

# Waith Class Transcript

## QUESTIONS RELATED TO THE TOPIC OF HEALTH, PHYSICAL ISSUES, HEALING (1987-1996)

*(Topics Include Addictions, Afflictions, Aging, AIDS, Ailments, Allergies, Alzheimer's Disease, Back Problems, Body Adjustments, Bran, Castor Oil Packs, Cholesterol, Comatose, Disabilities in Children, Emphysema, Epilepsy, Female Health Issues, Headaches, Healers, Hearing Impaired, Heartburn, Height Stature, Hypertension, Indigestion, Joints, Left-Handed, Male Health Issues, Medical Field, Mental Illness, Mouth Sores, Multiple Personality Disorders, Numbness, Pain, Scars, Self Healing, Teeth, Warts, Weight)*

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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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## Unless Someone Truly Wants To Be Healed, They Cannot Be (September 10, 1987)

*Do remember that unless someone truly wants to be healed, they cannot be. You cannot force your healing upon them for it would be only temporary, and whatever it is that you healed would not be truly healed. It would return unless the person truly wants to be healed. Remember that someone may be here specifically with a physical ailment, for example, that is part of a lesson that they need to learn, and you would be interfering by healing it against their will. So always remember to ask either their permission or to work with them in a way that they and you understand the desire to be healed is evident. Do you understand?*

Yes. Then in order to obtain this balance, I need to let out past interferences that are interfering with now. When I have let go and accepted completely is when the blockage will no longer be there?

*That will be part of it. You have the basics down. You need to meditate to understand more fully and more in depth what it is about this blockage that is creating a block. That is something that your Higher Self will tell you, and you will know it. Once you know it, then it will be poof ~ it will be gone ~ and you will begin the healing process. It is knowledge that must come to you through yourself, and not through me, so you can receive it as you are ready to hear it. This particular information ~ at this particular time ~ you are not ready to hear it and especially from someone else. You will gradually be given this information as you are able to assimilate it, and take it, and understand that it is something from the past, and it is excess baggage, and you will not be devastated by the information.*

So, once I have received this information, then all my other heart's desires are free to flow?

Yes.

## One May Need To Have A Particular Ailment Or Disability As Part Of Their Balancing (September 10, 1987)

When I have balanced the spiritual, then the physical will respond? Or will the body remember? The body remembers certain things apparently, which has caused the physical discomfort this time around. Then will everything balance completely, my body and spirit?

*You have the ability to balance completely. Remember that what you might consider balancing at your conscious level may in fact be different from what your soul considers a balancing. In fact, you may need to have a particular ailment as part of your balancing. The elimination of that ailment could in fact not help you in the balancing. Remember that when you see an entity with great physical disabilities or mental disabilities that they are not to be pitied. They are to be looked at as simply souls who are balancing themselves. They have come in to learn lessons, and*

*they have taken upon themselves certain lessons to be learned, and therefore there is no need to pity anyone. Instead, rejoice that they are here learning their lessons, and hoping that they are in fact learning their lessons ~ praying, ever continually that souls are in fact learning their lessons, as their soul is hoping for them to learn. It is important for you specifically, again, to hear your Higher Self, and listen to what your own balancing needs to be.*

### **Waith Suggests To Drink Six Glasses Of Spring Water Every Day ~ A Very Healing Element (September 17, 1987)**

*I would suggest that you drink water every day, perhaps six glasses ~ six. And drink the spring water. A physical cleansing will ease somewhat what is going on, on the spiritual level. Water is beneficial to the body in that it helps alleviate the fatigue of the spiritual, a very healing element.*

### **Inquiry From Someone With A Fear Of Heights (October 01, 1987)**

*Your fear of heights comes from another lifetime, of course. You lived in a mountainous area very near where what is called the Alps today on the earth plane. You were forced by an entity then, who is not on the earth plane now, and of no consequence to you in this life. This entity forced you to climb the mountain, and you had hesitations about it. He told you that it would be all right, you would not have to worry about anything. And that was not true because, against your own will, you were forced to start climbing. And you did indeed fall and that was the end of the life on that particular occasion. You left your body very quickly on the way down. You must face your fear also. Isn't it interesting how these lives affect your current life?*

### **Question About Healing From An Accident ~Balancing From A Past Life (October 08, 1987)**

**I would like to find out if the accident to my leg was for a specific purpose, and when and if it will be healed in this lifetime.**

*Everything that happens is for a reason. The question to be asked is not whether there was a reason for it. Rather, what is the reason for it. This is something for all of you to keep in mind that everything on the earth plane happens for a specific reason. What you have with your leg is something that comes from a lifetime in which you were a cave dweller. And you were working with other individuals to build a certain kind of monument to worship someone, who was not to be worshiped. Only The Creator is to be worshiped. And you were involved with a cult.*

*In the building of this monument ~ you were a male in this lifetime ~ there were many who were trying to stop you and the group from building this monument. And a war of sorts broke*

*out between your group and the other group, and there was much fighting and much taking of lives. You were, during the battle, attacked by someone from this group. And there was a wound into your leg like a spear or knife of sorts that was very severe. It hindered you from fighting at that point, and you escaped from the battle, and you escaped the destruction that then occurred, leaving all of those in your group no longer on the earth plane. They were killed by the opponents. You were the only survivor.*

*It did not leave much of an impact upon you in that lifetime. And you did not, upon returning to the spirit dimension in evaluating that life, see it for the purpose that it was, the balancing that you needed to have. And it took you many thousands of years coming back on the earth plane and spending time on other planets to finally see that issue from that lifetime, which was not to worship any being other than The Creator. And you have come into this lifetime to balance that. The leg and the accident were necessary to give you a reminder of that lifetime, and whether it is healed in this lifetime, or not, is not the issue. You can heal this, if you so choose. Your soul has chosen to have this as a reminder for you so that you will work toward developing your contact with The Creative Force and giving homage to The Creator and not to give homage to anything other than that. So, if you want to heal, it is available to you. You have the ability. However, your soul may decide that it is not the way it wants to go, that you will keep the injury until you leave the earth plane.*

### **Someone Asks How To Use Their Crystal To Help In Healing ~ A Conduit Of Energy (October 08, 1987)**

*The use of crystals varies from entity to entity depending upon your vibrations. The way in which you use your crystals vary. For you, my dear, it is a conduit of energy. And by wearing it around your neck it serves as an opportunity to give energy to those with whom you come in contact. It will take you some time of wearing this crystal before it will be fully workable, you might say, before your energies have truly permeated the crystal. It will take perhaps another two or three months of being on your body. Do not take this crystal off. If you take your crystal off it breaks the bond of energy.*

*As you yourself open up your Spiritual Centers, your own energies flow into the crystal. And when you are with people, as your crystal increases in its strength, it will give energy of a positive nature to those people around you. As you become stronger yourself, your energies become stronger, so too will your crystal. And so too then will its healing powers, so that eventually you will be able to have someone hold your crystal, and with concentration on your part, transmitted to that individual, you will be able to heal them, if they so want to be healed. It will take some time, and you are well on your way to this. Know that your crystal's energy is dependent upon your energies, and you are progressing at a very good rate here, as we would expect. So, know that it is an energy field and it will help people who may have darkness surrounding them in some form or another. It will help to dissolve that darkness.*



## Inquiry About One's Fear Of Heights ~ An Issue Of Accelerated Growth (October 18, 1987)

In the last couple of years, I have developed a fear of heights that was never there before. Can this be traced back?

*It is a stronger vibration for you, my dear. Names and colors and tones have their own vibrations for energies. Know that everything that happens to you, and to others, are all related to experiences that you have had in the past. So, the question becomes, not if it is related to the past, in what way. And yes, fear of heights is a very common problem on the earth plane. For many energies, it comes from something very specific. Being thrown off a mountain, for example, can do that to you. In your case, that is not what happened. You bring with you a fear of heights at a level that is spiritual rather than physical. However, it is manifesting itself in the physical.*

*You had many energies around you, before you were entering the earth plane for this lifetime, who were encouraging you to take on accelerated growth in this time frame. And there was tremendous pressure. And in your Toy Box was a lesson of Self Esteem that you had to work on, and the tendency to allow others to make you feel that you were inadequate, and the need to achieve in whatever levels, to compete with others at their level rather than understand your own level, and rise to that particular level. And so, what happened was that you succumbed to this feeling. And these energies were imposing on you a standard that you did not feel comfortable with.*

*And rather than your saying, "I am not ready for accelerated growth," you said, "I will do accelerated growth so that I can keep up with the rest of you." And so, you made a contract with those with whom all energies make contracts, one of The Angelic Force, and you came into this life with the pressure of accelerated growth, which meant that you felt you had to reach heights that in actuality are too high for you. So symbolically, you are now afraid of heights, because at a soul level it is triggering a fear that you are going to fall, or fail in the mission.*

*You have several options here. You can ask to be released from this contract so that you can take the growth at the pace at which you feel comfortable. This will help you to calm yourself. You can continue to want accelerated growth. However, now knowing what you have taken on, you can ask for strength and guidance from your Spirit Guides and from The Universe ~ from The Creator ~ to help you to become strong in yourself so that you are not swayed so easily by those around you, their opinions, and their beliefs, and their behaviors, and that you take your own in a strong, resolute manner.*

## Are Highly Advanced Entities Able To Transcend The Physical? (November 19, 1987)

*Yes. Highly advanced entities are able to transcend the physical. Some may do this on a conscious level, being very aware that they are doing it, and in fact going into a state of meditation for a specific purpose, reason, to go to a specific person or situation, and they will in fact move. Others may do this while in the sleep state. It depends on the level of advancement and it depends on the entity's own desire and mission. Some who are very highly, highly advanced, and who come in for the mission of unselfish service to others, usually choose to do this consciously. They will be going about their daily business, and they will know, because of their abilities and powers, that someone is in need of them, and they will simply go into a private area, and they will leave their body and will go to this person and take care of whatever needs to be taken care of, and they will return. It could be something in your time frame as simple as one minute. Mushiba does this quite frequently. Some of you may have felt her presence.*

## **A Discussion Of Channel Healers** **(November 19, 1987)**

**Could you also be referring to channel healers?**

*Channel healers. Yes. The function ~ purpose ~ of an entity leaving their body to go to another is to heal, whether it be emotional or spiritual, and in some cases actually physical by helping to prevent an occurrence, sensing that some physical harm may be coming to an entity and quickly going to the aid of that entity so that the physical harm does not occur. Many of you have experienced this sensation in your past. Know that you were aided by an entity who simply went to your aid. You may not know that entity on the earth plane. You may not know who that person is. It is the mission of the very highly advanced to do this. There is a connection that is felt immediately, almost as what you might refer to as a telegraph system at a very high vibration, and entities on the earth plane are able to choose whether or not to respond.*

**Can they do this without leaving their bodies?**

*Oh, yes indeed. Yes indeed. What we are trying to accomplish now while I am here, part of my mission is to develop the abilities of so many of you, who have been healers from past incarnations, to fine tune your healing abilities. And by being able to not leave your body, and heal, you are at a stage of development that will enable you in future incarnations to leave your body, and heal. You see, this is the first stage. And it takes many, many incarnations of practice and skill development to heal. It is not something that just happens. It requires a great deal of dedication and selflessness. When it is known that you have the power to heal, your life is not your own.*

*You have sensed this, and you have experienced it already. And you make a decision as to whether you want to follow this path, for it can be a very difficult path, for when you are learning to heal, it will not always be successful. As in learning any skill, in developing any talent, there will be times when you fall short of what you are attempting to do. It is the only way in*

*which you can learn and perfect your skills. However, there are so many skeptics who expect that if you claim to be a healer that every time you attempt to do it, you will succeed. This is unrealistic. What happens is that you become the target of those who would want to prove that you are a fraud, who would want to be disbelievers. And it becomes a very lonely path.*

## **Do We First Have To Learn To Heal Ourselves Before We Can Learn To Heal Others?**

**(November 19, 1987)**

*You need to know how to heal yourself. However, you must realize that you can heal others without healing yourself. You must have the ability to heal yourself. Whether you choose to do so is the point, you see. You may have chosen to take on certain physical limitations for lessons learned for yourself, and to teach others, which would not hinder your ability to heal. If you have perfected your ability to heal in a former incarnation, that is all that matters. You do not have to prove it to anyone.*

**They will not believe you if you are healing them.**

*It is part of the mission, you see. This is part of what you must learn in becoming a healer.*

**Waith, does this come in the form of a light? Is it a healing light?**

*It comes in several forms. There is a light. There is also a sensation of heat, warmth. There is also a sensation of an energy, a pulsation, if you will. Those are the three major ways in which there is a healing. For those who are very highly advanced, who leave their body to heal, they simply do it. Many can do it with thought transference, and so that the person receiving the healing is not even aware of the sensation. Remember that there are so many varying levels of healing, and so many perceptions of it. With some individuals, when they are being healed, it is important that they feel something in order to believe it ~ true healing requires such proof or sensation. The proof comes in the entity's own perceptions, and what may be felt by the healer to be certain issues of credibility that need to be established.*

**I am a healer. However, it is not necessary for the other person even to know when I heal.**

*That is correct. Remember also that an entity cannot be healed unless they truly want to be. There may be a short-term healing. However, unless the entity so desires to be healed, it will not have a long-term effect. Many times, what an entity wants to be healed from is a karmic lesson, and in fact, must, until they have met their lesson, maintain that which might be healed. This gets into very complicated areas of healing. I think it would be a very nice topic for a future session. Let us do that. Let us talk in the future of healing.*

## With Growth, Is There Always Pain? (November 19, 1987)

*Yes. I am sorry. Remember that all of us experience pain as we grow. As I have indicated earlier, I too am on the path toward Oneness and I too must go through growth. Remember that I told you that I was a Cherub.*

**I always vision God as Love and Light. I have a hard time understanding why we must all go through all the pain to reach Love and Light.**

*It is not really considered pain when you are not on the earth plane, you see. It is considered opportunity for advancement when viewed from any dimension other than the earth plane. The purpose for the earth plane is to learn the physical lessons of those teachings that you are absorbing when you are in other dimensions. You learn theory in school, and the earth plane is where you practice that theory, and you must feel it physically.*

*Remember that pain is an illusion that is created by the limitations of the mind that come from being incarnated on the earth plane. It is the only plane where this exists. All the other planes in which all of us as energies have the ability to go to, do not have the same kind of pain. The opportunities for growth are accelerated on the earth plane. There are entities who have not come onto the earth plane very much. In fact, we have many energies around here, where I am, who have not come on the earth plane at all. They have chosen their path of progression toward Oneness in other dimensions. It will take them much longer. The earth plane is the opportunity to move along the path at an accelerated rate. Even if it is one lesson at a time, one incarnation at a time, it is still far more accelerated than by not coming onto the earth plane. So that the pain that you are feeling is really only what you feel it is. If you think it is pain, then it is.*

*There are many on the earth plane now of a highly advanced nature who understand the whole theory behind growth, and do not view it as pain. It can be viewed as pain by others. They see it as an illusion, which it is, and see it as a working through of an issue. Remember that what you have done in prior incarnations carries through with you, and if you have been naughty then it comes back with you and you must account for it.*

**Is pain caused by resistance?**

*Yes, that is a good way to express it. If you resist your lessons then you will indeed feel pain and you will feel put upon, and, "Why do I have to go through all of this?" You go through this because you have brought it on yourself, regardless of what it is from another lifetime. And if you simply take the responsibility of your own actions, you will be much better off, and you will get rid of that lesson, you see. You just keep getting lessons presented to you. And if you accept them as coming from The Universe, and helping you to perfect yourself, and realizing that whatever is*



*presented to you is the meeting of Self, and accepting that, then you will be much better off, you will be much happier.*

### Why Are People Getting Taller?

(December 03, 1987)

*The issue of height has always been one of fascination to energies who incarnate on the earth plane. When Mushiba and I were in Atlantis ten thousand years ago, the height, the physical body, had evolved to a very large size. Mushiba and I both were what you would refer to in this incarnation as over seven feet tall. And it is simply a part of the physical manifestation of the body growing. It has nothing to do, by the way, with spiritual advancement. It, in many cases, can be for lessons to be learned. In this case, where there are many on the earth plane who are of a large stature, it is a physical magnification of the accelerated time in which the earth plane now finds itself as the approach to The Shift comes closer. You must live with your height and love it. Each of you must develop a level of confidence and a level of comfort with your height, for it is, as it needs to be.*

### Is There Any Connection Between Epilepsy And Psychic Abilities, Or Mediumship?

(December 10, 1987)

*That which you refer to as epilepsy is the result of the need to balance and does not necessarily mean that if one has this particular situation that they are more psychic than others. There is not a higher percentage of psychic abilities as a result of that. What does occur with this situation is a greater ability to exist in an altered state. The condition alters the consciousness, for whatever the period of time is in, which these seizures occur. It is a balancing that is a result of an entity's not accepting their soul's ability to be psychic.*

*It is not quite as simple as all of that. There is much more involved in it. There are other reasons why the epileptic state occurs. It does not mean that the psychic abilities are superior or very high. It simply means that the Soul is having difficulty in accepting whatever the level is and is fighting it. It may be worked out in the lifetime. And if that were to occur, then the psychic abilities would in fact begin to make themselves evident. Usually, however, what occurs is that the entire lifetime is needed, and once the energy has left the lifetime, and upon reflection when coming across, hopefully the lesson is learned. However, in many cases it is not. The energy may then determine if in the next lifetime this condition will again manifest or some other way of balancing.*

### Can Someone Become Vulnerable To Negative Energies During A Healing Session?

(January 26, 1988)

On one occasion, doing healing on a mental situation for a person, I picked up a very negative energy. It frightened me. Does this mean that when a person does healing, they will become very susceptible to negative forces?

*Yes. Yes and no. First of all, you are in a very difficult stage of development, for your centers have opened wide, and you are learning how to protect yourself. It is a most difficult test for you, but you are doing fine. And yes, you will be susceptible to these types of intrusions and attacks. But once you have passed this difficult test that you are undergoing, it will not be a difficulty for you. It is all part of what you must go through in order to be the strong healer that you have the potential to be. All are susceptible to these attacks. You are progressing quite well. We are watching, and you are fighting a final battle with a particular group of energies who have been with you for a while. And you will have this battle for a short time longer, for they do not want to give you up.*

*You must realize that because of your brightness they want to try and dim this, so you must realize that the brighter you become, the more the dark will try to dim the brightness. But eventually, you will have no difficulties fending them off, and it will become to you almost a challenge. You will say, "Come, you negative energies!" Eventually many of you will welcome the challenge, for when a negative energy does come to you it means that you are bright, you see, and they are trying to destroy the brightness. When you get rid of them that increases your brightness. And the more you increase your brightness, the more they will come. And the more they will come, the more you can increase your brightness.*

### Can Negative Energies Cause You Physical Harm Or Illness? (January 26, 1988)

Do they also try to get you at a physical level as well as a spiritual level? Do they cause illness this way?

*Yes, they do. They can, although not all illness is a result of a negative energy attack. Know, please, that there can be illnesses that you are surprised at that come upon you suddenly that are the result of this very situation. I am trying to present an example that is a common one and not a very pleasant occurrence. When you, for reasons not connected with a virus, or an illness, or what you might call a cold, but suddenly for no reason at all, you have what is referred to as diarrhea that comes upon you, and takes away your energies, and then suddenly is gone, but leaves you weak, that is an attack at the physical level.*

Wait, during these periods of extremely cold weather, are we more vulnerable because we are using more of our energies to keep warm rather than perhaps to focus on protecting ourselves? Does it have anything to do with it?

*That is a most interesting question. One moment. The physician here, Jacques, is giving a response to this. He was, in his last incarnation, a doctor. He has been a healer for a very large percentage of his path. It is his mission.*

*First of all, the cold or warmth does not have a direct impact upon whether or not you can protect yourself. It does though have a residual effect. Jacques is saying now that during these cold times, if you feel your body weakened, that you must heat water to just below the boiling point and pour it into a bowl. And into this bowl, place a tablespoon of honey and let it dissolve. And with a spoon, slowly sip. This will give your body an insulation against the cold. For when you are feeling cold it does take your mind off other things. Your mind begins to think of how cold you are, and it does distract, and it could possibly then allow a negative energy to surround you. So, you must try this.*

### **A Question About The Disease, AIDS** **(February 02, 1988)**

**I have a question regarding the disease, AIDS. I have been quite concerned about this for a long time, and I wonder if there is anything you can offer in the way of explanation for this.**

*It is a subject matter that we plan to address, but not at this time. The time is not right for the information, and it will come at a time that we feel is proper. There are reasons for it, of course. There will be no cure. I will say that now. However, that does not mean devastation. There are only certain entities who will be afflicted with this. It is a meeting of the self on a mass level. There are many instances on the earth plane now of masses of entities coming from experiences in the past that join now in this accelerated time just prior to The Shift. Do not fear it. Do not fear it. We will speak on it later.*

### **The Importance Of Truly Learning Lessons In Order To Obtain A Physical Healing** **(February 09, 1988)**

**To Jacques: I asked the healing of the lower back of (name withheld). Do you believe that the healing we did last week will be successful, or will there be other healing necessary?**

*Jacques: The issue of healing with the laying on of hands, there is much involved in this issue that relates more to desires to transmit energies between the sender and the receiver. It is not so simple a task as to simply touch and heal. There must be a reciprocal agreement at some level. It need not be at the earth plane level, and many times is not, but rather at a Higher Level where the Soul connects with the vibrational patterns of the sender. In your particular case, you have the high vibrational patterns to heal. You know this. The healing of this entity is more complicated than simply your wanting to heal her. (Jacques speaks to the person directly) My dear, do you want to be healed?*

I think so.

*Jacques: You think so. You see, this is the crux of the problem, not to be taken lightly. We all take various paths in our incarnations, and it is not always that we want to be healed at the earth plane level. The answer given, my dear, is a typical earth plane response, for the Soul, at this time, is not certain if the lessons have been fully learned. There is a sense that the lesson has been learned, but you want to make certain that it has so that you do not have to repeat it ever again. If you were to be healed now, your soul is saying that it is perhaps too soon. You have not had this lesson long enough. While you would like to be healed and can in fact receive relief from the vibrational patterns of this healer, you need to hold onto this lesson for somewhat longer.*

But it will eventually be possible to get rid of the pain?

*Jacques: If you so choose to do so. You see, you have learned your lesson, but now you want to make certain that you have indeed learned it. You are not fully confident in your own strength and have a somewhat tentative feeling of relapse that the lesson, if the pain goes away, would not have in fact been learned, and you would regress into that situation that caused you to take on the pain in the first place. Do you understand this?*

Very well.

*Jacques: I knew you would. It can be detrimental to have a forcing of healing. (Jacques speaks to the healer) I speak to you of this as well, as to many others who are developing their healing abilities. And there are several of you in this room who have this ability that is blossoming. It is a tremendous responsibility. You must not force it onto anyone. You will know, for the Soul will touch the Soul of sender and receiver. You will know, for example, if you were to go into, shall we say, a hospital and went into a room of people, you would know who at the Soul Level would be reciprocal to your healing and it would be done. This is not to say, though, that you cannot use your healing to ease somewhat the physical pain or the emotional pain. You may not cure, as we would say, but there would be an alleviation of the discomfort level and this in many cases serves a most useful purpose.*

So, in a case like mine that could happen as well.

*Jacques: Yes indeed, and has.*

And then it would come back, and I would ask for that again without giving up the whole thing?



*Jacques: That is correct. Do not feel guilt about this or pressure to give it up. You may decide not to give it up at all in this lifetime. You may decide to keep it completely to make certain that you have in fact learned this lesson. Waith is saying that I must leave the vibration now for the energy expended has been great, and there are still some cellular changes that are being worked on with Mushiba. We do not want to short-circuit her. Well.*

**Thank you, Jacques. We are speechless.**

*Waith: Yes. This response has taken us all by surprise, and we are feeling quite happy. If there is what can be called a warm fuzzy feeling, we have it. ☺ Yes, indeed. We are ready to answer perhaps a couple of questions. This type of energy expenditure still has a particular effect upon Mushiba, which will not be for much longer. She will be able to accommodate it with the strength that is needed. So, we anticipate perhaps time for one or two questions, not of course of a personal nature, but concerns of a Universal nature that we might address.*

### **A Discussion Of Pain In The Physical Body (April 12, 1988)**

*We welcome so many new vibrations into our own vibrational field for the session. We shall be here for a short time. There is a lesson to be understood here where the physical is concerned. While Mushiba could have said NO to this session, we conversed on it and agreed that it would be good to use this as an example for most of you to have a discussion of the pain in the physical body.*

*As you know, everything that comes your way is a lesson and, or, a test, and is also many times meant to teach to others. This applies to the physical body enduring certain types of pain. As many of you know, Mushiba has the mission of teaching. Even though she does have some lessons left, most have been learned, and this physical pain that she currently undergoes is an indicator that the body is indeed limited. The issues of control that so many of you battle with need to be looked at, for you ultimately have no control when you are in the physical body, and the sooner that is recognized the easier it will be for you to allow The Universe to take over the flow of what needs to be accomplished in your lives.*

*There are many of you here who have taken on very specific physical ailments as part of balancing that needs to be accomplished. And the issue of healing, as we have discussed before, becomes one in which you, yourself, must determine if you want to be healed or whether this physical pain you endure is for the benefit of your soul and its balancing, or whether it is indeed something that you have determined to teach, to help others to learn lessons.*

### **Tolerances for Pain ~ There Are Many Levels Necessary For Growth (April 12, 1988)**

*There are many among you who are developing your abilities and your powers to heal not only yourselves, but to help others in healing themselves. We sense that there are several among you in this vibration who have tremendous tolerances for pain but have forgotten how your high tolerances for pain have been reached as a result of many lifetimes of working toward this level, and that many around you do not have these same tolerances for pain, and your sensitivity toward them is less than what it needs to be. Physical pain to an entity is as strong as it is to that entity, and there is no justification in comparing pain among yourselves, for what is painful to one is as painful to that entity as it is to one who may have a higher tolerance. It is helpful at times for many of you to have a quick lesson in remembering pain. Therefore, the body and the Soul will take on pain. It is necessary for your growth.*

**I have a question that deals with my wife and her back. She is on very powerful pain pills, and she seems to be having bad reactions to them, and it is not in her nature to use that type of pill. Is there anything that I can do to help?**

*The problems of the back have become more prevalent during this time frame on the earth plane and are a result of an imbalance that occurs within the Energy Centers of the spirit. The healing of the back for most will not occur during this lifetime, for it has been taken on as lessons, and in some cases as teachings. When an energy such as your wife begins to use artificial remedies, there is a danger in the masking of the spiritual problem, or issue at hand.*

*When the pain needs to be endured, then the spirit must begin to focus on the imbalance. You may help energies who are having this problem who may not believe in the power of healing Self by visualizing where the pain is, and sending the Light to that pain, doing this with the full knowledge of the entity, helping to alleviate some of the pain and therefore helping to alleviate some of the blockages that the energy may have regarding the issue of blockages, and the issue of why the back pain has occurred. It becomes a Self-Healing situation. There is much pain that can be endured, and for many, they take this on specifically.*

*In the case of your wife, she has taken this on very specifically for a lesson to be learned and does in fact not want to be healed. She is to be respected for this for she has her own reason. You can, though, help to alleviate some of the pain and to work with her in her own consciousness so that she will begin to want the pain to go away and to recognize that she has indeed done much of the balancing that needed to be accomplished as a result of taking on this pain.*

### **Pain And Ailments As A Mechanism Of Learning, Or Teaching, Lessons (April 12, 1988)**

**If someone takes on a lesson of dealing with pain, and trying to balance, and then can accomplish the balancing and ridding themselves of pain, is this learning the lesson? Or is the lesson to deal with the pain?**

*It can be twofold, my dear. It can be that the lesson is to be learned in dealing with the pain, and at the same time, the pain or the ailment represents some imbalance that needs to be taken care of. And once balancing has occurred, if that is all that was necessary, then the lesson is learned and the pain can then depart. It may be, however, that part of the lesson is to learn the endurance of pain and that may be the manifestation's mission, one of them at least.*

**It Is Recommended To Go To Those In The Medical Field Who Are Spiritual  
(April 12, 1988)**

*One must, however, be very careful in today's time frame on the earth plane and go to those physicians who are spiritual, and there are many, many of them. Be very selective. It is not recommended that one deny the physicians, for they have certain knowledge and certain techniques and abilities that when used within a spiritual context, which many of them do, can in fact help to heal, for they see the total and not the separate. It means you must not be afraid of saying NO to a physician if it does not feel right, that which is being told to you.*

*They are here, many, many of them, to Be of Service in a selfless manner. You will recognize them, as you recognize each other when you meet. You recognize through a word that is spoken or simply through a feeling that you have that an individual, shall we say, speaks the language, and you see those who are of a certain level of Light. So too, trust your instincts when it comes to those who are referred to as physicians or who are referred to in the many different forms in the medical field.*

*While there are many who are of the darkness, you need not be fooled by them. Be cautious of those who give you artificial stimulants quickly without looking at other alternatives, who will very quickly say to you, "Here is a pill." Be cautious of those who would want to cut you open quickly without looking at other alternatives. And while we would certainly not deny that there are times when the pills are needed, for one cannot begin to heal if the pain is so unbearable, that one cannot gather the strength, and while it is also necessary at times to be cut, it is less and less needed than most would determine.*

*Remember that the technology currently available on the earth plane now is far less that it was in the final days of Atlantis ten thousand years ago, and so there is much primitive work being done. There are several in the vibrations here who have had visions of certain types of equipment that does not exist on the earth plane now, and it comes from soul memories of Atlantis in which healing was able to take place without the cutting of the body. You must remember that the basic issue is still that the pain, or the ailment, or the disease, or whatever it is, is taken on for a reason. And while there may appear to be a temporary solving of that problem, unless the body has acknowledged with the spirit that it is time to let go, then the condition will return in perhaps another form.*

## A Pyramid Shape In Helping Those Who Are Struggling With Ailments (April 12, 1988)

I have a child who chose to be born with many ailments. I have recently taken her off all artificial remedies. How can I help her with balancing herself and with her spiritual growth at this time?

*Your daughter has chosen to come in through you to help her in her own lessons. You were chosen specifically because you have the strength of spirit that is needed for this particular energy form who has chosen to come in at this time because of the opportunities of accelerated growth, this time before The Shift. She has much that she has taken on. It relates to two very particular issues that I am not at liberty to discuss because they involve her soul's path, and I, without her own questioning or her permission, cannot respond to that particular issue. However, what you are doing, my dear, is as it needs to be. You have begun the difficult process of taking away the dependency upon artificial means. There will be time periods in which the breaking away from this dependency may seem to bring on greater pain, but it is not in the long term.*

*We have a suggestion that you might employ in the short term to begin this healing process. That is, to build a structure in the shape of a pyramid. It does not need to be filled in, merely the skeleton of the pyramid, one which you can place over her. And when she is asleep, this structure needs to stay over her. You may, if you are inclined, dress it up with some lace and with a large crystal that will be positioned on the top of the point. And as she goes into the sleep state, stand by her and visualize the ball of White Light encompassing her complete being. Do this for some time and you will begin to see improvements. Do not expect dramatic improvements, for she needs to endure this for some time. This may be employed until the time of The Shift, perhaps, and if she does learn what she needs to learn and balance herself as she so hopes to do, by the time of The Shift, she will then be ready to take on the second part of her mission which is, of course, dependent upon the first part of her mission.*

*She will look to you for your strength in helping her through this and for your understanding, which is already evidenced. We recommend this pyramid to many who would like assistance in gaining greater attunements. For as we had indicated earlier, in another session, the pyramids on the earth plane currently serve a purpose as energy conductors, and it would be of benefit to all of you if there is a particular physical ailment to have a pyramid in your midst, not necessarily one in which you sleep, but one which you have in your vibration.*

## A Member In The Holistic Field, Having A Deep Interest In AIDS Research (April 12, 1988)

A lot of my work is in the holistic field, and in bringing knowledge and perhaps a change in the mindset to people. I am not clear why I gather more and more information on AIDS. I am not sure if this is leading to gathering some written material on it. It would have to be very different, I feel, in order for me to be involved in it. Can you give me some perspective on that?



*The question had been posed in an earlier session regarding AIDS, this balancing that is occurring. We have not addressed it specifically except to say that it is a mass karma and that if it is meant for you as part of your balancing to take this on, you will, and if it is not, you won't, and therefore there is no need to worry. It is a karmic situation even though we do not like to use this word karma too often ~ it is best understood by most. It is a balancing of mass proportion, and it is here now because of the impending Shift. It is all part of that cleansing that needs to occur on the earth plane. There is much that is not understood about all this. It is not being looked at from a spiritual perspective, but rather from a physical perspective, and there are no amount of drugs that will cure this, for those who would be cured must seek within for reasons why they have taken it on, just as any other ailment. This is difficult for many to accept or to even understand, especially in the medical field.*

*The direction that you feel yourself going in, my dear, is one of great Light, for there are many also who are feeling as you feel that there needs to be presented to the masses a different perspective. And you and those who are thinking like you are, and are involved in the same medical areas, will begin to meet each other. You will correspond, and you will collaborate to present a united front. And for those who will have this ailment and are ready to give it up, they can do so. You will be able to present the spiritual dimension. It requires an attunement of a higher level for those who have taken this on.*

*Remember that there are many who do not want to stay once The Shift occurs. They have come in now at this time frame because of the accelerated growth available to them and have taken on such things as this AIDS, as it is called, and once The Shift occurs, they no longer need to stay and can depart. And of course, there will be those who do not want to depart and will have to, for their attunements are not aligned with the earth, Planet Earth. Many of them will leave under the guise of this disease. There is opportunity for many to be cured before The Shift, given the spiritual context.*

*It is a most difficult thing, for those who have taken on this disease, have basically a lower attunement spiritually, and the masses of individuals are responsible for a particular incident many thousands of years ago on Planet Earth that has brought them back now. We would recommend to you that you continue on your path, for you have great knowledge in this area of gathering of information. You are able to see other aspects of the situation. You will encounter a very beautiful soul who is also doing this in another part of Planet Earth. You will make contact and go with this particular individual. Your researches will be most beneficial. It is a male energy form. Your vibrations will meet in a very short time if you indeed continue your quest.*

### **Issues With Teeth** **(April 12, 1988)**

I am having a reoccurring issue with my teeth. I will have a crown put on and the crown will not have taken. So, I will end up paying for the crown and end up getting another crown for the same tooth. I am not sure if it is a financial issue or whether it is a control issue. I can almost seem to work with everything else holistically, but when it comes to my teeth it seems that I am dependent upon a technician outside of myself.

*You have done quite a fine job in analyzing this. You do not need us. Which is what our ultimate goal is as most of you know, that you find the answers from within yourself. You have very strong control issues in your life, and as do so many. It is one of the conditions of the earth plane, you see, to work through and to give up control eventually and recognize that the ultimate control is no control at all. What you need to recognize is that, for you, your teeth represent a vanity issue also, and you are in the beginning stages of changing very drastically your eating patterns and that which you consume. Teeth are needed only to perform the physical function of chewing and of course, they are also a cosmetic situation.*

*We find that for many who are chewing less, that being the giving up the food that ~ the eating of animal and that sort of thing ~ that there becomes less of a need for these teeth. We are not saying that you should go around without teeth, for most on the earth plane find it offensive to look at another who does not have teeth. It is an issue of quite amusing dimensions, but nonetheless part of the earth plane manifestation. And as you begin to alter your eating patterns more and more, you will find your dependency upon these teeth less and less. And when the time occurs that you really do not need these teeth, for the many reasons that you hold onto them, when you let go, you will feel a freedom. And this is not true of others who might lose their teeth. There are various reasons why energies lose these teeth. In this particular case this is the reason.*

*You are advancing rapidly, and the financial aspect that you analyzed is a peripheral issue, for you are needing to let go of the material. You recognize that that which is concrete is, in fact, illusion. You have some time to go before this issue ~ you will need that which is an artificial tooth or teeth, for you want to maintain a pleasing appearance. We find and try to encourage all energy forms to have as pleasing appearance as they can for it helps to bring others around you. And if you are not pleasing in appearance ~ this does not mean that you are a beauty queen or king, but rather that you are pleasing and not repulsive according to earth plane standards, and missing teeth are considered repulsive on the earth plane, you would not get people to come and talk to you. So, it becomes important that you look good, for if you do not feel that you look good then you will not be able to relay that which is your mission. However, you need not hold onto these parts of the body in such a way that you feel your identity relies on them.*

*Pay attention to your eating patterns.*

**Yes. My eating patterns are undergoing major changes.**

*Yes, indeed.*

I had not really linked those two things.

*Everything that occurs is linked. Remember that, all of you. Nothing operates in isolation. As you all know, there is a reason for everything. That is the common language that is spoken, but what you may not understand is the linkage with everything else, so look closely at your own lives and your own behaviors and link that which is occurring. You will have a greater understanding and through your meditations you will be able to reach a deeper understanding of that which is occurring for yourself.*

### What Is The Purpose Of My Being Left-Handed?

(April 19, 1988)

I am left-handed, and every time I have met someone who is left-handed there is a feeling of camaraderie. I am wondering if it has any special significance, or connection.

*The taking on of the what-you-call left-handed is related to that which your brain has taken on as part of its mission in the lifetime manifestation. It indicates that you are feeling strong needs to develop a creative aspect of your being, and it connects with that part of the physical brain that develops the creative aspects, and it is a sign to the world that you are indeed choosing to be different in this lifetime, and it is necessary for you to make this public announcement. You chose to do this before coming into the lifetime. There are many who have made the public announcement in other lifetimes and therefore do not need to do it. There comes a time in your manifestations when you have to publicly announce that you are in fact developing the creative part of your personality, and the creative part then leads to psychic development, for you have in this particular case not worked very much on your psychic abilities in other lifetimes. You have chosen this lifetime to do so and you are about to step over the threshold.*

*There is symbolism in the use of the left hand, for it has become commonplace in this dimension to use the right hand, and there is no real physiological connection between the right and the left usage, only that which has become acceptable. For example, in Atlantis, during the time of the final destruction it was acceptable to have usage of both and in fact was common, much more so than today on the earth plane and that the use of both hands, depending on which one was free to be used, and it was a symbol then of a greater unity between the physical and the spiritual. And so, my dear, when you meet other energy forms who have chosen to use their left hand, as you say, you will feel a connection, for you will know at some level, conscious or not, they are making a public announcement of their desire to increase their creativity and therefore leading toward their psychic development.*

### Waith Discusses The Energies Of The Sun, The Positive And Negative Effects

(May 31, 1988)

About the sun, I know that there are healing and almost medicinal energies from being in the sun, but I am confused because I know also with the ozone layer being the way it is right now, there is also a negative effect. And I wondered if you could comment on that. Is there a period of time in which it would be healthy, and after which it would deteriorate in terms of its effect? And when you have clothing on, and you are in the sunlight, are you still receiving that positive sun energy?

*Let me address this very briefly, and simply, and then let us bring this particular question into the session on healing that has been requested. The rays of the sun, if channelled properly, are healing agents. If not used properly, can destroy, for they are very powerful. And, yes, when clothing is on the rays of the sun still penetrate. You must take caution in your exposure to the sun. This is no great wisdom that I am giving to you. This is knowledge currently existing on the earth plane of the dangers of the sun if used improperly.*

*The sun rays were not intended to be used as conductors of prolonged intense rays, so that, for example, to sit in the sun for hours and hours upon end, day after day, is not the purpose. There is something about the inactivity of that behavior that creates a further damage from the sun than if one were to be moving about the environment working or playing, but to simply lay there for hours and hours creates some interesting side effects.*

*So, I join in your many profound doctors and others on the earth plane who say to you to be very careful about your exposure to the sun, and that you should have, if you are going to be exposed to the sun, to take castor oil and mix it with fresh lemon, two parts castor oil to one part lemon, fresh lemon it must be, and place this on your skin and this will help in protecting your skin.*

**What about lemon juice?**

*Not unless it is from the freshly squeezed lemon. Do not use this concentrate that is found now. Get the fresh lemon and squeeze it and use the pulp from it as well as the juice. That will help.*

*For those of you who have taken on in this incarnation very fair skin, you have done so purposely. Pay attention to the effects of the sun upon that. For those of you who have skin composition that allows greater exposure to the sun, then you may take greater exposure to the sun, keeping in mind however that too much of it will damage.*

**I know from Astrology that the sun represents the male principle, and the moon represents the female principle ~ is it also one way of balancing, how we react to sunlight?**

*Yes, you are correct in the point being made here, and it is an issue that we would like to address at a future time, and in fact it would blend very nicely with the healing session, for the sun has*



*such significant role to play on the earth plane. The sun is part of the dimensions of the earth plane. It is not a part of the total. It does not appear in all of the other dimensions. It appears only on the earth plane.*

### **Special Topic Session ~ Healing ~ Intermediate Level** **(July 10, 1988)**

*We are here for this session to discuss, specifically, healing. And we have been looking forward to it with great anticipation. And we feel that the best way to approach this is to allow the questions to come. We really do find it better to have discussions rather than monologues with you all even though the answer to your question may be a monologue. ☺*

*As always, we feel it important that it be placed on the record, the question that you have, and that this session is intended to give information on healing at an advanced level. Therefore, there will be information that you already are aware of that has been discussed in previous sessions or that which you each already know because of your particular point on your path and your level of knowledge. We will now take questions.*

### **A Discussion About Spiritual And Emotion Healing** **(July 10, 1988)**

**Usually, we think of healing as visible. Can you talk a little bit about spiritual and emotional healing?**

*Indeed. I would expect that question to come from you. The reason for that is, that this being an advanced session, the rudimentary understanding of healing on the earth plane is that it is related only to the physical healing, the physical healing being only that which is the final manifestation of healing that occurs at the spiritual. It must occur at the spiritual first before it is able to be manifested in the physical, so let us address this particular area.*

*We have stated before that in order to be healed an entity must so choose to want to be healed and that that which has been taken on as a manifestation is for lessons to be learned. Now, the lessons to be learned that so often show themselves in the physical, be they encounters of a particular kind, physical disabilities, situations that occur in your life path, are simply the visible forms of that which the Soul has acknowledged as a lesson at the spiritual, and if there is a healing that needs to occur, it begins at the spiritual. There are many who have severe spiritual damage. All energy forms have a spiritual, shall we say, impairment, for on the path to Oneness is the desire to become One and to become whole, and therefore it is common that there is, shall we say, damage at the physical level. The intensity of that damage is what is peculiar to each individual soul.*

*Thus, when it is recognized that there is a healing that needs to be accomplished, let us say, for example, someone has ~ oh, there are several in this environment who have back problems. This is a typical ~ Mushiba included of course ~ this is a typical physical manifestation of that which is relating to the spirit, to the Soul, and one would take it on an individual basis to determine what is the reason for, at the spirit level, the back problem. It is then determined by the individual whether the lesson to be learned or the test that is being encountered is, in fact, being learned at the physical level and being learned, therefore, at the spiritual level.*

*The healing must occur first at the spirit level, a giving up of the lesson saying, "I have learned it and I know that I have learned it." And once that has been done, the healing at the physical level may occur. The Soul may determine to keep the remnant of the lesson that has been learned at the spirit level with the physical until departure from the incarnation so as to serve as a constant reminder of the lesson learned. That is entirely up to the Soul.*

*Now, those who would be involved in healing are aware of the issues that need to be resolved at the Soul Level, and there needs to be a connection with an entity at the Soul Level. This can be done through mutual meditations, and those other types of techniques that true healers are able to connect with. It is a learning process, an ability as part of the power that one has to heal that the healer is able to connect in some way with the Soul of the entity who needs to be healed. And there is an agreement between the two that there will be a working with at the Soul Level, for any healing that may appear to occur at the physical level can be only temporary, for unless it has been healed at the Soul Level, the physical will return, maybe not in this incarnation, it may appear that it has been healed in this manifestation, but in fact will need to be taken on again in another manifestation.*

*Speak with me now, my son, about your question.*

**Well, what I was wondering is the spiritual and the emotional healing.**

*The emotional and the mental are all, as you all know, connected with each other and that unless there is an addressing of the issue at the Soul Level it will not have its ripple effect at the emotional and at the mental. They are all connected. There are techniques, of course, that can be employed to help entities receive relief at the emotional and mental level while they are working on the issue at the Soul Level.*

*You, as a healer, will have available to you crystals that can serve as energy conductors so that when an entity is experiencing actual concrete pain at the emotional and mental level, there can be a drawing away of those energies from them. It will serve as a relief almost, perhaps as a bandage, to soothe.*

## **The Role Of The True Healer**

(July 10, 1988)

*The role of the healer, the true healer, is to take each individual entity and address needs on an individual basis and to come in connection with the Soul. And by knowing what the issue is at the Soul Level, then to know how to deal with it as it relates to the other issues, the other areas, and how the issue relates to those areas, the mental, the emotional, the physical. It is part of the development of the healer. To be a healer is not something that comes because you say you want to be one. It comes from the ability to attune yourself to the needs of others in a selfless manner, to not question the needs that that entity may express to you, and also to recognize that it may take many, many lifetimes to develop an attunement that is of such a high level that there is an immediate connection with the Soul of an entity who needs healing.*

*The entity will at the Soul Level cry out, will recognize the healer at the Soul Level. It is not something that is recognizable at the physical level, the earth plane level, until the healer is of such an attunement, and that entity does not discuss with others the ability to be able to attune immediately to the Soul of another. With it comes tremendous responsibility and it is why those who want to heal are tested, and they are tested for many lifetimes.*

### Is Spiritual Healing By Grace? ~ The Goal Is Ultimate Healing Of Self

(July 10, 1988)

**In the spiritual healing, is that because we incur karma and all that? If you do spiritual healing is that by grace? I do not quite understand it on that level.**

*Realize that every entity has the ultimate capability of healing themselves. They do not need one who would be a healer, and that the healing that an entity can do for themselves comes through their abilities to learn a lesson, and not only to learn a lesson, but to take on even greater tests that accompany the proof of learning a lesson. The more tests that an entity takes on to prove that a lesson has been learned, the more of what the earth plane calls grace, as it is most easily understood, is accumulated. And so, this grace, as you would call it, is actually a Self-Healing mechanism. For many entities, they need assistance, help along the way in their path, just as we come in to speak with you, to give you guidance, to help you, we are healers. We help you. You ultimately do not need us. This is the goal, of course.*

*And thus, entities who are healers have chosen a particular path to Be of Service to those who need help in developing their strength as their own healers. And oftentimes a healer will meet up with an entity who is struggling along the path, and with a little help and encouragement from the healer in helping to, shall we say, eliminate a painful issue, the entity is then able to do it themselves, for they may need assistance several times or it may be in several lifetimes that they will need this assistance until they have a sense of strength within themselves. It is why we are all here to Be of Service to each other.*

*This is why we are here, all of us. It is to help those who may not, for whatever reasons, have been able to advance as they want to, for they are struggling with an issue. And a healer may in fact help the entity to build up their storehouse of grace that helps in the washing away of the pain at a spiritual level, which is really not pain at all at the spiritual level, as you would know it at the physical level, it is simply a, shall we say, a tear in the psyche of the Soul.*

### **Is The Physical Condition Generally Related To A Specific Soul Issue?** (July 10, 1988)

**QUESTION FROM ANOTHER: Am I too general by taking the body basically as a means that tells me what is to be meant on a spiritual level? Because I feel that the pain or the disability in the body is just a representation of the lesson to be learned, so that, for example, a person who has a heart problem, there are very different soul issues than a person with a back problem, or a person with eye problems, that actually the body is telling us in its symptoms what we are to look at.**

*On one hand, my dear, it is not too general and on the other hand it is not too simple either. What you are recognizing is that as a healer in training, at an advanced level I might add also, that you are becoming more and more attuned to looking at the physical manifestation and not generalizing, so if two people came to you with back problems, they do not necessarily involve the same issues at the Soul Level. You are recognizing this now. Working with Mushiba has been helping you, sort of shaking some of your preconceived ideas about back problems.*

*This has been purposeful. She has been here to teach this to you, to help you to learn, as well as for herself, to take on certain issues that are not related to most back issues which, as you are learning, and you are responding in a most wonderful manner, for you have gone beyond that which you have learned as truth in the treatment of physical, and gone to your inner feelings and to your Higher Self to learn how you can best treat the physical by understanding the spiritual and the issues of the Soul. And so, for you, as you see each individual, you are becoming attuned to their soul.*

*It will not come easily with many people who you encounter. It comes more easily for you with Mushiba, for you are connected in many manifestations with her. And it is purposefully presented to you so that you will gain encouragement and self-confidence from knowing that you are responding at levels other than the physical, And as with any who would be on the path for healing as you are, there will need to be a period of the building up of confidence in your own attunements to the Soul of the individual with whom you work. And do not be discouraged if you are not able to attune yourself. It is in the trying, it is in the continual attempt to reach the Soul that is of concern here, and in your recognition that all that appears to be is illusion. And while you are grounded in sound technological information regarding the physical body and it's putting together of the bones and the blood and the skin tissue and all of that, that it is after all simply an encasement and that the Soul is at the issue here.*

The second part of the question you actually answered because I was doubting whether my staying in a conventional medical facility is the right thing for me, but as you said the intent and in the trying it again and again, I actually also grow. And then on the other hand I see that I have a purpose of being in touch with the environment of confusing a little bit the ideas that go beyond the so-called scientific knowledge.

*Yes, indeed, you are where you need to be. And for this time frame you are being most beneficial. You are learning as well as others learning from you. You take what is known as the conventional medical practice and you show how alternatives to that can be applied. And know that there will be many, many entities who you will help on what is called the temporary basis. They will come to you strictly for the physical improvement and you may be able to infiltrate into their soul issues somewhat to help you in relieving their physical. But if you are not able to, that is all right, for not all want to be healed.*

*And while there may be a physical healing, as I indicated earlier, in fact what is referred to as short term from this end may in fact be considered lifelong in the manifestation the entity has taken on, but if the Soul issue has not been dealt with, then that physical ailment will manifest itself once again in another manifestation, another incarnation. So, you serve a very beneficial purpose. It gives to you as an entity a great deal of credibility to those who would doubt you, who would be skeptical that you have a firm and strong foundation in that which is technologically accepted today on the earth plane so that you could show them that you know of the accepted practice and it does not work and here is the alternative.*

### Healing ~ Imbalances Occur At All Levels ~ Spirit, Mental, Emotional, Physical (July 10, 1988)

QUESTION FROM ANOTHER: It is my understanding that the spirit is our highest level of being, and then the mental and emotional in the middle, and then the physical at the lower level. It is a very simplified point of view. Is it true that soul imbalances, when they are manifested in the physical, are not as severe as when they are manifested in the next higher level, which is the emotional and mental? And is it possible that if we do not resolve our issues that are being manifested in the physical, they continue to worsen? Is it possible that they move up to the next level, the emotional or mental, and if that is the case, is it possible to heal people when their imbalances are so severe, they are manifested in mental or emotional illness? Is it possible to reach through to help people who have imbalances at that level?

*You must realize that when there is an imbalance, it occurs at all levels. It is not restricted to one. And so, if there is a healing that needs to occur at the physical it strings its way through and begins at the spiritual. There can be no complete healing unless the source is dealt with, that which is the spirit. There can be a soothing at any of the other three levels. However, it is usual that if there is a healing that is needed at the spirit level that it finds its way through the other three levels, and if one is then manifested in the physical, for example, pain occurring at the physical level, that pain affects the mental and the emotional. They are all connected. If one is feeling imbalance at an emotional level, it is affecting the physical and that this imbalance occurs*



*from the spirit level. It is where it begins, though you might look at it in terms of, here is the spirit level, it is the high level, and an imbalance begins to occur, a healing needs to be done. And as it begins to move out of balance, it sends forth very rapidly into the other three levels residual so that all is affected. And while the soothing can occur at the other two levels, there must be a direct interaction with the Soul for the true healing to occur.*

## **The Issues Of Being Nonjudgmental, And The Danger Of Imposition To Another** **(July 10, 1988)**

**I am concerned with people who are severely mentally ill. Is it because they are mentally ill, does that mean that their soul is at a greater imbalance than if they were just physically ill?**

*You must be very careful here in determining why someone has taken on a particular issue. The issue of, as you call it, mental illness, may not in fact have a reason for healing. Know that all lessons to be learned are not necessarily having a healing needed. Healing is when there is a tear in the psyche, the spirit. It does not mean that if someone has taken on a particular disability that they need to be healed.*

**So, some people choose to come in and suffer mental illness.**

*Absolutely do! That is correct.*

**A person with Down Syndrome, would that be one case like that?**

*That is correct. It is not something that you can categorically state, though. It is why we caution you all to be nonjudgemental when looking at those around you and saying, "Ah, I know what is going on with that individual." How do you know? Only The Creator knows all.*

**So, we are not expected to do any more than give comfort to those suffering from mental illness. They may not want, or they may not need, healing.**

*You may not even give them comfort. That is a judgement. It is most difficult. The role of the healer, you see, is to learn, slowly, when to address an entity and when not to, for as I have indicated earlier, if there is a healing that is needed, the entity will cry out many times only at the Soul Level, and very often at the physical level. There may be someone who comes to you and says, "I am in need of healing." They have recognized it only at the physical level, and then there becomes a working together of the healer and the healee. There is danger in imposing your healing upon someone who does not need it or want it. Sometimes when they do, you then ~ you do not know what to do.*

*This is all part of learning to be a healer. As I have indicated earlier, you may not always be able to do the healing, but it is in the attempting to do it, and each time you attempt it, you learn a bit more, and so perhaps the next time around, the next entity, or the next lifetime, or ten lifetimes from now, you will have attuned yourself. It is not going to happen to you because you say you want it to. It takes much time and it is an issue with healers of Unconditional Love, being completely nonjudgemental, not forcing yourself upon anyone or making any judgement as to why they have a particular ailment, disability, life predicament.*

### **There Is No Quick Fix On Healing** **(July 10, 1988)**

I have a question that relates to what we are talking about right now in terms of a healer not imposing any judgements upon another. I have mostly a single session with my clients and I have had very good results with the single session. However, I sense that multiple sessions would also benefit. The way I come across suggesting it has not really gotten across, because no one really has ~ I think one person has come back for multiple sessions. And yet I really sense strongly that the way the crystals work would be most optimally beneficial with more than one session. Yet all I have done is just have mentioned it. I wonder if you could address that. Is that imposing judgement to encourage that?

*The issue here is twofold, my dear. The issue first of all relates to the propensity of the earth plane now for quick fixes. It is part of why the cleansing is needed, for there is short term thinking, and the thought that you have one hour. Fix me. And on the other hand, you are giving in to that type of attitude and in fact reinforcing it when you know better. And you are, shall we say, timid to indicate to individuals that it is more than a one-hour session that is going to help them to balance, that in fact it will take several and that the first meeting that you have with them is an evaluation session. You must build this into the way in which you present yourself. You can learn from (NAME) in the way that she works with those individuals, and it has not come overnight. Has it, my dear?*

No, it has been quite some struggle.

*What you need to do is to build a, shall we say, program of action where you say that the first meeting is where you evaluate their needs. I speak from Mushiba's marketing vocabulary, and she can help you, by the way, in the development of this, which is what she knows best and can relate to on an earth plane level. I give to you from the spirit realm that there needs to be a series of connections made with an individual. You cannot possibly heal them or help them in healing themselves in one session. You know this.*

*You must now gather the strength and the fortitude to give out this information. It is not an imposition upon their will for you to do this, for you tell them at the beginning, and they then choose themselves if they are going to go in this direction. There are many who will want a fix.*

*And you will tell them in this initial meeting, and in fact tell them prior to that that it usually requires several sessions depending upon the needs of the individual. Do you understand?*

**Yes. If they still insist on a single session, would I give them that? Or would that be going along with the belief of fixes that people have, if I were to agree to a single session?**

*You must begin to learn to use a judgement factor here for yourself in analyzing the individual coming to you. If you feel that this individual would be helped in some way, some small way, by coming to you for just the one session, and that once you get that person into your environment, you may be able to show them the way, then by all means have them come for one session. If you feel a blockage initially, strong resistance, then you make your own judgement on whether you want this person to come to you or not.*

**Yeah, I have various ways of screening people just from my own intuition as to what they are looking for, if this is really right for them. I know what you are saying, do it a little more.**

*Do it much more. Do it much more. But it also relates to the way in which you present that which you are capable of doing to those who speak to you, and your level of confidence about that which you do, so that they would not question you as much, that of more than one session. You need to present your information from the beginning in a way that indicates that this is multifaceted, requires more than one time.*

### **Using Meditation To Search For The Issues Of The Soul That Cause Illness (July 10, 1988)**

**QUESTION FROM ANOTHER: I have always been sick in this lifetime, and I would like to know how you get to know the issues of the Soul that have to be corrected.**

*Indeed. In order to know these issues of the Soul, if you so want to, you must meditate. It is fundamental to all that I speak of. There is no other way to know of the issues of the Soul. I am able of course, as you all know, to give you some guidance and direction, however you must learn this yourself through meditations and the seeking of the Higher Self. That is how you will learn what the issues of the Soul are, my dear.*

### **Can You Heal When You Are Not In Balance? (July 10, 1988)**

*The most important aspect of the healer is that they have the ability to heal themselves. And remember that the healer will be in a balance at the spirit level, and while the physical manifestation may appear to need healing, as I have said earlier, this is not always the case. The*

*physical may simply be there as a reminder for the Soul. There must be a balance at the spirit level for the healer to heal. Yes, that is correct. Even though it may appear that there is illness, it may not necessarily be true.*

### **Many Have A Soothing Ability Of Healing ~ Helping In The Healing Process (July 10, 1988)**

Waith, you talked a few times about the importance of connecting on the Soul Level to get ready to heal. I do not have any particular way of healing, but I know when I talk to people, sometimes I will interact with them, or have a relationship with them, a healing is happening. When people heal in any way, is it necessary to know this person has this problem, disease, illness, whatever, because of something in a past life? Or is it enough to heal something on the Soul Level without knowing what it is?

*You have shown a great sensitivity, my dear, to the issues of healing in that there are many degrees of healers, many levels. There are those who will show very concrete results from their abilities to heal, and there are many who have this soothing ability of healing, which means that they are able to help an entity at one of the three levels, physical, mental, emotional, in the soothing, and perhaps brushing away of some of the pain that exists at each of these levels, so that the entity itself can get to the Soul and perhaps see a clearer way. It is as if you were speaking with someone and they began to talk and talk and talk to you, and they finally realized what their problem was, simply because you were there to listen, and you helped peel away some of their confusion.*

*There are many of you here in this vibration now who serve this purpose, and without really recognizing a soul issue, you are able to help in the healing process. Know that healing is a process. It is not simply where one puts a hand on someone and says, "You are healed!" Know this is all theatrics, and while there can be, there is a power that many have to do this, it is very short term, very temporary, where you can see an actual cut on the encasement be healed. This is show, something entirely different from the real issue of healing.*

### **The Issue Of Faith Healers ~ All Healers Will Undergo Testing (July 10, 1988)**

Would this address the faith healers and all those sensational healers who apparently have really success, but that they have simply mended on the surface, but their issue is not healed?

*That is correct. And there are reasons why this phenomenon occurs. And that, as I said earlier, healers take much time to develop their abilities. And part of the path toward development of the healing power comes in utilizing certain powers, and it is a test for many healers to be given a certain degree of concrete power to see how they use it, in what context they use it. Do they use*

*it in the spiritual context or do they abuse their power? At some point in every path of the healer there comes a time when their power is tested for spiritual context.*

*This is why so many from Atlantis polluted the time frame then for they had the power but not the spiritual context. There are many today who are being tested, many in fact who have come back from their time in Atlantis where they failed the test and have once again asked to be tested and are being tested to determine how responsible they can be.*

*As we have said before, those who have power but not the spiritual context are shrouded in darkness, but you must be careful again in judging those who you would call the faith healers. You do not know how they are responding to their test. That will be determined when they have completed the incarnation and have returned for evaluation at another dimension. But know that it is a test. It is a very visible test. My love, you are being tested.*

### **Vibrational Frequencies Within The Body** **(July 10, 1988)**

**I know that. ☺ Waith. I am learning lately about the different places in the body, so to speak, like the heart level, the gut level, the basic level, or so. Is it that we have in our bodies different kinds of vibrations, different frequency of vibrations, and that we need those different frequencies to operate on certain levels? Or are we basically as an entity of one vibration? And what I am thinking of has nothing to do with frequency of vibration.**

*You are on the right track, but what actually occurs is that the physical encasement has a major vibrational corridor, shall we say. It is the dominant vibration. It is what is referred to as the Spiritual Vibration. Emanating from that spiritual vibration, or corridor, are numerous other attunements, depending upon issues that the Soul is dealing with that may manifest itself in the physical, so that there may be a weaker vibration extending into the limbs, into the heart, certain bones.*

*And the way in which the frequency works is, it is a whole unit, and if the entity goes to a healer, for example, such as yourself, such as someone with the crystal balancing, it is a conscious acknowledgement that the vibrations need to be adjusted so that there is a fluidity with the main vibration. If this is not done either through the help of the healer, or individually ~ Self-Healing, then it will disrupt for the next incarnation, the corridor, and therefore, there will need to be a returning to the same vibration level in the next incarnation.*

*What is attempted so often in a manifestation is that by the time the manifestation is completed that there has been a combining of all of the energies into the main vibration, and that that vibration is balanced. It is only when there is a balanced vibration at the end of an incarnation that it increases, and therefore, coming into the next incarnation there is a higher vibration.*



*If there is an imbalance at the end of the incarnation then that is meant imbalance is maintained for the next earth plane incarnation ~ I stress earth plane incarnation ~ and then that imbalance is brought into the next earth plane incarnation and attempts are made to balance it. Then so often what happens is that it only takes, oh, five years in the next life to do the balancing and then the vibration is raised within that same lifetime. And then it begins again, so that there can in fact be, in any one incarnation, many, many vibrational changes. It simply means balance, vibrational change, imbalance, balance, vibrational change. Understand?*

**Can you give me a little bit more insight on the work that I did with (NAME) in terms of healing myself and learning to run my energies, what he refers to as like energetic holes?**

*The reference given to energetic holes is a symbolic way of representing to you those, shall we call them, tentacles of imbalance that exist outside of the corridor of the main vibration. What you are being taught is a way of centering your energy so that they become complete and whole with the corridor, and that it is no different, except it is in different terminology than that which I have described as a series of vibrational attunements ~ balance, imbalance.*

**When you speak of the corridor, on what side do you think of that?**

*Side. We knew you would ask that. ☺ Side. There is no side. It is not two inches by four inches square, rectangular, oval. It is not to be thought of in terms of size. It is pulsation. When we say corridor, it is a central point within the energy form. And if you want to visualize it, you might think of it as you would a corridor. See? Which is why I used that particular word that can take on many sizes, but the image is beneficial.*

### **The Energy Of Three Crystals Placed In A Triangle ~ Pyramids ~ Kundalini ~ Healing (July 10, 1988)**

**Can you tell us about how we are affected by the energy from three crystals placed in a triangle?**

*Yes, we know you have been wanting the answer to this question for some time. Three crystals placed on a triangle. A triangle represents energy, and connected with two pyramids, and as I have said before, which some of you understand and some of you do not, not necessarily in this gathering but from others, the pyramids are conductors of energy designed specifically for the coming cleansing, and that the energy that emanates from these pyramids are directly related to healing energy, for there will be a healing that occurs for Planet Earth.*

*There is a symbolism in The Universe for the number three. There is a symbolism of three being a connector, and when you place the three crystals upon that which you call the triangle in pyramid, what you receive is a direct and very forceful connection to the kundalini, and it is very powerful, as I have addressed to you in the past, and one which needs to be done with*

*responsibility. It will be accomplished as you develop your own ability to bring it about, and it will enable you to call upon the kundalini whenever you need it in a responsible manner and in a way that will not frighten you or others around you. And it is an indicator for you that your healing abilities have reached a certain level, a level where you will be tested in a very dramatic way to your spiritual context, for there will be tremendous power that you will have.*

*Not all who would do as you do with the crystals would have this ability, for you have a certain level of power and healing that you bring with you from the time of the pyramids, which we have not even begun to discuss with you. And you are ready to take on this particular test, and you have been preparing for it, and it is simply then a matter of your permission for the test to begin.*

### **Could You Talk To Us About Healing Through Thought Projection? (July 10, 1988)**

*The healing through thought projection is a sign of advanced healing ability, and with it comes tremendous responsibilities. It is an issue much in the same vein as these faith healers, where there can be an actual concrete showing of the abilities and the powers, and it can be very powerful. To be able to do something with the thoughts, with the mind, is an issue that has haunted energies on the earth plane since the beginning of the earth plane, and is an issue of responsibility at the spiritual end and thus it becomes a part of testing. If you have reached the level where you can use your thoughts to heal, you will be tested to the spiritual context in which you would develop this power even more.*

*It is very dangerous, very, very dangerous to use the power and not have the spiritual context, controlling the mind of another, or controlling that which another does, or even imposing your thoughts upon another to heal them without permission, without the spiritual context, is disastrous to the Soul in that it will regress you tremendously. It is what has happened so often. Using the power will regress you if it is not within the spiritual context. This goes for any kind of healing, for healing is powerful and you can have the abilities and the power, and without the spirituality that goes with it, you fall into the darkness, and the issues of the dark then become different.*

*And know that healers, true healers, are of the Light, and those who begin to develop their powers to heal many times will not pass the test of spirituality. Their power remains but they are of the dark because they have used it to abuse rather than to help. And so, there is caution to all, that as you develop your powers of healing, that you call upon the Light and that you call upon the protection from the Highest, The Creative Force, to protect you. Ask the help of all those who surround you of the Light, that you will indeed pass the spiritual test, and that you will continue in your path of love and Light, and will use your powers for the good of those with whom you meet.*

## Healing Of The Heart Issues (July 10, 1988)

Would you comment on the issue of healing of the heart, which many seem to be experiencing at this time?

*In what way, my dear. In what context do you address this question, the healing of the heart. In what way, my dear?*

Well, I sense that there is an issue that is maybe common at this time that many of us have been hurt in the past, because of maybe a difficult childhood, or past relationships. And if there is this new vibration that is coming upon the planet in which we will be able to open to a more Unconditional Love of others, of many possibly, but that there needs to happen a letting go of these fears and pain that possibly we experienced in earlier times in this lifetime.

*Yes, what you refer to then is not a physical healing of a physical organ, but rather the heart being the symbol of a growth within you each as entities, for Unconditional Love, and the throwing away, if you will, of the issues that you have dealt with, and not hanging onto them, but rather seeing all that happens as a beautiful experience for growth, and seeing that you each individually grow, and that you are all connected as a whole. It is an understanding more, and an awareness of the interconnectedness of every energy form regardless of dimension and vibrational attunement.*

*And so, what begins to happen is that your entire spirit begins to lighten. and the heaviness that you feel is symbolically referred to as the heart area. It begins to become brighter for you, and you feel the connectedness. And you recognize that all on the earth plane is illusion, and that you are, in fact, learning lessons, and that what may be played out as a scenario in concrete terms, a lifestyle perhaps, and the meeting of individuals are all part of the growth process, and that it is a beautiful experience, and that the pain of which we speak is only at the earth plane level, and that once it is recognized that it is an illusion, that which you have created for yourself, then it becomes easier and you feel lighter, and you feel a progression along your path, and you feel this connectedness. And that no matter what begins to occur then to you, you see as having purpose and meaning, and that you can step outside of yourself and not feel the pain, for you know that it is illusion, that it is really not pain but only that which is a part of lessons to be learned at the earth plane level.*

*So, there is, as you would call it, a tremendous healing of the heart occurring, for more and more entities are discovering this Universal Truth and are accepting the earth plane for what it is and not being enshrouded in it.*

## A Question From Someone Who Is Involved In Writing A Book (July 10, 1988)

Before I ask the question, I think that you have answered this one already. The writing that I have been doing, I just want to make sure that if I do it for other people, if I just surround myself and do the things you said to do, that I will not be getting anybody else but myself in trouble.

*Oh, yes. We always understand. We know ahead of time what the questions are and the concerns. It becomes really a matter of framing the answer in such a way that while some may not have understood the question, they will certainly understand the answer, and therefore understand the question.*

*You have been involved in a process that is a part of the soothing abilities that you are developing in yourself, and your guides are speaking to you now, and they are giving you information about individuals around you who in fact at the Soul Level have asked for the information. Your guides would not be allowed to give you information about another unless it had been asked and permission given, as we discuss here, so there are those around you who feel very comfortable with you, and at the Soul Level you have touched them, and they have sent out to The Universe certain things that they would like to have answered.*

*And your guides, working with you now as closely as they are, are giving you the information. And you, in your learning, determine the best way to present that information to the entity to whom it applies. You will learn, the hard way sometimes, ways not to present this information, and you will begin to attune yourself to those who need the information as to the best way to present it to them. This process, by the way, is available to all. It is simply by choice or design that you begin to work with your guides in this way.*

*We have indicated in the past that this process called channelling takes on many forms, and that the information that comes through takes on many forms, and many purposes. and that many of you will, in fact, be connected with your Higher Self. Your Higher Self will give you the answers for yourself, and it may be coming through in this thing called automatic writing, or it may come through in your meditations, and you know the answers for yourself. It may also come through from your guides who are able at another level to connect with Universal Forces and help you to help those who are around you in your immediate circle, those who for whatever reason you are in contact with. They either have come to you or you have gone to them, and you are surrounding yourselves with each other and therefore you can be of help.*

*So, we would then say, dearest, that continue as you are and learn also the ways in which to present this information to those who need it as you learn your lessons. You are very attuned to it.*

### Delay, Avoidance, And Prevention Of Issues (July 10, 1988)

There is one last question. Where does then come the aspect of prevention? Is that an illusion? For example, could I to get ready, or to strengthen myself for tests, for example, go to someone and do some kind of crystal balancing to be more prepared for the things to come? To avoid difficulties?

*Ah, you cannot. If it is meant for you, you must experience it, so the issue of avoidance is not here. You either need to experience it, or you do not. And if you need to experience it, and you then try to avoid it, then you will eventually need to experience it, be it in this incarnation or some other. And so, there is only the attunement with yourself as to what it is you need to experience and that making a decision as to whether to experience it or not. Now if you try to avoid it, it has a different implication to your soul than if you decide to not experience it in this lifetime or you put off the experience. Do you understand that there is a difference between avoidance and delay, you see?*

QUESTION FROM ANOTHER: **Then what is the strengthening issue? Is there any like getting oneself on a certain diet, behaving in a certain way so the experience, per se, will not be as painful?**

*Yes. Yes. This is what our dear one has been experiencing. He knows that there is a major test that he must encounter and so he has been preparing for it. He has learned this mode of preparation through his meditations and with his guides. The way in which you prepare for a particular issue is dependent upon what your needs are. It may in fact be something at the physical level, certain kinds of diet, strengthening of the body. It may simply though be a strengthening of the spirit, and therefore you will be given that information as you need it. The strengthening may come at all levels for a particular issue.*

*And so, yes, there is a time of preparation that entities would have for any test. It may be a very small preparation, may not be much preparation at all, or it may in fact, as in the case of our dear one here, be some major preparation so that the strength is there. You see? So that is referred to as delaying, not avoiding by any means.*

### **A Remedy Is Given To Help Relieve Fatigue Resulting From Psychic Attacks (October 04, 1988)**

**I have been feeling over fatigued and recognizing this as a possible psychic attack. Is this chronic fatigue a psychic attack? For those of us who feel this way, is there anything other than surrounding with Light and telling negatives to go away?**

*Jacques: Indeed. Remember also that the fatigue is not always psychic attack. You are beginning to learn the difference between psychic attack and the basic fatigue that the physical encasement will have on occasion. There are precautions that you can take, for those of you who will come*



*under psychic attack, and there are particular remedies that will ease the physical response to the psychic attacks. For example ~ this is a good question.*

*When you are all feeling fatigued, you have a sense of tiredness, you might take the following ~ a teaspoon of raw honey, take one clove, take one half of a cup of whole milk ~ Place this to be heated. Bring the liquid only to below the boiling point, and then place it into a container that is of a rough ceramic, nothing that is polished. Before consuming this, place your right hand, if you are female, and if you are male, your left hand, over the top. Visualize this mixture going into the solar plexus, the Spiritual Center, and coating the solar plexus. Allow the mixture to warm down to the point where it is easy to consume without sipping, but rather, being able to drink it down. That is one remedy.*

*I would recommend that you do this in the evening, as you prepare for your meditation. This will help you, for the psychic attacks, understand, come in through the solar plexus, and that as each of you are expanding your awarenesses, the solar plexus opens itself up for entry for all sorts of energies. This will help you. It will help in the fatigue.*

**For the past two weeks all I want to do is sleep. I spend most of my afternoons sleeping and I am not usually like that. Have I been under attack?**

*Jacques: Indeed. The fatigue is a residual to the psychic attacks, and it is sometimes healthy for the body to allow the rest to occur for this helps you to gain the strength that you need at the physical level. For if the physical encasement is feeling weakened, then at the mental and spiritual there will be a weakening also. There needs to be a strength all around. So do not feel guilty that you are sleeping. Allow that to occur.*

### **A Remedy Is Given To Help Relieve Headaches Resulting From Psychic Attacks (October 04, 1988)**

*We realize also that there are some who have the feeling of the ache in the head. Yes.*

*We suggest that you take a very large cloth made of a soft material, a cotton perhaps, very soft, and you place for heating a pot with hot water, and in it you place an herb that ~ let me search now for the name that is used on the earth plane now. Aramis. Place Aramis into boiling water, and as the steam comes, place this cloth over the steam until it penetrates and creates a warmth in the cloth. Turn off the heating element. Place the cloth around your head, as in a tent effect, and place your head so that the steam comes in through the nostril area of the head, and be certain that the cloth covers your ears, and breathe in through your nose, and breathe out through your mouth.*

*Do this as often as you feel necessary to help in the ache. We advise that you not consume any chemicals, such as pills that are available, but rather, this particular remedy. There are many, many remedies. This is one. It is a favorite of mine for the aches. And repeat this as much as you need it in one particular sitting. After the water has cooled and you still feel in need of comfort, repeat the process.*

### **A Remedy For Weakening Of The Joints Resulting From Psychic Attacks (October 04, 1988)**

*There is also a condition that some of you and others in the future will feel that is a physical residual of the psychic attacks, that is a weakening in the joints of the body, a feeling of losing strength. This will manifest itself in several areas of the physical encasement. It will manifest itself in the area of the hands, in the area of the lower neck, as it connects to the back. There is a way to help.*

*You are needing this. It is to take the grapefruit juice ~ this is one of our favorite remedies, you know, grapefruit juice. It is to heat the grapefruit juice ~ the warmth is essential in remedies. There should be really nothing cold going into the physical encasement during times of distress. Heat the grapefruit juice, and in the heated grapefruit juice, place the herb that is of licorice family. Anisette, anise, yes. A small portion of this, very small, for it is strong. And we recommend perhaps, one cupful, not boiling, but warm, and to consume this three times each day, at a minimum, and this will help to relieve the pain which is in the joints of the body due to psychic attack.*

**Jacques, I have a problem with my knees and my elbows. I was wondering if this would relate to this residual effect. It is a weakness in the joints.**

*Jacques: Yes, indeed, some of it is related to that, my son. You have been under tremendous attack because of your Lightness and also because of your involvement with all of us. They do not like that. There are, however, some other issues that we feel the time to discuss with you is coming close, that we would like to discuss with you. Waith has indicated that there are particular events about to occur, within the community, and that will necessitate then a number of private readings to explain certain things. And there are some connections that you have that are ready to be explained, and it will help you in understanding the issue of the joints, as you refer to it.*

*We recommend that in the meantime, be careful of the type of shoe that you wear. We see your needing a shoe, especially on the right side, that has a greater support to it. Perhaps something that can be made for this support, to go under that which is the arch that will give you a greater balance. There is a bit of imbalance at the physical level.*

## Is It Possible To Have Other Conditions As A Result Of Psychic Attack? (October 04, 1988)

*Jacques: There are many manifestations at the physical level that come from psychic attack. They come up with new ones also, to keep you off guard. There are the standard physical manifestations, and then there are others that what they do is go into your own fears. They understand what your fears are, and they find something of a physical nature, something so concrete that if you were to have it, it would create more fear. This is how they work.*

*Is this something that has happened to me recently? And by the way, I want to also thank you for all your help in the past couple weeks with my surgery.*

*Jacques: We have been honored. You have had a particular, shall we say, flowing through blood occur. That is an illusion created by the darkness. It is not there, but rather, in their abilities to create strong fears, they have led you to believe that there is something in your blood system. It is not there!*

## Can You Give A General Reason Why So Many People Have Back Problems? (October 04, 1988)

*Jacques: Most relate to individual reasons. However, there are issues that many resolve in this manifestation that come through physically in the back, recognizing that the back symbolizes the stature of the individual, the ability to stand tall and to support oneself. The back represents those issues, and many now on the earth plane are attempting to increase their stature in many different ways, spiritually, mentally, physically. Many, many are attempting growth.*

*This is increasing in stature, and so there may be problems relating to the physical encasement responding to this. It is not quite as simplistic as many of you would hope it to be, that we could give a quick answer. It does relate, though, to individuals, and what applies to one may not apply to another, but rather that the back is the symbol of control, and many do have issues relating to control.*

## A Brief Discussion Of Emphysema (October 04, 1988)

*What can I do about my Emphysema? Is there anything I can do to get rid of it?*

*Jacques: Before you can rid yourself of it you need to understand that which creates it. Present this during the reading in the future, for it is something very particular to you. The problem of Emphysema in general relates to those who have had difficulty in prior manifestations in*

*expressing their own spirituality. There is an attempt to suffocate that spirituality at the public level. But there are other issues that enter into it other than just this that I have described.*

*What will occur as we give these individual readings, if it is I who respond to, let us say a health issue, that the issue of the Soul will be discussed and it will then ~ certain types of remedies, if you will, will be presented and then, in confidentiality, that will be available to others to read without the name of the person being given, but rather having the issue at the Soul Level presented in a particular way to help alleviate the physical pain, but we do this in private sessions.*

### **A Question From Someone Dealing With Their Children's Learning Disabilities (October 04, 1988)**

Jacques, I have a question about learning disabilities. It is people learning in different ways. I have two children who both have learning disabilities. I know that they are soul issues, but they are being trained, my daughter in particular, for word retrieval, and things like this, to get her brain in gear so that she will make the connections. Is this more a soul issue that she is dealing with, or is it a physical problem?

*Jacques: Remember that all physical problems, if one would use that word, for we do not view it as a problem ~ we view it as simply what must be, not even a challenge, just simply that which must be in order to resolve an issue of the Soul in order to grow, in order to learn. It is exciting. It is what must be. It is not a negative.*

I am just wondering, should I proceed the way I am doing as far as addressing her speech problems, or it being a soul issue?

*Jacques: It is a soul issue, and you must come to an understanding of what that is through your own meditations with your Higher Self, and working with the dear entities, for they are most beautiful, and they have taken on some very interesting lessons that relate to you in the path that you have chosen. You are close to understanding it.*

Will these problems kind of alleviate themselves because they stand in the way of a lot of things. It seems there is so much more to do.

*Jacques: It will take care of itself when it is ready to take care of itself. Do not be impatient. What must be done is what must be done, and will be, according to The Universe. Nothing more and nothing less.*

### **Waith Will Be Introducing A Special Topic Session Soon On Self Healing (October 18, 1988)**

About Self Healing ~ I think we elaborated that each part of our body is only energy and vibration. And we learned that if one of our organs does not function properly, it is sending out the wrong type of energy. How can you advise us to use White Light to heal an organ, or other parts of the body, rather than taking remedies or drugs?

*Indeed, indeed. This issue that you present has many complexities to it, has much that needs to be discussed about it, for it is not a simple matter to say, if you do such and such then you will be able to heal part of the physical encasement. There is more to this, and we feel it would be a most appropriate Special Topic Session where we could devote some very specific time and information, for it is most interesting, and we have some very specific techniques that would be available to an energy who might be ready for self-healing. Not all are ready to heal self, and, in fact, would need very much to take that which the earth plane provides to aid in the healing of the physical encasement.*

*The issues of the Soul and the body are so complex that it would serve purposes for the future that we present this in a special topic. And since Mushiba has time that will begin to free itself, it would be good to have this special topic in a short period of time coming, for we know that it is of a very particular interest to many of you. And so, we will leave this particular topic for now and present it in special topics, and if you are able to attend it would be most beneficial since your soul is at a point now where it is ready to take on Self-Healing.*

*Others of you are not ready for this, and that is fine, but would certainly benefit from an understanding of what it is all about, and what it means, and what you might do to prepare your soul to be in a state of acceptance of Self-Healing, whether it be in this incarnation or another. For many, the preparation can occur in this manifestation and be all ready and when you leave this manifestation you have prepared the way, and when you come into the next manifestation you have no more preparation, you simply are ready to go.*

### **A Question Is Asked About The Use Of Vaccinations And Medications (December 27, 1998)**

*The use of such medicine is something that needs to be determined by the individual entity as it relates to their own soul's path. Of course, if we were to look at this strictly the spiritual, one would say that no such inoculations were to be used, for one should heal themselves. However, most are not at that attunement and need a helping hand. It is similar to the use of a word to help in the meditative state. Most on the earth plane will find it necessary to have helping hands to maintain their physical encasement, and thus you need not feel that you go against The Universe if you seek assistance in a physical concrete way, rather than attempting to heal yourself. Remember that your soul is attempting to learn many, many lessons, and it may be in this particular manifestation you are not able to develop to the extent needed the capability to*



*heal yourself, and thus you will be guided with the physical means available currently on the earth plane.*

*It will do you no good to allow physical suffering when it can be avoided, for you have other lessons to tackle, and many who would refuse these inoculations on the grounds that they must heal themselves may, in fact, be regressing, for they pay no attention to their real mission but rather become sidetracked with issues relating to ego, for many would feel that others around them who are also involved in the spiritual path ~ we have touched on this in previous times ~ the ego that develops in spiritual communities that you must prove to others that you are doing things similar to them, that if you do not meditate in a certain way, or if you do not see auras, or if you are not a vegetarian, or if you are not this or that, that you will be considered not spiritual.*

*The same thing applies to this issue of protection of the physical encasement. Do what your soul tells you to do and do not allow ego to enter into it. Rather, seek your Higher Self and concentrate on your mission in this life and not the mission of some other entity who may be attempting to infringe upon your mission.*

### **The Physical Body Adjustments Needed Due To The Changing Weather Patterns (February 21, 1989)**

**This flu that I have been combating ~ so many people are having bouts of sickness. Could you comment on the problems that everyone is having with the sickness?**

*There is, of course, the extremely accelerated weather patterns that are changing, and this time frame of winter has been so very different than the people have been accustomed to, and you go through what many will be going through during the coming years as the weather patterns change and this area becomes more tropical. It is simply your body adjusting. It is not accustomed to certain vibrations, and it is reacting at the physical level. It is not to be concerned about, for it is very similar to what we talk of when we say that Mushiba's cells are being worked on, the cellular changes.*

*Each of you will be having your own kind of cellular changes that will help you to adapt to the new weather conditions that we speak of. It is, in essence, a cleansing that occurs and makes your body much stronger, the physical, so that for some they will be experiencing this soon, now, as you are. For others it will be not felt for perhaps another season, as it is said on the plane. So, you have taken this on rather early in the time frame before The Shift so that you can get it over with and be able then to deal with other issues.*

**Now, that would be myself. Now what about the masses? Would they be the same?**

*They are in varying degrees of cleansing, some of whom will cleanse to the point of vibrational correctness and some will not.*

**Are there other ways that this cleansing will occur besides these illnesses?**

*Indeed, there will be, my dear. We will not discuss them at this time, for you are not ready to hear them. We want you to adjust at the physical to certain types of changes that are easiest for you to understand and to accept and to deal with, and when it is time for the other types of changes that will be necessary, you will then be ready, for you will have gone through this first stage.*

**Can this first stage be avoided through meditation and in keeping balance?**

*It would not want to be avoided, dearest. It is a very necessary physical cleansing that is needed in order for you to be able to be attuned at all the levels necessary for The Shifting.*

### **Special Topic Session ~ The Healing Of Self (April 02, 1989)**

*We have come in now to discuss a topic that is very important to most who gather, who seek Self growth, and that is the Healing of Self. We understand that many feel an inadequacy in their being at this point in their path, this inadequacy being not able to heal Self when there is now so much discussion about healing of Self. We would begin our discussion with you with some basic precepts and then we will open up our discussion to questions of a specific nature from you, not for your own Self-Healing specificity, however, but that of Universal concern and general concerns.*

### **Healing Can Only Occur When It Is Decided By Self That It Will Be (April 02, 1989)**

*To begin to talk about healing, you must understand that healing can only occur when you, the entity, have decided that it will be. This means not just if you were to heal Self, but also if you were to ask another to heal you, be that healing from a spiritual connectedness or healing that comes from those known as physicians or doctors on the earth plane now who would have certain medicines and techniques.*

*Understand that there is no technique, medicine, or incantation, if you will, that would heal you unless you were ready to be healed. There might appear to be a healing but it could possibly just be short term, for healing means that the Soul has learned the lesson that it so chose to learn and gives up that which it was holding onto. There may be occasions when the lesson has been*

*partially learned and there, then, appears to be a healing, the ailment no longer exists. However, if the Soul has truly not learned its lesson it will take that lesson into another manifestation.*

*In many situations, healing takes many, many hundreds of manifestations and that what might appear to be a total cure may, in fact, be one of two situations: It may mean that a partial learning has occurred and that there is some relief on a temporary basis until the next phase is ready to be taken on in the next manifestation, or it may mean that the lesson has finally been learned and this happens to be the manifestation in which it has been completely learned and given away.*

### **Healing Is An Evolutionary Process ~ Total Healing Takes Many Hundreds Of Lifetimes (April 02, 1989)**

*Healing, therefore, is an evolutionary process. It is transitional in its orientation. It takes much time. And each of you, and each of you only, can do the healing. You can be assisted by others who will guide you in your growth, just as you are guided in your growth in other areas, be that the learning of patience or tolerance or love, you receive help from guides, be they on the earth plane or be they in spirit. So too do you receive this assistance in the healing, but it is only you, ultimately, who can heal yourself, for it is your path, it is your series of lessons that you take on.*

### **You Do Not Have Something At The Physical Level Unless You Also Have It At The Spirit Level (April 02, 1989)**

*We have ~ would like you to understand that the levels of that which you take on for healing manifest at the spirit level, manifest at the physical level, to be very simplistic, and that you do not have something at the physical level unless you also have it at the spirit level. This does not work in reverse, for you will have so often something at spirit level for healing that may not manifest itself quite yet at physical level. Eventually, it will, but know that whatever has manifested at the physical level has, indeed, become quite ingrained at spirit level and that each, then, works with each other in its attempts to be cleansed and to heal.*

*The process begins with yourself, first, in that you need to reach your Higher Self through meditation. All that occurs in growth for the individual occurs through the meditative state, in the understanding of that which needs to be worked upon and the ability to center yourself and to make the physical connected with the spirit. You may go on your merry way at the physical level and not connect with spirit but, eventually, be it in this incarnation or any others that come, you must reconcile at spirit level.*

**You are saying that it always starts from the spiritual level into the physical level. So, each disease is due to disharmony on the physical level. Doesn't it consequently mean that in order to heal yourself, either with existing medicine and blocks, or with meditation, that you have to start on the spiritual level?**

*Disease starts on the spiritual level. You will review what I had said earlier. It starts at the spiritual level and then manifests itself at physical level. In order for it to be cured at the physical level, it needs to be cured at spirit level.*

Yes, so you have to start on the spiritual level?

Yes.

But when I refer to books and information, they are always telling you that you should concentrate, for example, if you have a disease on your body, on this particular part of your body, but that will only help if your spiritual level is ready to be healed.

*That is correct.*

So, if you do not know this, you can work on your foot, or whatever, for years and years, and you do not make any progress ~

*That is correct.*

Because your spiritual level is not ready.

*That is correct. And you see, therefore, while it might appear that at the physical there has been a cure ~ "Oh, the pain has left the foot!" ~ it will come back if that particular point has not been addressed at spirit. Now, it may not come back, for example, in this lifetime. It may, in fact, have a cure that carries itself through this entire physical manifestation. However, it will return in another physical manifestation and oftentimes it will occur at a deeper level, a more intense level. For when short term cures occur without any effort being given to the spirit, it will accelerate it further and make the ultimate healing more difficult, more intense.*

*This is what occurs so often, you see, on the earth plane is that there is the desire to get rid of the physical pain, and thus, at some level in the spirit, the spirit says to earth plane, "Spirit to earth plane. ☺ You can cure this physical pain, for I do not want the physical pain." And thus, you allow a quick fix. A quick fix may, in fact, be the entire remaining plane life. Then it must be taken up once again in another life.*

*And thus, it is easiest to at least at spirit level be addressing the physical pain and to be saying, "Help. Help me, Higher Self to understand what is causing this pain." It may not be that you are able to cure it, but at least you will begin to understand what is causing it. And, in fact, you may realize that it is not to be cured for all to see, but rather for you to take on this physical pain for*

*the entire manifestation in order to, at the end of the manifestation, have cured yourself, and only you will know that that has been done and not the world.*

### **No One Has The Power Over You ~ Only You Have The Power To Heal Self** (April 02, 1989)

*Each and every one of you has the ability to heal yourself. It is only in the believing in yourself and recognizing that no one has that power over you ~ that no one has any power over you. You give power to others, that only you have the power to heal yourself. And you may reach a point of your own advancement that you would have the ability to help others to heal themselves, or you would call upon an entity who has developed their own healing abilities so that their energies would connect with your energies, but it would only be if you allowed that to occur. Oftentimes this is done at spirit level where the allowance is given, the permission is given.*

*There are several of you in this gathering who have developed healing abilities to a very high level and are able to draw out of others these desires to work on the Healing of Self. Energies who help others to heal themselves serve as catalysts. They are able to help the individual feel the desire to learn the lesson, to understand. They serve as channels, if you will, to give the information, but like all information that is given and that is available, each of you takes that information and uses it in a way that is proper for you, and not to be manipulated.*

*Now, there are situations, and this is the flipside of the coin, if you will, those entities who possess such tremendous powers that they are able to use those powers in a negative way upon other entities. This has occurred forever and will continue. It is part of the process of growing that those who abuse their powers must learn to use them in the spiritual context, and those who have been abused by the powers learn to protect themselves. So, there exists currently on the earth plane as well as in spirit, many entities who would use their powers, their energy field, to force certain situations.*

### **There Is No Such Thing As A Magical Cure By Someone ~ Only Self Can Heal Self** (April 02, 1989)

*Remember, however, that we have said that it only appears often that a cure or a healing has occurred and that if it appears that someone has used their powers to cure ~ suddenly someone walks who has not walked all their life, or suddenly they see where they have not seen before, that it may be a real cure or it may simply be one that was forced. The ultimate end to all of this is that you as an entity grow in your own Self-assuredness so that you have the control over your own growth in conjunction with The Universe, for when you work with The Universe it flows as it needs to according to your own time frame, and therefore, no one else can force it upon you.*

### **Do Not Compare Yourself With Others ~ The Process Affects Everyone Differently**

(April 02, 1989)

*Understand that this evolutionary process of which we have just spoken affects each and every one of you differently, and that you must not compare yourself with anyone else. We have said this regarding other issues and we emphasize it in this area of Self-Healing, that you do not look to those around you as being able to heal themselves and you not able. You must compare yourself only with yourself. You must understand that others have different points on their path where healing is concerned, where their ability to take something from themselves and give it away will differ from that which you are able to do.*

### **Many Come In To Work On One Very Specific Lesson, Which Manifests In The Physical (April 02, 1989)**

*Also, remember that many entities have come into this manifestation to work on one very specific lesson, and that may take its form in the physical. For example, there may be the different ailments, the different diseases that are currently available for you to choose from. ☺ That is how it is, you know. You choose those diseases before you come in, just as you choose your lessons and all of that as you were deciding to come onto the earth plane, so you choose, and you know that you may be able to get rid of it in one lifetime or two or three, or it may take you a hundred, but you know that this is the way in which you will work on a particular lesson.*

*Now, for some entities, they become very focused in the learning of a particular lesson and this is what they devote their manifestation to, and therefore, it appears that they are able to cure themselves in dramatic ways compared to everyone else. Others may have a whole series of diseases and things that they are working on and each takes a little bit of time and energy, and therefore, in this particular manifestation, there is no dramatic cure that occurs. Healing of Self simply then means that you are growing from lifetime to lifetime and that in some lifetimes you do a rather dramatic growth and in others you are working slowly. You are evolving.*

### **Using Medications Is Not A Negative ~ It Can Being You To A Point Of Self Healing (April 02, 1989)**

*There is no pressure for any of you to suddenly heal yourself. You should not feel this pressure that because you have, let us say, taken on a cold, for example, that you must cure yourself of this cold and you must do it so that everyone knows, and you must not take any of the medications that are available. You see, we must interject here that medications as you refer to them on the earth plane have been given a rather bad rap recently, and they have been talked about as if they were negative and not to be used. You must look at that which is available on the earth plane in its proper perspective, my dear ones.*



*Not all that is on the earth plane is of the darkness. There is much, much more of the Light than of the dark. You must come to understand the difference, and there are many substances on the plane that would not be useful for you in alleviating the pain at the physical level, but there are many, many that have been discovered by those of the Light, by those like yourselves, to help in this evolutionary process of healing.*

*It is fine if you feel that in order to alleviate pain you were to take an aspirin, as it is called, where others would say, "No, I do not want to do this. I do not want to eliminate the pain through meditation." This is fine. This is as it needs to be. It needs to be that which is right for you, and in understanding that if you are to take certain chemicals and use certain techniques that they are appropriate for you at this time in your growth, for you may, in fact, need to experience, let us say, the negative side effects of using certain medications in order to bring you to the point where you will be able to heal yourself through Self. Do you understand?*

*There must not be this feeling that you throw away all that is available to you on the plane for assistance, for just as there are entities of high vibration able to help you heal yourself, so too are there substances available to help you heal yourself. Part of your growth is in understanding what is best for you, and if you select something that turns out to not work, then you have learned from that, have you not? And therein is your growth, for unless you try something, you do not grow. Unless you seek out, be it another individual or substances, techniques, medications, you will not know what will work for you and what will not work for you.*

*There are many on the plane now who have developed, through their manifestations, abilities of a high level to heal themselves. And thus, you will be surrounded by these individuals. You are not to feel intimidated by them. You are not to feel less than, but you are simply to look at them as examples of what you too can be as you, yourself, progress along your own path. You must also understand that there are many among you on the plane who have in the past abused their powers and for any number of reasons choose not to heal themselves, for they fear that they will bring about their powers in the physical and not be able control them. This is a lesson that they also must work upon, for to have power and be afraid to use it is, in itself, a lesson.*

*Now, we would be pleased to discuss this topic so that we, as you know, do not like to have monologues, but rather, knowing what all of your issues are that it is better served if they come in the form of questions for the record, for the transcripts, so that others will understand that questions they may have are not unique to themselves but rather in the minds of many, and we, therefore, will address them. So, we will start.*

### **The Method Of Healing Another By The Healer Taking Upon The Malady Themselves (April 02, 1989)**

**One method of healing another is to have the healer take upon themselves the malady that the patient is experiencing. Must that always be so, or is there an alternate method?**

*No, there are many ways. That is one very effective way and one in which serves to be very useful to entities in understanding this process of healing. Healing, understand, occurs when the entity says so. The ultimate ability is that the entity has said, "I have learned this. I no longer need ~ whatever it is ~ I no longer need this cold for I have learned what I needed." That is ultimately what occurs. In some situations, a demonstration of movement, one to the other, take it upon yourself, helps in the understanding of the process to be able to see something very specifically. There are many who are healers who take ailments upon themselves from others as a way of helping. It does not heal the other entity, understand, but it simply helps in the process. Your method is quite, quite effective.*

### **Are Major Illnesses Associated With Spiritual Centers? Can Yoga Breathing Exercises Help?** (April 02, 1989)

**Most of my major illnesses are associated with Chakra Centers. This is my experience, and I am wondering if it pertains to all. I have learned through meditation that I am blocking energies in certain important Chakra Centers in my body, and a result of that blockage is physical pain on a physical level. Does this apply to all illness? And if so, do the breathing and Yoga techniques release energy in healing?**

*Illness as it relates to the Spiritual Centers, often referred to as the Chakras, have their applicability in certain areas. It does not relate in all cases, but rather is one of the ways in which illnesses can be worked upon. When any of the Spiritual Centers have a blockage there will be, of course, an energy block. And when your energies are blocked, be they of a short- or long-term nature, there will be an effect and there will be a physical effect that has its root in the spirit. And yes, there are very specific techniques that can be used to help you to unblock those Spiritual Centers so that the flow can occur again. For many, illnesses will project themselves through their blocked Spiritual Centers. They will show themselves in that way. This is not true, though, of all illness, or all cleansings.*

*Know that there is much more than just those Spiritual Centers that you have been given. There are other Energy Flows in the total being, and those Chakras, as you call them, are the most significant for the average workings of the energy form on earth plane, and that as the evolutionary process occurs, other Spiritual Centers open, which very little has been given for information and is currently not too familiar on the earth plane for it is not significant to have. It is not applicable to the masses as knowledge of the seven Chakras are, you see.*

*Now, the techniques such as you have referred to are very valuable. There are other techniques, many forms of the meditation that are available. There are many, many techniques for meditation, for breathing, for going to the Higher Self, that are very, very valuable and can be very helpful to you as you begin to expand your own Centers of Spirit. You must find that which is right for you, and in your particular case, you have found a very good technique for yourself*

*now. That will change as you evolve. You will need more, shall we say, sophisticated ways of dealing with the same type of situation.*

**So, the important thing is to meditate so that we know what is going on with our bodies? It is through the meditation that the healing really can begin to occur.**

*Indeed. Remember, also, that many entities will choose to keep something to teach, you see. This is another side of things. There are many things that while the healing has occurred, the physical will remain so as to teach those around. Mushiba does this with several things. Many of you know. Next question.*

### **Jesus And Healing (April 02, 1989)**

*Waith, I want to ask you about how ~ that were mentioned in the Bible ~ (Some words are inaudible on the tape)*

*The response to that would be as we have discussed. There were many who were ready to be healed and they simply allowed Amelius to use them as instruments of example. All of the healings that occurred through Amelius, while he was on the plane as Jesus, were to teach and to show that that which he did also could be done by Self. They were of varying levels of depth, as your question asks. Some were of complete healings. Some, in fact, were pseudo, as you might call them, pseudo healings, meant to, in agreement with the other entity, to show that this is what is possible.*

*Understand that the level of understanding at that time was such that these parables, as you would refer to them, were needed in order to have people at that time understand certain precepts. It is done continually. When we give out information, it is given in a way that will reach the levels of understanding currently existing on the plane, for if we were to give you explanations of precepts as they truly are, you would not understand them. You understand at higher levels, as you yourself reach higher levels. And thus, remember, that Amelius was charged with the responsibility of reaching the masses, then and now, with the knowledge of what the levels of understanding would be during this past time frame.*

### **Someone Asks About Their Emotional Illness Of Extreme Anger (April 02, 1989)**

**I have had for many years an extreme emotional illness of anger. When my anger shows itself, I can best describe it as my feeling of no control over myself, over my environment, a terrible feeling of inadequacy. Now, this anger has pretty much dissipated itself, and with meditation, I can find peace. I would like to replace this with feelings that are positive. Instead, what has replaced it is a terrible anxiety, a fear ~ being scared to death.**

*You have a feeling, dearest one, that is very common. You are not alone in the feelings that you have. You are able, however, to express this verbally in ways that others who have the same feelings are not able to express, and this is an indication of your being close to the letting go of the particular feeling, emotion that you have. Anger, as a primary emotion, is perhaps one of the most difficult to heal. It takes the most time throughout the manifestations to heal, for anger brings about, then, many other illnesses, for the anger is Self-inflicted. It is anger at Self. It is saying to Self, "I am not worthy to be on the path back to Oneness."*

*Somewhere you have, as an entity, not just you, but many, many others, have deemed yourselves not worthy of becoming One once again, and you struggle with yourself for you see entities around you who appear, and the key work here is who APPEAR, to not be having the struggle, and that causes you to impose upon yourself even more detrimental feelings, and over a period of many lifetimes it accumulates until it will come to a head, as you might say.*

*Understand that one of the basic precepts of The Universe is that whenever there is a void, an emptiness, it needs to be filled, and you have rightfully recognized that when you feel a cessation of a particular anger and a sense of peace, that you equate peace with a void rather than saying that "This peace I feel now is a filled spot, that the void actually is the anger," and that as you have anger you have more to fill it and what you fear is that you will, in having peace, have a void which will be filled with more anger.*

*This comes from, and this is not just yourself who feels this, this is felt by many, many, who see peace as a void rather than a fulfillment. First, in understanding this difference will begin to help you to ease yourself and to take the pressure off of yourself. The anger that an entity feels has its source in many different ways, and as we have indicated, it is helpful if we speak privately with many of you to get at the, perhaps, some of the understanding of where that anger is generated from. It means beginning to change your own attitude that anger is not the void but to understand that it is the void, it is the emptiness. Peace is the fulfillment.*

### **Weight Control Issues ~ A Balancing at Soul Level ~ Forgiveness of Self (April 02, 1989)**

**Waith, you said one of the reasons we do not give up some of the illnesses, or we hang onto some of the emotional pain, is because we have a lack of self-respect and a low self-esteem. Does that also apply to those of us who have weight control problems where we yo-yo back and forth? Is it the same kind of cycle?**

*Yes, indeed, for the issues of bodily weight have their beginnings at spirit. There are many different reasons why a physical encasement has the weight difficulty, and so often, the, as you call it, the yo-yo effect is a result of not quite wanting to work on the problem. A part of you is saying, "Yes, I understand that I have this problem." And another part of you saying, "Yes, and I*

*understand that it is at some deeper level than just the fact that I want to eat." Most, in fact, who have weight issues know that it is far more than just the issue of eating, but rather it stems, whether they would acknowledge it to be psychological or spiritual, psychological simply being the intermediary step of understanding for spirit, you see.*

*And thus, you, like many others, know that you have an issue at spirit and you are ever so slightly afraid to face that. For like any issue, the fear to face something is part of the biggest of the problem, for once you have faced it you can deal with it. But many are afraid to face the issue for the fear of what they will see and the fear that they will see something that is awful ~ "Oh, I will see that I injured someone or I did great harm to someone in another life and they, therefore, starved to death as a result of my behavior, and therefore, I am now paying for that." Well, so what!*

*You are having to deal with something, and there is no entity who goes onto the earth plane who has not encountered some kinds of abuses toward others. It is necessary for all concerned. The issue, then, means how do you overcome that? How do you reconcile that? How do you say, "I forgive myself?" For unless you say, "I forgive me," healing will not even begin. So, you must look to the root cause. You must not be afraid to believe yourself. How easy do you find it to say to others who may have done something to you, "That is fine. I forgive you." It is very easy, isn't it? Why is it so difficult to forgive Self? Why do you continue to impose upon yourself, your own health? Why do you not say, "I forgive me."*

*You see, it is not some singular being known as God who is the only one who does this, for The Creative Force is made up of all energies, each and every one of you, and you are each capable of forgiving Self. In fact, you have to. With the help of The Universe, The Creative Force, you call upon The Creative Force, which means you call upon all other energies in existence. That is the God. That is the ultimate Creator, The Being, Oneness, the Ultimate Being of Love.*

*Forgive yourself. Do not be afraid to look at those issues that have brought about your illness. Do not be afraid of them. Until you face them you cannot heal them. One of the things that Amelius was able to do while here, as in the life as Jesus, was to help entities to forgive themselves. He was able to reach many and show them that that which they had done could be forgiven. This has been part of the theme of the message from Amelius, forgiveness.*

*And whatever you have done needs to be balanced. Yes, it does not mean that you get away with anything, that you have a free ticket to do anything that you want. It means that regardless of what you have done, you are still beautiful and good and loving entities, even those at the far end of The Spectrum of darkness, for all are part of One, and you forgive yourself. Yes, you must balance, you must pay back, as you might call it, and that is where you find yourself now, balancing. But the balance will not occur until you have faced the main issue and forgiven yourself and said, "Let us carry on now and be done with this."*

## A Question Of The Physical Aspects Of Illness In Aging (April 02, 1989)

It seems that when people age that they get sick, and yet when they were young, they were healthy. Why would that be?

*There are the conditions that have been set up on the earth plane, very specifically, for the physical encasement to wear out, as you might call it. This coincides with the opportunities for entities, then, to learn a particular lesson at a particular time in the life of the encasement. So, that as the encasement ages, for example, the bones, for example, may weaken. In some this is true, and in others it is not. Some encasements are quite strong as it goes through the aging process. It is once again the opportunity given to the entity to the type of encasement that is selected as part of lessons to be learned as to whether or not the effects of the aging of the body will have dramatic, or not dramatic, impact upon the spirit with the body.*

So, it is all preplanned in that respect?

*Indeed.*

## Healing The Spiritual And Still Having The Physical Condition ~ Issues of Teaching (April 02, 1989)

The spiritual entity can be completely cured and healed, yet that physical manifestation continues for on and on and on without having any effect on the spiritual. So, the spiritual could heal, yet you do not see any physical evidence of this at all. Meaning you have learned how to live with it, be happy with whatever you have, regardless of what it is.

*Indeed, and in that particular case ~ the answer to your question, it is that so often, in fact, really the only way in which true learning occurs is after spirit has, in fact, balanced, then the final learning is in the teaching. And thus, the spirit has said, "I have learned this lesson. I have cured at spirit. Now I must continue through teaching, so I will keep the manifestation physical. I will keep the ailment to teach so that truly it is learned."*

## A Question About Severe Food Allergies (April 02, 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.*

### **A Question About The Correlation Between Specific Diseases And The Spiritual Level (April 02, 1989)**

**Waith, is there a correlation between our disarray and disharmony on the spiritual level and the type of disease the encasement might have, or will occur?**

*Not necessarily.*

**So, you cannot say if I have this type of disease, this is due to a specific problem on my spiritual level?**

*That is correct. You must remember, we continue to emphasize, that you cannot judge. You cannot look at a physical encasement, you cannot look at another individual, each of you sitting as you do now, and say to yourselves, "Oh, that person has a lot of disease. Therefore, that person must be really messed up spiritually!" ☺ ☺ No correlation involved.*

### **Is Comforting Someone A Form Of Healing? (April 02, 1989)**

I am wondering if when we do things ~ something very simple such as to comfort someone or to have a conversation, or to write a letter, is that in essence healing in a small way.

*Oh, indeed. Remember that I have said that healing is not always the dramatic but that it is evolutionary, and that, yes, if you offer words of comfort to an individual that it can be helping to heal them in some small way. It can be helping to heal you in some small way by releasing certain things. If you say, I had a conversation with an individual and write a letter to them or any communication, that it is in some releasing, you see, and that occurs over time. So, yes. Do not look for the dramatic. You do not look for the throwing away of the crutches.*

### Do The Illnesses From One's Parallel Lives Reflect Back On The Main Lifeform? (April 02, 1989)

Yes.

So, basically, these parallel lives, then, are trying to help.

*Yes. The parallel lives have been given a part of the total to be worked upon and may reflect in varying degrees, the total. So, yes. The parallel life may not be given the responsibility of taking on a particular illness, may not have to do that but, generally speaking, that is correct, that they do take on part of the total energy.*

They take this on willingly?

*Not always. That, then, is part of the learning, knowing that there is never a forcing of any entity to do anything. When it comes into parallel lives and lifelines, then we are dealing with other variations on the theme which we will not get into at this time, for it is a time for another discussion, parallel lifelines.*

### Will The Knowledge Of Our Medicines Today Be With Us After The Shift? (April 02, 1989)

*It is part of the acceleration that has been occurring prior to The Shift, and the advancement of souls who have come in for very specific reasons. Know that when The Shift occurs, much of this knowledge will be maintained and will be carried over into the new environment. It will not be completely destroyed, and thus, it is necessary that much of this knowledge have been brought into the plane when it was.*

And the changing of organs, is that that acceptable from your end?

*That is a statement of specificity that we must look at, not in general terms, that it is necessary in certain cases for lessons to be learned, and not necessary in other cases, nonetheless, done for lessons to be learned. So, it goes that whatever happens is necessary and there is no right or wrong ~ yes or no ~ that something should or should not be occurring, for it needs to occur for its own reasons.*

## Side Effects Of Drugs (April 02, 1989)

There are a lot of new medications coming out that have side effects. What can one do to protect themselves, yet take the drugs?

*Indeed. This is an issue of tremendous concern to an entity, for you are at a point where you feel you need to take the drugs in order to heal and, in fact, you probably do, and yet the side effects create their own problems. There is no easy solution to this for it relates to the Soul's ability to trust in itself, to know that you could go without taking these drugs and heal Self, but yet not trusting. And thus, it becomes a battle from within Self. There is no solution. We cannot give you a way to avoid this ~ take the drug and not have any side effects. The side effects and the drug are part of that which forces you to learn to look within Self and to say that "I will trust myself and not take this drug".*

*It may mean, however, that the illness may appear to extend itself and become worse. And understand that so often in order to cure at the spirit level there has to be a tremendous pain at the physical level. It all does not just work out and happen, you see, easily. Oh, "I have said that it will be and therefore it will be." It could, in fact, cause you to leave the earth plane. This is all part of your own progression of growth.*

Most people who take drugs anyway go to the doctor, and the doctor gives you drugs when you may not necessarily need them. Your natural system could cure you. If only you would ask them if you really need the drugs, they would probably would say no. You could do it that way. There are other alternatives in the taking of drugs. So, most of the time, you really do not have to take them, but if you do, you will get that side effect.

*Indeed, and it does relate to the issue of trusting Self. It is very easy now, as it has been done deliberately, to take some medication and to, in the short term, quick fix, eliminate pain. One does need to trust in Self and also to find this fine balance between the medications that are available and what can, in fact, truly help you, and those that may appear to be detrimental to you, knowing that if you take something that creates side effects, that you, in fact, need to take that for lessons to be learned.*

*It might appear to be an easy way out of answering your question. However, it is imperative that you understand that only you can make these decisions for yourself, that the others who would give you advice do so based upon their own standards and their own frame of reference, and that you could challenge that at any time if it does not appear to be right for you. This is what you need to do in general, to challenge anything that comes before you if it does not feel right for you.*

## How Does The Growing Consumption Of Drugs Fit Into The New Illusion Coming? (April 02, 1989)

About the approaching cleansing and accelerated growth, how does the growing consumption of drugs fit into that? People are losing more and more control of themselves. They are giving the responsibility of health or illness to someone else. So, where do you see the growth in awareness and the development of our souls?

*Indeed. What you fail to see are those growing numbers who do not do themselves this medication, the growing number of souls who are lessening their intake. What you hear about and give attention to are those who are increasing, and they are those individuals who are not attuning themselves spiritually. You must remember that the remaining number of entities on the earth plane after the cleansing will not be a large number, and we are speaking perhaps of only a few million, as you would call it, who will remain on the plane. So that if you were to say that many are increasing their consumption of drugs, you are looking at individuals who will not be on the plane after the cleansing, for they, for whatever the reasons, are not going to be spiritually attuned to the new vibration of the planet and must not stay, will not be allowed to stay. And thus, while your concern is legitimate and one that many hold, you must understand that in the scheme of what is about to occur, only those who are spiritually attuned will remain.*

## Special Topic Session ~ Questions Related To Health Issues (May 02, 1989)

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

## Oat Bran As An Aid In Reducing Cholesterol (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 follow-up questions 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.*

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

**(May 02, 1989)**

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

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

**(May 02, 1989)**

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

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



I am pleased to Be of Service.

## Issues Of Heartburn (May 02, 1989)

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

*Other than trying to calm down.*

I think that is what it is.

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

I appreciate the well wishes. ☺

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

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

Can I buy it in the store, whole milk?

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

You know what I meant!

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

**The laughs at my expense are fine!**

*This will help you.*

**So, it is heartburn.**

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

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

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

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

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

**I had connected it with things high in acidity.**

*For you, high acidity does need to be addressed.*

**And not through Alka-Seltzer. ☺**

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

At this point I think I should.

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

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

(May 02, 1989)

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

### Certain Numbness Areas Of The Body Resulting From Vibrational Changes

(May 02, 1989)

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

*It is a condition that many entities will be facing now, as the Spiritual Centers are opened up ~ you will experience at varying times, it will come and go, that as your own vibrations are changing and increasing, as your own awarenesses become heightened, it creates, in combination with the spiritual vibration ~ also the physical encasement undergoes such rapid change, that points in the encasement have what you might call a numbness. It is a realigning of vibrations, and that, depending upon the encasement, will determine those points that serve as pivotal points. This will continue for you as long as you continue to increase in your vibrations.*

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

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

*You will also, some of you, feel the sensation of itching in specific spots of your body. It may, and in fact in many cases does, coincide with a numb spot. This is simply activity occurring where the vibrations are realigning themselves, you see, and thus it is normal, as you all would define normal. So not to fear it, it passes in a short period of time, and in terms of giving any special*

*remedy for the easing of it, there is none, except meditation does help in that. It must however, go through its normal adjustment and let it do that.*

## Gender Issues Resulting In Intense Abdominal Pain (May 02, 1989)

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

*You are. ☺*

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

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

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

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

Will this continue until I have my kids? ☺

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

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

⚙ Just say you are buying it for your sister.

☼ I will just wait until it completes itself.

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

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

*Intuitive indeed!*

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

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

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

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

### Finding A Harmony Between Meditation And Medication (May 02, 1989)

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

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

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

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

### **Could You Speak About Hypertension?** **(May 02, 1989)**

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

*For an entity to have one incarnation, this one, for example, that they become so agitated that they want to complete their mission and do what is right would not create the situation of Hypertension. It comes from many, many incarnations where this was not kept at bay, where there is so much pressure placed upon the Soul, which the Soul does on its own, you see, to get the mission done, to accomplish it, and it accumulates over a period of time thus creating this agitation that is present in the encasement, this elevation of pressure within the life stream of the veins. This is the general condition.*

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



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

## **Hypertension ~ Meditation, Medication, Foods, Herbs** **(May 02, 1989)**

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

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

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

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

*Yes, you did now ~ a particular herb ~ this will be very good for you all as community members to gather this information for the purposes of disseminating this in the future to those who would need it. It is an herb that ~ it is spelled ~ Ah, she is ahead of me already. (Referring to Limera who is ready to write down the word)*

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

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

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

⚙ **On this earth?**

You doubt? ☺

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

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

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

### Introductory Topic Session ~ Female Health Issues (May 07, 1989)

*We are here for this session to discuss an issue of female health issues. We will, at another time, give a Special Topic to the male health issues as they find themselves appropriate. We have taken the female issue first since we were asked first. Thus, we will address those issues. We will take this opportunity during this session to address questions. We will initially begin with an introduction and then, so that it becomes appropriate for the record, we will take questions, for many of you in this gathering have specific applications in your work with others that you do at this time, and several others of you will take this information and at a time in the near future will give application to it to others. And thus, you will have available to you the information that is in your minds now.*

*We would begin by indicating that the issues of health that we discuss, of course, are not simply that which manifests in the physical, but rather the health of spirit, the health of the Soul and the interconnectedness of the Soul with the physical encasement and, of course, then, the interconnectedness with the One, and that each of your physical and spirit health issues are related to the others. All energy forms in some way will affect each other in your health.*

### Each Entity Is In Full Control Of Their Health Issues (May 07, 1989)

*We would begin then by indicating that your health, as you manifest it now in this illusion upon the earth plane, is a result of that which you will yourselves ~ no outside force gives you that*

*which you have. It is you who has all of the power to bring to yourselves that which you have, and to rid yourselves of that which you have.*

*The female entities take on particular types of health issues for lessons to be learned, of course ~ some related in general to the female encasement and the female energy form, and other issues that relate this specifically to the energy who has, over the course of experiences, rendered certain lessons of a specific nature and certain balancings that needed to occur.*

### **Each Energy, In Order To Return To The One, Must Experience Male And Female Issues (May 07, 1989)**

*The male energies also have the same direction ~ the general issues of being the male energy and then those of the specific. So, we see then that each energy, in order to return to the One, must experience in physical all of the gender experiences, male and female, regardless of dominance. We will address dominant female and those lessons that need to be learned.*

*Many of you in this gathering and many who will read these transcripts, while they may be in male encasement, are, in fact, a female dominant energy, and, of course, vice versa. And thus, regardless of whether you are male or female in encasement, male or female in dominant energy, it is important and indeed critical that you understand what makes everybody tick, shall we say. It makes for the wholeness of spirit. And to think that this information from this session does not apply to you because you are male in physical encasement is, of course, ludicrous.*

### **Inherent Female Qualities Upon Leaving The One Are Lost, And Become Lessons To Be Learned (May 07, 1989)**

*Now, female general issues regarding health. The female of the spirit is gentle, the female of the spirit is compassionate, the female of the spirit is loving, and the female of the spirit is nonjudgemental. This is true when the female first leaves the One and ventures out into the path of learning. What occurs is that this knowledge, this inherent quality of the female, becomes lost in the memories of the Soul, as it needs to be in order for the lessons to be learned and the strength to be obtained in the gaining back of that knowledge.*

*Thus, when you each leave the One, The Creator, you leave with the knowledge, with the understanding that you will gain it back once you have returned and that the quest is in the gaining back of the knowledge. Thus, it is, that each of you has the knowledge. We emphasized this time and time again. It is simply that the path is meant for the relearning of the knowledge, the gaining back of the knowledge, and the experiences that one encounters make the entity whole and strong once again. Now, the general issues of the female spirit relate to an understanding of these qualities that I have just described, compassion, love, nonjudgemental. And when each female entity goes out into The Universe to learn the lessons, there then becomes*

*what one might call a disassociation with the spirit and the quality, the quality that I have referred to.*

*We will take, for example, the quality of compassion. With the quality of compassion forgotten initially, the female entity enters the earth plane, and in the deep recesses of the Soul is this knowledge of the quality of compassion, and in order to begin to call up this knowledge and its implication, the female will begin to be at the other end of The Spectrum, will be completely non compassionate. This is at the beginning of the sojourn on the earth plane, and at the end of that particular experience there will be the development of the knowledge once again of compassion. It is a long and slow process, and several qualities may be taken on at the same time in a lifetime or one particular quality may be taken on, and lifetime by lifetime the knowledge begins to return. Now this relates then to health.*

### **Why Illness Occurs** **(May 07, 1989)**

*You might all be saying, "How does this all relate to health?" Was that a good question? This relates to health, for when the spirit has the knowledge, and the physical encasement and the personality and the conscious aspects of the Soul are not in harmony, then illness, as you would refer to it, occurs, for the Soul has the memory of compassion. The being, however, does not behave in a compassionate way, and must ~ this is where the understanding needs to be developed for many of you ~ this needs to occur, this behavior of not being compassionate, in order to move back to being compassionate, and we use this quality as an example.*

*You will, thus, behave in a way ~ compassion takes on many forms. Not understanding another's feelings is a very general aspect of not being compassionate, not understanding the feelings. And the female entities will be very, very non compassionate and would lash out at others and would go against that which is inherent in the Soul of the female, and by doing, thus creates what you might refer to as a schism in the total being of that energy form, and it is this very condition that then spreads throughout the energy a predisposition for illness of the physical that is a direct result of the spirit attempting to become compassionate once again ~ compassionate, nonjudgemental, loving and caring and all of these qualities.*

*Now this is a general perspective. Where the real issues come are in the specific, for each of the female entities, because of many issues and many situations that are a bit more complex than we can describe at this time, behave in certain ways that are unique to female, just as males behave in certain ways that are unique to male. The female, being charged with responsibilities of bringing onto the earth plane other entities ~ being those who would reproduce ~ bring into the spirit energy a very unique set of issues, for the female being, therefore, the nurturers, the bearers of other entities, must, in fact, deal with each of the inherent qualities in their own particular ways.*

## A Question Is Asked About How To Avoid Hot Flashes During Menopause (May 07, 1989)

I have a question from (Name given) that she asked me to ask for her, and she says, "I am in the menopause and I am having hot flashes. Is there anything I can do to avoid them? I do not want to take medications. Is there an herb that will help? Thank you."

*Yes, this question, of course, is one that we realize to be an important one for the females. This condition referred to as menopause or the cessation of the reproductive abilities, for many of the females comes as a joyous time, and for many, many of the other females comes as a time of regret, and the response to this condition becomes an individual soul issue in terms of whether you are happy or sad about the condition.*

*Nonetheless, the attitude does determine tremendously the physical response, and it is generally found that if there is an understanding that this is not an ending of any type of ability, but simply, the body's readjustment and continuance of other issues, then the physical manifestations of the condition will not be as dramatic. This condition is to be thought of as simply a move from one mission to another for most females. There are many females who will continue to have that which is called the bleeding cycle for a good number of years beyond the average female.*

## Waith Gives A Remedy To Help Comfort From Hot Flashes During Menopause (May 07, 1989)

*There are certain types of earth plane foods and herbs that can be beneficial during this transition time. There is a particular herb that ~ we will not make you search for this one. We will give you a remedy that will be most soothing to the physical as well as the spirit during this time. It is that which is extracted from the berry called cranberry, and it must be taken in its pure form. It must not be that which is commercialized. The cranberry, therefore, must be the juice extracted from the berry and heated to a temperature of seventy-three ~ approximately, seventy-three degrees. We will not be specific and give you points. We will simply say seventy-three degrees plus or minus one or two degrees.*

### Fahrenheit or Celsius?

*Ah! ☺ Indeed. That which we would give as reference would come from that which is known in this environment ~ this geographic environment. Therefore, it would be that known as Fahrenheit. That was a very good point you made. We tend to discount many times those variations, for we use as our reference point that which is where we find ourselves, you see.*

*Now, you will take the heating of this, and with each quarter cup of juice will be added three-quarters of a cup of water ~ and it needs to be the purified water. Add to this one teaspoon of juice from the fresh lemon and one teaspoon of purified honey, thus giving you one cup of liquid. This is best consumed prior to the sleep state, and, at a minimum, be consumed three times during an earth plane week for as long as the discomfort prevails.*

*Now, the issue of menopause is a most interesting one, and we will address some other specific questions relating to it as we sense are in the vibration now.*

### **A Question About The Emotional Roller Coaster From Premenstrual Syndrome (May 07, 1989)**

*I would like to get some assistance in the Premenstrual Syndrome in terms of, not so much the physical discomfort but the emotional roller coaster that I see myself going through a lot ~ from whiny to resentment and sad, the whole gamut of feelings that I go through.*

*Indeed. Realize that this is connected to the cessation condition and that there are many females who experience these types of what you would call mood swings, as it has been referred to, in the condition of premenstrual which relates to the particular entity's abilities to deal with that schism that we spoke of earlier.*

*There are also issues here that relate to attacks from the darkness that will highlight particular conditions, but generally, what occurs, you see, is that from cycle to cycle, as the bleeding begins and ends, and begins and ends, during that time frame you experience many different events, and each of your earth plane days you deal with issues in particular ways, sometimes better than others, sometimes with greater awareness in understanding of the spirit issues. And there are, for example, sometimes when you let go to The Universe certain issues, and you understand and have greater awarenesses.*

*A particular lesson, however, as you know, keeps coming back to be learned over and over again, and there may be another day when you do not quite deal with it in the same way. For whatever the reasons ~ and this is fine, you see, this is all right ~ you will not give it to The Universe. You will block it. You will fight it. You will not understand what is going on, when just the day before, you may have handled it very well, or the month before you had handled it very well. These are all issues relating to the female that we speak of, not other types of issues.*

*Now, when it comes time for the expulsion of the lining of that which reproduces, you then, depending upon how much you gave to The Universe from the last time of the expulsion, will have varying responses to the physical. The physical, by design, is intended to interact with the emotions and the spirit. And thus, you will be moodier. You will be, you will feel less happy.*



*You will have much anger many times. You will cry. You will have all of those experiences in varying degrees if you have had difficulty in dealing with issues that relate to being female.*

*For some entities, they are not bothered by these issues at all. Other entities have these issues periodically. Others do not know quite when it is going to happen from month to month. For those who do not know quite when it is going to happen from month to month, as has been expressed, is an indication of the Soul going through a tremendous metamorphosis and attempting to deal with issues at an accelerated rate and sometimes dealing with them very well and other times fighting them and blocking them. Remember that sometimes the female entity, in a particular earth plane life, is not dealing with issues of the female but dealing with other issues, and therefore, experiences absolutely no response to the bleeding cycle. Many of you know other female entities who find this bleeding cycle to be just another day of the life, you see.*

### **Meditation, And Specific Remedies Suggested For The Mood Swings Resulting From PMS (May 07, 1989)**

*In addition, when you have tremendous fluctuation, there is a very strong possibility that there are also attacks from the darkness coming to those vulnerabilities that you would have because of that which you have experienced in your, many times, doubts of all that occurs. This can best be rectified through meditation, surrounding of yourself with the Light. We would want, prior to the beginning of this expulsion period of perhaps two to four earth plane days, to take into the physical encasement liquids that are warm, this seventy-three-degree temperature, no liquids that are cold, and to do this prior to the meditation period.*

*That remedy that I described earlier is beneficial for this type of mood that you would experience and helps to equalize the body, the physical, the body. It is important not to place any cold liquids into the body in those days prior to the beginning if one is subject to the discomfort. It will also be of benefit if you find yourselves, the physical encasement, retaining that which is the liquids, that seven to nine days prior to the beginning of the expulsion that you were to drink one gallon of whole milk.*

*It does not need to be the warmed, and that you do this for three days in succession. Now we understand that for many of you, you are not able to accurately predict when this expulsion will begin, the bleeding cycle will begin. However, it is approximate, for as you begin to be in touch with your Higher Self and its connection with the physical, you will, in fact, know when you are beginning to feel this buildup of the pressures within the physical encasement, and by keeping track of approximately the comings and goings of the previous cycle that you would do this. It is not necessary to continue this for more than the three earth plane days. It must be whole.  
(Referring to the milk)*

**What is it about milk that makes it so beneficial?**

*Milk has particular nutrients that interact with particular chemicals within the physical encasement that will achieve a particular sense of balance given particular timing.*

But just taking calcium, for example, would not do the trick at all?

*Not completely.*

Would that be something that would be helpful? Could a doctor recommend it during when women have their period to take calcium?

*We would not recommend that you run out and buy a supply of calcium tablets, for in the calcium tablets, there contain other types of ingredients that may not be beneficial to the encasement. The same, of course, holds true for that milk. We recommend that you understand that there are particular nutrients necessary. We are not in favor of placing into the encasement pills of a general nature unless it is so needed, and we have addressed this issue in an open session prior to this, as to when that would ~ the exceptions would be. So, for that issue which we have addressed we would go with the milk. Calcium tablets would be appropriate for other situations relating to the bleeding cycle.*

Would the use of Bach flower remedies also be ~

*Yes, we have been asked this in prior sessions, and these particular remedies, for particular individuals, can be beneficial, and if you feel them to be of benefit to you, then by all means utilize them, remembering that remedies are given out for general purposes and may not be applicable to everyone.*

## A Discussion Of Adhesions After Surgery (May 07, 1989)

I have an ongoing problem since I had an operation removing a cyst in my female organs. Apparently, I have a lot of what is called adhesions that just wrap around, and there is nothing that can relieve this. Is there anything that you could tell me?

*This is a common condition of the female. Some will learn of it and others will not. It relates to certain resentments that we had discussed earlier to having to be dominant female, and that it is an attempt to block that which is one of the physical functions of the female. It takes on varying forms, some more severe than others, depending upon the severity of the issue that is being dealt with by the female. For example, this resentment that we had spoken of, in order for the female to be able to return once again to the One, that emotion must be resolved and must be dissolved, and therefore, it becomes part of the learning along the path. And thus, you will find*

*that those females who have this issue will have resolved it in varying degrees. Thus, it will manifest itself in varying degrees in the physical.*

*In your particular case, my dear, you have come quite a way in resolving this issue, and you have reached a point in your path where perhaps one or two more lifetimes and you will have rid yourself of it completely. It is quite an accomplishment. You have done very well in dealing with this, and thus, that which you speak of will not give you much bother. You will be on occasion troubled by a sensation from the physical lesions, as you describe them, but you will, because of your own soul's dealing with the issue of resentment, you will find that it is abating at the physical in dramatic ways.*

### Waith Gives A Remedy For Comforting The Physical From Adhesions From Surgery (May 07, 1989)

*You are not alone in any manner in this feeling. There are a significant number of female entities, not only in this gathering, but in the forming Community of Terra Lux and those who would come to hear and read, who share the same issue, some in greater intensity than yourself. And in understanding that this issue exists, you can be sensitive to the female entities who you might feel have this issue to deal with. As far as a remedy to assist, we will place on the record a particular solution that would be of assistance for those who would find themselves with these lesions. The base of this would be water that is warmed to approximately eighty-five degrees.*

**Is this purified water, Waith?**

*This would be the pure water. Now into this water would be placed the herb that you know as chamomile. Now into this you would place for each cup of hot water, this water of eighty-five degrees, you would place one teaspoon of the chamomile that has been crushed. You would then place into this mixture, one teaspoon of the salt that comes from the sea. Now what you then do is before ~ you would be consuming this and before you consume this you will place it under that which is the nose and you will breathe in deeply three times and allow the scent to enter into the encasement. You will then consume this liquid. Do this three times each plane day for approximately two weeks on the plane.*

### A Question From A Male Who Experiences Issues Generally From Females (May 07, 1989)

**(A male speaks) Waith, you had made mention that I was a female entity in a male encasement. When I go through mood changes is that my response to what you would call the premenstrual condition? Am I emotionally reacting to the cycle?**

*Indeed. He is a most bright entity, you understand, who has given opportunity here for us to illustrate the complexities involved in energy forms being dominant female, dominant male, taking on opposite encasements, and all of the complications that can come about, you see. To be a dominant energy and to take on the opposite encasement presents tremendous difficulties if, for example, it is one of the first times that it has been done. Which is not in your case, but can be for many, when it is the first few times that it is being done that it can present gender identity problems.*

*In many cases such as yours, you have brought into the male encasement strong female soul memories of difficulties in the female energy, you see. You are one who has difficulty in being female. You want to be male and ~ as an energy form, you see. And because you, when you are female, you have these same issues that we have just spoken of with others, who, while you are in female you are resentful of this, and you have brought through many, many entities. Many, many entities.*

**I had a lot of kids?**

*Yes. Now, you have had difficulty in your most recent lifetime as a female, and you were attempting to resolve, much in the way that (Name given) here is accelerating her attempt to resolve female issues, you were attempting to resolve many of these issues, and you were moving along quite well and yet, just ran out of time, shall we say, and it was time for you to leave the experience and you did not leave feeling that you had resolved that which you wanted to resolve as female.*

*And you had already decided, you see, that this lifetime you would be male, and you were advised by your guides to not plan ahead quite as much, but you, being a particular entity that you are, you were going to come into this lifetime as male because you had planned it many other lifetimes ago that this particular one you would be male. Thus, rather than come into your next lifetime again as female to pick up and resolve the issues that you had to leave unfinished, you would come in as male, and your female soul memories are still there and they are gnawing at you, and you left this particular incarnation of which we speak while your bleeding cycle was occurring.*

**So, it is still occurring. ☺**

*(Words inaudible on tape) ~ It is still occurring. You have been most gracious in allowing us to use you as an example.*

**Do The Phases Of The Moon Or The Lunar Cycle Affect The Menstrual Period, Or Menopause?  
(May 07, 1989)**

*The physical encasement, be it male or female, is tremendously affected by the gravitational pull of the moon with that which is the earth plane. The physical encasement of the female is especially susceptible. This is set up, shall we say, for at certain points in the gravitational pull of the moon to the earth makes the female physical encasement more vulnerable to, shall we say, the dealings with certain issues.*

*It sets up the situation for the Soul bringing in a lesson to be learned, and the physical body, that which would physically be able to respond to an issue, is in direct relation to its strength during its bleeding cycle ~ where it happens to be within the bleeding cycle. If the physical body, for example, is bleeding, as you would call it, for certain entities ~ it makes it ~ it slows down the body. It slows down the energy form. For others, it energizes.*

*We cannot say in general terms what it does except that it has a very definite effect, and that by meditation, you will learn yourselves what effects your own body feels. If you were to chart your own moods and behaviors each day for several moon cycles, you will find a very interesting phenomena, for you will find that some of you as females have energy patterns that are very high while your body expels and others of you would find that you have very low energy patterns while your body expels, and that this can aid you in anticipating particular behaviors and aid you in getting under control your physical responses, for you will begin to have an understanding of the connectedness of the earth plane, remembering that the earth plane consists of more than just Planet Earth and that the moon is that which has been designated as the gravitational energy field directly related to the physical encasement.*

### **A Question About Someone Having PMS While Not Having Their Menstrual Cycle (May 07, 1989)**

**I have had occasion to just not even have a period for a month or two months, but have PMS for the whole duration, which is not pleasant. I can only assume from listening to what you said that there is probably some problem here dealing with accepting the female.**

*If you were female, then it would be an issue now, would not it?*

**I do not know. I mean it would, but if I ~ being who I am, it is still some kind of issue, but what? I cannot even follow it anymore.**

*And for your particular situation it would be, my dear, which we will address soon in another time, for it is of a particular issue rather than a general issue, you see.*

**Okay.**

*Understand that the irregularity of the bleeding cycle is the indication of the beginning phases of cessation, and as Mushiba would say to you, LUCKY YOU! ☺ You have completed one phase of your mission here and are about to take on, as you know, another very important phase and no longer have need of the cycle.*

### **If A Female Has A Number Of Female Health Issues, Does That Indicate Many, Many More Lives In Which To Deal With The Issues?**

**(May 07, 1989)**

*Not necessarily. Again, you must realize, as we have emphasized so many times, to not be judgemental when looking at another and seeing that which they bring about for their life, for there may be females who have a good number of, shall we say, loose ends, and this, in fact, could be their last lifetime, and yet they have these minor little things to be tied up, and thus it appears that there are a good number of complications, little things, and it does not necessarily mean that they have a lot to deal with for the future but simply to pull one little end and another little end and bring them all into ~ and they have taken this all on in this lifetime. Usually, the last lifetime, in the majority of cases, involves the tying up of the loose ends and the letting go of the earth plane, you see. On the other hand, it could mean just what you think it means. ☺ We never said it would be easy now, did we?*

### **A Question Is Posed On The Issue Of Cosmetics That Women Use, And Any Harmful Effects**

**(May 07, 1989)**

**About female energies. Women tend to use more cosmetics than men do. I took the time to read what is in some of them. I was amazed. There were animal products, and chemicals. These are also issues on my side from, you know, they were tested on animals. How harmful are these, or how beneficial are they?**

*It is really not an issue to be concerned about. In the scheme of all that occurs from an aesthetic standpoint, it would be marvelous if your current culture allowed the males to adorn themselves as females do. It would certainly be more pleasing to the eye for many of the males. ☺ Just as the females can become so more aesthetically pleasing to the eye with the addition of particular adornments, so too could the male benefit from this.*

*The other issues of which you relate to the animal testing ~ this is not a health issue, and we have placed on the record through the course of many sessions, discussions about animals and the relationship of vegetarianism and this sort of thing, and as the transcripts take on their editing form, you will have this kind of information more available to you, but it is not to be concerned.*

### **A Question About Why So Many Women Are Afflicted With Weight Problems**

**(May 07, 1989)**



I work with many women who seem to be afflicted with weight problems. Is it more or less a mass hysteria right now that women judge themselves for being overweight and therefore producing it, or is it also a part of the nurturing and the safety mechanisms of being a nurturer, just of having more body fat?

*There is a combination at work here between the general issues of the female energy form and then those that become specific, and as we have addressed in the past the weight issues, as they can be specific relating to very definite experiences, be they of male or female, is not the case.*

*However, in looking at the dominant female, there are some very definite issues here, and as we had discussed in Special Topic a while ago relating to the female and the male energies and their roles with each other. You might refer back to that transcript. Being of female brings in a particular attitude and that of compassion and nurturing being the issues relating to weight, the physical weight. And generally speaking, when an entity finds themselves obsessed with their weight, whatever the weight is, be it more or less than the encasement needs, they will generally find issues of nurturing and compassion. Remember that an encasement that maintains more weight than it needs does not necessarily have to get rid of that weight in order resolve the issues, but rather to understand why the weight is there.*

*There is too much of an emphasis now on the plane placed on weight for both male and female but especially for the female, too much emphasis placed upon the losing of that, when in actuality, it may be imperative that the entity keep the weight on the encasement for the learning of lessons, and that by being imposed upon by external factors to rid themselves of the weight and thus responding to that they may, in fact, impede the lesson that they need to learn and thus have to take on that lesson once again in another lifetime.*

*It becomes, therefore, the role of yourself, as well as others who would do this, to help the entities of the female to understand why their body maintains the weight that it does, not that it needs to necessarily lose it but in the understanding of what the issue is and then to resolve the issue, and once the issue is dealt with the body then determines what to do with the weight, not the other way around.*

Could it also be an issue of just learning to love yourself no matter what you look like?

*There are a number of side issues related to this. It does not necessarily mean that if any entity were to say, "Well, I have three hundred more pounds on my encasement than I should have but, by golly, I love myself!" ☺ This does not necessarily ring true, you see, for the issues need to be dealt with as to why that weight is on, and love of Self becomes perhaps for an individual that issue, and perhaps not. So, it is in the meditations and it is in the workings with healers of the spirit such as many gathered here, who would help those entities to understand their issues, not to be judgemental and not to be the one to determine what that issue is, but rather to allow the individual to understand their own issue, not for any of you to tell them what you think their issue is.*

## Follow Up Questions And Comments From Last Session Of 05.07.1989 Health Issues (May 09, 1989)

*We would like for this session to allow for those of you who would have questions of a nature relating to what we have been discussing in the recent few sessions that would perhaps clear up in your minds certain issues, or that have been tangential to that which we have said and you feel a need for clarification. So, we will begin with the questions.*

I have a follow-up on my health thing from last week. I have been drinking that milk ~ a cup before meditation and a cup after and meditating on the heart. I feel it has helped me. Should I continue with that?

*You need continue only until you feel the need has passed ~ as long as it provides a healing for you then ~ and you feel the healing has not yet been completed, then indeed continue.*

Waith, the oat bran ~ I tried to eat it plain and ~ ☺

*We had indicated this would be a difficult process for you to eat this derivative from this bran, as it is called. Not all is pleasant in the scheme of that which could heal. You see, it is an example of information that is given out to energies on the plane and information that would be helpful and yet energies on the plane choose to not use that information for any number of reasons. And it is not to be felt that you fail if you do not go by this particular remedy for it is difficult in its tasting for the encasement. And it would be for other energies no problem for they are at a point in their path where the taste is inconsequential. You see?*

It is not the taste. It is so darn dry!

*Well, this is part of that which affects the buds known as taste.*

I have been mixing it with applesauce.

*It does not ~ It does not work, my love. ☺*

I was taking it before in muffin form, so it did not work then either. I guess I just will not get rid of cholesterol with oat bran.

*There are many other ways in which this can be done, you see. Substances that go into the encasement really are not needed for energies to heal themselves or to abate certain conditions and, in fact, eliminate certain conditions. However, it is all part of the illusion, you see, that you*

*must have something concrete in order to alleviate pain or to bring about a healing, but as many of you understand, as your awarenesses increase and your own spiritual abilities increase, that it is simply that which comes from the spirit that will heal, but we give out what we would call crutches, as it is referred to on the plane, that will aid you in reaching that point where you no longer need the assistance of concreteness to bring about change.*

### **A Question About Healers Within The Group** **(May 09, 1989)**

**A long while back, Waith, you made a statement that many of us would be healers in this group. You have been talking more about health. Is this something to look forward to, that many of us will become healers?**

*Many of you already are healers, and you simply now bring forth the memories from those times when you were healers as well as the continued development of your healing abilities. And thus, it simply is unfolding now as it needs to. There will be varying degrees of abilities to heal, and there will be different types of entities who one particular entity will be able to help, and another type of group of entities who another individual will be able to help, remembering that healing is related to the Soul. And thus, your own qualities of the Soul impact upon the type of healing that you are able to manifest and, therefore, you would find yourself bringing to you those entities who could most benefit from your particular abilities and types of healing.*

### **What Happens With The Soul When Someone Is In A Comatose Condition?** **(May 09, 1989)**

**What happens when a person is comatose? I was comatose once as a child and I have always been curious about this. But what is happening with the Soul, or is it the same for everyone, or is it an individual thing?**

*That which is referred to as comatose is a resting phase for the Soul as it attempts to decide whether to stay or not. It is very simple, actually, and it is a time when there is great dialogue occurring between a soul and those who guide the Soul in looking at what needs to be evaluated. The condition of comatose is brought on by the Soul so that there can be this major evaluation. It is possible that a soul will be allowed to leave even though they have not completed their mission as yet, and comatose is The Universe's response to a soul's wanting to perhaps leave and ~ before the mission is completed ~ and it is an attempt to intervene so that the Soul does not simply take its life out of the encasement without permission, that known as suicide. It is a way in which The Universe will intervene so that the conditions of suicide, as it is referred to, would not be imprinted upon the Soul and, therefore, the ~ that which would need to be accomplished over the eons when the Soul has, in fact, taken its life out of the encasement before it was deemed to do so.*

**Were there decisions made during that time in my life that affect me directly now?**

Yes.

Is that why I think of it often recently?

*Yes. This occurs most frequently in those who have come out of the condition of comatose that their behavior is very different. It is also a condition in which the exchange of energies will take place and that very, very often the ~ which is called walk-in occurs during this comatose stage, but not always. And simply the energy in its decision mode, if you will, is shown certain things to help ease it through this very traumatic time. For it is traumatic when a soul reaches that point where The Universe intervenes as it does ~ comatose. Very often there is no exchange and no walk-in and the entity is allowed to leave and is taken, therefore, into a resting stage, for very often that which is called the psychic breakdown has occurred. And we have discussed in the past psychic breakdown. In your case it was a time of tremendous reflection, and it created a different direction for you. You came out of it stronger.*

Waith, I have gone through the thing of coma with my daughter. When someone is in that state, and you are talking them back, that is all done at Soul Level. Do they hear you? They respond.

Yes, indeed. Yes. Yes.

### More Follow Up On Eating The Bran To Lower Cholesterol Remedy Of 05.02.1989 (May 16, 1989)

**I did eat the oat bran.** 😊😊 (The report that she followed Waith's advice given in the May 2, 1989, Public Session to eat oat bran to assist in lowering cholesterol)

*We are aware of that.*

**It tastes awful.**

*Would you care to express to the gathering here your reaction to that, my dear?*

**My reaction to it? Well, yes, that is it. Yes. But it can be eaten! A spoonful at a time.**

*Indeed.*

**As long as you do not have to answer the telephone.** 😊

*That is beneficial information for all to know who would attempt to try the remedy that was given, remembering from this end that while we try to maintain a sensitivity to the human encasement and its perceptions of intake, there are times when we see remedies in their purest form and do not understand the, shall we say, the psychological reactions to particular remedies being ingested into the encasement. So, this is very, very good information for the record.*

### **What Would Be The Best Way To Get Rid Of A Scar? ~ Jacques Gives A Technique (May 16, 1989)**

*Jacques: Ah. This is a very complex answer, for a scar is the result of a lesson that has been learned, you see. There are particular remedies available that may lessen a scar's imprint. The imprint, however, will not decrease unless the Soul has given up the issue. In some cases, the scar remains as a reminder to the entity of the lesson that was taken on, and perhaps not learned, and thus the scar remains as evidence of additional learning. On the other hand, it could mean that the lesson has been learned and that all that remains is the physical scar, and the entity can simply heal by way of meditation. Or, if there is need of drama, as is needed many times, then it is possible to use a remedy.*

*We will give you this remedy. Now, remember that this will work not in all cases. This is not like you would think to be a cure-all, you see. The conditions must be correct. You must use this in conjunction with your meditations. Now, what you do is to take paste of the almond and mix this, you take ~ the proportions would be one tablespoon of the paste of the almond in its pure form mixed with one teaspoon of the oil from the olive. This must be then steamed until it reaches the temperature of 96.34 Fahrenheit.*

#### **How does one determine that particular degree of warmth?**

*Jacques: That is for you to determine from those vehicles available to you now currently on the plane. Once it has reached that temperature, you place it onto the scar. You then place over this a cloth of white that is of cotton, and you wrap this and you allow this to stay for two earth plane hours. During this time, you need to be meditating and sending the White Light to the scar and allowing your Higher Self and your soul to connect. And if it is meant that your soul no longer needs the scar, it will go. If it does not go away this first time and you feel that perhaps by repeating it will, then do so, but do not use this procedure any more than two times, for if at the end of the two times the scar remains it means that it is meant to remain. If it is going to go away it will, between the first and second application.*

### **Is There Something I Can Do To Alleviate My Allergy To Trees Blooming? (May 16, 1989)**

*Jacques: This is common on the earth plane. Again, it is a soul issue, as everything is a soul issue. Unless the Soul has given up the lesson and has learned it, then the condition will continue. To alleviate this and to help you through those times when it is irritating to you, you would find comfort in drinking grapefruit juice ~ a very simple remedy. One half gallon per day. ☺ ☺ It is not difficult to consume that, you know, as you may ask any member of those gathered in these sessions. That is not a lot to consume and in fact many in this gathering consume more than that with little difficulty.*

### **Jacques Gives A Remedy For Indigestion** **(May 23, 1989)**

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

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

### **A Question About The Validity Of A Healing Channel Met In Austria** **(June 20, 1989)**

*You must understand that in the healing process, it is much more complicated than it appears to be, and there is much more responsibility given to the entity who is attempting to assist in healing than would appear to be, remembering, of course, that true healing will not occur outside of Self. Self is what heals, and others who might attempt to assist in the healing are simply serving as intermediaries, if you will, serving as guides, remembering that we have said before that healing may appear to be completed on the earth plane ~ the body, for example, may have a healing ~ and that unless the spirit has dealt with the issues, then the body will incarnate again, the spirit and the body will incarnate with the same issues, now, until the issues at spirit have been dealt with.*

*Now, healing individuals who have this ability have special responsibilities and special lessons that they, too, are learning, that they are to Be of Complete Service to those in this incarnation that they find themselves and that they learn to not impose their healing, for healers can be very powerful and can, in fact, heal at the physical level without the permission of the entity who is healed, at spirit level. Now, there may be a permission at the conscious illusionary level, and*



*again, this would occur for many different reasons, depending upon the connections between the healer and the entity being healed.*

*The power is tremendous, and thus healers, or those entities who are learning healing, must learn to keep it within the spiritual context and to connect with the Soul of the entity needing to be healed to determine what level of healing can be done, to assist in the lessons of both. And thus, there may be occasions, and there are many occasions, when an entity will give permission to a healer or some other outside force to, in fact, heal a physical ailment, for they have decided to discontinue in this manifestation learning a lesson from it and will continue it in another manifestation, or they have, in fact, learned their lessons and together with the healer, present a unified front of recovery.*

*So, it is much more complicated than simply indicating that an entity has healing abilities. The entity of whom you have spoken is very much of the Light and has done great work in attempting to help others to reach certain Self-Healing points in their manifestation.*

### **Use Of Castor Oil As A Body Pack** **(June 20, 1989)**

**I have a question relating to the castor oil. Can I also use the castor oil on the complete body as a whole pack?**

*As has been given out by others before myself, the castor oil is most beneficial for the entire encasement. It has a combination of chemical properties that combined, give the encasement the ability to respond to a healing, remembering, of course, that the spirit is in control here as to how the encasement is going to respond, and thus you can use this castor oil on all parts.*

**On all parts of the body, not only locally.**

*On all parts, indeed.*

### **Are Life Support Systems Interference?** **(June 20, 1989)**

*Again, we look at the reasons why all occurs. There may be situations in which what you call the Life Support Systems are interference, but also other situations where they are meant to teach or for lessons to be learned. There is no general answer that can be given here, except that all play out the scenario that is meant to be played out, and thus, you must do what you feel is best yourself, you must act upon Self, you must allow that which you feel to be the correct situation to be done and not to be swayed, if you will, by others who would give you information that you do not quite feel comfortable with.*

*Whenever there is a feeling of disharmony, you must recognize that as such, and thus the issue of Life Support Systems. If you are faced with this issue for an entity whom you love and are connected to, you must seek the Higher Self, you must seek guidance from The Creative Force, and from all that will guide you into what is the best action to take and follow that which you feel. You may be, in fact, called upon as a guardian by an entity to make certain that either the Life Support occurs or does not occur so that you will serve as a short-term guide on the plane so that an entity will be able to complete its mission, with your assistance.*

### **A Question About Spontaneous Human Combustion (June 20, 1989)**

About people who burn up chemically, I heard about it through the Warrens and I read about it. Is this what happens or is that also individual cases?

*Generally, what is happening is that there has been an invasion by an entity of a higher vibration that is not concerned at all with the survival of the encasement and is attempting to enter to make a statement, and it is done in a hostile manner. Many times, the entity is not even aware that it has, in fact, opened its own vibrational centers to the point of a takeover such as that. It is a situation that is meant to ~ is allowed, I should say, from this end, so that certain lessons can be learned by both entities involved.*

*Understand that it is only the encasement that is affected, that the spirit that is in the encasement has not been damaged, so to speak, in a way of burning or such a situation. There are occasions, though they are rare, that an entity burns itself, and that it is not an invasion from another higher vibration, but rather an entity's own vibration is testing itself in a physical encasement in an unguided manner and attempts to increase its own electromagnetic field without assistance from the guides that have been assigned to it. Thus, it creates its own ~ the destruction of its own encasement. It is rare. The usual case is what we described first.*

### **A Question From Someone With Sores Around The Mouth, And An Herbal Remedy (June 27, 1989)**

I am still having a problem with sores around my mouth. Am I not drinking enough water?

*More water, more grapefruit juice, in combination. It will assist you. Also, there is a particular herb that you might attempt to locate. You have all been waiting to locate another herb, now, haven't you? This will give you something to do until we meet again for Public Session. It is spelled in its root spelling is L-O-M-U-S. It is an herb that is from a root, and it is yellow with green veins. I am giving you a lot of clues.*

Would you like to tell me where I can find it? When I find it, do I put it in the grapefruit juice?

*Then there would be no fun in the hunt, now would there? When you find it, you let me know, and I will give you part two.*

You sound dubious, Waith.

*Oh no! I am quite confident in the abilities of the community members to locate herbs.*

We have a book on the way. (Referring to a comprehensive herb book)

*Indeed. So, my dear, you do not need to look for this alone. It is a group project. It is meant to assist in the eventual work that several in the community will be providing to those who need herb remedies.*

Would it be in my book on herbs?

*No. That would be much too easy, now. Seek out those who have gone through this exercise in the past, for they have laid much groundwork.*

### Questions Related To Herbal Remedies Previously Given (From Transcripts July 11, 1989 and August 01, 1989)

#### Finding The Herb Yacca ~ Confirmation That It Is Susan's White Day Flowers

I have a question with the Yacca plants that I have been trying to find. Would it be Susan's white day flowers? I think it probably is, since she mentioned it. I am asking for confirmation.

*Confirmation is given.*

#### Update On The Search For The Herb Lomus

Waith, is the Lomus that we have been seeking known to us as onion?

*It is a form of it, yes. And now, what you would do, the next step, is to get this in its proper form. And then come to me about it.*

Would you elaborate on its proper form?

*No. This will give you an opportunity to truly now reach the information from your Higher Self, for it is contained in your memory banks, and this will help tremendously as the involvement of the herbal aspects of healing and being provided for by the Community of Terra Lux that you will be involved in.*

### Waith Addresses Questions Relating To Lomus

Did I prepare the correct solution for the Lomus for (Name given)?

*You have prepared it correctly.*

The Lomucka that (Name given) was searching for, is that known as garlic?

*You are very close. It is in the general family of that which is now known as garlic. Garlic is a derivative of a more basic root. That is what you must find, but you are very close, you see, for you have the current derivative in popular form identified. Now you simply need to find its root.*

I have a question on the herb Yacca. I understand that the white day flower that Susan has is what I have been searching for. Is that also known as hibiscus?

*Not exactly.*

But it is close to looking like that?

*Yes. As we focus in on that which you refer to as hibiscus, we see a ~ I am pulling out letters here, we see R-O-U-M-E. We see this as a root for the derivative in the same manner as the garlic and its derivative. So, this that I have just spelled out is where you will find your answer.*

Once I do have it, I do not think you told me what the remedy is with it.

*Find it first.*

### A Question About What Do In The Healing Issue Of A Wart On Their Hand (July 11, 1989)

I have a wart on my hand. I have tried using many ways to get rid of it, to no avail. It only blisters up and comes back. Would you please give me some advice on what to do?

*Why do you think you have this wart?*

I do not know.

*Perhaps you might like to find out why first. You might want to, in your meditations, ask yourself, "What is it that creates this wart?" And once you have recognized what the issue is, the solution to it becomes crystal clear.*

I will try it.

### Special Topic Session from Waith and Jacques ~ Male Health Issues (November 05, 1989)

*We come in at this time to present to you some information regarding the male entities, those energy forms who have chosen to manifest in the male illusion as well as those who are dominant male energy forms but have chosen to enter in in the female illusion. As we have discussed in the other session regarding female health issues, as well as just the issue of being female, we now will give some discussion of the male health issues and we will have some assistance here from Jacques who will be discussing some specific issues.*

*Jacques: The greetings to you all! It is I, Jacques. Waith has agreed to have a great deal of this discussion be from my perspective since my charge, if you will, for the Company of Waith is to discuss health issues and to be of assistance for any of you who would need health concerns. We send special vibrations, (Name given), to you for there will be much information that will be of benefit to your mission in that which you assist so many beautiful entities in their path toward the One. (Jacques raises his hands to her and she to him) We acknowledge the sending of your energy to all of us and we take it into the total energy field that is Waith and Company. We enjoy this, by the way, when any of you would send to us an energy and your love. It is an unexpected surprise!*

*Now, the issue of taking on the male manifestation on the earth plane illusion is one that is of counterbalance with the female energy and is meant to serve for very strong lessons to be learned and taught, which is, of course, nothing new that any of you would hear. Now, in the scheme of The Universe there is the desire for the energies that split and become, as it is called, the twin flames ~ to return back to each other. And when the split occurs in this particular illusion that is now presented to all of you, there is what is called the male energy and the female energy, and each has its own mission to unite eventually back with The One.*

## Jacques Discusses The Physical Weaknesses Of The Male Physical Encasement (November 05, 1989)

*Now, the male energy therefore takes on very severe types of physical situations quite different from the female. And while, as you might call it, THE BATTLE OF THE SEXES where the female would contend that she has far greater physical difficulties, this is not true. The female encasement is, by the illusion, presented stronger than the male encasement and able to withstand a tremendous amount of difficulties. The male encasement, to the contrary of what is believed, is quite weak, and this is a part of that which is part of the illusion.*

*Now, the weakness of the encasement is centered in a number of places, as you might say, for the male. It is in the area beginning at the base of the encasement in the area known as the ankles. And moving up, it becomes then the area known as the upper thighs, which are weak, have points of less ability to maintain stress upon the encasement, this particular area more so than the others. As you move upward on the encasement of the male, you will find that the right limb has a less tolerance for physical stress than the left limb, and that the appendages known as fingers, the thumb and the index finger, as it is referred to, are points of weakness on the right hand.*

*On the left hand, the corresponding appendages are of strength, and therefore the electromagnetic energy field of the two connecting give a strength when in need of gaining an energy field of superior ability to other male entities. However, this connection, as you see my hands now forming, (Index fingers and thumbs together forming circle) is not a situation where every male entity would be able to use the energy that would come from this connection. It requires a meditative state and an advancement of the energy form itself in order to achieve this. However, it is possible for many who are incarnated now to achieve this balance of the electromagnetic field, and (Name given), you would be able to work with many male entities in achieving this harmony and helping them to develop it.*

*As you move through the encasement, you will find the area here at the throat, (Jacques points to the throat), as it is referred to, the lower base of the throat, as an area of weakness, and the ear on the right side of the encasement, the back part of the ear in the very back part being weak also. These are situations quite different from the female encasement which have no weak points.*

*Now, the male has these weak points, for the male is of a different type of vibration, there is the need for development of a physical strength because the energy itself is very strong. Male energy takes a tremendous amount of strength in its being male, and because of the illusion that has been set up, there is no outlet in the physical for the moving back and forth of the energy unless there were these weak points. And thus, they were developed, these weak points in the male encasement, to enable the male energy to build the strength and to build far greater capacity to deal with the spiritual self, which is the difficulties that most of the male entities have. And it is in the combination of the female and the male entities working in harmony that certain strengths*



*from the male are transmitted to the female, and certain strengths from the female are transmitted to the male.*

*The male is far more susceptible to what we call disease, for until the male has reached the ability to transcend the physical illusion and to give credence to the spiritual development, there will be the difficulties of restraint within the encasement. Understand that when the male energy is out of the encasement and in spirit form, or in other dimensions, this situation does not exist. This is strictly in the illusion of the earth plane.*

### **Jacques Gives A Remedy For Continual Types Of Ankle Ailments In The Male (November 05, 1989)**

*There is, of course, much that can be done to go into the physical encasement for the male energy that will assist in the easement of these physical ailments. One of the most popular, shall we say, though not the most tasty, is an elixir of molasses ~ we would say the proportions now ~ I am being told that I have this tendency not to give proportions ~ one tablespoon of raw molasses, with one teaspoon of pure white vinegar, with one teaspoon of pure raw honey, the juice from half of a lemon. This would be an average size lemon. And to use the pulp that is in the lemon.*

*Now, to place this in one-half cup of water, preferably the spring water, the pure, and to bring this mixture to just below the boiling point, and then to consume this. It will provide an almost immediate release to the imbalance that is a result of the ankle displacement. Generally, also, with the ankle displacement, there will occur simultaneously a connection with the ~ in the right limb, the thumb, and the index finger, and if the ankle is out of alignment, then so too will the weak point be weakened further in this area of the thumb and the index finger.*

*Those vibrations of the male who are aligned properly and are attempting to work through these weak points in the encasement, while consuming this liquid, would want to place the fingers as I show them ~ the two index fingers and the two thumbs in this position that resembles much like a diamond when the hands are placed together, and to take the hands as they are and maintaining themselves in the diamond position, to bring them down to the Lower Chakra areas, down that tunnel, shall we say, and bring them down to the ankle areas, as you see me doing, spreading apart and surrounding the ankle area coming in the back. And in the back, I place the fingers together again, you see, bringing them into the back and then bringing the fingers back up in this manner, as you see them, to the side of the encasement and then returning to this position of the diamond. This will create an energy field of significance to begin to help in the smoothing out of the weak areas.*

*Understand that there will be many, many, many incarnations needed for the working out of this particular situation, and that eventually, the male encasement can find itself strengthened completely in these areas of weakness that I have described. And when that occurs, it simply*

*means that they are now ready to do other types of missions and other types of learning on the earth plane. And that while it has been told to you that when you enter the earth plane you have a Menu of Lessons that you are able to choose, this is not on The Menu for choice. This is a given.*

*Every male entity will have to go through the workings of strengthening the encasement, for it is a spirit issue that is most important, and that there will be many male entities who will be able to accomplish the strengthening while they are, let us say, halfway through their incarnation, their sojourn on the earth plane, and while that they may have completed and strengthened their weak points in the encasement, does not mean that once that is accomplished they are ready to leave the earth plane sojourn. There may be many who, in fact, will in their final life on the plane still have weak issues to deal with, and they will finish it in their final incarnation. Others may have finished it far before their final incarnation. When there is the completion of the issue of the weakness, it enables that energy form then to devote time to true unity with its other energy forms, the other parts of itself, for most energy forms will have other energies to unite, with whether they are a lifeline of another energy form, or they are bringing other lifelines into the dominant energy.*

### **A Discussion Of Twin Flames, As It Relates To Male Health Issues** **(November 05, 1989)**

**Jacques, when one is with their twin flame and trying to live in harmony with them, how could they help each other with the sending of the energy to help the male energy where those points are needed?**

*Jacques: Indeed. Waith will answer this question.*

*Waith: Now, as many of you know, if you are with your twin flame, it is not always harmony. We must get this on the record, my dear, that many would feel that being with their twin flame is the ultimate, that it would solve all of the problems. And this is not the case, as we have indicated many, many times in answers to specific questions about twin flames, not always appearing to be who they are, and that there may be adversarial relationships because of the harmony at spirit, knowing that you will be able to get through it at the illusion plane. But when you find yourselves with your twin flame incarnated, and you are aware that it is your twin flame, there are some particular situations that you can respond to.*

*First of all, there must be the knowledge of whether you are in your encasement as the dominant, or not, so you must, in understanding, come to the knowledge of whether ~ if you are the female, and you are dominant female in the female encasement, that is fine, and the twin flame is male dominant in the male encasement. Now, if this is not the case, then there are other situations which present themselves. So, many times twin flames will come in in the same gender. One of them will be dominant, of course, and the other will be in its encasement. The way in which the interactions occur then are different in these situations, so that the issues of*

*male/female work themselves in a different manner when the genders are as they need to be for the energy form than if there were female or male twin flames.*

*Basically, however, you must understand that when the twin flames do incarnate, be they of opposite genders, mixed genders, same genders, however it is, the point being that the two of you have incarnated together, that there will be similarities of spirit, of course, and physical encasement similarities. For example, we have discussed the weak ankles of the male. Well, very often the twin flame will take on the weak ankles also and will take on many of the physical ailments. There will be a connection that is not describable, for you will be of same spirit, and what others might observe about the two of you has no meaning or bearing upon the ability to communicate, and that there is the ability of twin flames, without many times them knowing at conscious level, the ability to read the thoughts, shall we say, of one another. And any of you who are with your twin flame, or have had your twin flame on the plane, will understand what this is about. It is an occurrence that unless you have experienced it cannot be adequately described.*

*Any of you watching Mushiba and Abalma would understand just by watching them what we discuss, for there is total unity of the twin flames in their situation and it is not just something that happens, you understand. It is something that you work on from incarnation to incarnation.*

*Being twin flames does not automatically give you a connection of harmony at the earth plane level. You must understand at earth plane that you are twin flames and to acknowledge it, and this is where the fine line then becomes, for it is easy to intellectualize, as we say, that you are twin flames, and that you will have connections, and that you are the same spirit.*

*However, to live this and to understand it, and understand how it can help each other is something very different, for remember, at conscious level, while you have the ability to take on, let us say, a physical ailment from the other, you may not want to take on that physical ailment, for it would impose itself upon the other, and the twin flame may not want you to do this, or you may be afraid to take on physical pain. Understand that it must be mutually agreed upon at spirit level. And then there may be the, shall we say, the disagreements at the conscious level that ~ "I am going to take on the pain of your knee." ~ "No, you are not." ~ "Yes, I am," ~ type of situation, you see.*

*Understand that if it has been agreed upon at spirit, then it will occur, if you open yourselves up to this at the physical, and so there is much that can be done. We would address those specific issues individually with those that would be faced with twin flame issues, for there are not that many in the community now who have their twin flames with them, and thus, for specific discussions, we would place that into other sessions at this point.*

Can we also take on these problems from a previous manifestation, if we were a female dominant in a male body? And if we have some blockages from that time, can we carry those into a female incarnation at another time?

*Waith: No. What would occur is if you had blockages as, let us say, a female dominant in a male encasement, and you were not able to resolve those issues while in the male encasement, it would remain until you took on another male encasement to work through the issues. And understand that it is very specific situations, and lessons that you would take on, by going into a male encasement if you were female.*

*Jacques: I would interject also at this point that it is important ~ it is very important for the male to understand that the usual situation is the female dominant will come into the male encasement, and the male dominant will not come into the female encasement as frequently, or as much as the opposite. And this is for lessons to be learned for the female and not the male, but this is a topic for another time. Just a bit of a teaser to you.*

*Waith: Thank you, Jacques, for that teaser. ☺ Now, this is appropriate, for there is much, much more to the subject than we can possibly begin to present to you all, and we would leave you with the basic understanding that, once again, we say this with great strength, and you must understand this very, very much, there is no gender superior to the other. For the illusion of the earth plane, there is this thing called male/female for this particular time frame of illusion. It is simply meant to play out the game, play out the lessons, and that none is better than the other. You must remember this at all times, male/female, one is not better than the other, even though there would be the male who would say otherwise, and there would be the female who would say otherwise.*

*We present this information to you only to give you a perspective of the difficulties that the male encounters as a part of the illusion, and the encasement itself being of a weaker nature than the female, but that the female also must work in harmony with the male, as the male with the female, in order to balance. We would take perhaps one more question.*

### **A Discussion Of Taking On Another's Ailments And The Abuse Of Power (November 07, 1989)**

How would we know if we have taken an ailment or a physical discomfort from someone, or if it is just our own?

*This is a rather difficult situation unless you are becoming very attuned to your Higher Self to know when you have taken on another's ailment at a conscious level. This can be achieved in your own understandings through the meditative state where your Higher Self will simply tell you that you have taken on an ailment.*

*There are far greater issues, of course, involved here, for we would be looking at whether this was a voluntary assimilation of the aliment, or an involuntary assimilation of the aliment, for recall that any imposition upon another is not of the good and that if you take on an aliment from another, and they have not agreed to that, then you impose upon them, and in fact, could stall somewhat their own workings through a particular issue. And thus, it becomes critical that you are able to look to the Higher Self through meditation, the asking of the guides, if you are not able to tune in exactly as you would want to the Higher Self, to look for answers from your guides. There is no, shall we say, formula at earth plane that you could plug into and say that based upon this, or this I have taken on an ailment, rather than my own.*

**If it is all done at spirit level, and not at the conscious level, is there still a chance of imposing?**

*Oh, indeed! Indeed! Remember that at spirit level all is not as it needs to be. It is not ideal, for though you work on lessons at spirit, and there can be tremendous imposition at spirit level. In fact, it is easier to impose at spirit level than it is at the physical level. Understand that, that just because you are at spirit does not mean that you are perfect, for you would be back in The Universal Consciousness if that were the case.*

**If you do come to that understanding that you took it on as imposing upon the other and took on their aliment, how would you be able to give it back to them then?**

*You must give it back immediately. And this is the trick! This is the trick, for it is not as easy to give it back once you have taken it, and this is getting into the areas in which we have discussed the abuse of power. And understand that ~ that it takes a fairly advanced energy form to be able to take on the aliment of another, be it at physical or spiritual, and as the abilities increase, the powers become potentially dangerous, and this is where much of the lessons come in in the use of the power that an entity begins to gain as they attune themselves to higher levels.*

*You must in your meditation seek to rid yourself of any desire to impose, for imposing is an abuse of power. And one of the difficulties, once there has been an abuse of power, is to lessen that inclination. Therefore, when you realize at conscious level that you have forcefully taken something from another entity, it becomes more difficult to let go of that, and a whole series of other lessons come into play, so that you then have a number of lessons being worked out, abusive power, the fact that you imposed, that you took an aliment from another, many, many issues come into play. It is not simple, of course.*

**Can A Healer Heal Someone That They Have Not Been Able To Heal Within Themselves?  
(November 07, 1989)**

In the case of healing, when I, as a healer, work with someone, is it possible for me to assist someone in healing something that I have not healed within myself, or is that just something that we, as healers, can only assist so far as oneself is progressed?

*You must understand that the ability known as healing, again, is only done by Self, truly, and that others would be facilitators. Now, a facilitator does not, therefore, need to have undergone the actual experience or to have, as you would say, be at a certain level of healing, for if that were the case then most entities would only then be able to assist other entities who were at their own level. And as those who would be facilitators know, varying levels of advancement would be coming into their environment, nonetheless having issues of healing. And thus, in the physical incarnation, the healer is simply a facilitator and able to direct and to guide the entity who wants the healing to understand what they need to heal and what their issues are. You will not be doing it for them.*

*This must be understood very, very clearly that those who are referred to as healers are only facilitators, they are not actually healing. Only Self can truly heal. There may be abilities where a physical change occurs rather dramatically, and this is the result of the facilitator, the healer, having rather advanced abilities and at the same time working at spirit level with the healee, you see. We have given much information on this subject and there is much more to give, but for those of you, and especially, my love, in your situation, you must not feel inadequate, that you are much like a lightning rod as envisioned on the plane where you are a conductor of energy from one source to another, so you are able to assist in that way.*

### **The Issue Of Physical Pain During An Illness And Lessons To Be Learned** (May 29, 1990)

Would that mean if we were very sick, we may not feel the pain ourselves even though we are very sick?

*Yes, indeed, my love. What occurs very often in what you refer to as illness, there is a part of the energy that is feeling the pain, if you will, for lessons to be learned, and there is another part of the energy that may not be feeling the pain, thus, being out of the encasement and allowing only a certain percentage of the energy to be in the encasement, thus, what you may sometimes see as semi-consciousness, you see, so that there is a need to feel some of the pain for lessons to be learned, depending upon the extent of the percentage of the lesson remaining to be learned, you see. If there is a great deal to be learned then it is probable that the percentage of pain being felt will be greater, and as the lesson is learned, either in the lifetime itself or over a series of lifetimes, will then determine the extent to which the pain is felt.*

### **A Discussion Of Alzheimer's Disease** (May 29, 1990)



During the latter part of my mother's disease with Alzheimer's, it seemed as if she was out of the body. The body just seemed to exist on its own. Is that what was happening? Had she already left?

*In this particular affliction of which you speak there is a tendency, shall we say, of an entity to depart from the encasement, leaving, however, that which is referred to as the, for your frame of reference, the silver cord giving the connection of the Soul to that particular encasement. However, what occurs then is that the spirit guide of that particular entity penetrates into the encasement in a way that keeps the encasement mobile, or at least the functions of the encasement in what you would call working order.*

*This is part of those entities who take on this particular situation who have lessons to be learned in regard to responsibility. This is one of the ways in which responsibility is learned by an entity, this particular affliction, and when responsibility is not taken on as the entity had wanted it to be ~ and this is not specific, understand, to your particular situation but to the situation in general ~ the entity then wants to forget that the responsibility that they had hoped to grow into in the lifetime, they want to forget this, that they did not achieve it. And thus, this particular affliction is a part of helping them to, shall we say, forgive themselves, for some entities have a great difficulty in forgiving themselves for not carrying through on the mission that they set out to accomplish.*

*And, as we have said so many, many times, this is quite all right if the mission is not accomplished. But, again, it is an issue of Self love and Self-understanding to accept this. And thus, in agreement with spirit guide, the entity leaves the encasement, but does not really leave the encasement. And while still connected, but out into another dimension, the entity is given specific guidance by a group of advanced entities to help it in understanding why it is not able to accept that the responsibility lesson was not achieved. And, it is an attempt to help prepare the entity for departure, finally, from the encasement so that when the entity arrives into the dimension that it needs to go into for evaluation of the lifetime, there will not be as great a, shall we say, condemning by the entity of Self, you see. There is a greater understanding by the entity that this is simply something that happens and not to condemn itself for this.*

### **Is There Any Significance To Warts? Can You Give A General Reason?**

**(June 19, 1990)**

*We are always amused at the questions that concern the incarnations on the earth plane, for it is truly the unique training ground of The Universe, in that no other types of illusions present themselves in quite the same way.*

*This condition called a wart is a physical manifestation of what may be referred to as a hardening of a particular attitude toward an issue that one knows must be dealt with and is stubbornly refusing to deal with this issue. It is individual to the entity, for it does not relate to any specific issue or lesson, but rather to the point of knowing that you must deal with the issue and refusing*

*to not deal with it, for whatever period of time that might be. That is a signal, when one has this manifestation, that it has a stubbornness attached to it. The location of the wart, also, can have interesting implications, but it is dependent, of course, upon many situations as relates to the individual entity.*

### **Would You Expand On The Comment You Made About Symbolism Of Birthmarks?**

**(July 17, 1990)**

*A birthmark is a symbolic manifestation of something that has occurred in a previous incarnation. It may be a happy occurrence or it may be an unhappy occurrence, but it is your way as an entity of bringing with you a particular remembrance. You may have it at a conscious level, for many entities connect with their Higher Self to understand the purpose for the particular symbol. Others simply do not, but at the Soul Level, it is there. And it is much like you would think of, oh, your favorite teddy bear that you like to carry it around with you not knowing exactly why, but that it gives you some sort of comfort. Thus it is that a birthmark can serve that same purpose. It can provide comfort for you. For some, a birthmark may provide a very visible symbol and the recognition of a lesson to be learned, for the birthmark may in itself in its placement create the lesson, or the teaching.*

### **Special Topic Session On Healing**

**(July 22, 1990)**

*We are most pleased to be with all of you in this very vibrant energy field that exists with the gathering of so many beautiful, beautiful energies, and we are most pleased to be able to have this opportunity to speak on the topic of healing, for healing is far more than one would think it to be. It involves much, much more at the spiritual level than one would think, especially for those who are concerned with what is the physical manifestation of that which is an imbalance at the spiritual level. There are many currently on the plane who are dealing with healing at the physical and attempting at the same time to blend and to understand the spiritual issues involved in that which is the physical manifestation of an imbalance.*

*We would enjoy for this session to have your questions placed on the record. Thus, we are able to then present the broad spectrum, if you will, of concerns and at the same time, be able to address that which we have planned for information for you all to receive, but if it is in the form of questions, it will present itself for future reference by those who would inquire to be of an easier understanding. Thus, we are prepared now for the questions.*

### **A Question About The Issue Of Alternative Medicine Versus Traditional Medicine**

**(July 22, 1990)**

Whenever I raise this issue about alternative treatment to the classical medicine, most people are negatively tuned to an alternative healing. They say there is so much charlatantry and are suspicious to investigate alternatives. I expected that most people, even if they have negative experiences with classical medicine, that they are more open, receptive to alternatives, but I must say the majority is not.

*It is quite, quite simple actually, you see, for whenever issues of spiritual come into any discussion, that which is not able to be seen and touched and felt by the basic senses that are available on the earth plane to the encasement, then it becomes what you would call a threat, for the unseen, that which relates to the spirit for many, many entities, is a part of their own process of learning, and walking through their path in a particular time frame on the plane. It is to be expected that there would be this type of confrontation, if you will, for it is in the confrontation of the physical and the spiritual that the beginnings of the melding and the coming together of The One would occur.*

### Illness Or Injury That Presents Itself In The Physical Is A Manifestation Of An Issue At Spirit (July 22, 1990)

*Understand that all that presents itself in the physical in terms of an illness, a disease, an injury, is all a manifestation of an issue at spirit, and this is a very difficult concept for many to understand or to even want to understand, that there is some other area that is creating something very physical, that something unseen, something that one would need to delve within Self to understand the purpose for an injury, that it is the Soul bringing it to the forefront. These are issues that many do not want to face, for all that an entity has in terms of illness, injury, or disease, is a result of imbalance within the energy itself, and too often, you see, on the plane, the shifting in responsibility to another is the predominant behavior mode, and you would want to, rather, say "It is the fault of the medicine that I took that created perhaps a side effect," when in actuality, it was necessary for the encasement to experience that side effect. "It is the fault of my genes, you see, that I have this illness." Understand that you chose to come in through a particular set of entities that would create that type of chromosomal situation for the entity.*

*In addition, all that occurs, you see, is then interconnected with spiritual issues, and it is a very difficult topic to discuss with those of the scientific community, those who would say, "It must have proof. It must be this, this, and this ~ and if you can solve this problem in the physical, then it will cure you," you see. It is far more complex than that, but not an easy topic to discuss with those who would say that alternatives have failed in the past.*

*The reason that alternatives, as they would be referred to, would have failed is simply that it appears at physical that something has not come to a cure. But again, as we speak on the issue of judgement, you do not know what the issue is that needs to be resolved so often, and it may be that that portion of the issue that needed to be resolved was resolved at spirit, and there still may be physical manifestations of that, and for issues of learning or teaching may continue to manifest itself at physical. There is no such thing as failure for what you would call alternative medicine, if*

*you will. It is simply that the issues that needed to be presented for that particular entity, and for those involved in that situation, were brought to the forefront and dealt with, you see.*

### **Are You Suggesting That All Illness Is Also Occurring At Soul Level?**

**(July 22, 1990)**

*For each entity, for whatever illness, as you would refer to it, is at spirit level, what is referred to as an imbalance, and it is not until the completion of the sojourn on the earth plane has come about that that part of the lesson that the Soul took on for the earth plane sojourn will be completed and the balance will be achieved. And thus it is that while the entity is on the earth plane, at the Soul Level there is indeed issues to be balanced out, and as one particular issue is balanced out another will present itself until the balancing occurs.*

*For some entities this balancing of an issue may take on the form of that which is a physical ailment of some type. For another, they may choose to balance that same issue in a way other than what manifests in the physical. It may be manifesting in the what-you would call psychological. Nonetheless, it is signifying that there is an imbalance at the Soul Level when there is some type of disease or illness or injury. But again, it is necessary for each entity to come in touch with their Higher Self to determine what the answer is as to what the issue is being resolved within the spirit, for it differs from entity to entity, and it can be very dangerous if you allow outside sources to dictate to you that which you must find the answers from within.*

*Understand that the way in which you would achieve balance may be, in fact, through traditional, as you would call it, traditional medicine. It is not always appropriate for an entity to seek out that which comes closer and closer to the Healing of Self. Healing of self, understand, is achieved when there becomes a greater balance within the entity at Soul Level. But for many entities, the path toward self-healing can only be achieved through a series of assistance from what is called traditional medicine.*

### **Traditional Or Alternative ~ You Must Follow That Which You Feel Is Appropriate For Self**

**(July 22, 1990)**

*There is much, much too much negativity associated with that which is traditional medicine, saying, especially among spiritual communities such as Terra Lux, and any of the others, that if you are on a spiritual path then you must, of course, be able to heal Self without the aid of medicine. This is incorrect and can, in fact, be very dangerous, for you must seek the answers from Self, and if Self tells you that you need to take an aspirin, then you must take an aspirin and not go because a friend of yours says that they were able to cure their headache with a crystal, that, "Oh, then I must not be on my right path here if I cannot cure my headache with a crystal," you see.*

*You must find where you are in your own balancing and path back to the One, for what another entity is able to achieve in terms of healing Self will be different from what you are able to achieve, and you must not look to the way others are able to heal Self and use that as the way that you must do this, but rather, you must in your own healings of Self seek out that which is the best way to help you, and if that means seeking perhaps an entity who can assist you at the traditional medicine level, then you must do that. If it means seeking someone who uses alternative methods, then go to that direction, but you must feel that it is the appropriate path for you and you must not allow others to dictate to you that you must ~ you must do this, or you must do that. You must follow that which you feel is appropriate for Self.*

### **Would You Address Healing And Brokenness? Many Of Us Feel Broken On Our Journeys (July 22, 1990)**

*Yes, indeed. So often when an entity has been on the plane for a bit of time, there comes about a sense of disconnectedness. This occurs for a number of reasons, and generally, what needs to occur in order to bring about a reconnection is what we would refer to as a psychic dropping. And what we mean by this is that the entity must reach a level of what can only be described on the plane as a state of total despair, where they look around and they feel that there is nothing else left for them, and they seek out then the Higher Self and they seek out the spirit, and they seek out their guides, and they call out for assistance, for so often when an entity becomes disconnected they have done this out of a sense of arrogance, for they feel that they are quite powerful and are in no need of The Universal Consciousness, they are in no need of any other entity, that there is indeed a sense that they are alone, and they are arrogant about it, you see.*

### **A Feeling Of Total Despair And The Crying Out For Help From An Entity (July 22, 1990)**

*Then what occurs, and this becomes at the Soul Level first, the crying out, for it is not until an entity feels that they have finally reached a level of despair, where this attitude that they have of themselves, they finally realize is not accurate and that they need others in order to continue along in their path, they cry out for help, and at spirit level, once the cry for help has been heard at the physical, as well as at the spiritual, it will manifest itself, and then the entity will find itself in the presence of an entity who will assist them in healing. And it becomes, then, a psychic healing that occurs, and it is only then, of course, once the entity has asked for, and is ready to receive, a psychic healing.*

*Understand that all that is asked for by an entity will be provided. If you ask for help it will be given. And thus, many entities currently on the plane serve the role of being what you would call psychic healers, and they have the ability to work with an entity through meditation, through their own abilities of reaching the Higher Self, to assist an entity who has come to them for assistance.*

*And it will be a mutual coming together, for once an entity has cried out for the help, then one of the psychic healers currently on the plane, and there are many, many, many of them, will be brought in contact with that individual, and through this entity, there will be a healing that will occur, and it will be much like you would ~ you could envision warm water being gently poured over a wound, and there is a smoothing out and the inter ~ the connectedness that was broken becomes interconnected again as the entity realizes that all are One and that without that connectedness there is no entity and that true power comes from the group consciousness and an understanding of that.*

**Can you cry out for help for someone else or do they have to do it?**

*They must do this themselves, my love. If you feel that another needs to cry out for help, and this occurs very often, is that you can assist the entity in helping that entity to reach the point where they will seek the help, but you cannot ask for another. You can only ask that the other will reach the point of asking, that you send your love and your Light and make that available to an entity if they so need the love and the Light from you. You cannot impose. Even love and Light cannot be imposed. It can only be presented as being available to surround an entity, but not to impose upon that entity.*

**What caused my cyst to disappear within an hour after it showed on the x-rays? I think I was in too much pain to even ask for help.**

*Ah. At physical. You had reached an ending point in a particular issue and that is why it has dissipated. The issue is complete now.*

**Why did it come in the first place?**

*It needed to appear to present the pain, and, to you, as a final, shall we say, imprint upon the Soul as a memory so that the memory will be there, and now that the issue has been resolved, for others who may need assistance in dealing with this issue, it is imprinted upon your soul memory now for you to call upon, for you will be called upon now to Be of Service to Others who are dealing with that issue, and you will know what that is when it presents itself. In healing, there is responsibility, as with all learning, that once you have healed, you must then help others to heal.*

## **Finding The Balance Between Relying On Self And Asking For Help From Others (July 22, 1990)**

**My conflict is that there is a fine line between helping yourself, and relying on yourself for the answers, and the sense of community and the sense of needing others and asking for help if you need it. Maybe it is just me, but I**



am having difficulty finding the balance between how much is required of Self and how much I should ask of others.

*It is a very difficult balance for a number of entities, for understand that when you are able to trust in The Universe completely, and know that you can trust in The Universe, then there is no balance. It does not even become a question of, "How much do I rely on Self, and how much do I rely on others," for you will know as you trust in The Flow of The Universe the amount, if you will, you see. But you must go through what you currently go through in order to reach that point where you will understand, for each has their own degree of understanding of the balance, if you will. What is appropriate for your balance will be different than what is appropriate for another, and as your awarenesses increase of Self, and you feel the strong connection with The Universal Consciousness, then you will understand in greater, greater degrees.*

*Continue to seek the answers from Self. Continue in the direction that you go in, my love, and do not berate yourself so that, "Why am I having this difficulty? I should not be having this difficulty. My friend does not have this difficulty." You see, you all do this, and you must not compare yourself with another's progress. You seek assistance from others. You speak among yourselves as a community so that you can speak about your situations, but be so very careful of trying to be like another. Be who you are. That is the best for each of you.*

### Traditional Medicine And Its Role In Healing (July 22, 1990)

I trust that I am tapping into my Higher Self and trying to find the best alternative for my daughter and her medical needs, at least at earth plane level, and I am hoping at spiritual level also. However, I run into so many doctors that block us. If I say we do some creative visualization, they make you feel like you are a negligent parent because you are not following traditional medicine. There is a lot of difficulty there. Any advice?

*Understand that whatever situation you find yourself in, each of you, when you are, as you would say, having to confront the medical establishment, you have chosen as a group, and in your case as a family group, to take on certain issues of which dealing with traditional medicine, as you are finding yourselves, is a part of it. Understand that another in your situation may not have the difficulties that you find yourself having. Another may have far more difficulties. You must recognize that what is occurring is meant to occur for particular lessons, and you will not know the extent of the learning and teaching, especially in this particular situation. You must continue to seek the answers from the Higher Self, understanding that you have placed yourselves in a position of confrontation with the medical establishment and that there are very specific reasons for this occurring.*

*Be careful of confrontation. Be careful. Understand that others have their perspective and that as we have indicated earlier, that of traditional medicine is not negative. It is appropriate for an entity on a particular point in their path, and that a healer is a healer. They may take on a*

*different persona, but a healer is meant to be with a particular entity at that particular moment of time on the plane, and it is appropriate that the interconnectedness occur, for as you reflect upon past, shall we say, confrontations with the medical establishment, when there was a pushing from your end, recall the consequences of that as opposed to allowing a flow.*

*Listen to what others have to give you for information. Do not be quick to do something without listening. It is appropriate to always listen and to take in the information and then to, as you would say, synthesize this within your own values with the Higher Self, but allow others to give you the input, for this is a part of what they must do, as well as for yourselves. Be careful of automatically shutting off information because it comes from a particular source. Allow yourselves to keep open information from any source. It does not mean that you will follow what is being given to you, but you never know what little bit is there for you. And the more you allow others to give you their information, their perspective, the greater connected you become with The Universe.*

### **A Doctor Is Questioning Why Someone Is Miraculously Healing With No Explanation (July 22, 1990)**

**My doctor is having a very hard time figuring out why my body is regenerating cells that it should not be regenerating, and she is very open to any explanation that I can come up with. Is there any assistance you can give me in what to tell her? I have no idea why it is doing it. At least not consciously yet.**

*My, my, my. There are issues that are coming to a conclusion for you, my love, of course, and what explanation do you need to give?*

**Well, she is interested in helping other people with the same problem.**

*But, my love, understand that what you do at Self level here is for Self, and it is you who are doing this, and not the doctor, you see. And so, there is nothing that this doctor could do with another who is in your same situation, you see. There can only be with this particular entity the deeper understanding, for she learns from you that this is the conclusion now of an issue that you have been struggling with for many incarnations, and the percentage of the learning of that particular issue comes to an end now in this incarnation, and thus it is that the healings at physical occur, you see. You serve only to assist this entity in an understanding that healing occurs at a spiritual level and that it in actuality is happening. A miracle, if you will.*

### **A Question From Someone With A Tooth Problem (July 22, 1990)**

**Waith, I have a tooth, a crown, that was fixed last week that is been giving me a lot of pain. Is there anything you can suggest that I do for that?**

*You could pull it. That would eliminate the pain, now wouldn't it, in the long term?*

Yes, that was what the dentist said if this does not work, that is what would have to be done.

*Oh, indeed. Seek the answers from the Self, my love, as to why that pain occurs, and if you are unable to find the answer, for whatever the reasons, once again, do not beat yourself about this that, "Oh, I cannot find the answer!" You know how you are, my love. ☺ Then simply have the little tooth pulled.*

That was part of my concern is that I have trouble doing what you said. Sometimes there is no solution other than, take it away.

### There Is Purpose In The Numbers Of Healers, And Those Who Are Referred To As Charlatans (July 22, 1990)

Everybody is aware that we are flooded with healers like from Philippines or from the Far East. People who are frustrated with the current treatment now flock to self-healers, hoping that they will have the answer. Maybe that results in a negative energy because then they are expecting the ultimate solution out of one- or two-times treatment from the healer, and they are going back and then say, "Okay, see now, I realize that even this healing method does not work." I think that maybe it is just for the record is that people should rather go inside and ask themselves whether they are ready for an alternative healing. That is probably our problem in society. We are so driven by advertising, by commercials, by other people making comments and statements, and then we say, "Okay, we have to be in this, to be in the right flow." Then we get disappointed and later on realize that even this healing does not work.

*Isn't this insightful of our engineer here who has always been asking, "But, Waith, why? Show me exactly." And now, it is most beautiful to hear the acknowledgement of going within Self, for Self may not be ready for certain types of healing. And, in fact, there may be certain types of illness, injury, whatever, that you must go through in order to reach the point, much like the crying out point where you finally will say, "This is enough. We have reached the point of saturation, and now we are ready for the next step," and you call out. It is when an entity is not ready for a particular step that difficulties occur.*

*Understand that there is purpose, however, in these numbers of healers and that who would be referred to as charlatans, for they bring about the issue itself of healing, and it makes many, many more entities aware than in the past on the plane of the topic of spiritual healing. And understand that the more information that is available, the more aware entities will become.*

*Fear not the charlatan aspect of the issue, but rather look at that which is positive as a result of this, and that many entities serving as healers in what you would call the charlatan aspect are*

*doing this perhaps for their own balancing, or they are doing it to help in the greater scheme of teaching, for there are entities who must go to an entity like this in order to learn certain lessons, for one must ultimately go within Self for the answers.*

### **Spend Less Time Wondering What The Lesson Is And More Time Seeking The Higher Self (July 22, 1990)**

**I thought I had kind of cured this ankle problem I have and learned my lesson. But it still bothers me When I know that I have learned a lesson, and then when it comes back, I figure I have not learned my lesson, and then I berate myself.**

*If some of you would spend less time wondering what the lesson is for each particular ailment and more time in seeking the Higher Self to help you to simply acknowledge that there is something there, and if you are unable to pinpoint, shall we say, whether it is learning or teaching or whatever it happens to be, that you at least come into a harmonious state with yourself, that this is something that continues, and simply let it go, for when you begin to spend so much time and energy on one little situation, you then begin to lose sight of the total picture and that it fits in with all that must be accomplished, you see.*

*Our dear one here and her hurting tooth ~ in the scheme of things, my love, like the ankle, it is a minor issue and certainly one in which you would not want to spend a great deal of energy, for there are far greater issues to be concerned about, but rather see it as a signal when you have these minor situations, and even if they come and go as you would say, that it is relating to something that is perhaps coming and going. It could be as simple as that, you see. Give it a rest, as you would say. Relieve yourself from the anxiety of it, for there are other things to be anxious about, far greater ~ (balance of sentence inaudible on tape) and if there are not currently, there will be! ☺ Trust us, for you each bring on your own anxieties. And so open up The Universe, as we would say, and create the void for something really big to come along to occupy your concerns.*

### **Further Elaboration On Being In A Coma (July 22, 1990)**

**In what dimension do people go in who are in a coma for long periods of time, or what kind of illusion?**

*When an entity is in what you on the plane would call a coma, they are ~ the energy itself is, percentagewise, is still in the encasement. There is a small percentage that has gone out of the encasement, for it is an evaluation period that occurs. And these evaluation times may take, in terms of earth plane, years, or they may take a matter of moments. It is a time in which an entity evaluates whether to stay on the plane or not, and in what degree they would stay on the plane. It is a special opportunity for an entity to review what they have done and what they need to*

*do. And it is one of those situations in which the entity is given the opportunity to leave the plane if they so desire. They are given that choice.*

*For some, they may stay out into this evaluation phase for quite some time, as you would measure it on the plane. It is, in actuality, not time measured in this dimension. It is a special energy field in which an entity goes in which Master Guides are available for consultation, if you will, if you want to place it in that perspective. And in conjunction with the Spirit Guides of the entity itself, they have what you might call a roundtable meeting, and then they make a decision.*

*While an entity is in this particular stage of evaluation, that entity cannot be disturbed, if you will, by energy from the earth plane. And thus, while an entity is in what you would call a coma, they are not available, if you will. And thus, you need to then do what we recommend so often, and that is to provide the love and the Light to be available, for the entity may decide to return to the plane. And upon return, upon entry back into the encasement, whatever love and Light has been sent by any number of entities that is available will then be taken as needed by the entity returning. If the entity chooses not to return, that, shall we say, pool of love and Light that has been sent becomes available to the entity as they pass from the physical back into spirit and assists them in the journey back.*

### **What Preparation Does One Need To Become A Healing Channel?**

**(July 22, 1990)**

*There is preparation for every behavior that occurs with an entity. On the earth plane, when you would sneeze, for example ~ not every entity sneezes, and until you have had your preparation at physical for certain conditions to precipitate into that which is called the sneeze, then you do not have it, you see. And so, it becomes a very natural series of events, one leading to the other, that once you have indicated that you want to have a particular ability, then The Universe provides the opportunities for you, and it flows very naturally. And you have placed yourself into the situation in working with Mushiba that you will reach your goal. It is individual.*

*There, of course, will be group discount lessons probably offered to many, but then again, it does help to increase awareness when these types of individuals would offer to the masses ~ "Come one, come all and learn how to be a healer," you see. It does present a bit of an increased awareness. While it may not at the obvious level present a healer ~ learn in four easy lessons how to become a healer ~ it is something that develops from lifetime to lifetime to reach a certain level of healing ability.*

*And you, my love, began many lifetimes ago this process, so it will flow quite naturally. Others will begin in this incarnation their journey toward becoming a healer at some other lifetime. And thus, these lessons that are available at group discounts are appropriate for some entities who perhaps begin their search. It is not for any to judge why.*

## The Use Of Wands For Healing, And The Caution That Is Needed In This Process (July 22, 1990)

Can I ask specifically about wands? I feel somewhat of a novice in using one, but I am looking for a confirmation on whether or not I am on the right track. And also, could you explain to me when someone, or myself, is projecting energy through a wand, is it affecting the ethereal and the physical, or one or the other, or doesn't it matter?

*There is much to the use of the wand. It is a vehicle of energy transference that must be used with caution, for it is a way of directly channelling very intense energy from Self through connecting with the energy in the crystal and then that energy projecting out to its source of projection.*

*You must go about this process with caution, my love, during your beginnings, for you will feel the power, and you must learn to understand the feel of this power of the crystal, and that you could short circuit if you do not relax as you feel this energy going through you. Do this gently at first, slowly, and only a very small amount of time, and increase the amount of time as you go each time you do this. Do not in one time sitting, you know, project for minutes and minutes on time. You must do this for a few, as you would measure, seconds, and gradually work your way to longer periods of time as you feel comfortable with the energy. The energy itself will speak to you, if you will. You will connect at a higher level to understand the significance and how to use this spiritually. This is an area for all of you to understand where abuse can be most evident, for the power that can be used with a wand is very strong. And it is one of those areas of potential abuse, and this is why we caution you.*

Is it appropriate to choose the color of light which is projected through or should I always use just White Light? On several occasions I felt the need to specifically use color.

*It is appropriate during the beginning time frame to use the white for that is the pure, and as you develop in your own abilities, then it will present itself naturally, for it will come from the Higher Self in connection with the energy that you send through as to another projection color.*

## A Technique To Attune With Someone You Are Attempting To Heal (October 02, 1990)

There is a young girl in town who is quite sick with cancer. I offered my help, along with Jacques, providing her parents agree. My question is, do I have that healing ability?

*Well, there is a far greater situation here, for there must be permission of the entity for this, and it must be at Soul Level. Understand that only each of you heals yourself ultimately. However, in*



*this process of healing, you are able to call upon healers who will assist you in the healing process. And there must be, first and foremost, a meditation that is done with this entity, you and the entity, in which you would connect vibrationally. You would place your hands in this position down and ask the entity to place her hands facing down to yours, and simply ask her to quiet herself and to close the eyes and to visualize and sense energy coming up from your hands. And as you begin to feel this energy in this meditative state, you yourself would then slowly turn the hands so that yours are then sending energy down through her hands.*

*This is not, however, the process of healing. It is simply the process of connecting at the Soul Level with the entity to determine if at Soul Level the entity is ready for help, you see. You will know, for you do have the ability, and then when you know the answer, meditate upon that answer for your next step.*

### Health Remedy For Pain In The Toes (November 06, 1990)

**Can you give me any health remedies for pains in the joints? Specifically, the toes.**

*Ah, pain in the toes. There are so many reasons why there can be pain in the toes. However, there is, interestingly enough, a particular remedy. It will help ease the pain. Understand, of course, it is like any other remedy that only eases, and the pain will not go away until the issue at Soul Level has been dealt with, but it certainly is helpful to have remedies that can help you along the way. We would indicate, then, that a rather general remedy for the easing of pain in the toes, and this would include that which is called cramping in the toes, where they curl all up, that a particular remedy would be ~ you may have some fun in searching out this particular herb ~ we have not given you a challenge in a while, now have we, Terra Lux? There is an herb that has as its root name, larda, l-a-r-d-a, larda, larda. Now, that is not how it known currently on the plane. However, it is on the plane and it is existing in a different name, but you will only be able to trace it through its root name which is easily done if you find the right source.*

*Now, once you have found larda, you would take this and bring it to a Public Session and we will then give you the formula for its usage and it will be most beneficial from now until the end of the illusion. And thus, you would seek this out, and in the short term you will continue to have pain in your toes, but if it is of value enough to you, you will find this. And perhaps others in the Community of Terra Lux will assist you. And it will then become a remedy that can be placed in the book of remedies.*

### Can You Offer Any Insight On Chronic Fatigue Syndrome? (November 06, 1990)

*Oh, indeed. Indeed. That is a topic that we could devote an entire session to in terms of what causes it, some rather general lessons that are involved, and being learned, as a result of its manifestation. We want to hold that discussion until the beginning of the new year, for we would present that in one of the sessions in which we give advanced information relating to issues of patience.*

**You said that chronic fatigue has to do with patience. Does that mean that no matter what you take for energy, you will still have it until you find what your issue is?**

*Until any issue is completely resolved, its physical manifestations are not ended. They may be relieved and in fact may appear to have been eliminated in a particular lifetime, but unless the issue at Soul Level has been resolved, it will come back again in another lifetime, in another form perhaps, physically. It does not mean by any discussion that you simply say, "Well, my issue has not been resolved, so, I must certainly live with pain, and I must live with the physical manifestation." That is not the case at all, and we will most definitely discuss in greater detail issues of healing and its implications at physical as it balances with spiritual in the time to come.*

### **A Discussion Of Physical Encasements Adjusting To The New Electromagnetic Field (December 04, 1990)**

**I would like to ask a question about my mother's health. Her laboratory readings are in an abnormal range. She is under a doctor's care and feeling fine with the help of an acupuncturist. There is confusion from the medical field as to why this is occurring. I would like your comments on this and whether herbs might be an option.**

*We are not in the practice of responding to personal questions in Public Sessions. However, we have allowed this to be answered for it will serve for public information, that which is the answer. There are issues here that many of you have begun to encounter and will face even more so as time progresses toward The Shift, and that is that the physical encasement and the electromagnetic field that surrounds each encasement on the plane is in a period of adjustment for The Shift, and as the Planet Earth, the physical Earth itself adjusts its vibration to meet The Shift that it will encounter, so too, do each of you have responses to that.*

*When there are major encasement energy field adjustments, that which is known on the earth plane as science or technology is unable to explain certain phenomena, for all of these instruments are not able to read the body, if you will, correctly because of the energy force that emanates from the electromagnetic field. Such a situation is occurring with the entity of whom you speak. All will settle shortly, for there is simply a very major electromagnetic-field adjustment occurring. The encasement is fine. It is simply that the instruments do not understand what is occurring, and once the adjustment has occurred completely, it will settle in. However, the instruments will, while recording perhaps what is considered normal, it will be relatively normal according to the instruments. As is the case that you already are aware of with the entity, the feeling, if you will, that this entity has is accurate.*

So, forget about the chemical treatments that the doctors want to do.

*You must be very careful, my dear, in making decisions yourself for another, and you must work with the entity in the decision-making process toward this end. The information we have given to you is reflective of an electromagnetic phenomenon that affects the physical encasement. There are other underlying issues that continue to need to be addressed with the entity's own lessons to be learned, and therefore this entity, upon hearing of the information we have given, must then make a decision as to the direction to go after hearing the information and must go within Self to make the decision. As is our common discussion throughout our time with you all, one must make decisions and answer your questions from within. It is wise, of course, to receive information from other sources. However, the final answer must be that which feels proper for the entity.*

### A Question About One's Ability On Earth Plane To Go Within Self For Medical Issues (December 04, 1990)

Supposing a person is seriously ill, and classical medicine will come with classical approaches, where you then would recommend that the person should rather go within Self to seek the answer about whether this approach would be appropriate for them. I think it is difficult for a person to retreat from the classical medicine and try to seek the answer in Self. I can visualize a person is under tremendous pressure and being forced to go with whatever treatments are available. And I feel it is almost impossible for a person who is not familiar with spiritual treatment to really sit back and say, "Wait, I would rather meditate a couple of months and try to seek the answer." Maybe you can comment on this.

*Yes, indeed. Understand that many of you gathered here are very aware of your spiritual development and work at a conscious level toward its growth. It does not mean, however, that another entity who appears not to be consciously and most visibly working toward spiritual growth is not aware of their own spiritual growth and is not aware at some level of that which relates to their mission on the plane.*

*Understand, once again, as we say that each entity is on their own path and at their own point on a particular path, and while it may not seem to you to be feasible that an entity would be able to make decisions regarding the course of action for them as relates to healing or medicine, it is not for you to judge ~ it is not for you to understand, but rather, it may simply be that part of what the entity has come in to learn, or to teach, is to allow certain types of medical procedure to occur in what appears to be imposed upon to the entity for whatever the reasons may be.*

*It may be for balancing, for example. The entity may be balancing from another lifetime experience in which they may have imposed upon another and now they must undergo the experience of that which they gave to another, or they may be helping another entity to balance*

*in that very area, or they may be here to help entities to learn how to heal, and the only way for an entity to learn how to heal is to attempt healing. And thus, many entities allow themselves to come in and be used, as you might say, guinea pigs.*

*This is all predetermined by the entity before entry, what they will be doing. While at times the actual way in which it will be done is not known, the fact that certain lessons will be undertaken is all part of the Soul's own destiny as it designs it itself, and thus, it may appear that an entity is helpless, lying, shall we say, in the hospital bed. And while we would say that it would be appropriate for an entity to go within for those answers, you all have the answers already before entry as to what you will, and will not do, and the way in which you respond to those answers comes from the Soul at some level, be it conscious to the world around you at the conscious level or be it not conscious. A matter of simple inability to respond to the external environment in a way that would allow the entity to directly give the answers to their own treatment does not mean that they are not giving the answer, for oftentimes that very appearance of inability to respond is in itself an answer.*

*It is much more complicated than it appears, as is all, you see, but at the same time of utter simplicity, for if you each allow the fact that all entities are responsible for their own destiny, and that each knows the path it must take, and if you each devoted your energy and time to the development of your own path rather than worry about the path of another, and/or judge the path of another, you would then be equipped to Be of Service to the world around you, for as you strengthen Self and feel confident of your own direction, you are then able to Be of Service when called upon. When The Universe sends out the message that you are needed, you are then able to respond.*

*The problem develops when there is so much attention given by one entity toward another's path, that when The Universe calls out to you to Be of Service, you do not hear it for you are so concerned about the imposition of judgement upon another that you do not hear the call from The Universe. This is the way of the earth plane, however, you see. This is why all are on the plane, in order to enable you to begin to hear The Universe, to understand the ways in which you will be able to hear The Universe loud and clear.*

### **Topic ~ Healing Self** **(May 07, 1991)**

*We have selected for discussion with you the topic of healing, as you are aware, and we have given basic information regarding healing in other sessions, and in this particular session, we will give you added information as well as certain techniques that you may be able to utilize in your efforts to reach the level of healing of Self.*

*One of the first areas of healing that we addressed is that related to the physical earth, for the physical earth is in its final stages of cleansing and is going through its own healing. And as all*

*energies must heal Self, so too must Earth heal Self, and it is in the process of doing that currently. You all are in various vibrations, able to work with the earth to assist it in its healing. However, we will give you, before we depart, a technique that will aid you in closer connections with the vibrations of the earth, for many of you begin to feel at physical the pain that the physical earth encounters now as it moves upon its path.*

*Now. As relates to healing, we have indicated for many of you who have not read that which we have said in other sessions, we would very briefly relay, shall we say, the groundwork, in that healing must always come from Self. There are those who can assist each of you in your path toward healing. However, it is each of you at the Higher-Self level that ultimately is able to heal, and that all physical manifestations, as well as emotional and psychological, as you would call it, are direct results of issues at spirit, and that the issue at spirit must be resolved and balanced before complete healing is achieved, be it at physical, spiritual, physical/ emotional, any of the levels. The Soul issue must, in fact, be resolved. Then, complete healing will be achieved.*

*Healing does not simply occur instantaneously. It is an evolution, if you will. It takes, for some entities, depending on their own progress, hundreds of manifestations before an issue is totally resolved. This, then, gives you the opportunity to resolve the issues as you need to resolve them and not as another would tell you to resolve them. It becomes a self-controlled timetable, if you will.*

*Now. We have discussed very briefly the issues of lifelines and healing, and we now will give some depth to this, for there are many among you, as well as who are not in this session now, who will benefit from the knowledge of lifelines and healing.*

### **A Healer Who May Be Working In Conjunction With Their Lifeline (May 07, 1991)**

*A lifeline is an extension of your energy, as you know, and a lifeline can, in fact, be manifested simultaneously with you as an energy. You may, or may not, know who that lifeline is. However, there are a significant number of healers, as they are referred to on the plane, who will be able to strengthen their own healing by working in conjunction with their lifeline, for it brings a stronger energy to the effort. The lifeline, of course, must be in a compatible mode with you in order for this to be achieved. This is not always the case, depending upon the issues and lessons to be worked through as determined by you and your lifeline or lifelines.*

*There will be a number of situations occurring soon that will present the issue of lifeline healing to significant entities currently doing healing within the Community of Terra Lux. During this time that you plan to gather many entities, soon to come, this event that focuses on healing (Waith refers to the Quest for Wholeness event sponsored by the Community of Terra Lux in July, 1991), you will find yourselves recognizing energies that will enable you to heal through lifeline connections.*

*Now. We understand that an issue of great concern currently is that of anxiety and a fear that there will not be enough strength among you as entities to carry on your mission. These are issues that need healing techniques to help you through these various concerns. Anxiety is a very common issue, and we will give you a particular technique that you may utilize, first for Self, and secondly, to assist others who may be feeling anxiety. It is what we would call a quick fix rather than a long-term solution. However, it is of benefit to ease you through the moment so that you may then focus yourselves in a way than can deal with the spirit issues in the long term.*

### **You Said The Soul Must Be Ready To Be Healed. How Can We Know We Are Ready?** (May 07, 1991)

*Yes, the Soul is the deciding factor, and this is known through meditations at the Higher Self level. A most appropriate way at physical to know that the progress is being made is that you begin to feel less of a stress toward working upon the issue and that you indeed recognize that there is an issue to be worked on. You see, many entities have the issues but have not at conscious level recognized that they have them. Indeed, many around would say that they would know that someone has an issue ~ judgement calls on many of your parts.*

*However, until you recognize that you have something to work on, then the healing process will not begin. That is your first recognition at spirit level telling conscious level that it is time to begin. You will then receive assistance from yourself, from your Higher Self, and from your guides who will indicate the ways in which you can work through this, through your meditations, and that, then, will manifest itself in the physical. It will be not a fighting that will occur with Self, but rather, a sense of "This is the direction to be going." It does not mean, however, that it will be easy to work through. It simply means that you are not fighting the working through, and as you accomplish more and more of the healing, it becomes less and less of a battle within Self.*

### **A Discussion Of Taking On Health Issues From Lifelines From Another Time Frame** (May 07, 1991)

**Could we take on a health issue that may have at one time been an issue for a lifeline in another lifetime?**

*That is occasionally allowed within the energy itself to assist a lifeline who may be needing particular strength. It is generally not recommended, for when the total energy decides upon its entry into the scheme of The Universe, and have come out of The One, there is at that time a general planning of who will do what, if you will, and it becomes difficult if the task of one lifeline, or any other part of the energy, were to not do their share, if you will. And there needs to then be a discussion, as best as can be described for your frame of reference, a communication with the total energy to determine whether another part of the energy would take up that which was not able to be accomplished by another.*



Well, if it was the case that that happened, would they work together in spirit on that issue?

*There would be a working together at spirit, but it would not be a very strong working, for understand that if an energy lets go of an issue and gives it to another part of the energy, that it has an inability even at spirit to work through the issue. You see, it is not all, should we say, a bed of roses here in spirit that automatically says that in spirit it is much easier to work out something than it is at earth plane. This is simply not the case. Spirit has its issues of working together as earth plane and other illusions would have.*

### **A Situation Where Parents Of A Child Refused Medical Treatment, Relying On Prayer (May 07, 1991)**

You probably have heard about this couple in Boston who has a sick child, and they refused to take the child to the hospital. They were saying that, "We want to pray, and if God would be with us, the child will be well again," But unfortunately the child died. There is the issue of how do you as an entity determine whether you should just rely upon yourself, on your own healing ability, or whether you should go into the classical healing and use a doctor's expertise and drugs. I can imagine if you have a person with a critical disease, that he is in a difficult situation to decide for himself which way to go.

*The issues here, once again, relate to an understanding that each entity is on their own point in the path, and that what may appear to be appropriate for one entity in the area of healing may not be appropriate for another entity. However, it is very philosophical, of course, and does not truly help you when it comes to the earth plane decisions of which direction to go in. We are not able to give you the answer, as many of you know. We will not give you the answers to the direction in which you must go. It must come from you, the entity. In the case of that which you have cited, there were very specific soul issues, those of teaching and learning for all concerned, that were important, and issues of balancing that were being worked through.*

*It is an issue of judgement for any entity to look at any situation and say what you think is right, or what should be done. It must be worked through, and oftentimes, the entity working through this issue may not indeed make the right choice at physical, or it may appear that the right choice is not being made at physical.*

*For an entity to leave the earth plane as a result of not receiving medication, if you will, must not be judged as prayer not working. This is too quick for those on the plane to say that they should have used the medicine, and "You see prayer does not work," and therefore, negatives are attached to those who would attempt to use meditation, self-healing, and prayer to work through an issue. There are many reasons why, which are not for any of you to know. It is no entity's business, if you will, what another is working through, and not to be judged. It is most difficult, however, for an entity when faced with earth plane decisions, to make that which they*

*feel is the right decision. Meditation is the way in which many of the answers that you would need would be given to you.*

*Oftentimes, you know, the medication is appropriate. There is, and we have said this before, there is much too much emphasis on the plane now among those who are seeking spiritual truths, if you will, of not taking anything that that which is traditional medicine would allow, thinking that if one is seeking spiritual truths, then they surely must heal Self without taking medication.*

*You must be very careful to recognize that there are many healers in many different forms, and they may have what you call degrees in medicine. They may be doctors who are very much of the Light and who are in their own way attempting to heal, and that oftentimes, by not allowing yourself to work with a doctor, thinking that you would use herbs and all of that to heal yourself, may not be appropriate for your particular point in the healing process.*

*There must be a flexibility and an open mindedness of all entities toward any assistance that they may receive from any of the healing that is being given through on the earth plane now. There are some medications that are very beneficial for some, and that same medication may not be beneficial for the other, but it must not be categorically denied. It must be acceptance of it as a part of the healing process.*

### **Is It appropriate To Work With Someone Else In Our Combined Energies To Help Heal Another? (May 07, 1991)**

**I was asking to work with someone, and if the two of us could work with the person that we would ~ who has consented to try our healing abilities. Do you think that that is a good idea?**

*It is always appropriate to combine energies in positive ways, and if another has agreed also to work with you, then it is always appropriate, knowing that there would be no imposition upon the entity with your own energies. You both have complimentary energies that can be very effectively utilized in relaying certain vibrations that would assist this energy of whom you speak in the beginning of the healing process for a particular issue that is now ready to be worked on.*

### **A Question About Using White Light In Healing As Opposed To Using Classical Medicine (May 07, 1991)**

**How does the healing work when you think about the White Light? If you take a drug, for example, against Alzheimer's diseases or against cancer, you know that the drug contains certain proteins, for example, certain products which will destroy a cancer cell. I mean, this is very easy to explain and to understand. Now, you are trying to utilize the White Light against AZT, against AIDS, against cancer, or against other diseases. I mean, I am searching for an explanation, how this actually processes in improving the cell construction or whatever is necessary to overcome the disease.**

*Yes. We would want the scientific questions to be asked, as they are so often from you, dear one. It is important to remember that the visualizing of White Light, first of all, is a symbol. It is not necessary to actually visualize White Light. Some entities are at a level of awareness that there is simply the thought of White Light and that is the same as visualizing the White Light. Most entities, however, are able and need to have a symbol that they can attach their own abilities to.*

*Now. When it becomes a question of healing ~ again, we must understand that every entity is at various points in their path and that ~ let us say, for example, this issue of cancer. There are some entities who are at a point in their healing where they would be able to heal themselves through use of their own techniques, their own visualization, their own Self affirmation. There are other entities who are not at that point and would need the assistance of other types of healing techniques which would manifest themselves in the form of meditations and other types of energy infusions into the cells of the encasement. So, it becomes an issue, then, as we had stated earlier, of what is appropriate for one entity may not be appropriate for another entity.*

*It must always be allowed, however, that the entity be given the choice of what it wants to do, you see. And if an entity feels and states that they would want to attempt to heal themselves through working with spiritual and other types of techniques, then that entity must be allowed to do this. If any entity states that they would want to use other types of meditations and techniques available, then they also should be allowed to do this without being judging and condemned. There must not be judgement as to why an entity would select a particular technique.*

*Also, you must be careful in judging if an entity says that they want to heal themselves and they do not succeed, and either the disease continues or it creates the need for the entity to depart from the earth plane. You must understand that there must not be any judgement that this entity failed, for in many cases it may be that the entity was just beginning the path of Self-healing and that it will then come back into another manifestation and simply pick up where it left off, and the next time around, if you will, there will be a greater ability to heal Self. Healing Self, you see, does not just happen in a lifetime. It is the result of many lifetimes before in which, step by step, you worked toward healing of Self.*

### **It Is Difficult To Know As Parents What Is The Best Treatment For The Children (May 07, 1991)**

*Yes, it does. And, again, understand that when you are placed into the role of parent, it is in many cases a protector role, and in many cases it involves different balancing issues, and that there must be the awareness that there are communication at spirit level within that which is the family, as you would call it, or any group in which there are strong connections, and that the purpose for meditation ~ we cannot emphasize this enough ~ the purpose of meditation is to connect not only with the Higher Self but with the other energies with whom you would have*

*connections at earth plane, and through the meditations reach some awareness of the direction in which you would go. When there is no connection at spirit, when there is no meditation, when there is no attempt to bring in the spiritual end, if you will, of the issues, and you deal with it only at earth plane, and then surely your decisions will lack somewhat in their depth.*

### **In Working With The Spinal Area To Help Entities Understand Certain Ailments Or Afflictions (March 03, 1992)**

*For those of you who are involved in energy work in healing and in assisting entities to understand why their encasement takes on certain ailments or afflictions, it is critical that you work with the spinal area, and as you who would read this information in the future, would be developing your own abilities to read energy, as you moved your hand up and down the spinal area, you would receive the information. You would sense the information that would then guide you to the proper treatment and counsel of the individual with whom you work. Not all on the earth plane who heal in this manner of energy have this ability. It is an ability that is developed and can be developed simply through meditation and a conscious working with energy. There is much more that we could give you in this area for information. We will limit that at this point and pick up on it in another time when we would devote specifically to healing.*

**The mucus that you are talking about, is that what we would call the cerebral spinal fluid?**

*Yes. It has a thicker property than is generally acknowledged from those in the medical community on the earth plane.*

**So, the ventricles would be involved in that memory and in the consciousness of a memory.**

*They would house certain components of the memory, much like you would think of having a storage room with little rooms off to the side to house specific information.*

**What is the cause when someone has a memory loss?**

*What causes an apparent memory loss can be attributed basically to a disassociation within The Energy Circle with itself at energy level. And this occurs. Oftentimes, however, it is very temporary. It may be ~ when we say temporary, it could mean several lives. That is temporary in the scheme of the greater sojourn on the plane. It simply means that there has been some type of disassociation at the energy level with each of the components in The Energy Circle, thus, causing a breakdown in the general data bank, or computer that makes up The Energy Circle and all of the individual memories that contribute to that. When that occurs, it creates in the entire Energy Circle a breakdown. It is a very common occurrence for energies to have breakdowns. They may last what you would consider an instant. For example, you may suddenly forget something, and momentarily this occurs, but then it is back instantly. Or, you forget something*

*and you remember it months or years later. There is a reason for that occurring and that is to help in the healing of a particular energy who is a part of The Energy Circle. Once that healing has occurred, the memory returns.*

*Oftentimes, you have experienced remembering in dreams, in the dream state, or suddenly you will be doing some other activity and something that you had forgotten quite some time ago suddenly returns. It explains, also, the phenomena that you experience where you begin speaking about a topic and you say, "Where did that come from? I did not know that." And we have in the past, and many others who speak through from higher dimensions, have said that the Soul memory will kick in and give you information as you need it, and this is true in its simplistic form.*

*We present to you the advanced. It is not totally advanced. There are more advanced discussions that we would have, but this is more advanced than you would be accustomed to, that as The Energy Circle, which may have had a breakdown ten lives ago, has now healed itself, and it becomes appropriate for you to have the memory regained. So, it is no different for you to suddenly find yourself knowing something that you did not consciously have gained in this lifetime, than it is for you to have forgotten a particular recipe, and how to achieve ingredients to that recipe, for the memory to be there in this lifetime, just as the memory from another lifetime would come flooding in, you see.*

### **Trauma Within Your Energy Circles Causing Disassociation And Reassociation In Learning Lessons (March 03, 1992)**

*The cause for disconnection, or disassociation, is created by particular traumas that impact upon The Energy Circle that can come into any one of the encasements. It is not necessarily coming from your own specific energy. It could come from ~ let us say, that one of your energies is a flower energy. It may be that whatever has occurred within the electromagnetic field of the energy known as the flower that is a part of your Energy Circle, has created a loosening of the flow of energy.*

*The very fine thread that connects all energies back to The One is, in miniature, in The Energy Circle, and while there is not at all a severing of that cord, there is a loosening of it, a slacking of it, that does not allow for a free flowing of the energy within the circle. But rather, there would be ups and downs that create stoppages when it is in a bottom point that then creates a difficulty for the flow of energy to move up. And sometimes, the cord can be firmed again very easily within The Energy Circle, and other times, it takes time, as you would call it, which could be many, many lifetimes, or could be within a particular experience, and once that cord has firmed itself again, the energy flows.*

*This is how we would refer to disassociation, for what happens, then, is that if you were to picture a circle, and picture ten different energies imprinted upon this circle, each one connected very closely by this thread, there is free flowing energy occurring, and harmony is in existence.*

*Something occurs, and this becomes very unique to The Energy Circle, that places a burden, let us say, something heavy is placed upon the part of the cord between two of the energy encasements in a circle, and that heaviness brings the cord down. Then there is less of a connection. There is a separating apart of the energy, two energies' components, that has occurred as a result of this heaviness coming between them. Once that is lightened and lifted, then the cord becomes strong again. Most Energy Circles, in their work on the earth plane, find themselves with these little indentations. This is a part of the strengthening, for an indentation occurs, this is, in essence, a lesson to be learned, and when the lesson has been learned, the pressure is off, and the indentation goes back to the straight line of The Energy Circle.*

### **The Hearing Impaired Have The Ability To Tune Into The Frequency That Is Its Energy (June 01, 1993)**

**I need some additional explanation about how you define the nonmatter sound. I understand the matter sound. That is what we are hearing with our hearing device. That could mean a certain frequency, but what is the nonmatter sound? Is that what connects us, for example, to the Higher Self or Flow of Energy? Is this what you call the no-matter sound?**

*What you describe is the phenomena of nonsound as it relates to the earth plane, and when one is attempting to visualize sound, for example, without the ability to hear, as you would call it on the plane, there is a compensation that occurs in an entity who has taken on the path of not hearing earth plane wise, and the compensation allows a tuning into a different frequency, and that each entity on the plane has the ability to tune into the frequency that is its energy.*

*It is just that many either have chosen not to do this, or have not developed their abilities to do this, for it takes an awareness and a discipline to tune into one's own sound, and ultimately, this is what you would do in your meditations, is to tune into your own sound. When we have indicated that you find the answers within Self, this is a minor component to the tuning into your own sound.*

*And yes, there is a connection vibrationally between the Conscious Self, as you find now, the Higher Self and the Soul, and as we have spoken of the three being ultimately in harmony with each other, there is, as best as can be described, a very fine thin thread that goes through from Conscious Self, to the Higher Self, to the Soul, and it is this same fine thread that then goes into The Universal Consciousness that connects all, and it is a finetuned sound. Many who are not able to hear on the earth plane level have a higher ability to hear into The Universal Consciousness. It is one of the tradeoffs that occurs when entities take on the path of hearing inability at earth plane level.*

*So, all can play, regardless of the senses as they are exhibited on the earth plane, and all can hear. It is just the level of hearing that one would have. Not being able to hear at an earth plane level is not a negative, usually, by that entity who has taken on the path, for far greater abilities are*



*being developed when the senses are different with one than they are with the NORMAL earth plane senses.*

*As you love Self, so too are you able to love others. We send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

### Questions To Jacques On The Herbs Suma And Schizandra (August 17, 1993)

I want to ask Jacques about some herbal things that we have been taking that might be of interest to others.

*Jacques: We are pleased. We would address your questions.*

I had a sense that Suma has a good property against infection and that it helps to boost the immunity system. Are you familiar with that, and could you comment on it?

*Jacques: It is an appropriate remedy. The way in which it is currently utilized on the earth plane is in a diluted form and has limited effect. It needs to be utilized in its pure form, but more importantly, it is a soother only. It is not a cure. And there are many on the earth plane now who are not at the point in their path where this would be an appropriate remedy.*

*There is, if you want us to begin giving you more information on herbs, there is a more dominant energy within an herb, that is bluish in color on the earth plane now, and it comes from what you call a flower. It is, however, part of The New Illusion, for it is in The New Illusion portfolio of herbs. However, it is, as many of you have found, presenting itself now in the current illusion and can be found in, indeed, in this geographic area in which Terra Lux finds itself.*

*There is not a name that I can give to you for it currently, for it does not have a frame of reference. However, it is blue, and it is a flower that has a leaf that is as if it were velvet, and this simply needs to be dried, and if then used in combination with this herb, Suma, that you speak, would have a greater impact upon the immunity system. However, it has a toxicity that must be balanced with the intake of milk from the goat. ☺*

**No! Back to the goat?**

*Jacques: We have been quiet over time in the discussions that Waith has given regarding this animal which is a very significant part of The New Illusion. There is a component from this milk of the goat that, used in balance with the combination of these two, eliminates the toxicity.*

*You would, after drying this, you would soak it in the milk and allow it to become soft, and you use a judgement in terms of quantity, for you would want one part herbal combination to three parts milk, so that it could be whatever measuring configuration you would have, but one part to three parts. And once it has soaked and is soft, you simply drink this and allow the body to indicate how often this needs to be consumed, be it once per day, or twice, or three times per day.*

**Do you use the complete plant or only the flower?**

*Jacques: You would use just the flower part of the plant.*

**Does it grow wild, rather than bought?**

*Jacques: We will resist responding in a smart way to that. Yes, of course, it is a wild flower, my love. The local greenhouses are not quite equipped for it.*

**Jacques, may I ask a question about another herb?**

*Jacques: Yes.*

**It is an herb called Schizandra. I have been using it for quite a while and I wonder, is it good for the immune system? Is it beneficial?**

*Jacques: It does not hurt. The issue of herbs into the encasement is perhaps a topic for a special session, for while we have given information relating to herbs as remedies and specific names and specific situations, as more advanced information is given from us as an energy grouping to all of you, it is our responsibility to give you the higher purpose of what these remedies assist an entity.*

*And we are not here to give quick fixes. We are here to help you to utilize that which is provided as a tool on the earth plane, to help as you move through your path of physical ailments that relate to higher purpose issues and lessons. Virtually anything that is on the earth plane can help. At the same time, virtually anything that is on the earth plane can harm. It is the attitude in which one takes on a particular issue, and therefore, particular tools that are used to aid.*

*There are certain plants and there are certain other components of the earth plane that have as their mission to help in the healing process. This is what we would be able to provide for information to you, those plants and other components whose mission is to help heal. However, there needs to be permission given by those energies that we would be able to give out the information in a general sense rather than in a particular sense. This is easily obtained, and your*

*question brings into focus an area of discussion that we will embark upon in that which is the coming year.*

Thank you.

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

*Waith: Jacques is well versed, you know, in this area of connection with herbs and other components. It is a very complex discussion, and again, as he highlighted, we are not here to give quick fixes. We are not here to say that this will help everyone, this particular remedy will always help ~ when you have a toothache, use this ~ it will always help. There is much more to this. And 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.*

### One Who Feels Physical Pain With The Weather Changes (March 01, 1994)

As the weather changes occur, some people feel discomfort if they have experienced changes in hard tissue, such as bone, versus soft tissue. Why is it that the bones are more responsive to the changes in the weather versus soft tissue?

*Well, it is a phenomenon that is present only at the final stages of an illusion, and by that we mean, in this particular case, the three to five hundred earth plane years that we have indicated the earth was winding up this illusion and in its own cleansing. It is a vibrational changing that occurs, for as entities come into ~ at whatever point in their entry ~ then, as the vibrations of the planet are changing, some entities will then also be affected by it.*

*We have, in preliminary discussions earlier in our time speaking through, spoken of how many of you are now responding to the earth and the pain that the earth is feeling, and that what you then are responding to are several levels of energy exchanges that, for some entities, occurs within a hard, or what you call bone area, and for other entities, it occurs within the soft, or those tissue areas. And for some entities it is in both areas.*

*It is not an indication of advancement of an entity, that we anticipate certain questions or curiosity that if an entity is experiencing more bodily discomfort with weather conditions that they must be much more advanced than those who are not. It has nothing to do with that. It has only to do with energy changes, and that more and more entities currently on the plane will experience some type of response to the weather changes. They will be the norm, as you say, rather than the exception. And those who do not have a response will be in the minority.*

*Again, we indicate this is not to say one is more advanced than the other. Or even to say that if they experience these responses to the earth vibration, that they definitely are going to be part of The New Illusion, and those who do not, are not going to be part of The New Illusion. That would be much too easy a scenario in which you could begin to levy judgements by looking at an entity and saying "Aha! You do not have aches and pains in your bones. That means you are not advanced enough to stay in The New Illusion." As much fun as that would be as a scenario for us to observe, we have enough fun with other scenarios.*

*It is primarily a way in which your own encasement, with all of the complexities of its vibration and its interaction with electromagnetic fields, responds then to other changes that are occurring. And there are built into this particular scenario typical responses, such as a discomfort that occurs when a particular, as you call it, storm is approaching. Understand that during this time frame, as we have indicated, storms are one of the ways in which the energy is transferred into a vibrational area from another vibrational area. And thus, there is much magnetic activity occurring. And thus, as you become more attuned magnetically to your own vibration, you will respond naturally to those other magnetic types of activities.*

*For some, it is very severe. And for others, it is less severe. And others know that it occurs and it is not a concern to them. It is certainly a very good topic of conversation, to talk about the*

*aching bones, and "There must be a storm a comin' away here," because of the way the bones feel.*

*And it is not something that is unique to an aging encasement, but more particular to encasements that have been on the plane for a while, for it simply means that the responses to magnetic energy on the plane have built up over time, and therefore, the way in which the interaction occurs is a result of experience. So, if any of you are new energies on the plane in old encasements, then you get what the encasement has rather than what your energy has, and that is part of the agreement that comes with the physical encasement being the house for the energy.*

**So, then after the final cleansing, then everyone could just sort of really feel great again.**

*Maybe. ☺ It would depend on the definition of really great. We could say yes to that, but our definition of really great may be significantly different from your definition of really great. What you will find, however, is a soothing of the vibration. The tension that exists currently, we cannot emphasize enough, is at almost its extreme intensity, and that everything will take on a sense of tension, of just tightening. Once The Shifting has occurred, everything will relax, and there will be the beginnings of the new rubber band effect. But there will be a time of relaxation. So, whether that would conform to your definition of really great, would be for you to respond to.*

### **Preliminary Discussion Of Pain ~ Upcoming Special Topic Session Of Health And Healing (March 01, 1994)**

**Many people on the earth plane have chronic, debilitating, agonizing pain twenty-four hours a day. Is this really nature's way of just simply getting their attention? In effect, banging them on the top of the head and saying, "Look, we gave you many Self cues to do things that you had to look at or learn, but you ignored them. Now, we are really going to get your attention."**

*Well, for us to respond to that in a categorical sense would be inappropriate, for there is much more to why physical pain occurs with an entity. And yes, one of the reasons is that the levels of Self have finally said, "Enough is enough. You have not paid attention. We are going to get your attention." That is certainly one of the responses to that question. However, there is much more complexity to it.*

*And while we have addressed the issue in certain ways peripheral to that central question over the time we have been in, we have found that it would be appropriate during our special topic session on Healing and Health, which will be occurring soon, to further delve into those issues of the physical pain and the typical issues that are being worked through when certain types of pain and debilitating situations occur, so that you would perhaps find that special topic session the forum in which more specifically your question could be answered.*

## Is It Possible That We Can Heal Ourselves, And Others, Combining Our Energies? (April 19, 1994)

*Each energy is able to heal Self. This is the ultimate end to the path of return to The One, and that is that you are able to heal Self and jump back into The Universal Consciousness. The way in which you are able to heal Self will show itself in the physical in ways that are appropriate to where you are in your own development of Self, so that you do not need to have perfected the ability to heal Self in order to be able to heal Self. It depends on your particular lifetime that you have taken on and the portion of the healing techniques that you have taken on to learn in a lifetime. So, there are many currently on the plane who are indeed able to heal Self, as it is appropriate to that which has been taken on in the lifetime. It relates to the percentages that each takes on for learning of lessons in any given lifetime.*

*So, for example, if you take on in a particular lifetime to learn one percent of the total amount of patience that you want to learn throughout your sojourn ~ and that part of the patience lesson physically manifests itself in a particular skin condition perhaps, which is common ~ if one is working on patience, certain types of skin lesions appear. It is not always an indicator that if you have lesions on your skin that, oh, you must be working on patience, but it is typical. So, be careful of judgement. It is a typical physical manifestation.*

*Now. You may then have said in your planning of the lifetime that since you are taking on one percent to learn patience, then your healing abilities would also be at either one percent of the learning or perhaps a bit higher. It would coincide then, if you are able to develop your healing to the one percent level and your patience is at the one percent level, then you can at that percentage point heal your lesions, for they have then corresponded to the percentage that you needed to learn for a particular lesson.*

*Some entities are able to heal themselves in dramatic ways. The issue is not how dramatic a person is able to heal themselves but that they are able to do it. And again, you must be careful of those who are so dramatic in the way that they would say, "I had a life-threatening disease and I thought wonderful thoughts, and I healed myself." Be very careful of thinking that you must then compare yourself to the way someone else has projected the healing.*

*It may be very small for Self, the healing that has occurred. It is the activity that matters, that you are able to do it, for then, as you go from lifetime to lifetime and you are developing your abilities to heal greater and greater percentages of Self, you then reach the point where, regardless of the magnitude of the lesson and the manifestation of that lesson in physical ~ be it a mental, emotional, or physical condition ~ you are able to heal it to the benefit of Self.*



*When the issues of healing others come into the scenario, you then bring in many other situations. To heal Self is to one thing. To work with another to help them heal is an entirely different scenario. And it is used with an entity to help test their own application of healing, for the ability to heal Self is very powerful, and if one is able to heal Self, at whatever percentage of achievement, you are then also able to heal others in that same percentage.*

*However, you come into the issue of imposition onto another, and you come into the issue of abuse of your powers. And this is the age-old issue, abuse and nonabuse. When you have a particular ability, a technique, a power, you can either use it to Be of Service to Others, and therefore, it is used in the spiritual, or you can use it to abuse others. And the only way in which balance is achieved, of course, is going to both of those extremes, so that you come into the ability to work with others and not force yourself upon them, but rather, to serve as a facilitator, for the healing of someone else is an imposition upon that entity, for only Self should heal Self.*

*Self may call upon others who have healing abilities to guide them to help them facilitate their own healing, but true healing will only come from Self. Outside facilitators may mask the healing. Indeed, in an entire lifetime it may appear that a particular entity has the power to heal others when, in actuality, it is all part of a greater lesson learning and scenario that has been set up between yourself and those entities who you would come in contact with to help heal, or to give the impression that you have healed another. In the long term, even if you appear to have healed in a lifetime, another, the ultimate healing has not taken place. It is only for the illusion of the lifetime that the healing has taken place. The long-term healing of any entity must come from Self.*

**I am still a little confused. It sounds almost selfish to one extent. Maybe I am thinking human, rather than spiritual, that I would think it would be wonderful to heal somebody physically.**

*Oh, indeed.*

**And what you are saying ~ well, heal yourself, and it is an imposition to help someone else?**

*Oh, no, it is not an imposition to help, if you are asked. The imposition comes when you do the actual healing at a temporary level without the higher levels agreeing to it. And the higher levels, you see, very rarely will agree to anything other than short-term healing, for the higher levels of Self know that ultimate return to The Universal Consciousness requires Self-healing. However, what you are doing as you develop your own abilities to heal is then providing yourself to Be of Service to help others to find their own way to heal. When you have the power to heal yourself, you have the power to heal others in the short term in that particular illusion. You do not have the power to heal beyond the constraints of the illusion ~ the life in which you are living.*

*So, you have met another person, and they have an incurable disease, and for whatever the reasons, you have appeared to heal the person. You have laid hands on this person, and your energy has intermingled with their energy and you have in effect healed this person. The effects of that may indeed last for the rest of that person's lifetime. However, when the life is finished, and the energy takes the issue that was at the heart of the healing and brings it back into the Soul for consideration of its accomplishment in terms of learning, then it is determined that another lifetime is needed to work on the issue.*

*And so, let us say that there were ~ just for a graphic sake ~ there were boils on the skin in the lifetime, and the healer touched the boils and they were gone, and they never came back again in the lifetime. An external source did that, not an internal source. When that energy who had the boils returns to a lifetime again in which that issue is back on the agenda, the boils will be there, or some manifestation of those boils, if you will. It is not until that entity were able to rid Self of the boils on their own that another lifetime of not having boils could be achieved, you see. There is the short term and the long term, and the learning of lessons involves both short term and long term.*

*And the reason that there are what you call healers is very beneficial, is very necessary to the progression of all entity's appropriate paths. It could be that there are issues related to the one who is healing, and that the one who is healing has lessons to learn about healing, about imposition, about abuse of power, about spiritual use of power, whatever it might be, and that the entity who is being healed is, indeed, the teacher. Remember that we all, in our path outside of The Universal Consciousness, serve as both learner and teacher. We learn, we teach. We teach, we learn. And we may be teaching another entity and learning from another entity. And so, it is all for the progress of the path.*

*And what is important is that in your own search for answers, that the meditation is where you receive your answers. This is what we stress for all answers that come, that they will come from Self, and that only through the connection with the Higher Self will you know where you need to be in the development, let us say, of your healing abilities and whether it is appropriate that you work with another to help them heal, or to indeed do the short-term healing, for whatever the reasons, you see. There is not a simple response to this, for it brings in all of the issues of why any entity comes onto the earth plane, for example, to learn lessons in the physical.*

### **What Can You Say About Therapeutic Touch?** **(April 19, 1994)**

*Therapeutic touch also goes along with the issues that we have just been discussing, and it is a way in which entities can develop a particular tool for healing, and it also goes into these areas of abuse and spiritual use. Therapeutic touch, if used in a spiritual context, can help to soothe the vibration of the energy field of an entity. It can help bring a sense of calmness, a sense of harmony. If used in an abusive way, it can impose upon an energy. And a therapeutic touch has*

*the power to actually short circuit an energy field, for you are working within the limbs of your encasement that give out energy.*

*You see, as I use the fingers of Mushiba now, there is tremendous power of energy able to come out to all of you. Indeed, I give you energy when I enter and when I depart, but it is done in a gentle, spiritual way. I could very easily use this to what you say, zap you. You know, I could do this, as these fingers move, my energy is such that it could very easily strike you and you would fall, or any number of things. Rather, that is not even in the consciousness, for that is not part of my behaviors.*

*However, those who are developing therapeutic touch are aware now of a new flow of energy that goes through the encasement. And there are many who are in this lifetime to test their abilities, and at the same time, they have asked The Universe to test their use of their abilities. Will they abuse or will they Be of Service? And sometimes they begin by Being of Service, and somehow it gets out of balance for many different reasons related to the entity's path, and they begin to abuse their abilities. The opposite can occur where they begin with these abilities, and they are abusing, and they gradually come into the Light, and they take the powers that they have and begin to use them to Be of Service rather than to be of disservice.*

*And so, therapeutic touch, when it is used in the spiritual context, is a very significant way to help an entity learn how to heal themselves. If an entity is in tremendous pain, physically, emotionally, spiritually, mentally, and is not able to develop the ability to heal that, it may then be appropriate that one who can give them the short term comfort ~ even if it is for the remainder of the lifetime ~ comes in and soothes out the energy, so that when the entity leaves the lifetime not having healed Self, but at least, shall we say, catching their breath, so that when they come into the next lifetime, they may have a little stronger foundation to work on the Healing of Self.*

### **The Use And Value Of Conventional Western Medicine And Self-Healing (April 19, 1994)**

**Were you saying that the use of conventional Western medication is ultimately of no value in the long run?**

*Well, in the long run, ultimately, nothing is of value except the Healing of Self. In the short run ~ and that is what you all must be concerned about ~ in order to achieve the long term you must do the short-term steps. And we have gone on the record as saying that the traditional medicine that currently exists on the plane for many is most appropriate. It may be the way in which the easing of the pain is accomplished so that the energy who is feeling the pain can gather the strength to attempt to work on healing Self.*

*If you are so caught up in the pain, wherever it is, at whatever level, that then becomes the focus and may be ~ we say MAY BE ~ difficult to focus the energies on the Healing of Self. But if you were to receive relief, even temporarily, from pain by the use of a medication, that would then free you to meditate, or to focus, or to work on your own healing, then it is beneficial.*

*All that is on the plane is to be used. It is not to be discarded. And while traditional medicine may not be appropriate for some, it is entirely appropriate for others, and it is very dangerous for entities to take up the doctrine of Self healing if they do not have the ability to do this. They can inhibit their own growth through the sojourn on the earth plane, through many lifetimes to come. It may take them longer because perhaps they were stubborn.*

*You know, stubbornness is an issue, a lesson to be learned. If you are stubborn in a lifetime and say, "I am not going to take this aspirin ~ I will not take this medication because I should be able to heal myself. After all, I am on a spiritual path." The focus then becomes the inability to heal Self. The pain is so tremendous that you are not able to think of anything other than the pain, and the fact that you now feel guilty because others know that you are on a spiritual path, because you have told them, and now you cannot heal yourself. What an embarrassment.*

*And thus, what occurs is, other issues now come into your scenario. And rather than give into the limitations that the life has presented ~ and which are normal and natural in a lifetime to have the limitations ~ you become fixated, and you then take that into the next lifetime that you have to deal with the issue, be it the very next one or one hundred lifetimes in the future. You will have to deal with it along with the issue of stubbornness, which perhaps you have resolved in those one hundred lifetimes prior to taking it on again. So, do not discard that which is available. And certainly, do not judge others who would use any of the other traditional medicines. An entity must choose what is appropriate for Self, what feels appropriate for Self.*

*And there are many healers ~ and we have placed this on the record ~ there are many strong healers on the earth plane who are in traditional medicine. Do not say that because an entity practices traditional medicine that they are evil, they are bad, they do not do holistic healing, they do not do herbal healing, they do not do this, they do not do that, therefore, they are to be dismissed as appropriate. There are many who have developed tremendous healing who have come into, let us say, traditional medicine to help teach, to help others who are in the same arena, on the same playground, who may not have the same abilities and understand healing from a higher perspective, and thus, they are there to help teach. Remember, teaching and learning. And be most careful of the judgements of what you see others doing or not doing.*

### **Is All Physical Pain And Illness And Disease On The Earth Plane Related To Learning Lessons? (April 19, 1994)**

*Oh, indeed. Everything that is of the physical is a manifestation of the lessons that have been taken on in the nonphysical. So, everything, regardless of its intensity, regardless of its magnitude*

*is in some way a response to something to be learned or something to be taught ~ even a slight twinge, shall we say, in the finger. It may not have a dramatic spiritual implication, but it does relate to the flow of energy and the particular vibration, and its particular interaction at a moment when it comes in contact with some other energy, be it human, animal, mineral, whatever ~ WHATEVER.*

### **How Does It Affect The Body If You Travel In A Very Short Time Over Several Time Zones? (April 19, 1994)**

**How does it affect the body if you travel in a very short time over several time zones? Does it have a negative effect? What can you do to reduce the impact on yourself by meditating, or eating differently, or behaving differently?**

*It is a very valid concern that you place on the record, for there is much travel that occurs from time zone to time zone. There is also much travel that occurs interdimensionally. And we bring up this particular comparison to place it on the record, for we will be speaking in greater detail about interdimensional travel. And there is a connection between time travel differences and interdimensional travel and its effect upon the vibration and your energy. Interdimensional travel relates to more of the long-term effects of your path and of course time change travel relates to the short term, concrete effects of your path. Many entities have no difficulty in moving from one time zone to another in very short periods of time. Other entities can absolutely not do it without it having very drastic effects upon them.*

### **A Technique Of The Use Of Herbs To Help Those Finding Difficulty In Travel (April 19, 1994)**

*There is a particular herb that has proved to be helpful to those who find difficulty in traveling in short amounts of time from one time zone to another. It is actually a combination of herbs. The use of that which is the fennel seed and that which is the chamomile seed, and to combine them into simple liquid form, taken as hot as possible into the encasement as you are moving from one time zone to another. This has proved to be an equalizer of the energy.*

*There are other techniques which we will actually be rather pleased to share with you when we have our discussion on the interdimensional travel and its connection with time travel. As we move you now into The New Illusion and the upcoming shifting of the earth's axis, there will be much travel occurring, physical and nonphysical. We will leave our answer at that particular point and pick up that discussion when the appropriate time presents itself for the continuance of this discussion.*

*We are ready now to begin our closure with all of you and to give you the parting energy. And all of you now focus your energies upon that which is the Heart Energy Center and feel the*

*energy of Self surrounding the Heart Center, massaging the Heart Center. And feel the love of Self now filling the encasement. Slowly, the warmth of the love of Self fills the encasement. And slowly now, allow the energy that is the love of Self to enter out into the greater gathering of energies in this session. And envision your energy moving into the Center of all the energies. And you all now become one with each other, feeling the love of Self combining with the love of the whole.*

*And now imagine this beautiful energy Ball of Light that is the combination of all your love, each of you, now flowing out into the entire gathering and sprinkling all of you with the love of each other. Feel the love of each other and carry the feeling the love of each other and the love of Self with you now and see those around you through the eyes of love. And we now send to you all the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

### **Diseases Or Afflictions That Appear To Be New, Or Transferrable ~ Balancing Issues (June 07, 1994)**

**I was wondering about this new disease that eats away the flesh. It is a staph infection.**

*You speak of a disease, as it is called. It is not really. As all afflictions of the encasement, whether they are called disease or by any other name are simply physical manifestations of certain lessons to be learned by energies. Now if a particular energy takes on a particular affliction with the encasement, let us say, in this case the skin, then it is an indicator of deeper issues unresolved. In some instances, certain types of encasement afflictions are easily determined to be recognized as particular balancing issues, that if an individual has that particular affliction, then they are truly balancing in terms of patience or judgement. In most cases, however, it is not easily determined to make that generalization, but rather, to simply acknowledge that such an affliction of the skin is meant for lessons to be learned which are known only to the energy to whom it is pertaining.*

*What is important for you to know is that it is part of the cleansing that is occurring in the current illusion, and that as the cleaning of this illusion and the energy in it comes to very fast closure, there will be exaggerations of bodily afflictions. And it is very easy for those on the earth plane to say it is this, that and the other thing, and you know, in medical terms, those are the words that are used, and to dismiss it as something that need not be discussed. You need not be concerned of catching anything. If you are meant to have this particular affliction as part of your own balancing, then you will surely have it, whether someone gives it to you or not, you see.*

*Each of us takes on ourselves what we need to have for lessons through the comfort or the discomfort of the encasement, you see. So, you do not need to fear that even looking at this particular affliction could cause you to catch it. Nothing, actually, that is part of the body can be caught from another. Nothing is contagious, my love, from a spiritual standpoint. If you have something, and you appear to have received it from another, it is because of balancing that is occurring. You and another individual could be, for example, with a very, what you call*



*infectious individual of some type of ailment, and one of you catches the ailment and the other one does not, you see.*

**Depending on if you are balancing.**

*Yes, indeed. If it was meant for you to have that particular affliction as part of your balancing.*

**But this appears to be something new.**

*Oh, nothing is new, my love.*

**Where is it coming from?**

*Well, you know, it is not to be concerned about, for if you are going to have this, you will. If you are not, you will not. Do you understand?*

**Then what is the cure for this?**

*It is not a concern whether there is a cure for it or not. If an entity is to no longer have that affliction, it means that they have balanced and it will go away. If they have balancing remaining, or if they are teaching or learning from this in some way, it will remain, regardless of the antidotes that may be developed. The cure may not cure one individual and it may cure another, you see. It becomes very, very concrete when you speak of it in terms of catching it, or what is the cure, or, "What if I will get it?" Be not concerned. You become obsessed, Many, not just you, my love, but many on the earth plane become obsessed with all of the afflictions that currently persist on the earth plane. You do not need to be obsessed with these particular afflictions, for if you will get them, you will. If you will not, you will not. And no amount of what you call physical prevention or nonprevention will make any difference, you see. This is a rather difficult concept for many on the earth plane to accept, or to even understand, that all of the physical afflictions are what you each have taken on for yourselves.*

**Self-created.**

*In a sense, my love, yes. It is self-created. You plan before entry onto the plane what the issues are that you want to deal with, and then you are given many different alternatives, ways in which you can learn that lesson.*

**So, they chose this before they entered the plane.**

*Yes, indeed. It was not imposed upon them. It was their choice.*

**At this time.**

*At this time. Yes. And understand that for those not afflicted, as well as for those afflicted, there is always the issue of judgement, for as you become more aware of your spiritual path and more aware of Universal concepts, there becomes a tendency then to look at another and judge and say, "I know why that person has that particular affliction."*

*It is because they are balancing, because they killed somebody in another lifetime, or they did this, or they did that, you see. And you immediately fall into the trap set by The Universe, JUDGEMENT. It is an ongoing test that all, including us in The Angelics, are faced with ~ issues of judgement ~ for only upon return to The One is the issue of judgement finally completed, you see.*

**What you are saying, is that those who have been afflicted with this disease, they have made judgements?**

*Not necessarily, my love. What we say is be very careful yourself of making a judgement on why they would have it. It is none of your business, you see, essentially, just of any of the afflictions that you have in your physical encasement, why you have those, is no one else's business, except yourself, you see. If you care to share with another, then it becomes your decision. If you gain insight, for example, into why you are dealing with a particular affliction, a physical problem, shall we say, and you have gained the insight from your own meditations as to why you have taken on a particular affliction, and that you are attempting to balance and resolve it, and that if you want to share that information with others, it then becomes a tool for teaching as well as learning, and you become even stronger in your balancing. But it is entirely your decision whether to share that information or not, you see.*

### **Why We Take On Illness (August 02, 1994)**

**About the sun and skin cancer. If being in the sun feels so good and so right, why would it be harmful? Do the harmful effects have to do with nonconscious abuse, or the intent that we take sunlight in?**

*As with anything that is of the physical, if you are dealing with issues relating to it at the higher levels, then it will come into physical if it is meant to. If you are meant to have any disease, for whatever the reason ~ to teach, to learn, or whatever ~ it will occur. If not, it will not. And if exposure to the sun for one entity creates a problem, but not for another, it is simply that there are no lessons for a particular entity to be dealing with, whether it is teaching or learning. And, again, this is where you must go to yourself and your own understandings of your own issues in terms of abuse. And if you abuse yourself in certain ways, you may be able to connect with*

*Higher Self to understand what those abuses are. And you may not be able to withstand the sunlight, for example, or the moonlight for others, or no light, as it affects some entities.*

*The sun, however, is going through its own type of vibrational changes as it relates to the changes on the planet, and it will have extremes of intensity in which those who would be up for learning of lessons from exposure to it, would have the opportunity to learn, whether it is learning to respect the sun or learn not to respect the sun and the energy that comes from that particular force, you see.*

**As I understand this, there is basically no cause of relationship. If I need a lesson, it will do. If I do not, it will not.**

*This is accurate. This is accurate for anything. It is why some entities who, for example, work in the same environment, physical environment, and one entity becomes ill as a result of toxins, for example, in the environment, and another does not. And the scientists and the doctors would not understand why this could be. It is simply that one had issues and another did not, that relate to that particular situation. Each of us has our own little bag of issues. Remember The Toy Box story ~ your favorite toys, and your issues. So, it is just that each of you has different issues and different percentages at different times in different lifetimes, all working in a little mix here.*

**That opens up the critical issue of whether or not we need any medications, any medical treatments.**

*We have addressed this quite a bit, my son, and rather than place this once again on the record, it will be available to you in written transcript form for your understanding and questions. (Refer to Waith Class Transcript July 22, 1990)*

### **Would You Please Address Multiple Personalities? (October 04, 1995)**

**Could you address multiple personalities? My daughter asked me to ask that question. She is looking into multiple personalities. And could you help her a little bit?**

*It is a very interesting and sometimes rather a complex discussion. As is always the case, there is the Universal application of a concept and then its individual application. The individual application of a particular concept can vary from entity to entity. We will give to her, through you, the Universal concept of multiple personalities as it is known on the earth plane.*

*It is understood that all entities have various levels of themselves. Some of you may not have heard this type of information before now. All of you, and all energy, in whatever form it takes, has various levels of awareness, as we would refer to. For the most part, the levels are integrated*

*into their particular vibrational appropriateness. And when on the earth plane, there is an appropriate level of vibration that is maintained.*

*And when we speak so often of going to the Higher Self to learn your answers, we are speaking of going through several levels of yourself to get to that higher level. Beyond the Higher Self there are indeed higher levels of understanding. Think of it much like a layer cake. And many of you have ~ and many of you will ~ experienced an infusion of a level from a higher point in your own consciousness into yourself at this particular consciousness. And if all is integrated, as is generally the situation, there is not what you would consider a grouping of these levels of Self into the particular conscious energy level in which you find yourself on the earth plane.*

*In the case of what is referred to as multiple personalities, there is a lack of integration that occurs within an entity of the various components of Self. This occurs most often from an incomplete closure occurring at the end of a particular lifetime. So that what you know as personality does not have complete closure at the end of a particular life and is left in the vibration of a particular level of your awarenesses, for when you move from lifetime to lifetime, you bring in different components of your energy, not always the same component, not always the same level.*

*And when that occurs, this incomplete closure, it leaves what we would call then a loose end to the total Self. Oftentimes, going into the very next lifetime, an entity may easily and quickly take that loose end and integrate that personality into the current personality. It generally occurs in the early time on the plane, the first several years on the plane. When that is in some way hindered, then the lack of integration begins to become part of the personality of the current vibration and the current level of the energy.*

*Going along with this, as a result, is a traumatic event. Oftentimes, on the earth plane, the multiple personality situation is thought to be the result of a traumatic event. It is not. It is the opposite of that. It is the cause of there being a traumatic event occurring. The event occurs so that those personalities of Self that have not been integrated will have the opportunity to do so. It may take the entire lifetime, or it may take a very short time on the plane, depending on how many incomplete personality closures there are.*

*Most entities in their sojourn on the earth plane experience this type of situation. In a particular lifetime, for whatever the reasons, the personality is not fully developed. When it is time to leave that lifetime, the personality still hangs around, if you will, until it is given an opportunity, then, to come into another lifetime and share within the encasement the personality. It is Self. It is nothing external to Self. Multiple personality is not to be confused with what is called possession, for that is an external energy coming into the vibration. It is Self simply integrating with Self. And when the integration occurs, then the entity of course becomes stronger.*

*This is a metaphysical, as you would say, explanation of this situation and one that is not completely understood by those on the plane. It is understood by those on the plane who are*

*able to do what is called regression hypnosis. In this type of regression hypnosis, bringing the entity back into those various lifetimes in which the incomplete closure was experienced is one of the techniques to bring closure and to integrate into the current energy. Those entities on the plane now who are able to assist in regression hypnosis, and/or who believe in the technique, are those who would understand the theory that we have just given to you.*

*There would be many on the plane currently who would, of course, dismiss what we have given for information, and that is fine. It is simply levels of understanding and awareness that, as you increase in your own awarenenses, so too do you increase in your understanding of that which may seem not to be understandable.*

*That would, my dear, be an appropriate type of answer that we would give without going into, then, the specifics of a particular entity's path.*

**To sum it up then, it comes from Self. So, if someone's personality is entirely different, then that personality at another point in time was that personality.**

*Yes. Yes, indeed. It makes for very interesting lifetimes to have several of your own personalities within the single encasement. We do not dismiss this in any way as frivolous. However, it does on occasion have its humorous components, as you can understand, and it is only in the recognition of the situation as existing that an entity is able to do the integration. If there is a denial that there is an incomplete integration, then it will continue into lifetimes until it is faced. It may not be the next lifetime, for the next lifetime may be dealing with other issues that would bring in different components of Self. Eventually, the lack of integration of any of the personalities from other lifetimes needs to be brought into an integrative situation and resolved.*

**Upcoming Topic ~ Meditation, Concept And Application ~ Search For Self Through Meditation  
~ Self-Healing  
(November 07, 1995)**

*We are here in this gathering to give you some preparation for that which will be the focus of our discussions in the coming year. Our focus, as we have indicated in a preliminary manner, is on meditation, concept and application. However, the larger focus is on the SEARCH FOR SELF through meditation and through working with your own energy to heal Self, to smooth out Self. It is a greatly misunderstood concept, this concept of the energy of each of us. Each individual has an energy ~ is an energy. Yet, from a Universal Consciousness perspective, there is no individuality. It is all One. But we exist outside of The Universal Consciousness, and therefore, the illusion is of separateness, individuality, and yet, simultaneously, connectedness.*

*There is much discussion now on the earth plane of Self-Healing. There are those who have acquired the skill to be facilitators in the Self-Healing process. You must remember that healing*

*can only come from Self. But you must, in your journey toward the eventual healing of Self, seek out the facilitation from others who are trained, who have worked and studied, who now give of themselves to help you in this path, to help you to eventually heal Self.*

*There are many on the plane now who give you parlor tricks. "You are healed!" You must understand that there is validity in this, even though you may feel that it is a charlatan performing this type of activity. And yes, there are many on the plane who are unscrupulous in what they do, and perhaps inept, and perhaps not at all able to do what they claim. You say, "People pay money for this. It is forgery."*

*You must remember that each of you on the plane does what you are supposed to do in your path. If it is meant that you give money to one who is a forger, it is meant that you do that for lessons to be learned. It comes under the issue of judgement. Do not judge what another does to seek the Healing of Self. Be concerned only with your own quest for healing. Go to those sources outside of Self that can aid you in the journey to the eventual Self-Healing.*

*We have spoken of traditional medicine, as you call it on the plane, and that it has its place. There are numbers and numbers of healers within this dimension of traditional medicine ~ many. You must not shrug them off because they are not holistic. You must be careful of thinking that only one way is the way. Holistic, as you call it, has its place. Traditional, pill-taking, and all of that, has its place. You are the one responsible for what works for you. You must seek out the many, many, many alternatives given to you as tools to help you in your own Self-Healing.*

*Self-Healing comes from an alignment of energy within your vibration that brings closure to a particular lesson that you have taken on. When you have learned a lesson, you heal within Self. There is no pill, there is no herb in existence that will be that one thing that heals you. The only thing that heals you is a balancing of your own energy in a particular issue that you have taken on to learn.*

*Pills and herbs and potions ~ we stir in the cauldron, the potions, do we not? And we say, "Aha, this will cure you." Some of those potions, pills, are simply a different manifestation of the potions that were stirred in the cauldron and may indeed help you in your journey toward Self-Healing, if it is a physical manifestation of an issue. If you have a stomach problem ~ it aches and it hurts ~ you must first determine, for Self-Healing where that comes from ~ what is the issue involved. That could take you many lifetimes, however.*

*Simply because you are here now and you have awareness of your own journey does not mean that will automatically enable you to heal Self. It means that you are now exposed to the possibilities of Self-Healing. As you feel the pain in your encasement, you must work with tools to help you to work through any pain. Eventually, as you work through and you see the various tools available to you, you come to closure within your own energy balancing. You have healed yourself through your own energy.*



*Many of you have minor types of healing on a regular basis ~ emotional healings, spiritual healings, intellectual healings, and indeed, physical healings. You are not healed by any external source. It may only appear that there has been a healing, when in actuality, it is temporary, it is a tool to enable you to finish the lifetime so that you come back in another experience having reached closure at a certain point in your own healing, your own dealing with issues.*

*In the next experience, the next lifetime, you are able to work more with your energy to heal, rather than external sources. But to reach that point where you can work with your own energy requires working externally, lifetime after lifetime after lifetime. Without exception, there is no energy who comes onto the earth plane who starts and finishes a complete lesson in one lifetime. It simply does not happen. Thus, you are all now in a time frame in which energy is talked about a great deal. It is more understood ~ it is more accepted ~ in, what you call, this main stream of consciousness on the earth plane. But it is greatly misunderstood.*

*In our coming year with you, we will give you concepts of meditation, and techniques to go along with that concept, that will enable you to not only go into a higher level of yourself, but will also give you the tools to work with your own energy ~ if you are at that point. If you have not yet reached that point, you will have the tools that will enable you to work with a facilitator, an external source, to help bring you closer to working within Self, and with your energies.*

### **Self-Healing And Facilitators Who Assist (November 21, 1995)**

**When I work with someone, I do feel vibrationally a difference, whether I feel something going on within a bone structure, within an organ structure, within soft tissue. Are there any correlations within the system that when someone's bone structure needs aligning that it has a different context story, relates to a different energy body than, for instance, soft tissue issues, or whatever?**

*It is a most interesting topic, one of an advanced mode that we would plan to discuss more of in the year coming. The meditation discussion of the year coming is very much an umbrella for issues of Self-Healing and facilitators who assist in that. We will give much more information in this area, my love, for there are several who are coming into the environs of Terra Lux, as well as some who are already within the environs of Terra Lux, who have the ability to do this and who can then begin to be facilitators to a wider audience than currently exists. We have very specific discussions in that area, for the answer to your question is yes, all of them. So, it is placed on the record now and will become, then, a more advanced discussion for a session or two or three.*

### **Discussion Of The Effects In The Body Of Polarity Changes Occurring (November 21, 1995)**

If somebody has the energy changes in their body and it takes place in joints, and it is very painful, and then they go to another energy change, is it likely to stay there, repeat itself there? Or can it move around and do other things?

*Very definitely, it can move around, and more than likely would move around. It would be rare that it would manifest in the same places in the same way ~ for polarity changes. For energy changes, just simple Energy Center movement, it could concentrate in a particular area for an entire lifetime, for that is a lesson that needs to be worked through. So, it may concentrate in bone, or it may concentrate in the soft tissue, or it may concentrate in the blood. It may concentrate in any of those areas. And that, indeed, is part of what we will discuss in this later time.*

*Polarity changes, however, are affecting the entire vibration. Therefore, you will feel changes in many different components. It is like what you would call a ~ we seek the word, we see it, vegetable ~ potpourri ~ food. Potpourri is a word, yes, for mixtures of many different fabrics, different scents, different smells, many different things coming together to form one. When the polarity change occurs, it is necessary for many different areas of the encasement to come together as the polarities switch.*

*As it is moving north and south, south and north, it is moving around your Energy Centers, and as change begins to occur, you will feel creaking in the encasement. Once the polarities switch and actually flipflop, as many of you have experienced, there will be a dramatic sense of WHOOSH! And it all comes together. The Energy Centers will now move in a different direction.*

*This potpourri effect means that prior to the actual movement and complete switching, there have been pickings at different points in the encasement. Different Energy Centers have been picked with, pulled out, and gathered ~ this ingredient that makes the potpourri ~ and the ingredients are all gathered, be it from the bone, be it from this tissue, be it from hair, be it from the entire array that makes up the encasement. Each has had their share of changes, and then they all contribute to that change that occurs.*

*Once the polarities have changed, however, it does not mean that, "Ah! No more. This is it." It simply means that your Energy Centers now move in a different direction. As we had discussed earlier, the Energy Centers now will just continue to have movement and change and fluidity in a different way. Between now and when the polarity of the Earth changes, those who are now going east/west, west/east in their polarities, will find themselves a bit at odds with the energy ~ may feel disruptive, may feel the energy disruptions ~ for the earth is still moving north/south, south/north.*

Is this change going to be instantaneous, or is this over a long period of time? And what is the cause of this change?

*Oh, it is quite instantaneous. We have given quite a bit on this subject. There is much that we have said, my love, that could in no way begin to be summarized in the time that we have in this gathering. However, your question does place on the record the need for many now to begin looking at those reasons. We are here to help in the preparation of The Shifting.*

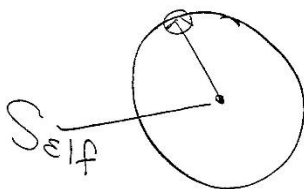
*This is our mission up until The Shifting, and after The Shifting, of course, our mission is different. And thus, because it is our mission, we must discuss it and we must have information available and we must continually have it brought up in Public Sessions so as to not forget ~ not that any who would come here would forget that there is an illusion change. It is the hot topic on the plane now in many ways.*

### **Jacques Comes In And Discusses The Healing Of Self** (May 07, 1996)

*Jacques: We bring to you the blessings. In The SEARCH FOR SELF, we now reach the point of Self-Healing. It is The Healing of Self that we would call it, for by saying The Healing of Self, you take it out of the medical community. Self-Healing sounds as if you are trying to heal some lesion on your foot. And while you may certainly be addressing the issue that has brought the lesion onto the foot, it is not all that is involved in The Healing of Self.*

*We will take advantage of the writing mechanism. Let us maneuver this a bit more. (Jacques moves to the easel and picks up a marker) We have become adept at interdimensional movement, better than when we first began speaking through, so we are able to manipulate these magic markers. Yes, indeed.*

*So, remember then, it is not Self-Healing ~ it is The Healing of Self. The symbol that we gave for our mission quite some time ago is a very simple circle with a dot in the middle. This symbol represents Self as the dot and the greater Universe ~ The Circle. (Drawn by Jacques)*

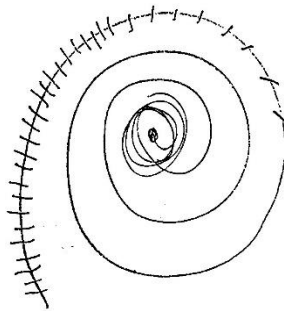


*Each of us is a dot within the greater Universe. Waith has spoken so frequently of the separateness and yet The Oneness. If you go back into the discussion Jenjura gave of The Webbing Effect, (See transcript 02.06.1996) you will understand, now, that we bring it into a greater focus. Rather than trying to look through all the webbing, we are going to have you focus on a very single dot that is Self. You are Self. The very nature of being out of the Universal Consciousness means that we each are disjointed. Being disjointed simply means that part of us is*

*not whole. That part of us that is not whole relates to the Universal Consciousness, The Circle. It is that part that is not whole that we seek to heal.*

*Being out of the Universal Consciousness requires then an attitude of healing. Every entity must be healed. There is no entity exempt, for being out of the Universal Consciousness implies the need for healing. There would be many elitists on the plane now who would say, "I am completely healed. I have found The Way. I have reached spiritual awareness. YOU, you must have something wrong with you if you have disease. You must be healed." Ah, this is an inaccurate statement and the surest signal of an elitist currently on the plane. Be proud that you SEARCH FOR SELF through inward observation and healing within. Every movement that you make is a form of healing.*

*Let us illustrate. (Neverending circle, drawn by Jacques)*



*In the neverending spiral that you know and recognize as part of the representation of Waith and Company, is the journey. This point in the very center is Self. The circle that we represented just a few moments ago is this neverending circle. Look at Self then as moving along points in this neverending circle ~ but they are disjointed points.*

*However, in the scheme of The Universe, another entity's journey fills in this neverending circle, and the disjointed component of another entity fits into an open space. Thus, all of the disjointed entities, all of us, as one, fill in the neverending circle. We need each other. If we do not acknowledge the need for each other, we will free-float in space in that middle circle, for we have not acknowledged our own disjointed component. We all fit together. That is the scheme of it all.*

*Now you would say, "This is a wonderful concept, Jacques, but how does that work in our journey back? How do we connect that with Self and The Healing of Self?" We reinforce this again ~ The Healing of Self. (Jacques writes the words on the paper) Repeat after me. (All are repeated)*

- *THE HEALING OF SELF.*
- *Now. say the words ~ SELF-HEALING.*

- *Now. say the words THE HEALING OF SELF.*

*Do you feel the difference in the vibrational tone of that? The Healing of Self has a flow to it. Self-Healing sounds rather dictatorial, "You will heal Self!" Rather now, in the SEARCH FOR SELF there is The Healing of Self.*

*Paramount in The Healing of Self is respect. We are so pleased that the GUIDELINES FOR GROWTH are now here so that we may use them in our teachings. (Jacques refers to the art work on a wall that shows the Guidelines for Growth in their entirety) The very first Guideline for Growth is Respect Self. In order to Respect Self, you must Forgive Self for needing to be healed. Think about that. You must Forgive Self for needing to be healed. That is a very interesting concept, is it not? It is very easy to forgive another, is it not? It is not so easy to forgive Self.*

*There are many issues that you have brought into this lifetime that compel you to say, "I must work very hard, and it is all my fault that I have to do this ~ that ~ or the other thing. I have to balance with this entity over here. That is my fault." And in the quest for becoming One with The Universe, we forget that we are out of The One, that we are disjointed and therefore we must be healed, and therefore it is all right that we need to be healed, and thus we forgive ourselves. This is not as easy as it sounds ~ Forgive Self for needing to be healed. We all need to be healed. Every movement that we make is a movement toward healing Self.*

*Physical manifestations of the issues that you all deal with are very commonly known now and acknowledged as end results of issues at some ethereal level, or some other dimension. "It is out of my control. I am here because Higher Self and Soul said I must be here." That is the concrete logical Self, denying the need to be healed, and therefore not acknowledging the need for forgiveness.*

*The SEARCH FOR SELF means finding the Higher Self ~ yes. However, the Higher Self is not some part of your energy that is sealed up in a little room, to be let out when it has been good. It is interdimensional. Self is simply energy of layers and layers and layers ~ all part of The One Energy that makes up each one of us. It is not separate. Higher Self is not something separate from Concrete Self. It is simply another level.*

*There is no one to blame. There is no blame. We say that you must Forgive Self for needing to be healed, but that, in actuality, is a contradiction. Think of this ~ there is no blame. Therefore, there is no reason to have to forgive ~ Unconditional Love. Waith has spoken of Unconditional Love. Unconditional Love means not having to forgive, for unconditional means there is no blame. Therefore, there is no need to forgive. So, it brings us into this paradox, and that is what the SEARCH FOR SELF is actually all about, for we go now to the very focus of the discussion of the SEARCH FOR SELF, and that is Self.*

*Who is Self? You must stop thinking of yourselves as separate from other parts of Self. "There is the Soul, there is the Higher Self, there is the Concrete Self." We discuss it in terms of separateness at an elementary level to give you an understanding of the levels and the layers of Self. However, they are all One, they are all mingled. And yes, when we talk of Higher Self infusions of energy, we are simply talking about levels of awareness that are brought into the rooted concreteness of your daily activities. It simply means that you are becoming more and more integrated. It does not mean that you suddenly have this wonderful new way of looking at the world. It simply means that you have integrated Self more fully, and it was a natural type of situation.*

*Sometimes, there can be some little quirks. Sometimes infusions of energy can get caught interdimensionally. That happens, sometimes with rather amusing results. But when that happens, there is the power within Self to smooth out the energies. You, each of you, have the complete power, the only power, to integrate Self. Others serve as tools. They serve as facilitators. Accept the concept that only you are able to heal yourself. That must be your first acceptance ~ The Healing of Self can only occur within Self. No other external source can heal you.*

*Then, "What of healers?" you would ask. "Jacques, the last time you were on the earth plane you were a healer. You were what is called a doctor." I was a tool. That is all a healer is, a tool. A healer is a facilitator ~ a doctor, a nurse. A person who works with energy is in the same category as an aspirin. "Ah, blasphemy!" you would say. An aspirin is a tool. A doctor is a tool. The aspirin has things within it that it uses as a tool. The doctor uses things as tools for his or her work. So, the chemicals that make up an aspirin are in the same category as a scalpel. Do you understand the concept? It is you, and you alone, who seek out the tools for The Healing of Self.*

*Let us look at the notion of external sources healing Self. First of all, there is much in the material that Waith has given regarding healing. What we say is not a new concept that has been presented. We simply bring it into this forum. The issues that you have taken on in this lifetime, in every lifetime, were taken on to heal Self, to take care of that disjointed aspect.*

*Now then, there are many on the plane ~ not just now, but throughout the history of the plane ~ from one illusion to another who claim to be able to cure you. Whatever ails you, they will cure you. "Take this pill, it will cure you. Have this operation, it will cure you." We are not saying that these particular tools are not beneficial ~ and indeed, they may serve as cures in the moment, temporarily ~ perhaps for the lifetime. Be wary of anyone who would say to you, "I can cure you. I have the power to heal you." No one. No one. No thing has that power. Things and people are tools. It might be appropriate, however, for you to decide that in your journey for The Healing of Self you need to have part of your encasement cut out of you, for that will ease the physical condition in this particular lifetime.*

*Being on a spiritual path does not mean that you must give up all traditional medicine. "I will not go to a doctor. That would be saying that I cannot heal myself." It says no such thing. It says you*



*simply seek out the tools. You make the decision, unless, of course, you give the power to some other entity outside of Self, which is done more frequently than you would imagine.*

*Let us look at others. When we say others, we are not being exclusive here of The Human Kingdom. Others mean all other entities, all other energy forms, all outside of Self. Others, remember, are needed to fill in the disjointed components of our path back to the Universal Consciousness. Do not give power, however, to others. Give power to Self. Easy to say. As I say this, you are perhaps thinking, "Well, of course, give power to Self. Who does he think we are? We have been listening to Waith for quite some time now. Waith says that all the time." Indeed.*

*How many of you actually know what it means to Respect Self? To Respect Self means that you have given power to Self. And, every day the journey continues to bring more power to Self by Respecting Self, and the byproduct of that is The Healing of Self. The Healing of Self occurs slowly, consistently, over time. There is not this sudden miraculous cure. It may appear that it happened overnight. "Suddenly, the cancer cells were gone!" Well, you had to work very hard to do that.*

*It may have meant that in lifetimes prior to this one, you had worked very hard on the issues that culminated in this particular manifestation called cancer. And because of the work done in prior times, it appears that when it came about in this lifetime, you were able to cure it. "Ah! I had some herbs and went to someone who does energy work, and it happened. I was cured!" You were not cured. You simply healed Self ~ the result of much work over many, many lifetimes. The Healing of Self is the culmination of an issue, and that is what we are all here to do, regardless of the kingdom in which we find ourselves.*

*The Angelic Kingdom also has The Healing of Self, for they must return to The One. And believe me, The Angelics have their own sort of disjointedness ~ a little Angelic humor there.*

*When we speak in the next session with you, we will be giving you a very specific technique that will enable you, in conjunction with The Webbing Effect, to determine within Self your own level of power to Self. The technique will be a tool to help you to Respect Self, which then will make you Love Self more unconditionally, which then means you will Respect Others, Love Others, Be of Service to Self, Be of Service to Others, Achieve Each of The Above Individually, Achieve Each of The Above Simultaneously, Be Joyful, Be Serious, Be Single of Purpose, Be Unified in Purpose ~ THE GUIDELINES FOR GROWTH.*

*It is THE GUIDELINES FOR GROWTH that is at the focus of the SEARCH FOR SELF. The focus of the SEARCH FOR SELF now comes into The Healing of Self. The technique that we will give to you will then help you to achieve what Waith has given you as THE GUIDELINES FOR GROWTH. It will help you to focus on those issues that bring about ~ in your physical encasement, perhaps ~ discomfort.*

*Having particular physical discomforts, ailments, whatever, is not something to be looked at as bad. "Oh, there must be something I am not doing. I cannot get rid of this condition. I have a cold. I cannot get rid of it. What is wrong with me? I am not spiritual enough. Others do not even get these conditions. I get them all the time." So, what if others do not? Or, so what if they are able to get rid of something easily? It is not your concern. Give power To Self and not to others.*

*We have given much information. It could be studied for quite some time ~ just the words we have spoken in this gathering. There is much more to The Healing of Self than Self-Healing. The Healing of Self is the essence of the return to The One. If there is nothing left to heal, you are back! So, sit back and enjoy your journey and do not bemoan the fact that you have healing. That is what it is all about. Would there be any questions? You understand everything we have said, yes?*

**Initially.**

*Jacques: Ah, initially. Upon further contemplation, however, there is much for discussion in what we have presented to you. You are your own healer. Do not empower another for that role. Simply go to those who have the tools to help you. It is why you come to listen to what we have to say. We provide to you the tools. You can use what you want, and not use what you do not want. We cannot cure you. We can only guide you and give you the tools.*

**You said we have to realize that everything that goes wrong is not entirely our fault, and not hold ourselves at fault, because we have to forgive ourselves and respect ourselves. If we are not to give power to others, then what is the difference as to whether or not somebody else has a hand in what went wrong? It would seem that we would concentrate on what went wrong with ourselves, to be able to give ourselves the power to heal that.**

*Jacques: Yes, indeed, my son. That is the essence of what we have said. You understand it. It is the misunderstanding that others give to the concept that creates the confusion. You see, focus only within Self. Do not be concerned about what others are doing. If everyone, however, focused only within Self, as we have said, then everyone would be back in the Universal Consciousness. Part of the lessons to be learned revolve around the taking in of the power for Self.*

*The more that you become unconditional within Self, the more you become unconditional with others. It is THE GUIDELINES FOR GROWTH. Self comes first. Respect Self. Then you Love Self. As a result, you are then able to Respect Others and Love Others, and The Cycle becomes greater. The more you Respect Self, the more you can Respect Others. And the more that you Respect Others, the more, then, that you can Respect Self. The entire philosophy of THE GUIDELINES FOR GROWTH is a cycle. It all feeds within itself. You are unified in purpose. That feeds back to being Respectful of Self, and that whole cycle perpetrates.*

*So, yes, my son, you have captured the essence. It is most difficult, however, to achieve, for Self wants to blame something outside of it. Indeed, Concrete Self wants to blame Higher Self, or Soul. "It was my Soul! It made the decision. I had no choice." It was within Self.*

*Respecting Self more and more is the result of taking the responsibility for Self. It does not mean, however, that you disregard others, for indeed, Respecting Self means complete Respect for Others, and you would not want to act in a way that would be disrespectful of others. So, being concerned with Self, first and foremost, means that ultimately, you are concerned about others. There is nothing selfish about it. It is Selfless. The more you Respect Self, the more Selfless you become. Your question was very well framed, my son.*

*We will see you all, in a manner of speaking, in our next session with you for the technique for The Healing of Self. We give you the blessings ~ the smoothing. Call upon us as you need assistance. Our color is green. You have seen our symbol. Farewell for now.*

*Waith: I am back! We are most pleased with the way in which Jacques has presented the information. You know, he has been a teacher in many, many of his incarnations ~ not just informally but most formally, he has taught ~ and he is very comfortable in that role. You will find him to be speaking more frequently as our mission continues. We would take any additional questions that you may have found popping into your little heads while Jacques was leaving and we were returning.*

### **Jacques Gives A Technique For The Healing Of Self, The Forgiveness Of Self (May 21, 1996)**

*We are ready now to go on with the technique phase of The Healing of Self, as Jacques has referred to it. He prefers, as we all do actually, the use of the phrase The Healing of Self rather than Self-Healing. Let us begin then. We will have Jacques enter in, and he will give you the technique and then there will be discussion of that technique after he has given it. We shall return in a short time.*

*Jacques: We bring you all the blessings. In our last discussion we spoke of The Healing of Self and we spoke of The Neverending Circle and the SEARCH FOR SELF, going truly to the core of your being. We also spoke of the very, very important fact that you should forgive yourself for needing to be healed. It is that focus of forgiveness of Self that this technique will provide to you a tool in your SEARCH FOR SELF.*

*The Healing of Self is an individual process. You have been given the information for the Balancing of a Group. You have been given the information about the finding of Self within The Community of all energy. And you have been given the information of The Webbing Effect. Now it is time to take all of that information and to utilize a technique ~ very simple, very easy*

~ to help you to focus on forgiving yourself, first and foremost, for needing to be healed. We would refer you to our discussion in the last session, in which we gave the information, the concept, regarding the technique that we now present to you.

*It is the concept that you need to understand and appreciate in order for you then to apply the technique in its most useful form. In order to heal physical ailments, you must first heal within. You must first heal the issue that creates the physical ailment. Remember, in discussions that Waith has given over many, many sessions, that you each take on a percentage of issues when you come into the earth plane, in general, and in particular, when you take on a particular life. (See transcript 04.17.1990 The Four Phases of Lesson Learning) It is that percentage that you focus on in The Healing of Self.*

*It is not the entire issue of patience, for example, that you would try to heal in one lifetime. It would be a very minute part of that issue that you have taken on in this lifetime. This technique will help you to gain the awareness, from the Higher Self and Soul, of the percentage of the issue. How much do you actually have to work on in this lifetime? What exactly must you work on? There is no technique that categorically says, "Heal me! I want to be healed in all aspects." It simply does not happen that way. Parts of each of us are healed at moments in time, as we measure on the plane ~ moments within your own Energy Circle.*

*This technique, then, is a very individual and private technique, one in which, while you may certainly do it within a group, would do it silently. They are not words that would be spoken in the group.*

*The first activity that you must now do is to find a spot that is comfortable for you. (Jacques directs people to move about) This row of energies now must reconfigure. Find a spot where you have a bit of room. Move away from this line, please, my loved ones. You may lay on your back. You may simply sit against the wall. You may lay on your stomachs. There! We have some who are getting the idea of this ~ relaxing, yes. Much better. Relax. Relax. Relax.*

*You see, this is the issue. Forgive yourself for needing to be healed. "I do not have to stand at attention. I will relax within the greater environment." Now then, breathe in a way that feels comfortable for you. Slowly, start to breathe and relax. Breathe in and breathe out, breathe in and breathe out.*

*I will give you words that you will say silently to Self. You will not repeat them out loud. These are words that you will simply integrate within your own mind, breathing slowly in and letting out the breath ~ slowly breathing in and letting out the breath. You are relaxing now, and as you relax, you are calling upon the very Highest of the White Light. So, as you relax, say within Self, "I call upon the very Highest of the White Light." Breathing slowly in and out now, call upon your Angelic Protector, saying, "I call upon my Angelic Protector." Allow yourself to relax more as your Angelic Protector comes into your immediate vibration.*

*Now, call upon all of your spirit guides, saying, "I call upon my spirit guides. Come into my vibration, please." You are slowly breathing and relaxing. Now you say the words, "I forgive myself for needing to be healed ~ I forgive myself for needing to be healed ~ I respect myself ~ I love myself ~ I forgive myself for needing to be healed."*

*You are feeling very relaxed. You feel the presence of your Angelic Protector and your spirit guides. Now, you visualize the issue that you want to work on. Perhaps you are stubborn. You are judgemental. You have no patience. You have a mean-spirited streak that you want to soften. There is someone with whom you interact who you do not get along with. Whatever it is, you would visualize, and you would surround that vision with fluffy White Light. The Light surrounds the issue, whether it is a person, an event, or simply a behavior.*

*Now, visualize your physical being approaching this visualization ~ this person, this event, this behavior. As you approach this visualization, you hold out your hands in Unconditional Love to that which needs to be healed. You surround your arms around that which needs to be healed, and you take it within the physical Self. You accept it. You respect it. You give it Unconditional Love.*

*What you will begin to do as you use this technique is to dissolve then the visualization. Visualize it melting within your embrace. It becomes a part of your physical Self. It is the merging of the physical and the nonphysical. You will feel the issue dissolving and dissolving. With this technique, you are able to spend as much time in this meditation as you need ~ hugging the issue, attempting to dissolve the issue, and always making it a part of who you are at the physical.*

*Spend a few moments now, trying out this technique. (There is silence for several moments) The return back into the conscious state will be easy and can be done at your own leisure. We will give you the technique for returning now. You have been hugging the issue, and now you take your arms away from the issue and hold up your hands with the palms facing outward and toward the issue. You can do this physically with your hands or you can do this with your mind. Send the issue now the very Highest of your White Light from your Angelic Protector and your spirit guides, and say, "I will return to love you again."*

*Slowly now, back away from the visualization until your physical encasement is no longer part of your visualization. You are feeling The Essence of Self now, and you slowly begin to bring yourself back into the conscious state. As you do this, you thank your Angelic Protector, and you thank your spirit guides, and you slowly return ~ slowly return ~ to the conscious state.*

*Move about a bit. It is important to move the encasement a bit when you have been in a meditation. Move about. Stretch your arms up and over ~ your legs, stretch out. Take a deep breath. We ask you all now to stand. And now, simply move your bodies in whatever way feels*

*comfortable for you. Move your arms. Move your upper body. Move your lower body. Move your legs. This is a form of relaxation that will help you in The Healing of Self. It must be motion that is comfortable for you. Ah, very good! You have the idea. Do this when you return from your meditation. It will bring your vibration back into a sense of connectedness with the concrete dimension in which you find yourselves. Ah, very good! Very good. You may be seated again.*

*This technique that we have given to you is one that can be adapted in different ways for different issues. You may devote a block of time to one particular issue and use the technique for, let us say, months at a time. Or you may decide that you want to use several issues ~ one each day. You would say, "I have seven issues that I will focus on. On day one, I will focus on this particular issue. On day two, I will focus on this particular issue." And each week on that particular day, you would devote your meditation to focusing on that particular issue. And you would develop the visualization that is most appropriate.*

*It may simply be the word, or a phrase, or a sentence. You may simply visualize the words, "I do not like the way I respond to people who question my beliefs." That could be an issue that you would visualize. Visualize those words as if they were in a little block form on a piece of paper. You may even find it helpful to write out those words on a piece of paper and be holding them as you go into your meditation. Or, instead of closing your eyes, to focus very clearly on those words.*

*You may draw a picture that will help you to visualize. You may have an object that represents an issue. You may, for example, have difficulty in being patient with a child who is part of your life. You could take a toy that the child uses and receive the energy from that to help you to visualize the gaining of patience with a particular child. You want to be specific. To simply say, "I want to be patient," could take quite a bit of time in visualizing and in focusing. Rather, be as specific as you can be. Take the issues that you deal with every moment of your life ~ every day. Do not make this some type of abstract situation. You could say, "I keep getting headaches. I must visualize this headache and how I will heal this headache. What is causing this headache? What is the energy blockage? What is the issue in the larger picture?"*

*This technique is a way for you to meld the abstract and the concrete. You have cut your finger. That is not simply a random act. There was a reason why you cut your finger. It may have appeared to have been an accident, but upon further reflection, you would come to understand the behavior that brought about the cutting of the finger. Visualize the finger being cut. Visualize whatever happened when the finger was cut. This is your visualization. This is your technique for The Healing of Self.*

*When you begin to understand the issues that you are dealing with, you may then decide you need to seek out a facilitator, one who is a tool on the earth plane, who can help you to further heal yourself, someone or something that may enable you to relax more about the healing of the issue, who may be able to give you insight or relief. Taking an aspirin is a facilitator and is all*



*right to do. You do not have to visualize that you are taking an aspirin. You can actually do it. Do not dismiss the doctors currently on the plane. Analyze their ability to be a tool for you. As with anything, you do not wholeheartedly embrace someone or something simply because they say they want to be. You must analyze their ability to be facilitators for you in The Healing of Self.*

*Those who work with energy only can do so because you allow them to work with your energy. Your energy has said, "I go to you as someone who can help me to heal myself. It is not you who will do the healing. The Healing of Self will come from within." You must be honest with yourselves. This technique forces you to look at yourself and to be blunt with Self about those issues that nag at you, that gnaw away at your inner being, that create a disruption in the flow of your own lives.*

*No one is going to know what you are visualizing. This is private. This is individual. And while you may do this meditation when there are others around ~ in a group meditation ~ no one will know what you are visualizing. No one will know that you are taking on a Healing of Self meditation.*

*The most difficult thing that any energy has in its path is facing Self. That is why we have called this year the SEARCH FOR SELF. Yes, you can go to all of these people and things that claim they can bring you enlightenment, that claim that they can help you to find the way. They are facilitators. Do not give them any more power than that, however. Do not give power to anything outside of yourself. Be careful of anyone or anything that claims to be the miracle cure that claims to be able to do it for you. Give it only the power that it is a facilitator, not the cure. Facilitators can ease and bring about what appears to be a cure. But be careful of the empowerment that you give to anything and anyone outside of Self.*

*You have Self to acknowledge. You have Self to blame, for no one and no thing outside of yourself is responsible for anything that is what you are all about. You are it. Face that. Take a particular issue, a behavior perhaps that you exhibit with another, and write it out on a piece of paper. Write out all the ugly details ~ he said, she said ~ I felt, she felt ~ all of the things that were a part of the interaction. Write it out. Use that as a tool for The Healing of Self. Visualize it. Embrace it. Love it. For with love, everything dissolves. Love Self. Love Others. Two of the GUIDELINES FOR GROWTH.*

*Love Self. The love of Self will enable you then to love the issue. Put your arms around it and embrace the issue. When you do that, you take away the power that the issue has over you, for you have embraced it and said, "I respect you and I love you, unconditionally." And then, gradually, it dissolves.*

*It will not happen the first time you use this technique. Do not expect instantaneous cures here of issues. But over time, as you visualize the words, or the activity, or the behavior ~ as you hug it*

*each time ~ it becomes smaller and smaller and dissolves, until eventually, there is nothing left to visualize. You have let go of it. By your very embracing of it, you have let go of it. That is all there is to it, my loved ones. It is as simple as that. The power belongs to each of you. Only you can heal Self.*