

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

December 03, 1987

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*Waith’s Words, and the Spirit Group’s Words, appear in this font style
(If a Spirit Group Member speaks, they will be identified)*

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Emotions ~ How To Obtain Inner Calmness

I feel my emotions and my thoughts are going overboard, and I feel helpless. What do you recommend for calming down one's moods, and changing one's consciousness at that moment?

Yes, my dear. You have a concern that is one that many people, many entities, now are going through. It will be something that, as you are shaking open your Spiritual Centers, it will cause you this feeling of disruption. A feeling perhaps, on one hand, that you are very spiritual and, on the other, not so spiritual, and that you should be behaving in a way that is conducive to being spiritual. Yes? Many of you feel this way. Do you not?

You are not to feel guilty about this, nor are you to feel that you are letting yourself and those around you down, that you are not fulfilling your mission. In order to grow you must shake loose the dust, if you will, from your thinking. If you can envision this as an analogy, that if you pick up a rug, this carpet that you have on the floor, that has been trod upon for a lifetime and that has accumulated dirt, dust. And you have taken it for granted all of your life, you come and go on it. And one day, something triggers you, and you look down at this carpet and you say, "This carpet needs to be cleaned. I am tired of walking on it and taking it for granted." And you pick up this carpet, and you go outside, and you begin to shake the dust from it, and the dirt. In order to clean it, you must get dust in the face. And there may be unexpected wind that would come up and blow even more of it into your face. Eventually, after all of the disruption of the carpet, and the shaking of this carpet, it is clean.

This is what is occurring with so many of you. You recognize that you need to cleanse yourselves. In order to do so, you will get dust in the face. What you simply do when you get dust in the face is to brush it off and not allow it to stay there. Know that when you brush it off, you will be clean. And as you shake the rug, it too will be clean. It is a simultaneous process of shaking and cleaning. And the disruption will eventually be cleaned, whether in this lifetime, or another. This is the process that you go through ~ that all entities go through.

Now being aware that this is happening is the most important aspect of it, knowing that you want to improve. And again, as I have said so often, meditation is the way in which you calm yourself and you center yourself. By doing this at least once during your day, you will develop an inner calmness that will give you the technique, as well as the strength, to deal with the shaking that will occur.

When you are approached by someone and there is a disruption in the way in which you respond to that person ~ you feel that you have responded in less than a spiritual manner ~ you will simply recognize, as time goes on, what is occurring, and you will be able

immediately to call upon your inner self to curb that tendency to not respond in a spiritual manner. However, you must develop your own calmness, your own centering.

If you are experiencing a tremendous amount of stimuli from your environment that is creating disharmony in your thoughts, then you might meditate before you start your day, and meditate at the end of your day, so that you can call upon all of those who guide you, as well as your Higher Self, to assess what is to occur for the day, and what has occurred for the day. If you do this, very gradually you will be able to quickly see that you are responding in a way that is not to your liking and you can stop it before it begins.

You must, though, not feel that you have failed if you respond in ways that are not pleasing to you. Like everything else, look at it and learn from it, and you try not to let it happen again. If it happens again, you look at it and you try to learn from it. As long as it takes you to learn from it, is as long as it will take you to learn from it. For some of you, the learning process for a particular lesson is longer than for others. That is fine. There is no pressure. There is no time constraint that you must accomplish this now. My dear, you, as well as many in this room, feel this pressure, "Oh, I have to do it right now." Yes? Why do you feel this way? My children, why do you feel this way? What is it that makes you feel you must do it right now?

- **For me, I am anxious for what is to come. I just reminded myself recently that I should also enjoy what is going on now.**
- **For me, it is the feeling that I must become better.**

That is fine. However, do you feel that you must accomplish this now, else you have failed?

- **At times, yes, I do. Then the resentments about myself come in. And the criticism then turns out to others. And I recognize whole cycle.**

Yes. That is what is happening. You must take each time frame at a time, this frame called a day. You must do the very best that you can do in that day. Try to improve ever so little in a day rather than try to do it all at once. That is not the way in which one grows. One grows slowly over eons. You have not reached the level that you are at now overnight. You have taken many, many lifetimes and experiences here on this earth plane, as well as in other dimensions, to reach a certain level that you are at, all of you. This lifetime is simply one of those experiences along the way.

As long as you continue your quest to become better, you will grow. The problem arises when an entity decides that they are as good as they can get. Therein lies a very severe problem. In the quest to become better, one can become obsessed to the point where it is detrimental, as you have recognized, my dear. You must not turn into yourself hatred or discontent. You must look at each day as an accomplishment, one tiny step forward. View

that with optimism. Say, "I have learned something today." Be very conscious of what you are learning each day.

Everything that is presented to you, everything that occurs each day, is a learning process for you. And you should view this with enthusiasm and optimism. And at the end of each day, look back and say, "What have I accomplished today? What could I improve upon?" Do not try to take the whole ball of wax, as it is called. Take part of it. That way you will view yourself in a very positive manner and will then view others in a positive manner, because you are feeling positive about your own progress.

Everything that you learn is good, is positive. This can then be expressed to others. You can help them in small ways. Do not feel that you need to conquer the world. No entity conquers the world. All energies are here for very specific reasons. Some may gain more publicity, as it is called, more notoriety, than others. That is their mission. Do not feel that you must keep up with someone else in order to be successful. You must allow the flow of your soul and the flow of the mission that your soul has come in to perform. Do you understand? All of you? To take this pressure off yourselves, you must learn to like yourselves as well as to love yourselves. It is very easy to say, "I love who I am." However, you must also say that you like who you are. There are many of you here who are not able to say this. Meditation will help you to like yourself. Your guides are with you to help you in this quest toward liking and loving.

A Question About The Sightings At Medjugorje

Could you help me understand about the sightings at Medjugorje? I read the paper that was written by the journalist who went there. It became his mission to tell others about that. The articles are difficult. They ask for three hours of prayer and two days of fasting on water and bread. I am wondering if these children are a walk-in issue.

As I have addressed this issue before, there are certain situations that are occurring with this particular group. The issue of walk-ins does not apply here. It is something of which I am not at liberty to discuss. The entity known as Mary is in charge, if you will, of this particular situation, and has requested from those of us at the Archangel Level to refrain from discussing this particular situation until what she is doing has reached its fruition point.

What you must understand is that anything that is coming from this situation, in terms of instructions, is something that you must take into your own consciousness, and if you feel comfortable with something, then you may follow it. You must not, however, feel that you must do it in order to be, shall we say, saved. If something feels right for you, then you do it. If you want to fast, then you fast. If it does not feel right for you, then you do not do it, because, as you have been told before by the great Cayce, if you know that it is wrong, and you still do it then, it is sin. It is a Universal Law. If you feel it is right, then it is right for you.

You must realize that from now until The Shift, there will be much information coming to you from this side, and from entities who are currently existing on other planets, and this information is not for everyone. It will apply to certain people, and to others, it will not apply. To others, other information will be applicable. Those who need to hear what I have to say, for example, will be drawn here and will take what I say, if it is comfortable, and work with it, or not.

Eventually, there will be a good number of people who will hear my message and know of me, as time progresses, and as I plot out the situation. The same applies for other entities who will speak through. It has all been planned from this side. And you all will be, what we would say, bombarded with information. And you must not feel that everything that you are hearing is what you must act upon. You must act upon that which feels right for you, that you are comfortable with. It is again the reason why it becomes so important to meditate and to be in touch with your Higher Self and your guides.

In due time, this situation of which you speak will come to fruition. And those who are ready to understand and hear what the message is, will. And those who are not ready or are incapable because of wherever they are on their path, will not. And that will be fine.

Other Information Coming In From Various Sources On The Earth Plane

I am new to this. I have some questions about this channelling versus other channels. For example, you referred to yourself as part of The Angelic Force, and other channels have never referred to themselves in that manner. Can you clear that up for me?

The reason that you have not heard about a channel referring to themselves from "The Angelic Force" is that your search for information has been limited, and there are not very many of us from The Archangel Realm who are doing this. There are only a few of us. All the others who channelled through are of lower vibrations, who are doing this as part of their learning, and who have various missions to perform themselves. Gabriel is channelling through. And there are several others who will become known as we approach the time of The Shift. There are others within The Angelic Force at different levels who are channelling through also.

As you become more aware of this process, you will indeed learn the answers to your concerns and your questions. Your concerns are predictable and they are legitimate. I have encouraged all those who have come to hear me that there are those who are of the darkness who can disguise themselves as those of the Light, and so you must challenge when you hear something, "Is this of the Light, or is this of the dark?" So I welcome, as a learning experience for you and for any others who might have similar concerns, to challenge who I am. Those who are of the Light can withstand the challenge. Those who are of the darkness, who disguise themselves of the Light, the Sons of Darkness, cannot in the long term withstand the challenge.

Questions About The Shift

I have given a great deal of information over many sessions regarding The Shift. And not only have I given out a great deal of information, there are others, not only from this realm, giving information through. There are those who are called psychics on the earth plane now, as well as those from the past, who have all given discussions on The Shift

Because I give out information about The Shift in each session, a little bit more about what is to occur, it is the cataclysm that will occur when the Earth shifts on its axis. It will occur approximately in the year 2000. It is the reason why there is an acceleration of this process called channelling. We are here, from this side, to help prepare entities to survive The Shift. This is our mission. And I have very specific missions to accomplish that have also been discussed in other sessions, and some that I have not revealed as yet. They will be revealed when the time is correct.

I am here for the duration to help prepare all of whom I can spiritually, as well as the actual physical preparations. The location in which you find yourselves, Enfield, is one of the safe areas. There will be information given as it is appropriate, and it is needed, and required, and as the time nears for the actual shelters to be constructed and prepared for the survival.

When we think of our monetary system, like Social Security and insurance and all that, I see all that going down the drain, because it will have no value and will not function any more. I see nations and states will not be valid any more. Is it then, not spiritual to just sabotage the system as, "I will not pay Social Security anymore? And I will not pay taxes? Is our function to just continue with the status quo?

You must continue with the status quo because it is all part of lessons to be learned. If you were to disrupt severely, then it would create a change in what is to be, and could in fact create a more severe disruption in the year 2000. It does though give new definition to the term "long range planning." ☺

So, if we want to buy something nice, like material things, we probably know that we have to say goodbye to them?

Yes. It is part of the lesson in being able to sever your obsession with possessions, to understand the place in your lives that possessions, material things, take. Those who try to accumulate and keep their possessions will find the lesson most difficult, for when The Shift occurs they will in fact lose everything. It is fine to have possessions. It is part of what you learn in this life and what you teach also. As I have said before, to become possessed by your possessions is where you will regress in your progress toward Oneness.

So the purpose of accumulating possessions, really then, is to give it away, and to give it away without thinking that, "Oh, I am making a sacrifice. I am so spiritual because I am

giving it away." You must not think that way. Simply, "I do not need this." So that you reach an attitude where things are not of concern to you. The greater your ability to not be surrounded by possessions, the greater will be your ability to survive The Shift, for things will be not as you know them now.

I just was thinking lately, what is the use? I would like to enjoy them as long as I have them.

That is the point. You can enjoy them without being possessed by them. If they were to be suddenly taken from you, you would not be devastated.

Waith Speaks To A Question Of Why He Refers To "We" When He Is Speaking

There are a total of seven of us who surround Mushiba, and we are a group. I am of the Highest of the Angelic Level. There are two other levels above me. And I have my orders, if you will, coming from a Higher Level. These levels that I am at are very close to The Creative Force, and we have our mission. I speak for those at the Archangel Level, as it is referred to on the earth plane, and I have six others of varying vibrations who are with me to help in this particular channelling process. They are of significant relationship to Mushiba. And Mushiba is very, very advanced. And this is her last lifetime. She is being prepared to become one of The Angelic Force. And so when I speak, as you have very wisely observed, in the pleural, I speak for many who give input.

There will be times in the future when those of the other six who surround Mushiba, will be allowed to speak through her. It will not just be I. I am here preparing the way, and when certain questions are posed, it will be up to some of the others to give their response. Even though I am able to give the response, I will defer to one of the others so that they may learn, themselves, how to Be of Service.

The ultimate responsibility of an entity is to Be of Service to Others. This is what one needs to learn, selfless service, and at whatever level an entity happens to be. Whether it is on the earth plane, or whether it is in another dimension, the ultimate goal is service. It is the reason why I am here and why I have six others to train at very High Levels. They are all very advanced entities and of The Angelic Force who have specific things to learn and to teach. So you have at your disposal, through this particular channelling, a good number of resources, unlike other channels where there are one or two entities coming through. This is a very unique situation, which will become even more evident as time goes on.

Can This Information Also Come In Other Sources, Such As Dreams?

Of course your dreams are sources of information. There is much that has been given about dreams and the value that dreams have. You can learn to tap into your dreams. They are yours. They are the tapping into your Higher Self. If you do this over time and practice it, you can learn about your prior life, any lives that you have had, you can do this through

dreaming. I, without sounding redundant, would refer you to the information that Cayce has on dreams. He obtained this from The Universal Consciousness and is quite explicit and very, very factual in his discussion of dreams.

What each of you needs to learn to do, first of all, is to remember your dreams, as a beginning, and then to learn to interpret what your dreams are, to use them as forms of meditation. You must learn to distinguish, in your dreams, between that which is perhaps a rerunning of a prior life and that which may be symbolic of a situation that you may be trying to work out. Dreams come in many forms and are always a source of information to you if you open yourself to them. The problem seems to be in two areas here, of entities remembering dreams, and if they remember them, interpreting them correctly. This works in conjunction with meditation, so that if you meditate, it will help you to interpret and remember your dreams. And as you open up yourself and remember your dreams it will help you to meditate also. The two work concurrently.

It seems the longer I meditate ~ I mean years ~ it seems I have less dreams. Does that have any correlation?

For you, you have reached a state of meditation where you have the ability now to tap into your Higher Self and you can in fact, during meditations, regress, as the word is, to past lives. And your meditations now have become what others have as dreams. The reason that you do not remember dreams is that you are not having them very frequently. In fact, what happens now is that when you go into the sleep state you leave your body and you are traveling into other dimensions and learning other important information.

You see, it is dependent upon how you have developed your abilities. Meditation for you now is what dreaming is for others. You are learning a great deal when you go into the sleep state. You do not remember that you are leaving your body. This happens to many who have reached the level where you are. You may not, in this lifetime, achieve the ability to remember that you are out of your body, to be consciously aware of it. Though, you have ability in this lifetime to reach that state of seeing yourself out of your body and in fact being aware that you are in another dimension learning something.

How does the depth of sleep correlate to that?

The depth of sleep does not correlate. It does not have anything to do with whether or not you have left your body. There can be situations where you have left your body and something as simple as the telephone ringing can bring you back immediately into your body and you quickly awaken. On the other hand, you can be very deep into the sleep state and still be in your body and maybe not even hear the telephone.

Is sleep a physical occurrence?

Sleep is a physical occurrence. Yes. And it relates to a level of fatigue that the physical body has. It also relates to the level of spiritual attunement that one has, the vibration of the entity, as to the abilities to go deeply, or not, into the sleep state. It is a rather complex issue. Your scientists have made simplicity out of something that is not as they perceive it. There is much that is involved in the sleep state. And its importance, of course, is known for the physical rejuvenation and also for the spiritual rejuvenation. For whatever level your vibration is, is a factor in what the sleep state would do for the rejuvenation of the spiritual.

Then actually, the more we develop, the less sleep we need?

That is correct. Sleep, as with food, is a dependency, is a limitation, if you will, to the earth plane. It is a bond that one has to the earth plane, just as the others that I have spoken of, caffeine, alcohol, sugar, all of these addictions, if you will, so that sleep and food are from this dimension, referred to as addictions. And as you release yourself from addictions, one after the other, you free yourself from the earth plane. And so, sleep is one of those addictions.

I often feel that the only time that I can relax and meditate is when I am sleeping, because my day is always so hectic, that I cannot wait to go to bed, because I like to dream. Are you saying that I really do not need to go to bed like that to dream? That I can somehow find it ~ I do not know what it is I am asking. Do you have an answer?

For your particular stage of development, my dear, you are doing what you need to do. As I had just spoken about the entity here, the male energy who no longer dreams, you are at what we might say is the opposite end of The Spectrum. You are very much in need of dreams, and it will be a way in which you can help yourself to meditate. You are able to remember your dreams, and you have an ability to interpret your dreams. It comes from several lifetimes where you were highly developed in your psychic abilities and you are awakening that ability. And so you must go with what you are experiencing. Some might say to you that it is an escape mechanism. Do not listen to them. For it is necessary for you now at this stage that you go into the sleep state. It is going to help you to solve some of your problems. When the time is right, and you will know this, you will begin to meditate again.

A Question Of Someone Having A Hard Time Sitting Down To Meditate

I have a real hard time sitting down and meditating. Is that something that I need to work on, or it is something that I should not force?

You need not force it, and you need not put any pressure on yourself to meditate, as you perceive others to think you should meditate. You must ~ meditation is a very personal thing, and it depends on your level of advancement as to how you meditate. For some they can go into a meditative state instantly, one moment they are at conscious level and the next they are at an altered state level.

For you, my dear, I would suggest that you walk alone. I have suggested this on several occasions to others. Take perhaps thirty minutes. This will help you to center yourself and calm yourself. And as you begin to become accustomed to the process of clearing your mind, when it is right, you will know. And you will sit down one day, or lie down, and it will just happen, very naturally. It is helpful for you also to talk with others, those who are in this room who will share their experiences with you in their meditations. Everyone has their own way of meditating.

As we discussed earlier, all of the information coming through is not for everyone. It is dependent upon your stage of development, and there are many who are here who can give assistance, to help you along your own path. So do not feel that you must sit in a certain way, that you must do chanting, or all of those things that you may have heard about. Meditation is simply the ability to center yourself, clear your thoughts, and to be in touch with your Higher Self. It will not happen to you overnight. It is a long process.

A Question From Someone Who Is Having Out Of Body Experiences

I believe I am having out-of-body experiences. I am not really sure. In what way can I benefit most from knowing what I am getting from this?

Your question is one that relates to being on the earth plane and feeling that you must know what the benefits are. Understand that you are in fact leaving your body, that your soul is learning certain lessons that you will not be aware of consciously at the earth plane level. You will become aware of them more and more as your abilities at meditation increase. You will become aware. You will have insights into what your soul is learning.

You see, energies exist at different levels, and while you are in fact here on the earth plane learning certain things at one level, your soul also is learning things at another level, and there may not be, for example, a connection of immediacy for your experiences on the earth plane. That which you are learning at the Soul level may be something that is for some other experience, not necessarily the incarnation in which you find yourself now. So do not look for the benefits. They, if they are necessary for you to know, will be given to you as information.

Why Are People Getting Taller?

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.