

# Waith Class Transcript

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

*(Topics Include Allergies, Artificial Sweeteners, Combination of Foods, Eating Meat, Elimination of Foods, Fasting, Giving Thanks, Guidelines for Children, Microwave Ovens, Spiritual Vibration, Vegetarianism)*

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*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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## I Would Like To Get Some Insight Into Microwave Ovens, And Artificial Sweeteners (May 19, 1988)

*It is interesting. Most interesting. And while they may seem disconnected in their topic areas, they are actually connected, for what they do is affect the life cycle. The microwave oven, as you refer to it, is a technology that is crude in comparison to what we had in Atlantis during the final days. The technology, as I have indicated to you before, was very advanced during that time frame, and the beginnings of that advanced technology during that time was with this so-called technology of the microwave. We had other names for it during that time frame, and because of the coming of the cleansing, there appears at this time to be no danger of the technology advancing to the level that it did during the final time of Atlantis that was, in fact, one of the contributors to the destruction of that particular time frame. As little as you can use of this, really the better you are. The microwave technology will disappear after the cleansing. There will not be a need for it. It is very crude and contributes to the Planet Earth's pain in small ways.*

**So, my feelings were right that it literally destroys the food or destroys the life force that is in there?**

*Yes, it does. It has an effect that is at the very highest of vibrational levels so that most on the earth plane do not feel its effects. Much like any earth plane lifeform, as I have spoken before of the rocks and the dirt, all of that, the effects vibrationally are at a level that most do not feel ~ even though you are all connected, so it does place into the food that is used not so much a life-threatening situation, but rather it is more an issue of life itself.*

*Now, the artificial sweeteners, as you call them, are from the same technology conceptually that developed the microwave. In order to obtain the substance, certain life-damaging occurrences are needed to extract the chemical that is used in these substances, and that when it is combined in other foods, for example, creates an imbalance. And it has very similar ramifications as does the microwave into the food chain that exists on Planet Earth, and again while it is not life-threatening, it does damage to life at the very highest levels.*

*We are not saying that you all must immediately cease using either of these two, but we would recommend the rethinking of your use of them in relation to your own desires to preserve life. We are not saying that you must stop this. We are simply giving you information about what it does. Know that everything that we say is to provide for you the informational base upon which all Universal Concepts operate, and what you do with that information determines the rapidity of spiritual advancement that will occur on the earth plane.*

## Food and Spiritual Vibration ~ Issues of Judgement (May 19, 1988)

Is it true that certain foods, besides affecting us physically, can cause spiritual advancement or spiritual regression depending upon the food and how it is prepared?

*This is a very complex issue, and one that does need an elaboration upon it. There is a tremendous misconception on the earth plane level as to what food is all about, its purpose, its objectives, its effects. There is not a blanket answer to be given, for depending upon your own evolvment, your own spiritual awareness, your own debts that need to be balanced out or not, relate to the effect food will have upon your spiritual advancement or your spiritual regression.*

*So, for example, when we look at the issue of eating meat ~ for some souls who have already reached a level in other lifetimes where eating meat was taken care of and they did not eat it any longer, they come into this lifetime and begin to eat it, they regress. For others, this is not the case, for they have not reached that level of elimination of earth plane constraints, so that while for one entity the eating of a certain food may in fact regress them, for another it may not regress. It may do nothing.*

*The elimination of certain types of food can increase the spiritual vibration. The types of food that an entity consumes has a direct relationship to their soul's path and where they are in terms of their spiritual evolvment, but it is also something that cannot be taken out of context, shall we say, in a particular lifetime. So, for example, you cannot look at the eating patterns of a particular entity and say that you know where they are, because it is taken out of context for the entire soul's life path, and it may be that a particular issue needs to be resolved in this lifetime involving food, or not. And so, be careful of falling into the trap of saying, "This person does not eat or drink these particular food items. Therefore, that person must be highly advanced, or this person consumes all of this food, and therefore must not be." Be very careful of this. Do not make judgements for you do not know the entire picture.*

*You need, however, to be in contact with your own eating patterns, each of you individually, and how it does relate to the progression of your path. And you will, in fact, learn this through your meditations and being in touch with your body and how your body reacts physically to the consumption of certain items of food, and you must do what you feel is best for your body, not what you see someone else doing.*

*This is very dangerous if you try to imitate the eating patterns of someone else, for they relate to the life path of that other entity. It goes back to the issue of Self and not comparing yourself with others, but rather looking at yourself and how you compare with yourself, and how you progress. It does require attention, though, to your own body. This is part of the lesson of coming onto the earth plane, is the ability to listen to your body. It is designed, the lessons on the earth plane, for this very specific purpose, listening to what the physical encasement gives to you for messages and learning what to do about what it is telling you.*

**My body likes hot fudge sundaes. ☺**

*During a particular lifetime in which I was incarnated on the earth plane with Mushiba, there was a particular food that I developed a great love for, and it was the strawberry, and during this particular manifestation Mushiba made what is called strawberry ice cream. And while I am certainly not able to relish in it at this level, get the sensation of the strawberry ice cream, I do on occasion hound her, shall we say, to ingest strawberry ice cream. ☺ For what it does, actually, is give us a vibrational connection to that particular lifetime, and it is a way of my being able to hold onto my Mushiba, you might say, vibrationally, so we know the loves that the body takes on, and it is fine. I would suggest that upon leaving this session that you go and get one of these hot fudge sundaes. ☺*

### **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.*

*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.*

### **Do Angels Consume Food?** **(May 19, 1988)**

*We do not eat in the way in which you would think of it. The way in which we sustain our energies changes as the vibrations increase, and the higher the vibration the greater the differences in energy renewal, so food as you know it is not part of how we sustain our energies.*

**But you do have to do something, don't you?**

*Yes, we do, and it is at a level that it would be difficult to explain at this time in an open session such as this.*

**You mean like recharging?**

*Yes, we have very specific types of things that occur to us.*

### **Cleansing Of The Physical Encasement ~ Fasting ~ Your Way ~ Slowly (July 19, 1988)**

*There is much information available to all of you regarding cleansing of the body and its effect upon the spirit and how beneficial it is to the body. We thought we would give you some additional insights into what this is all about, and also to help you, many, many of you, take some pressure off of yourself where it comes to this whole issue of cleansing of the body.*

*We realize that you each see around you friends and acquaintances who are, shall we say, sometimes fasting or consuming certain items, and you hear about this as a way to achieve spiritual attunement, and there is some confusion about it on the part of so many in thinking that there is one right way to do it, and if you are not doing it and, horrors! if you are not able to do it that there must be something wrong with you that you are not spiritually attuning yourself. We are correct in this, are we not, this feeling that many of you have? Yes. So, we are going to help you put it into perspective.*

*First and foremost, as we have said so often to you, you must not compare yourself with someone else in terms of advancement and attunement and all that. You must compare yourself with yourself. That is all that matters, where you are for yourself, and place the expectations upon yourself and not as it relates to someone else. Now this applies very specifically to cleansing. You have heard that it is good to fast and place into the physical encasement perhaps only spring water for X amount of time, maybe juice with it, and that that is the ultimate fast and cleansing. Maybe for certain entities.*

*What you need to recognize is that any changing in your eating patterns, whatever those patterns happen to be, where you eliminate that which is considered solid food, if you eliminate only one of that for, let us say a one-day time frame, that for you is a form of cleansing, for you have*

*ceased putting into the physical encasement that which you normally would put into it. Do you understand? For example, if you are accustomed to on a daily basis having this thing we have discussed in the past, a hot fudge sundae, ☺ by eliminating one of these for one day, you have in essence done a cleansing, you see.*

*Some cleansings occur on a Spectrum, you must realize. Many of you I feel are beginning to recognize that everything we bring to you for information is on a Spectrum, shall we say, opposite ends, and everyone is somewhere in the middle. Cleansing falls within this area so that there is the ultimate cleansing here at the very end where in actuality the body is not consuming anything. We have discussed this. At the other end it is where the body consumes everything it can get its little hands on, and as you begin to move from that end toward this end ~ it is a gradual type of thing.*

*Your body cannot undergo a traumatic denial of sustenance without having adverse effects upon you at all levels, physical, mental, and of course spiritual, for remember that the spiritual will not be achieved if the mental and the physical are unbalanced and unhappy because of the balance, and it is not good for you to do shock treatments to the physical encasement.*

*So, for many of you who are doing various degrees of cleansing, it has come over time, where for many of you, you have not even realized consciously that you have eliminated a particular item of solid food from your diet. It just seemed to happen, and then may have happened simply by accident, and you just found yourself no longer eating a particular item of food.*

*And you can all on a very conscious level now, if you so choose, begin a path of cleansing, for it truly is a path, one in which you progress at your own rate and takes lifetime after lifetime. It is not something that you begin at this end of The Spectrum in this lifetime suddenly and you are going to reach this end by the end of this lifetime. It will not happen that way. You understand that all, don't you, that you may move ever so slightly forward in one particular lifetime and that it is acknowledged that as you move closer and closer to this end of The Spectrum there is an acceleration that can occur where you are able to take on that acceleration, your body, your physical body, in connection with your mental state is balancing with the Soul, and therefore you can begin to move very rapidly towards elimination of most everything.*

*We recommend that if you want to move along this path that you do it slowly at first. You have not been accustomed to cleansing, and it is, as we have said so often, a step-by-step process that all energy forms evolve, and so it is easy for many to start with for just one day eliminate one thing out of your diet, one. It does not mean however that you replace it with something else. It means a void, so if you are not eating hot fudge sundae for a day you will not replace it with a butterscotch sundae, saying, "Oh, I have eliminated the chocolate."*

*It is the mass itself, what it represents, the food item itself and what it represents to you in the total context of you as an entity. It may mean that you decide to eliminate all bread for a day,*



*and what you do is not replace it with anything so that if you are going to eat a sandwich, this thing called a sandwich, you would not put something else around the filling to give it substance, and you would simply not have anything. And when you do this the first time, and you have accomplished it, you can then look at your accomplishment and pat yourself on the back and say, "What a good little entity." ☺*

*You will begin to have a record of success for you see yourself able to eliminate one item, and if it is a difficulty for you by the end of that day and you find yourself the next day doubling up on that which you did not have the day before, that is fine, you see. What you have done is start the process, and each time that you do this it becomes easier and easier for you at a psychological level.*

*Food is an illusion, as we have said everything is, and gradually you begin to work your way through to the point where you may indeed have the desire and the ability to have a liquid cleansing, and that you begin this again very gradually so you might go for, shall we say, a twelve-hour time frame and consume just liquids, water and juice being the most popular. And gradually you increase this and do it in a way that feels right for you and in a time frame that feels right for you, so that you might increase from ~ oh, you could even begin with this time frame of meals, and rather than consuming solids at three meals, as is the custom for the encasement, you might consume liquid at one meal and solid food at another meal.*

*Do you see how you can begin this process and begin this cleansing? And that is in essence fasting, so that you can begin to feel proud of yourself at your accomplishments. And if you feel a sense of success with yourself, then it becomes easier for you to move along this path rather than compare yourself with someone who is at a point where they may have a juice cleansing for seven days. That is all they consume is juice and water and you feel intimidated by this. You do not begin at that stage unless you have worked your way toward it. Does that sound simple enough?*

### **What Are The Benefits Of A Cleansing?** **(July 19, 1988)**

*The benefit of cleansing the physical encasement is that it serves as a discipline for the Soul and it has a benefit to you at a very concrete physical earth plane level that you are attuning your vibration ever so slightly. The lighter the body becomes vibrationally, not necessarily in what you would call poundage, for you may in fact fast all the time and not lose this poundage. That is an issue that has nothing to do in fact with your weight. What it does though is heighten the vibration of the Soul, increases it so that the Soul is at a very highly attuned level. And when of course that happens it means that there is a very strong interaction between the Higher Self occurring and an ability to understand the Universal Concepts at a higher level. So, the more that you rid the physical encasement of the entrapments of the earth plane, the higher your vibration,*



*of course, we have so many times discussed with you, so it has that type of benefit. It is working hand in hand with the three levels of spiritual, mental, and physical.*

*I have read where Anwar Sadat, when he was having to make a very major decision, he would fast and supposedly he felt that that would help him make that decision or allow him to get in touch with the deeper truths of the choice he must make. I wonder if you could comment on that fact.*

*Yes. As we had just mentioned, it helps to attune the Soul with the Higher Self. There is the discipline involved as well as a concrete physical change in the vibration that allows in conjunction with meditation a gaining of some deeper truths. You must realize, of course, that that type of fasting is only achieved ~ it is at this end of The Spectrum as you move closer to this end of The Spectrum that I described to you that if you have never fasted to suddenly do that and think that you would have deeper meanings revealed to you is simply not going to be, for you would rather be concentrating on the fact that you were hungry, that would be bothering you.*

*Those who have reached a level of attunement, in conjunction with the progress of elimination of sustenance from the body, have also been simultaneously increasing their meditative abilities and their attunement to the Higher Self. And so, yes, when that level is reached, as in the case of this entity of whom you speak, great enlightenment can occur. It can occur for each of you, however, as your own levels, for enlightenment comes at particular levels, that which you need to know and that which is necessary for your mission.*

*So, for example, the entity Anwar Sadat, of whom you speak, had a very specific message to convey with his entry and a very particular mission. He was of course a walk in, as we are referring to. The original was not the one who you saw at the end. That is no news coming from me. That has already been documented. And thus, the level of knowledge that he needed to acquire and to have at his disposal for the accomplishment of his mission was working in conjunction with his own attunement.*

### **Working Simultaneously ~ Fasting In Conjunction With Meditation (July 19, 1988)**

*Thus, as you begin to undergo these fastings, whether it is the elimination of a hot fudge sundae, if you simultaneously work it in conjunction with meditation, you will find yourself slowly understanding some truths that were until that time not clear to you. You will have, shall we say, a click occur where you will suddenly understand something. It may in fact be something from many of the readings that you have of our sessions here that you may not have understood certain things, which is entirely possible, and as you begin to attune ever so slightly, ever so beautifully, issues and information that was at one time murky to you and not even understandable, suddenly you understand the meaning of it.*

## A Discussion Of Combination Of Foods ~ What Is Right, Or Not, For Your Body (July 19, 1988)

Is there any advantage to the physical encasement not to mix proteins and carbohydrates at the same sitting, same meal?

*These are issues that have seemed to have been on the minds of all on the earth plane for a number of centuries, and there has been much general information being given regarding some basic reactions that the physical encasement has in response to combinations of food, and while there are certainly advantages to listening to this information and understanding from it the implications of food combinations, one must take this information and begin to apply it to yourself as it feels comfortable.*

*The combination of, shall we say, these carbohydrates and proteins can have upon the physical encasement something of a heavy effect, a weighing down, for both have a solidity about them as they interact in the body, and that it is actually a better situation to not consume both simultaneously.*

*However, this must be something that feels right for your body. It is very easy to give an answer and to say this is right and this is not right, and you do this and do that, and you will achieve attunement. It is not quite as simple as that, my children, as you are beginning to realize from speaking with me and from reading the transcripts that all of the responsibility eventually falls upon you and your own abilities to meditate and to reach your Higher Self and to find your own answers. There are some who could in fact consume both of these food products and have no adverse effects whereas others would have an adverse effect.*

*What is needed is for you to become very much in touch with your own physical body's reaction to the various food combinations. You can begin by looking at that information that has been given to you as a basis of comparison, and so if you are feeling for example that by eating protein and carbohydrates together that it is making you feel less that you would like to feel, groggy perhaps, try reducing the percentages.*

*Do not try eliminating completely at first. We do not advocate this as we have said from the beginning of this session. So perhaps instead of, shall we say, two slices of bread with a slice of cheese as a protein you would eliminate one slice of bread and try this for a period of time to see what the difference is in your feeling, combining this with meditation so that you can call upon your Higher Self at whatever level that is to help you to interpret. And if you are feeling ~ if your body is feeling good, then you might try going one step further and eliminating the combination completely and seeing what type of reaction you have to it.*

*Remember that you are somewhere along this Spectrum of which I spoke in the elimination of sustenance into the physical encasement, and that eventually you need not worry about combinations, for there will be nothing that you are placing into it anyway and that what might appear to be an unusual combination for an entity may not be so for that entity.*

*Many of you know that I have placed Mushiba on a cleansing which consists of water, grapefruit juice, milk, lettuce, pineapple fruit, and the special bread she makes, for thirty-five days. If you were to look at that, as many of you have, in sheer terror and question the combinations, understand that it is right for her vibration and that as a result of it there will be a very high degree of vibrational change occurring. We know what is right for her. We have been working in conjunction with her. She has actually been eliminating most everything from her menu, as many of you know who know her, and that there will be in a short time virtually no consumption occurring on her part.*

*This has not happened suddenly and just in this lifetime. It has taken hundreds of lifetimes to reach this point. Thus, if you were to discuss this current food pattern, she is on you would find her to indicate that there is absolutely no problem with it. There is no hunger. There is in fact not much consumption of any of these foods occurring, and it is because it is right, and it is time and it is wanted. So Mushiba, for example, she does consume simultaneously milk and pineapple, you might say yum, and it is in fact working most definitely for her own vibration.*

*This example serves as a model for each of you to find those foods that feel best for you in whatever combination it happens to be, and that by knowing what the standard is for the masses, looking at those who are very far at this end of The Spectrum in their consumption of food, that by looking at these changes in food combinations helps you to adjust your body in certain ways, so that as you begin to attune yourself to those items that are right for you, you will begin to make the decision yourself.*

*Remember, that information that comes through for the most part is something that you take, and you analyze it, we have said this before, and you synthesize that which is right for you, and that which is not applicable to you, you do not pay attention to it. You discard it. You take from many different sources and find that which is best for you. You make your own combinations which may be very different from anyone else around you. Do you understand that?*

### **A Question Concerning The Bodily Functions Of Eating Just Before Meditating (July 19, 1988)**

**I have heard that you should not eat before you meditate. Well, you mentioned that meditation can probably occur a little better if you do not have food in your stomach. And I thought I would come to some conclusion about why that is true, and that is what I would like to ask you about. When you eat, your brain or your mind must also control your bodily functions, so if you, more or less, fast prior to meditation, your mind is then freer. It does not have to control your body functions as much, and you could seek other levels of consciousness.**

*That is partially correct. Remember that we indicated that by simply eliminating one food item it is considered a fasting, and that you could go into the meditative state even after eating, shall we say, a full meal, but without the hot fudge sundae. And in place of the hot fudge sundae, you might in fact begin to center yourself even if you had had a great amount of food to eat. At your own level it is an elimination. It is a fasting. It is therefore helping you to attune yourself.*

*And as far as the bodily functions are concerned, at the beginning stages of fasting, the bodily functions will maintain themselves. So, you would need to give attention to that regardless of the fact that you did not have a hot fudge sundae. However, as your fastings become stronger, the body functions work in harmony with that which the body is abstaining from and it does not become an issue. And yes, you are not thinking, for example, that you must go into the bathroom and so you may meditate and not worry that you will have a little accident. ☺*

**I am thinking more if you eat, your body has to digest the food and that takes up a lot of energy.**

*We are referring to this. Remember again that the degree of vibration works in conjunction with energy and that you cannot start at this end. You must start here in order to reach an energy level of which you are referring. The digestion and the physical manifestation divert in the body certain energy. However, as attunement is heightened and there is less of a need for sustenance, it is working harmoniously and simultaneously with the energies. And thus, by eliminating one food item and still consuming others, yes, the body is still consuming the food and using up the energy. However so slightly, an amount of energy is diverted and that energy is then put into the total vibrational package.*

### **Knowing Whether To Eat, Or Not ~ Listening To Your Body (July 19, 1988)**

**I wonder if you could comment on this. A lot of times, although my body might feel hungry, I will feel better before I eat than after I eat.**

*Then why do you eat then?*

**That is a good question. I am wondering if it is the choice of food, or just maybe a signal that what you are talking about here, that your body actually feels better without this food.**

*It is an issue that many of you are beginning to recognize and to be faced with, and yet out of habit, out of fear, that if you do not eat, something awful will happen to you. You therefore go through the motions of it, and this is what we have spoken of earlier. You learn to understand how your body feels as it consumes a particular type of thing. This is how all energies reach this*

*ultimate point. It is not someone saying to you externally, "You must now not eat such and such." It is your body saying to you "I no longer need this."*

*Know that this is not a concept of mutual exclusivity here. It is the Soul, the mind, and the body working harmoniously together saying, "I do not need this. My energy levels are different now." And it is a gradual type of thing. And for those you might see starting in this incarnation at a very young age of not eating very much, understand that that did not just happen by accident. They have brought that in from another lifetime. Thus, you begin to see that there is a definite reaction at the mental, as well as the physical level. After you have consumed something, meditate on this and analyze it as a sign to yourself. No one forces you to eat anything nor does anyone really care in fact what you eat.*

**It is not even the amount of food. Even if you eat a little bit, it is still unsettling, and I am more uncomfortable than before I ate.**

*Then you must recognize this as a sign to you and perhaps it is a particular item that is causing this for you.*

**Pizza? ☺**

*You might, in fact, when eating something that has a combination of many things, try and eliminate one thing at a time from a combination to determine if it is the entire, shall we say, PIZZA, or whether it is one of the ingredients. You see? This is how it is done. It is all up to you. No one can tell you. You make that decision. And you can talk with Mushiba about this because she will tell you that no one really cares what you are eating. You simply state to them what your dietary needs are, and if they do not like it, it is too bad, that others can accommodate themselves accordingly, and you should not allow anyone to force you to eat something that you do not feel right in eating.*

*Nor should you impose upon others your own eating patterns. This is something to keep very much in mind, and as you begin to change your eating patterns, do not feel that you have found the one and only truth, and that all those around you would only benefit by your needs and that you proselytize to them and try to impose upon them your own eating pattern.*

## **Food Addictions ~ The Gradual Elimination Of Foods You May Be Addicted To (July 19, 1988)**

**We spoke about food addictions some time ago. I am struggling with sugar and caffeine. Would you advise on the continuum instead of eliminating all coffee tomorrow, as I am thinking about doing? I know that does not usually work because I get headaches when I slowly do that.**

*This is exactly what we have been saying. It is a gradual reduction, and that would apply to any one food item in particular ~ that you will begin to eliminate things gradually. It might appear that you suddenly stop consumption, but in effect you have been at other levels eliminating it gradually. This thing called COLD TURKEY is not all that it appears to be, for unless you are ready at the spiritual level to let go of something it cannot happen.*

*And thus, it is something that is done gradually, whether it is at the Soul Level or at the physical level, where instead of five cups of coffee a day you start reducing to four cups, and you do this for perhaps one week, and then the next week you try eliminating another cup, and if you find that that is difficult, then eliminate half of a cup and give yourself several days in which to do this and for the body to adjust.*

### **It Takes Approximately Fourteen Days To Adjust To Withdrawal Of Certain Foods (July 19, 1988)**

*It takes the physical encasement approximately fourteen days on the earth plane time to adjust to withdrawal. The issue of how easy it is for you to adjust to that withdrawal depends upon the Soul's evolvment, for if you were to suddenly say, "I will drink no more coffee ever again starting tomorrow," if your soul has just let go of that entire issue and you have learned that which you needed to learn about it, the physical body will of course have to go through that withdrawal stage. However, your own discomfort level will be very minimal and it will not be an issue of desiring the coffee any longer. Most everything should be done slowly for you to allow the most beneficial results. You can eliminate these two areas, my dear, very easily.*

*It is interesting because I stopped eating meat kind of without realizing I was doing it the way you described before, but coffee I crave and want. It is a different situation, I guess.*

*It is because your soul has not dealt with the issue completely and is still holding onto it. You can help your soul along in the discipline of elimination slowly and you may find that you reach a point where rather than consuming mass quantities of a particular item you have in fact brought it under control and that in itself is a tremendous accomplishment. Perhaps not in this lifetime is it to be that you eliminate a particular addiction but rather bring it under control, so that in another incarnation you are able to eliminate it. You must bring it under control first before you can eliminate it.*

### **What About Fasting Now As A Way Of Getting Ready For Possible Issues After The Shift? (July 19, 1988)**

*I have a question that is to do with fasting but a little different. I have read in several places that it is good to get your body used to fasting now because after the shift there will be times when we will not be able to have the nourishment that we are accustomed to.*



*What you must realize is that those who will be staying after The Shift will be physically, mentally, and spiritually ready for it. There will need to be a certain level of attunement, as we have spoken of so often, at a spiritual level in order to be able to stay after The Shift, so that that level of attunement will be working already in harmony with a certain ability to fast.*

*It does not mean that there will be total abstinence of food from the earth plane. There will be a sufficient amount of food to maintain the vibrations that will be remaining on the earth plane. There may be periods of time when it will be in scarce quantities. However, this will not be a problem for those who have been allowed to stay after The Shift, for they will already have done that, to already have reached that ability. Whether they do it a great deal in the manifestation or whether they simply have the ability, it is so often not going to be known by those around you.*

### **Being Nonjudgemental Of Another's Eating Patterns ~ And Issues Of Imposition (July 19, 1988)**

*There are many who you may see eating certain types of food and never fasting. Again, you must be careful not to judge where someone is on their path, for they may have the ability that has come from another lifetime that if they decide to stay for The Shift, it will be called upon, this ability to fast. It may be that for whatever their mission, a lesson to be taught, something to be learned, they do not fast. So not everyone who has the ability to fast and cleanse themselves are actually doing it, or at least doing it visibly, noticeably, to those around but rather privately, or not at all.*

*What it does is try to impress upon you that you cannot judge anyone by looking at what they do to determine their attunement, for you may see someone next to you overindulging in food and there may be a very, very specific reason for this which you have no idea, and yet that person may in fact be very highly attuned and may never in this incarnation use the ability to fast. They may not even stay for after The Shift but in fact have just come in to teach or to learn something where that issue is concerned and then go on their merry little way to another dimension or another incarnation.*

*So, what we are presenting here, so often as we do, is to shake you from your preconceived ideas. Do not think that you are above someone else because you are able to fast and you see someone who is not fasting, not even wanting to fast or cleanse themselves. So do not think yourselves superior to them. You are not. No one is superior to anyone else, no one. We are all on the path together. It is no one's right to judge why someone does something, to impose upon them your beliefs or make your judgements about what they should or should not be doing. Do you understand?*



*This is not directed at you specifically, my dear. It is to all who will read these transcripts. You must be very careful. Do not impose that which you believe and feels right for you onto anyone else. It is where the organized religions run into so many difficulties, so they have moved so far away from the concept upon which they were founded, and present dogma as the one and only way to believe. We have spoken about this in great detail in the past. The issue is that no one has the right to judge anyone else under any circumstances.*

### Parents Guiding Children In Their Eating Habits (July 19, 1988)

**The point is, Waith, that what you are saying is correct if we listen, but also should not parents act as guides to young children?**

*Guides are a completely different issue than judging. Yes, you give guidance but you do not judge. Do not judge. It is an issue that requires a great deal of work, to be unconditional and nonjudgemental, to understand that every entity is its own Self connected to the One, and that no one possesses another, and no one has the right therefore to judge.*

*That guidance that you give to those charged to you in the beginning is meant for help, just as your guides help you, but you make your own decisions. So, too, do your children make their own decisions. They may be in alignment with that which you have guided them, and they may not be. You must recognize that it is their own soul's path and their own free will making these decisions, and that if they choose to follow your guidance, fine. They may choose not to, and that is fine also, and that in the end, you cannot judge them for that. Simply accept that they have followed their path in whatever way they felt was best, you not knowing what that path is, only them. It is a most difficult issue to live and it is why it takes so many lifetimes to get through this earth plane experience.*

*These are not easily learned lessons. If they were, then the earth plane would not serve its purpose. You know coming into the earth plane experience that it is for hard lessons to encounter, and you do the very best that you can, each of you, remembering that you cannot do it all in one lifetime, and that you are not perfect, and that the way in which you learn your lessons is by taking them on and working with them and understanding where you might not meet the lesson and try to work with it. It is a matter of working with these lessons on a regular basis and understanding what the disciplines are that one needs to deal with in your life that may be different from someone else.*

*We feel most honored to have been able to be of assistance to you during this session and to answer any questions, and hopefully we have raised an issue with many of you that will begin to settle into your consciousness, and as time goes on, you will have other questions relating to this which I will be able to answer. Also, that you may be able to commune with your guides along this issue and begin to become in touch with your physical encasement in a more personal way,*

*knowing that it is your physical encasement. It is yours to do with as you please. And that is a Universal Truth. No one has any right to tell you what to do with your physical encasement.*

### **Changing Eating Patterns** **(September 13, 1988)**

*At the physical level of your encasement, you will begin to rid yourselves of that which enters your physical encasement. You will find, as many of you already have, a changing in that which you used to eat, for the altered state of consciousness that will exist upon completion of The Shift will encompass an appreciation of life, and there will be no consuming of animal, for animal will be a part of the rebuilding, and it would be inconceivable to those who remain after The Shift to consume that which is a part of the rebuilding. And so, you will all slowly find yourselves shifting in your consciousness.*

*We urge you to be nonjudgemental of yourselves and of those around you as this shifting in consciousness occurs. It will happen as it is meant to happen. We urge you to not place the pressure upon yourselves to do something that you feel should be done, but rather to allow The Universe the control, that truly as your soul is ready it will manifest itself in the physical, and it will be natural for you, so simply flow with it, my dear children, and do not try to force something, for as your vibrations increase, so too will your consciousness alter, and it simply will happen. You will at some point realize that you have stopped doing something without even consciously being aware of it, whether it is consuming certain types of food, including animal, or any number of other activities.*

### **A Question About Severe Food Allergies** **(April 01, 1989)**

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

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

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

### **Oat Bran As An Aid In Reducing Cholesterol** **(May 02, 1989)**

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

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

**So, muffins would not be good?**

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

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

*those who would struggle with the cholesterol, knowing of course that the issue of cholesterol is a soul issue.*

Could you elaborate a little bit on that?

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

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

### **It Is Important To Thank The Creator And Universe And The Food For Providing Itself (may 02, 1989)**

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

### **The Importance Of Thanking Food For Being Of Service To You (January 23, 1990)**

*We would begin by indicating that we are pleased that you munch, ☺ (Referring to the snack food and dip) and we think that it would be appropriate that for our sessions with you all that you be encouraged to bring this sustenance to share and enjoy as we speak with you so that you will have a more relaxed feeling and not be quite as, shall we say, tense or ~ uptight. ☺*

**Wait, what is the medicinal value of Fritos? ☺**

*If it soothes the spirit in your perceptions then it is medicinal. You see, food gives of itself to other energy forms for consumption, so that it is its way of Being of Service just as all of you as energy forms try to Be of Service to other energies. That which takes the form of food serves that purpose of Being of Service. It is important to remember, however, that before you consume any food that you thank it for allowing itself to Be of Service to you and for providing the sustenance that it does, and when you do this thanking, and understand that food serves a purpose in the greater scheme of The Universe and all energy forms, then the food will be beneficial to the encasement. It is when food has an abusive perception by you the entity that problems occur.*

*But we digress a bit from what we want to address in this session. We will speak further about food, for it has an important role in the Community of Terra Lux. So, enjoy and do not be concerned of this noise.*

**Just think that if you bless your candy bars you are not going to gain a pound! ☺**

*This is not what we mean! ☺ It is the way in which you think of this, not simply to bless but to have a certain perception of the sustenance that if you would consume great quantities of food, it may have no harmful effect on the encasement if viewed properly. But that is a topic for other times which we will present.*

### **Eating Meat Versus Being Vegetarian, And Judgements For This (March 13, 1990)**

**If someone consumes animal, which has a consciousness, is there an exchange of consciousness with the animal?**

*No. That does not occur. Consciousness is not exchangeable. There can be a meeting of consciousness but it is not exchangeable under the normal circumstances.*

**Are you saying that it is not necessary for people to be vegetarians in this illusion to grow spiritually?**

*Oh, indeed, my love. You understand ~ and we have addressed this in other times, other sessions ~ that the issue of what is consumed is strictly for the individual, and that you must not feel that if you are not, as you would say, vegetarian that you are not progressing spiritually. This is incorrect, most incorrect, and again, it is judgement that you must all be very, very careful of, for if you are to observe an individual who you see apparently addicted to many of the earth plane situations, and you were to say, "Well! That person is certainly not very spiritual. This person eats meat and consumes caffeine and nicotine, and all the other little wonders of the illusion, that this person is by no means spiritual. I am far more spiritual, for I am a vegetarian." This is very incorrect, for remember, that many, many highly evolved entities enter into the plane specifically to teach and take on the persona of that which is not what it appears to be.*

*And thus, as the Community of Terra Lux, you all are quite unique as a group, for you will accept anyone. There is no entry qualification, and if you choose to have certain preferences in consumption patterns, that is fine, but you must be careful of imposing that upon others and giving the appearance that you are better than someone else if you do not consume certain products, if you will. Be very, very careful.*

*It is not to say that when you are, shall we say, serving food, that you serve what is appealing to yourself, and that when others are guests of yours, that you have a number of choices. You can simply serve that which you feel is appropriate for yourself, and think that they must then consume that, or you can offer variations. If you know that your guests prefer something other than what you prefer, then you are being, shall we say, hospitable by finding their needs, for if you are the vegetarian and you go to dine with one who is not, and they decide to serve you what they feel is appropriate for themselves, and they serve you meat, then what do you do? And thus it is that you must look at the way in which you are perceived, and the way in which you perceive to understand this issue, and you must always be looking to Be of Service to Others, and what is the best way to Be of Service? Is it to provide the food that is appropriate for yourself, if it will not in fact offend the other, or is it more of service to provide the food that is appropriate for the other while it may not be appropriate for you, you see. It is not an easy thing we tell you now, is it?*

### **A Question About Adding Cayenne Pepper To Grapefruit Juice As An Energizer (June 05, 1990)**

**I have a question with changing our diet a little bit. Do you feel it is right to add a little cayenne pepper to the grapefruit juice to help as a stimulant, energizer?**

*As with all substances consumed by the physical encasement, it becomes situational. It is not an area where you would in a categorical way indicate that this is beneficial. There is a very easy way, however, to determine if it is beneficial, for this could be beneficial for some encasements. You would wait approximately three-point five earth plane hours after consumption for the first time, and if what is called a rash develops on either of the inside of the hands, that which is*



*called the palms, on either one of the palms, then the encasement does not find this particular combination beneficial.*

### **What Do You Say About Fasting When You Do Not Feel Right?**

**(June 05, 1990)**

*You would fast if it proves beneficial to you. Understand that, once again, fasting for some is beneficial, and for others it is not, and there is great discussion on the earth plane that in order to achieve spiritual enlightenment one must fast, one must eat only this type of food, one must do this, and one must do that, and as we have said so often this is not the case. Spiritual attunement is coming from Self, and you must not be judgemental of another who would appear to be less than spiritual for they eat meat, or they do not fast. or they consume caffeine or any of the addictions that are a part of the plane.*

*For some, it is not beneficial to fast, for the encasement is such that it is not aligned for that type of deprivation. For others, some type of fasting is very good and can be done over a period of time. You must find this out yourself. You must seek this answer from Self and attempt to, if you have not fasted before, to begin gradually and listen to your body and listen to the way in which it responds, and then if it responds in a way that makes you feel beneficial and you feel good, then by all means continue and increase this process, but be careful of going into a fasting state suddenly. It would be a shock to the encasement.*

*There are many in the community who have gone through these stages of fasting and have begun by perhaps fasting for three hours of earth plane time. For example, not eating the morning meal and drinking water or grapefruit juice, and then gradually increasing over the period of the day so that the next time this was done, two meals were not consumed, and this is a way of building up the tolerance level. It is what makes you feel best that is important. It is what is best for your encasement in alignment with your own vibration.*

**When people already have the information about the earth shift, they go through stages of depression, fear, anxiety, how can we help that? I have had that experience with different people. And I would like to be of small service.**

*Yes. We have indicated not too long ago that there are a number of entities who have no fear of the coming changes, for they have gone through other changes in prior lives and see this only as a shifting from one illusion to another. Others have not experienced this and have come in specifically at this time to do so, and others have varying degrees of experience. Thus it is, when you meet with an entity who may express a fear, understand that that entity may really not be afraid at spirit level, but rather is incarnated to help those who truly are by expressing that fear in a way that would then make others say, "Oh, yes, I feel the same way." And therefore, out of the anxiety, would come an understanding and an alignment.*



*Now, those of you who feel no such anxiety would wait until another approached you for discussion. You would not impose upon another by saying such things as: "You should not be afraid. There is nothing to fear." You must wait until you are called upon and then just explain why you do not feel the fear, not why they should not be feeling the fear, but rather why you do not, and this comes from the Self. There is no set answer that I would give to any of you for this response, for each of you has your own reasons for your response to the coming shift. And it is only when it comes from the true Self, and given to another, that you are able to Be of Service and assistance. And those who would need to hear what you have to say will be drawn to you, and you will be brought to them, you see.*

### **Waith Discusses How The Earth's Weather Changes Can Affect Us In Many Ways (August 07, 1990)**

*We send to you in this session a very special energy that is meant for protection and a sense of wellbeing for the coming time frame that will be presenting some unusual weather patterns. You have begun to see this in recent time, as measured on the plane. And we simply have infused out into the vibration an energy that you may call upon as you begin to, as we would say on the plane, fret a bit about the weather as it is, for remember that all that occurs now with the weather is a part of the movement toward The Shifting, and thus, it is most positive.*

*And when there are what you would call severe patterns in the weather, it is to be viewed with joy, for it is the earth itself cleansing and creating a higher vibration for itself. So rather than complain about that which may be inconvenient for you in the illusion, rather rejoice that the planet is moving itself toward its final moment of cleansing and higher vibration, just as you each move in the same direction of higher vibration through periodic cleansings.*

*For this session with so many beautiful lights we thought it would be appropriate to have an open question session in which we will answer the questions pertaining to Universal information. Of course, it is not a session in which we would address personal questions. Thus, we will not limit the questions to a particular topic but rather open-question time. Thus, we are prepared now for your questions.*

**In the past week it feels like there is a disturbance in the air. Is that it? Or is it just within myself?**

*That is what we have just referenced.*

**Would that also affect the sleeping state as well as conscious?**

*It would for entities who are at particular vibrational attunements. Those who have a greater sensitivity to the changing vibration of the planet would have disruptions in their own energy field, as we have presented in another time frame in session. Some would have a higher vibrational attunement, and therefore feel the Planet Earth's own changes more than another might.*

#### **Would The Earth Changes Cause Abnormal Sleep Patterns, Where It Will Wake Us Up?**

*Oh, indeed they will. They will wake you ~ they will not allow you to properly achieve the sleep state. It will create for you times of what you would call sleepiness during the daytime. It will create, for many entities a sense of exhaustion, a sense of, in some entities, and in the same entity at the same time, of exhaustion, a sense of what you might call hyperness, not being able to sleep but yet feeling very exhausted. One of these such periods occurred a relatively short time ago as measured on the plane, and there is now another one currently in progress. And thus it is that many of you will feel these disruptions.*

*The best solution to this is to center yourself and to attempt to go into a meditative state and to not be worried that you are unable to either sleep or that you suddenly feel that you must sleep in the middle of an activity that it would seem out of place, of course, to sleep. And so, during this typical time that you would find yourself wanting to go into the sleep state and are unable, simply meditate and use that time to be of benefit and to clear your mind of the thoughts of why you cannot sleep and any thoughts that may be of a negative value that would enter into your mind. Rather, place yourself into a positive mode of thinking and you will find yourself to be better served.*

#### **Regarding your sleep being interrupted during the night, how about during the day, if you have these periods when you are busy working, and suddenly you are so uncontrollably sleepy?**

*Yes. Yes. This was what I was addressing with the other question. And that is that during those times when you would not feel it appropriate to go into the sleep state, you would indeed feel the need to do so. It is a part of that which occurs, and these will occur sporadically now in a great, shall we say, cluster of time, and then there will be a clearing out of the electromagnetic field of the planet until it is time for it to do another jump, shall we say, in its energy field.*

#### **It is not to be concerned with it being a physical thing then.**

*Not at all. Unless, of course, it continues after the electromagnetic field has cleared. If it continues for a great deal of time, then you would want to look at other issues that would relate to it. These clumps of time can range anywhere on the plane from one day to one month. At this time currently, the cluster of time has not exceeded what you would call the one month.*

Waith, would children be more susceptible to it?

*Not necessarily.*

A feeling of like a palpitation of the heart area, would that be because of the vibrational change?

*Not necessarily. No pat answers here, you see. We would not want you all to think that any unusual changes in your own patterns of behavior could be written off, shall we say, to the earth's electromagnetic change, but rather, to look within Self to determine if it is indeed a reaction, a sensitivity to the Earth's changes or whether it is another issue of Self that needs to be looked at. You must be careful at finding quick solutions. There are none.*

Waith, not only does it involve the sleep patterns, but it also involves the eating patterns.

*It can, my love, yes. Most definitely. And, again, there is no set answer to this, but rather that whatever your particular eating patterns are, they become different. So, for some, there may be an increase in consumption and in others there may be a decrease. There may be an inability to keep within the encasement any sustenance placed into it. There may be the desire for more of the liquid during this time frame than is normal, or there may be less of a desire for the liquid than normal. The key is that you look at what is different from your normal pattern. And in some instances, many of you will find yourselves slowly moving into an altered pattern of eating and that the Earth's changes are assisting you in these changes. And thus, rather than fight the changes in your patterns, seek within Self the answers as to why and what it means toward your own growth at spirit.*

Waith, that will also affect our perception of time as you ~

*Yes, we have addressed that in times past. It can. It may not. So, once again, be careful of using the Earth as an excuse.*

Can the reason for the extreme sleepiness be because we can work things out better in the dream state, in the sleep state, than we can in the conscious state?

*There are situations, of course, my love, in which, during especially troublesome times at the conscious state, that there is more time required in the sleep state for the working out at the higher levels of what needs to be dealt with at the conscious state. And thus, if you find yourself in extended time frames of sleep longer than you have been accustomed to, it may be that you are working out issues at the higher level. But, once again, the meditative state is where you receive your basic confirmation of all that is occurring, and you must go within Self to determine what is, as you would say, feeling the best for you, for if you begin to feel that you are, shall we say, sleeping many hours of the day and this has gone on for weeks and weeks and weeks, and*

*you feel no resolution at conscious state, then there may be other factors to consider here, you see.*

*Any extended periods of time in which there is an altered behavior from the norm without any sense of progress at the conscious state, then should have further investigation at the meditative state, perhaps discussion with a healer at the earth plane level who would be able to guide you in certain areas where you may feel yourself to have a block. This is the purpose of the spiritual healers on the earth plane.*

**Waith, when this happens, what effect does it have on the ~ of the Energy Vortex that are scattered throughout the planet?**

*Remember that all energy is connected. All energy is a part of the same, The Universal Consciousness. And thus, at some minute level there is an effect. There is a ripple effect as you might refer to it as a frame of reference, remembering that what each energy does affects the total energy. No matter how minute it might be, it is felt by the total.*

*And thus, as we have said, as all the others who give information from the higher sources have indicated, what you do affects all. You are not alone, and if you are disturbed, if you call that phrase in its correct reference, then all are disturbed. If you send out love and Light, then that is returned to you. If you send out negativity, you will feel the effects, for it goes into The Universal Consciousness and it is returned to you, for you send it to Self. So, you see, it is much better to send out love, for you then send yourself love, you see.*

### **Discussion Of Food ~ Meant To Bring Out The Lighthearted ~ Food Brings Entities Together (April 07, 1992)**

**Thank you with your assistance in helping me learn the playfulness of combining the energy groupings from The Food Kingdom.**

*Farena: Oh, we have only just begun.*

**I kind of gathered that ~ and keeping me Lighthearted in this.**

*Farena: Yes. Oh. Food is meant to bring out the Lighthearted. Food is meant to help in the harmony development. Food brings entities together. Bless the food. Honor the food. Respect the food, from whatever source it comes.*

*Waith is reminding me to remind you of what has been said before that you do not have to, in order to be spiritual, not eat meat, not consume nicotine, caffeine, but rather, it is a degree of*

*learning to let go. Harmony. But that while you are engaged in this development, if you smoke, if you eat meat, if you consume other additives, that you give respect to it. You honor it, and you bless it, and there will be harmony development.*

## **How Can We Tell If Consumption Of A Substance Is Okay From A Polarity Change Situation?** **(August 17, 1993)**

**You have been talking a lot about polarity changes lately, and many entities are going through polarity changes. What about when we consume foods, or medicine, or herbs, or supplements that are of different polarities than we are? For when we go through a major polarity change and we have physical or emotional problems and we take some kind of herb or medicine, how are we to tell?**

*Well, my love, it depends upon the entity and the energy field of that particular energy.*

**Yes, well, how do we know?**

*Well, you do not. It is not for you to know. It is only for the energy to know. And if the energy comes to you for guidance, it is an indication that there is a willingness to give to you information about its own energy. Whether you would be able to learn this concretely, in conversation, or whether in your own energy workings, you are then given that communication from the energy field of the entity with whom you are working. This is not something that can be categorically addressed when it comes to polarity changes.*

*Also, understand, my loved ones, that polarity changes are no big deal, you know. Some would like to make them out to be more than they actually are. Most of you are undergoing the gradual changes in your polarities that would then bring you into situations of sustenance within the encasement, be it food or what you call medicine that is appropriate, for you have, at higher levels, been drawn into those areas. If your encasement is not going to respond to a particular sustenance, it will tell you. But also, you need to understand that there are issues of lessons to be learned and taught that become complex in our discussions to be able to provide to you in this particular session.*

*There ~ understand that everything that is on the earth plane is not bad ~ that everything on the earth plane is good. It is simply the ways in which it is utilized, so that ~ you know, we recall a question when we were talking of water being an important component in the encasement, and that water, by our definition, was liquid, and that the question came of the effect of carbonated water. Now, for some entities, to consume carbonated water would be very hard on their energy field. For others, they could consume carbonated water, gallons and gallons of it, and it would not create a problem in their encasement.*

*Most entities on the earth plane, however, are at a stage of evolution in their own vibrational field that requires attention to what is placed into the encasement, and that very specific food combinations, and herbs and medicinal remedies, are available for entities to attempt to become more in harmony with their own energy field.*

*One of the frustrations, my love, of the type of healing that you have taken on is that there is no standard answer that can be given, and, that you work with energy fields, and it then becomes part of your mission to be able to determine what would be the appropriate combinations. But this is part of your learning. There is no manual that will be given to you that will give you those answers. You, indeed, would essentially write the manual as it progresses.*

**It is difficult.**

*Well, yes, but that is what you wanted. But, you see, my love, what you ~ the flipside of that, and view this as not frustration, but rather, opportunity, for it forces you then to learn all of the different combinations that are available on the earth plane, and that when you are with a particular entity, you have available many, many different combinations of remedies, and that you would be careful of imposing upon an entity a remedy that, from your perspective, is appropriate.*

*It was Barjan who was complaining of the taste of your tea. Now, you know, there are many, many, many substances on the earth plane that achieve the same end result, and some are proving to be more popular in their mass appeal, depending upon the groupings of energies in particular geographic areas. And it becomes a responsibility of entities like yourself who are charged with seeing all the different opportunities and then selecting what seems to be the appropriate situation.*

*You know, this gets into a complicated discussion of addictions on the earth plane, which we will not move into at this point in our discussion, but oftentimes, it is necessary for the point on the path of an entity to feed the addiction rather than to starve it. And that is all that we would give at this point, for we will talk further of addictions. But, again, knowing whether to feed or starve an addiction is part of the learning of lessons. Often, an entity will know themselves, for they have reached awareness through their Higher Self. Other times, they will need to come into the security of an environment of a healer who would be able to help them to determine, and not to simply categorically say, "You have an addiction ~ we must starve it." But to say "Perhaps we need to feed it first."*

### **Waith Discusses Consumption Of Different Foods And Herbs, And The Issue Of Judgement (August 17, 1993)**



*As we have so often indicated, many, many entities need to consider a cleansing of the encasement on a regular basis, and that many of the substances that go into the encasement by energies on the earth plane now are not appropriate, for they go in, in incorrect combination, or they go in, in much much too dominant a form, you know. For other entities, it matters not what goes into the encasement because of the lessons that they need to learn, but as you begin to increase in your own lightness and your own awarenesses, you become more tuned into that which are the needs of the encasement.*

*Before we leave this particular topic, however, we would indicate that the issues of judgement play very, very strongly here, and that it is important that no one judge another by what they consume, and to think that what you consume is the right thing to be consuming or not consuming. You know, Mushiba does not impose on anyone that which she consumes and does not consume, but at the same time, there is no judgement if any around her do not follow the same type of consumption pattern. And this is what needs to be kept in mind, that if you have something that works well for you, and you have found that it also works well for others, then that is simply a signal that you have something that is of benefit, but not to impose it, and that it simply means that you have something that perhaps you could share with others.*

*The entire philosophy of not eating meat, for example, is appropriate to certain individuals and not to others, and yet, it is so profoundly appropriate, that it has become accepted as an alternative to particular eating patterns that entities may have. However, it is not the appropriate pattern for everyone. And what may be appropriate for your eating patterns now can very well change as your own vibrations change. And again, this is a topic for a special session, for the issues of food are always of interest on the earth plane, for food is an addiction on the earth plane, and thus, we will give more attention to it.*

### **What Is A Good Cleansing Of The Body One Can Go Through?** **(August 17, 1993)**

**You mentioned the need for periodic cleansings. What would be a typical appropriate periodic cleansing? What would it consist of?**

*Well, you know, our favorite cleanser is grapefruit juice and water. This has been historically, as we have given the information on the plane, that this would be appropriate. However, the time frame of which you speak, again, goes to the individual. For some entities, they find that one day, once a week, works to help keep them continually light. Others find that once, one day once a month, or one week once a month, or whatever. Our advice is to attempt this slowly. So, for example, you would consume grapefruit juice and water for one half of one day to see what effect it has, how you feel. You become accustomed to that, and to consume lightly in the remainder of that day, unless you feel that you could start one full day, to feel the effects of it.*



*Our recommendation is that you have a minimum of one half of one gallon of grapefruit juice per day, and that you have also the minimum of the eight cups of water per day. And when we speak of water in the fasting and cleansing context, we are referring to the pure water. And water on the earth plane is as pure from any source as it could be, you see. When we speak of purity, what you call bottled water is perhaps a bit strained from impurities but it is no more of benefit than that which is readily available, unless you were, of course, to attempt water out of a polluted river, then that would not ~ it would have blockages in the filtering system. But to not get, shall we say, paranoid about the purity component of water, basic pure water is all that is needed. Not carbonated water for this, but the plain simple basic water, and grapefruit juice.*

*We have been given our time by our timekeeper that it is ending now our time with you, and we would be with you all during these coming weeks as the energy transferences increase in preparation for that which you call the season change. And there will be very, very dramatic patterns in the weather all around you, but not here within the safe zone, but all around you. You will feel residual effects of very unusual weather as the cleansing of the earth becomes even more accelerated. So, we are here to be called upon as you find depletions in your energy occurring. Simply call upon us to help bring into your energy field a shot, shall we say, of energy.*

### **What Would Be The Best Foods For This Time In Our Evolution That Would Benefit Us?** (April 19, 1994)

*Ah, the issue of food. We will stand for this. Now, it is appropriate, of course, that the very first question that would come in a discussion of this type would be regarding food, for on the one wing, there is concern about food and its obsession, and on the other wing, there is concern of elimination of food. And of course, each is an extreme to the balance. And we can respond to your question, you know, in several ways. We could very easily say to you, well, it is very dependent upon what your chosen path is. And then we could sit down and take the next question.*

*However, what we will do is to give you a response that is now appropriate to go on the record for those entities involved in vibrational changes that are also coinciding with the vibrational changes of the planet, so that at the time of The Shifting those energies on the plane who are vibrationally attuned ~ and have decided to remain on the plane in The New Illusion ~ will have been properly prepared, shall we say, for the encasement to house the new vibration of the energy that you each are.*

*Now, contrary to the popular belief on the earth plane that in order to have a spiritual path and to gain enlightenment, you must fast and consume only water and bread, no animal, for of course, the popular belief is that if one consumes animal, that one is less than enlightened. Well, you see, this is not correct. It simply is not correct. It is, however, a way in which those who are spiritually elite would like to portray to the world by saying that they do certain types of fastings, and they do certain types of food combinations. And they talk about this at great length, you*

*know, and therefore, they show to the world that they are spiritually attuned and that they are gaining in their own awarenesses. And as part of the gaining of their awarenesses, they want everyone else to know that they have gained in their own awarenesses. Well, you know, ultimate spiritual enlightenment does not require that you let everyone know that you have become enlightened. It is indeed quite the opposite. The more spiritually attuned that one becomes, the less one discusses it. It simply is. It is simply the way that you are. And thus, the way that you consume becomes then a part of that enlightenment, that sense of wholeness with The Universe and wholeness within Self.*

*There are ways in which certain foods can be combined and consumed. As you feel vibrational changes within your energy field ~ and you will know this yourself as you feel perhaps sluggish, you feel perhaps nervous, as if you had all this energy and you did not know what to do with it ~ and you feel an acceleration of energy, that you had so much to do but had not enough time to do it. And it began to create then a sense of anxiety, so that you are either very sluggish because your energy is being pulled down by the vibrational changes or you are feeling accelerated to the point of being nervous and anxious.*

*There are several things that you can do. We will give you several alternatives. What you would want to do is try out some of these to see what works best for you. There is not one way, you know. There are as many ways to do things as there are energies in this gathering. We give you only a starting point, a guidance that enables you to form perhaps your own frame of reference and to have a sense of accomplishment that you have indeed provided nourishment to your encasement that is harmonious to its vibrational functioning during these vibrational changes.*

*The first, of course, is the ever-popular liquid of choice that Terra Lux talks about so often, and that of course is grapefruit juice. And many on the earth plane find the taste of grapefruit juice very, very difficult to absorb. And for some energies, grapefruit juice is inappropriate. For others, it proves to be a very appropriate vehicle. What you consider is the chemical combinations of grapefruit juice, not that it manifests as a grapefruit, but that you look at the breakdown of the chemical combinations that determine why that particular combination is appropriate, or not appropriate. There is a chemical that is natural in certain fruits, grapefruit being one of them.*

*This next fruit may seem to be completely out of the family of grapefruit, but it is what you call a pear. The combination that makes up the encasement of the pear is exactly in harmony and proportionate to that which is in the grapefruit. So, if you are finding the bitterness of the grapefruit not to your assimilation, then the pear would provide an opposite taste sensation, but nonetheless, would give you the same effect, the effect being a cleansing of tissue in the encasement, a cleansing of the toxins that become absorbed in the folds of the mucus that make up the tissue in the encasement. It is as simple as that. It flushes through.*

*Now, the pear may be consumed in the same way as the grapefruit, either in the fruit form or in the juice form, and would want to be consumed in its purest state, as pure as you are able to*

*obtain it, without all of the additives, and of course you would not have what you call the sugar added to either of these fruits. When you consume these fruits, however, you must also consume water with them. They are ineffective in their functioning if they are simply consumed without the accompaniment of water, proportionate to. So, for example, if you had one cup of grapefruit juice or one cup of pear juice, you would have one cup of water. The water should be warm and not cold. When you are doing the combination of the fruit and the water, the fruit should also be warm. It should not be cold. You should have warmth going into the tissues and not the cold.*

*That comes out of the fruit category. There are many fruits, both edible and nonedible, that you would want to perhaps associate with and become one with. Just a little joke. Just a little joke.*

**What about canned fruit, cans that you do in your own home rather than buy it in a can?**

*That would be appropriate, my love, if you are knowing then the contents, for if you are doing this procedure at home, then you would not be adding the sugar and the other types of additives that you would find in what you call the commercial products. The important thing is that the fruit is in its natural condition and not with the additives. The only additive that seems to work a bit in harmony with these particular fruits is what you call the clove. Not the clove garlic. We sensed that thought going through several energies. But the clove that is a spice ~ and that it could be combined in many different ways. It could be used as the whole clove and heated in the liquid to lend flavor, or it could be, shall we say, mashed and placed as a crunchy effect in the fruit.*

*So, this is the fruit. There is, interestingly enough, you know, a byproduct from The Animal Kingdom that is appropriate for consumption. That is what you would call the broth from the soaking of the skin from that which is the poultry family of The Animal Kingdom ~ but that is also appropriate in its natural state, to have soaked and brought to what you call simmering, over numbers of hours, to a point of flavor. You do not eat the skin but simply allow that which is the chemical combinations that make up the skin that go into now the water, and that it be a broth, and that this is also a cleansing. It works in much the same way as the fruits work, to help bring the vibration of your energy back into a balance. If you are feeling sluggish, it will give you energy. If you are feeling too much energy, to being anxious, it will bring you into a state of calmness. You learn over time what is appropriate for you, the amount that you should consume and the amount of time that you should consume.*

*You would also want to test your own encasement's ability to absorb certain foods. It does not take a spook to tell you if you consume a certain food and it does not feel right in your body that perhaps you should not consume that food! You do not need to have someone, as we are from The Angelics, to tell you that. It is no mystery. You are able to figure this out yourself. We have been on the record from the very beginning of our discussions that being what you call vegetarian is appropriate for some entities who choose simply to eat in that way, and to not be that way is also appropriate and is not an indication of spiritual advancement. So too, is the*

consumption of what you call ~ oh, what is that we call ~ Twinkies. ☺ For some, Twinkies is an appropriate food to consume at a particular moment.

*Excesses of anything will create disharmony. And as you begin to change in your vibration, you will naturally follow a simpler diet. You will very naturally change the way in which you consume, and what you consume, without it becoming an issue, with yourself and with others. You simply will consume, regardless of whatever, when you want to consume it, and what you want, and how much you want. But, of course, this comes as you know Self and not from another who would tell you that this is what you must consume.*

*If you are feeling vibrational changes occurring in your encasement, you feel pain ~ physical pain ~ try one of these that we have suggested, at least as a beginning. They will work. Whether you like them or not is the issue for Self. And when you see that a particular food does indeed work to help soothe you, then you will be more inclined to experiment with other foods, and indeed to talk with others about what they use to help soothe them.*

*The use of this milk derivative, yogurt, is beneficial for some. For others, not beneficial. Consumption of the potato, consumption of the tomato, is very appropriate. Consumption of that which is pineapple is very appropriate, the breads that have grains in them are appropriate, but not to the point where you become so obsessed with only eating certain foods because you fear that your encasement will be toxic if you eat white bread, for example. Your body, your attunement, knows what it needs. And you will consume then what is appropriate for you. Even if it does appear to be an excessive amount, it is appropriate at the time for you in order to balance and bring you back into that which is not excessive.*

**When you say grapefruit juice, eating of the whole grapefruit, is that the same?**

*Oh, indeed. Indeed. What you would of course want to determine is the content of the fluid. What is the amount of the fluid versus that which is the nonfluid. So that in order for the cleansing of the chemicals to help you, you would need to have what you would call perhaps one half to one cup of liquid at the time of consumption. So, if the fruit is providing that amount of liquid, then you would have it accompanied by the nonliquid portion of the fruit.*

### **Why Do Some Spiritual Leaders Resort To Fasting?** **(September 20, 1994)**

**Why do some spiritual leaders resort to fasting, to using no drugs at all? For example, Jesus went into the desert, and for forty days and forty nights, he meditated, and then he came out spiritually cleansed with new thoughts to change all the environment around him. That is using no stimulant at all.**

*Yes, indeed. And that was appropriate to his energy. For others, that is not appropriate. We do not say that you must fast in order to become spiritually aware. You could be smoking a cigarette and have an enlightenment. You could be chomping on a chicken wing and find enlightenment. You must be most careful of judging how another reaches their own awarenesses and how another cleanses themselves. For some, fasting is simply not an appropriate behavior. And fasting, by the way, does not guarantee anything except perhaps being hungry. It does not guarantee that you will reach anything. Eating certain foods does not guarantee anything. It is from within Self that you determine what is appropriate for you.*

*And when you see behavior by leaders, such as the entity Jesus, it is meant to show you a possibility ~ one of the many different ways. It was appropriate for his energy and his vibration and for the situation at that time, and it was meant to teach a lesson. For those who would want to fast, they could then use that as a model, but not to be taken verbatim. Be most careful of taking the way someone else does something and imprinting it upon yourself completely. You must always look at what others do as possible guides for your own behavior, and then take parts of it that seem appropriate. You run a great risk in trying to imprint upon yourself another's way of behaving and another's way of finding their own answers, you see.*

*We have on many occasions recommended ~ especially after a session with us in which there was a sense of, "We are very serious here and we must learn all this information," ~ that many of you perhaps go for what you call this hot fudge sundae. And you will seek your enlightenment through some chocolate. Lots of chocoholics, as you call it, in the vibration. Feeding an addiction is often the way in which you get rid of it. For some, it may take a lifetime, and that is all right. It is what it takes, and it may only be the beginning of many lifetimes in which they will have to go through this. For others, eating chocolate, they are not even wanting it, they could care less. But they have something else. Remember that. As perfect as anyone might want to present themselves to you, the fact that they are on the earth plane means that they are not.*

## **What About Abuses In The Food Kingdom, And The Food Chain, Now And In The New Illusion?** (January 17, 1995)

**Right now, in The Animal Kingdom and The Fish Kingdom, there is a lot of abuse or balancing going on. They are eating each other as food. Is this a balancing, or will that continue into the next illusion where these wild animals and ocean animals, and so forth, eat each other as a food, as part of a food chain?**

*To adequately respond to that, my love, would take more time than we have remaining in this session, for it presents a very interesting discussion of who eats who ~ and that it is all right, you know.*

**You had said that food is an addiction in this illusion.**

Indeed.

Sort of an addiction, so would that mean we need food in the next illusion?

*Well, sustenance for the human encasement and sustenance for all encasements, actually, is a part of the earth plane illusion in general, not just a particular illusion within the earth plane illusion. As a result of that, that sustenance takes on different concreteness from illusion to illusion. What you call food in this illusion will be called something different in the next illusion. The issue of eating another, whether it is of your own species or not, is topic for another discussion. It goes into issues of abuse. You know, the consumption of one within one's own kingdom of another in that kingdom, and the consumption of another from another kingdom, is all very interesting as issues to be learned. It never ends, you know. Some entities will not eat, shall we say, certain other kingdoms. But no matter what you place into your encasement, you are consuming another kingdom.*

*Even if you breathe air, you are consuming another kingdom. Air is a kingdom. So simply by being on the earth plane, it means that you consume something from another kingdom. It is the issue of what kingdoms you decide you want to consume that create interesting discussions, and the issue of consumption within your own kingdom of each other ~ some kingdoms, that is much more prevalent than in other kingdoms, but it is part of the setup for that particular kingdom. It will be appropriate to discuss as part of Earth changes, since The New Illusion will be providing some interesting new kingdoms.*

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.*

*Our love here has worked extensively with those who are addicted to food. And our love here 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. Indeed. Other questions.*

### **Waith Talks About Foods Appropriate For Some, And Not Others, And Listening To Self (May 16, 1995)**

**You had mentioned that we should be having certain diets like large quantities of grapefruit juice and things like that. Is that still appropriate or have the vibrational changes brought about different general things that we should be having in our diet?**

*We have indicated that certain types of foods may be appropriate for certain types of people, not categorically stating that you must consume grapefruit juice ~ though it is the beverage of choice for many. Citrus is generally an appropriate cleansing.*

*There are certain types of foods known as ground foods that grow under the ground and must have the dirt taken from them in order to retrieve them, as opposed to foods that grow above the ground. Those that grow below the ground, for many now, are appropriate as you undergo your own vibrational changes, as your own polarities begin to change. Some of you will have polarity changes. Some of you will not. Thus, you will find this yourself. It is always appropriate to listen to how your body feels when you have consumed some type of food.*

*We have talked in the past on recognizing food that is appropriate and not appropriate for you. Listen to Self, listen to the way in which the encasement feels after it has consumed some type of food. That is your best judge for Self. For some, grapefruit juice is totally inappropriate. Their encasement is not able to synthesize the combination of nutrients. For others, carbonated sugar drinks are appropriate.*

*Some of you may laugh, but all of this food on the plane is presented for issues. It is not just haphazardly around you. There are many who must have that type of combination in order to work through their own issues. That is why it is so prevalent. When it is no longer needed, it will*



*disappear. That is the way it is. It is also a good way for us to test your judgements, to judge another by what they eat.*

**Is that why we have Kentucky Fried Chicken and all the various fast-food places?**

*Well, indeed. There is nothing wrong with anything that is on the plane. All serves a purpose. It may not be appropriate for you, but for another, it is appropriate ~ if only to test issues of abuse. All that is on the plane is appropriate. Be most careful of your judgements of what is right and what is not right as ordained by you. Some of you, when you leave the session this time, would go and have your hot fudge sundaes. We are aware of that habit, if you will. The Candy Planet awaits and The Chocolate Planet.*