared up the confusion?*

*The way I understood, you answered the first question was that if I had been dependent on alcohol, the only way to be sure whether that I have learned a lesson is to have a glass of wine to see if it got me to be dependent upon it. Otherwise, I would not be able to wrap it up and put it in a bow, was the way I understood that you said it.*

*That is a very simplistic response. However, in its conceptual frame, it is correct, for in the learning of lessons of dependency, as in the learning of any lesson, once you think you have it, then the opportunity to prove that you have it is presented.*

*Now, in the case of, shall we say, alcohol, it is not always necessarily that you must have this glass of wine. "Ah! I am a reformed person now. I can drink this glass of wine and not become dependent again." This is not necessarily the way in which you would prove that you have achieved closure, for when closure is near for a lesson, it is at a higher level of understanding, and there is a higher spirituality that not necessarily needs to be manifested in the concrete of the illusion, such as the glass of wine, you see. For understand that the concreteness of the illusion is simply the manifestation of issues of spirit, and if there is success at spirit, oftentimes, there is no need to prove it in the concrete unless it is part of the path and you are at a certain point in the path of lesson learning.*

*So, for example, in this incarnation, an entity determines to look at a block of lesson learning where alcohol or other mind-altering substances are concerned, and as we have said, the lesson learning is done percentagewise. You do not come into one life and try to do the whole thing. It is not possible. Rather, you would say "In this lifetime, I will attempt to achieve one percent ~ you have one percent you have determined to learn in this particular lifetime, of substance ~ mind altering substances. You may have already learned three percent of the lesson in other lifetimes. You come in. Now, you will add so that you will learn four percent.*

*It may be, then, at this particular point, in this particular percentage, that you, in this lifetime, prove that you have achieved the one percent by indeed not consuming, after having an abuse of consumption, and then to say, "Now I will see how I have done. I will take a glass of wine." And if you then have no dependencies that result from that glass of wine, that is the symbolism that that one percent has been given closure, and that you would then add that to the percentages learned and go into the next lifetime in which you will work on this issue. It may not be the very next lifetime. It could be ten or twenty or one hundred lifetimes later, but you will pick up where*



*you left off, and you will then go into the next life already having proven that you can abstain and then go back and have a glass of wine.*

*So, you do not have to prove that in the concrete again, and you therefore go along in the next stage of the learning of this lesson, which goes into the higher levels of teaching those who are learning the lesson. Thus, if you are working in a support group, you are in a different phase of lesson learning for this issue than you would be if you were working through the addiction yourself.*

I can think of no instance in my experience when anyone, with what I understand is alcohol addiction, would ever want to pick up a glass of wine to prove anything positively. So, while I understand what you are saying in theory, I would not want to take the chance of doing it myself, and where I am at, I would never suggest anybody else do it unless they try it right after they have a glass of bleach. ☺ And I have said that to myself, when I can drink bleach, I can drink alcohol, because I do not trust my conscious mind enough, with the way that alcohol affects it, to ever take the chance. And I have seen many people who have thought that they were ready to prove something to someone who ended up not having gotten as far as they thought they were. So, I do not know of any instance of anybody who was ever able to do that and have it be a positive result without going through more issues.

*And do you have knowledge of all that has occurred in this area? You must be most careful, for you render a judgement. Understand that there are many who work through these issues of whom you have absolutely no awareness of how they have dealt with it, and that each of you encounter entities who come to you, and you to them, at relatively the same point in the path, and therefore, your frames of reference would be close. You would not, for example, meet up with an entity who did not have this as an issue, for it is at a different point on the path. It is not until you reach the Fourth Stage of Lesson Learning that you begin to expand your horizons to understand that there are many, many ways in which entities have responded to this addiction of mind-altering substances.*

*And therefore, yes, your frame of reference will be limited to your own point on the path, and as each of us reaches higher levels of awareness, we are then able to see the other levels of awareness. But when those who have achieved a higher level than you have in a particular issue, you are not able to see that for you have not reached that level of awareness. And thus, you must be most careful of making categorical statements that you know of no one, for you know not all.*

I understand that, but the ones who can do it, I would not come in contact with anyway in terms of attempting to support or help them.

*That is correct.*

So, then it is just an interesting rhetorical question because it would not show up in my part of the path.

*That is correct. And in your own, each of you, quest for awareness, keep in mind this very point that has been made. Be careful of making generalizations of behavior that is applicable to your point in the path that it would apply to all.*



You mentioned other kingdoms, like animal, mineral, or plant, can be just as co-dependent as an energy. Could you explain or give us an example of what you mean?

*If you have an animal friend, that animal friend may indeed be dependent upon your energy for its behavior, just as you are dependent upon another for your behavior, and that you would look to another for affirmation. The Animal Kingdom is no different. Many would look for affirmation. Many would not. The Mineral Kingdom is also in the same mode of dependency. It seeks out energies. Many of you have heard crystals screaming, "Take me! Take me!" Now, this is no different than you as a human going to another saying, "Take me! Take me!" You see? It is all ~ it flows all very naturally. What is applicable to The Human Kingdom is applicable to all of the other energy kingdoms. It just varies in the way in which it is achieved, you see.*

### **Are There Any Techniques For Breaking The Co-Dependency Situations? (November 03, 1992)**

*Techniques for breaking co-dependency. It is not a quick fix, the breaking of co-dependencies, for you would not want it to be a technique. A technique implies that, "If I do this, then poof! It is accomplished." This is not the way of this, as with any lesson.*

*There are processes by which the easing of the co-dependency can occur, and we, at the risk of sounding like a broken record, will say that meditation, the finding of the answers within the Higher Self, is the ultimate way in which any lesson is achieved. It is in finding the answers within Self that then allows the easing through of the addiction or the dependency. And also, to seek out the guides, both in spirit and in physical, who have been assigned to help in a particular dependency, remembering that you have a portfolio of dependencies, and in a particular lifetime you may select only a few of those to work on, or perhaps just one, and that a guide is provided specifically to help in those particular dependencies, both spirit and physical. And thus, when you are ready for the guidance, it will be provided to you. Any of the meditation techniques, if you will, that we have given over a long period of time can be appropriate to the seeking of the Higher Self.*

*It is important to realize that when you recognize that this dependency that you have needs to be broken, then, and only then, will you hear what others might give you as guidance. Until inner Self has indicated the need to break the dependency, there is no technique that would be of assistance. Meditation is the pat answer, the easy answer, but, of course, it is not as easy as it sounds to seek the Higher Self information in the breaking of dependencies. Recognition of the dependency as a dependency is an important aspect of the lesson learning. Many, many do not believe that they are dependent, you see.*

You referred to having some crutches that are necessary in being in a co-dependent state. Are there ways we can get nudges, like if we lose something that we value a lot, and it is kind of a nudge that we should be going on our way, on our path, in terms of letting go of that particular thing?

*To respond to that question, my love, would be a generalization, for the situation that you describe could be in a particular situation a nudge, as you would call it, to let go, and in another situation, it may simply be a way in which a guide is jolting you to pay attention to a particular issue. In another situation, it could be a guide gone awry who has not quite learned how to be a guide yet ~ messed up the message. One never knows, you know. We are all students at some level.*

### **A Question About The Recent Discussion Of Co-dependency And Shaking Up The Higher Self (December 20, 1992)**

Regarding your recent discussion of co-dependence, you mentioned that it is okay to use help to go into an altered state to help ourselves ~ it shakes up the Higher Self. Doesn't the Higher Self always work to our greater good?

Yes.

Well, why do we have to shake it up then?

*Ah. Why would you have to shake up any energy? To get it moving. Working toward the greater good can become, shall we say, static, and there would be sometimes this sense of, "Well, all is well. I am working toward the greater good, and I am doing a very good job at it. There is no reason to have to really challenge me anymore," you see. This can be at a point, then, a regressive behavior. And thus, energy must be dynamic. It must be ever changing. It must be ever moving. It cannot stand still. And thus, on occasion, the Higher Self gets, shall we say, complacent. It gets lazy and starts to say, "I am very happy where I am now." Soul, however, you see ~ this is where the connection we have told you of the Soul, the Higher Self and the Conscious Self ~ Soul is over here saying, "Wait a minute now. You have to start doing something. You cannot just sit around and be content." For in order to return to The One, there must be movement, progression. Soul's ultimate goal is to get back from where it came, you see.*

### **Waith Discusses The Issue Of Addiction, And The Use Of Controlled Drugs (September 20, 1994)**

Is the controlled, responsible use of certain drugs good for spiritual growth in certain cases, or are drugs things that should be avoided altogether no matter what level a person is at?

*The use of any substance that goes into the encasement is all part of the scheme of addiction and the issues of addiction that are on the earth plane. There is not one item that one would place into the encasement that is not a form of an addiction. This is, however, what the earth plane is about, for even if you were to consume only water, you are addicted then to water. The encasement requires it.*

*There are very few entities, and you would not know of them, who do not require anything to go into their encasement. What goes into your encasement, or what does not go into your encasement, is not a sign of great spiritual advancement, for understand that each is on their own*

*point in the path. Your spiritual path may mean that you have waited until this lifetime to tackle the addiction of food, or nicotine, or caffeine, or any of the so-called controlled substances ~ control being an arbitrary word to be used ~ and you may then have issues with that must be resolved.*

*To say that an entity is of a low spiritual vibration because they use drugs, is a judgemental positioning and one that can be very dangerous for your own spiritual growth. Rather, you look at each entity as having a point in their own spiritual path that has brought them to where they are. Some of you use nicotine and some of you do not. Some of you never have. It was not an issue. You do not have the addiction for it, at least in this lifetime. Others of you have worked through a particular amount of the addiction, and therefore, you do not have it any longer.*

### **A Technique To Use When You Feel An Addiction Is Taking More Control Over You (September 20, 1994)**

*A technique that you can utilize, as you are feeling an addiction taking more control over you than you want it to, is simply to visualize a flushing out within the Tunnel of the Energy Centers that starts at the Solar Plexus and moves all the way up through and out the Crown Chakra. That is all you need to do to help relieve it.*

*However, addictions are addictions. And there are many entities who are rather well along in their path who are using what you call controlled substances. We do not advocate that in order to reach a higher level of consciousness that you would take a particular substance, but we do not say that if you do, that it is wrong. What each of you does is appropriate to what you must be doing in your spiritual path, and that you must also respect all those around you who also have their spiritual path. Whether you like it or not, whether you agree with it, or disagree with it, you have no right to judge. You have no right to say, "That person is not doing the right thing." They are doing the right thing that is pertinent to their path.*

*No entity has the right to judge another. And you do not know when you meet another where they are on their path and what their lessons are. And if you observe their behavior and make judgement on their behavior, you would perhaps be proved quite wrong. And if you are not, it is simply a way of testing your own abilities to be accepting of another. You do not have to be friends with them. You do not have to associate with them. You do not have to like them.*

**What if they are part of your family, and what you see is very, very destructive, and they are destroying those around them?**

*Indeed. Yes. What you have brought, then, is a Group Balancing. You have chosen to come into a group and that you must then interact with members of that group. And as we had discussed earlier about the one-on-one interaction, it becomes much more complex when it is a group. And if you see destructive behavior, whatever the balancing issues are, you must determine whether you would attempt to step in or whether you step out.*

*The fine line is always within Self as to what is imposing upon another or Being of Service. That is why the meditative state is so critical, that you get in touch with the higher sources that guide us all to help you know what you should be doing. Sometimes, it would be very appropriate that you step in, for you have been asked by the other to do that, but you do not know that at the concrete. You will only know that at the higher levels and be given that information from your guidance or from your mere intuition. Do not be afraid, however, that if you were to step in, and it were not what you were supposed to do, that you have somehow damaged someone's path. Or the opposite, if you do not step in, you have damaged your path or another's.*

*All of the lifetimes are those in which you step a little bit forward to test the waters and see if it is the way you should be behaving, and if it is not, you know it and you step back. And if it is, you move a little bit further ahead, and you test it. Many situations are meant to be tested very slowly, step-by-step. Others, you jump right in. Meditation will give you the answers to that. No one outside of yourself can give you that answer. That is the taking of responsibility for the actions that you present.*

### **Can Food Lend Itself To Being A Good Focus Point For Joyousness?** **(April 18, 1995)**

*It can be if it is the proper type of food. There is food that is healing food and there is food that is destructive food, which of course is, as you would expect us to now say, a topic for another time. We have spoken of food.*

*(Name) here has worked extensively with those who are addicted to food, and with her herbs and energy healing has helped those who are addicted to food, who are controlled by food. Then, of course, our heavenly caterers over here actually do have healing food. We have given them some potions. Indeed, some of the food contains certain combinations of foods that actually do bring about a healing. Yes. It can be joyful, but be most careful in how you use food. Do not think that it will automatically bring about a joyous occasion.*

**Not for all. I realize.**

*For many on the plane who struggle through past issues of childhood, it can be painful. So, one must be very sensitive to the issues of food.*

**Even Big Macs?**

*There are exceptions. ☺ Indeed. Get your fill of them now for they will not be here in The New Illusion. We have warned you of that.*

**It is not necessarily joyful for food either to be eaten.**

*Yes, indeed. Food is an energy. Of course, this goes into other discussions of energy consuming energy, which we will delay for now.*