

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

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*Waith's Words, and the Spirit Group's Words, appear in this font style
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Psychic Attacks ~ What It Is ~ Why It Occurs ~ What Can Be Done About It

We have been aware for some time now that there are many of you who are experiencing what we refer to as psychic attack. There are two of you in particular who have spoken with Mushiba about this. She in turn of course has discussed it with me. I am going to address this issue so that there will be some understanding of what this is, why it occurs, and what can be done about it.

Psychic attack, if we were to define it for you, is an energy form of either a low vibration, a negative vibration, or one in which we refer to as a mischievous vibration, not necessarily negative and not necessarily of a low vibration. These energy forms are all of varying vibrations. They on occasion will attack other vibrational forms. Those of you on the earth plane are not limited to the only vibrations being attacked. Vibrations at any level are susceptible to this kind of attack. It is part of lessons and testing that occurs at all levels of The Universe.

These attacks are not deliberately sent to you by any of us. Be aware that all are susceptible. Those energies at very, very high vibrational levels are susceptible to attack from negative energies that are also of very high vibrational levels. When we speak of the Sons of Darkness we refer to those who are of a high negative vibration. And their attacks would be aimed at those of a similar vibration. At a higher level, they would not go after someone of a lower vibration.

Now the question, of course, in your minds is, "Why is this occurring?" Know that there is negativity that exists, and that as you, as entities, begin to open your Spiritual Centers, you begin to meditate, you begin to reach your Higher Self. As you begin to be in touch with your Higher Self and open your soul memories, you make yourself vulnerable for entities and energies that may simply be passing by, and they see an opportunity to do some damage perhaps. Now when this occurs, you might be at the receiving end of this, and are in fact being tested, for it is only those energies of you who have reached a certain vibrational level that are susceptible to these attacks. And you then have a decision to make. You can learn how to protect yourself, or you can go back to a level in which you would not be susceptible.

If you want to truly increase your vibration and reach high attunement from life to life, you will be vulnerable to those of negative energies. You must be constantly aware of this and able to fight off the attacks. You will receive assistance from your guides, but they too are susceptible to their own attacks. And each of us, myself included, must be able to protect ourselves individually. We can on occasion call in help of others. This is where group prayer so often can help, because some of these negative energies are quite strong, and if you have not developed the ability to protect yourself, you will not be able to advance spiritually, for the attacks could damage your psyche.

Now the way in which you can protect yourself against these energies. They will try what they can. They try with many of you. They are as small children might be. They will see what they can get away with. They feed upon your own fear. If you fear them, then that energy of fear will be picked up by them, and they will be able to become stronger and feed on your fear. You must be the one in control. You must not fear them. You must simply, as a beginning, say to them, "Go away." Do not fear antagonizing them. If you fear antagonizing them, then you fear them, and they will know this, and they will have what is called the upper hand, and they will continue and continue to badger you.

If you are not able to get rid of them immediately, it is not to be despaired, for when you have just begun to be attacked, you have not experienced it before. It will be all new to you. And you must learn in your own way the method that is going to rid these energies from you. You must say things, for example, like, "Go away. I know who you are. I do not fear you." You must truly not fear them. They will pick up on your vibration if you fear them. If you fear them, you must discuss this with your guides. You must meditate on this. You must find the answers within yourself.

We are here to help on occasion to guide you in how to rid yourself of these entities. On occasion, very rarely, we will intervene and get rid of them for you. But that is only a short term solution, for it has not solved the problem of your ability to rid them yourself. Until you have that ability, they will continue to come back. For example, if one of you requested that I get rid of one of these entities, I could do so very easily. But that entity could then return in a very short time if you have not developed the ability to do this yourself.

I will, under specific conditions, and rare conditions, intervene. There will be times when I may intervene at a partial level, that is, I may lessen the attack, but not stop it completely. You can also receive help from others who can form a protective shield of White Light that may be stronger than yours alone, and this will help you in the initial stages. This is sometimes utilized even with entities of a higher vibration when there may be a particularly strong attack being waged. It is at this time also important that you call upon The Creator and to pray. Remember that prayer, in whatever form you choose, is very powerful, for you reach directly to The Source. It is never to be underestimated.

These psychic attacks then are the result of your own opening up of the Spiritual Centers. You ask for them, in effect. It is a responsibility that as you begin to become more open in your psychic centers that you will be tested at levels that you were not tested at before ~ and that others around you may not be tested ~ for they have not reached a certain level.

Many of you who look at others around you, be it in these sessions or just others around you, who you think have a very highly developed spiritual awareness, and have strong psychic centers that have opened, that it is perhaps very glamorous. And that you want to be like that. There may even be envy. Know all of you, my dear children, that that

person who you see, has undergone stages of psychic attack and has passed the test and has moved onto higher levels.

Psychic Attacks ~ Growth Comes Only With Pain. This Is A Universal Truth

Growth does not come easily. Growth comes only with pain. This is a Universal Truth. You must, as you grow, develop a higher threshold of pain. If you were to talk to anyone in this gathering who has experienced psychic attack, and overcome it, you could get some clues as to what is involved. You will find a greater sense of inner peace with these entities who have overcome the psychic attacks. If you want to develop your talents, then you must go through this test. It is not easy. But it is not impossible, of course. It takes many, many, many lifetimes for many entities to reach even the first level of protection against psychic attack.

There are many who will come into a lifetime and have determined ahead of time that they will conquer, as a minimum, this first level, and find when the attacks begin, that this is indeed not the time for it, they are not ready. There is nothing to be ashamed of if you say, "I am not ready. Let me go back to the level I was before." It simply means that you need to develop strength in other areas before you can then work on this particular issue. And you may then block this for the remainder of your time in this incarnation, only to attempt to try it in the next one, realizing that you must learn certain other things in this lifetime that will prepare you more adequately. Know that as you go from level to level, you have the same decisions, and you can do the same thing. You may go to the second level and decide that you are not up to the test, you are not up to the task, and that you want to go back to the level where you were able to fend off the attacks. Each level has its own level of attack.

Psychic Attacks ~ Not Viewed As Negative ~ They Are Opportunities To Grow

It is important to know that attack is not something to be viewed negatively. While it is done by those with not the best intentions, of course, it is an opportunity for you to grow. Just as any of the situations that you encounter at the conscious level on the earth plane needs to be viewed as an opportunity to grow, as a lesson to be learned, as a test to be passed. So too is this, at a different dimension.

Please do not be naive in thinking that there is not negativity in other dimensions. There is negativity and evil on the earth plane. Is there not? Do you think that dissipates when they pass over? And all is part of the growth process. At the same time, as you begin to grow spiritually, there is a greater responsibility of your role to help those who attack you. Just as on the earth plane, you attempt to diffuse negativity with your example, with your love, so too does this exist from those who attack you at the psychic level, to send them love, to send them light, to attempt to diffuse. And while you must protect yourself and tell them to leave, at the same time, you must attempt to help them. You

may not be able to, but the gesture must be there. For that is truly how you will be able to protect yourself ultimately.

Waith, when you say that growth is always painful, I find it kind of gloomy. Not growing is painful also. Where is the fun, the pleasure, the joy, of this whole process?

When you say, first of all, that not growing is painful, it is incorrect, for someone who is not growing is not aware that they are not growing, and they are not therefore feeling any pain. They simply have chosen not to grow.

Isn't there pain in the separation involved in feeling separate?

Not for these entities who have chosen this. They do not know any better. You must realize there are many, many entities on the earth plane now who have chosen a life of non-growth. They simply come in, as I have said before, for a lifetime of rest and relaxation. They chose to come onto the earth plane for reasons of their own, not to experience any growth, simply to be who they are. You will see these people around you. They do not have any remembrance. They have blocked the memories of other lifetimes where growth occurred.

So the psychic attacks, Waith, are part of the design, not something that you have to work around, just accept it?

That is correct, my child. It is part of the design. All energies at all levels in The Universe must be constantly vigilant. I, for example, am not immune from attack, for there are negative energies at very high levels that would attempt to attack me. However, it does not happen, because I know how to take care of it.

Are Psychic Attacks Easy To Recognize?

After a while, yes, they are. When it first begins, there may be some of you who will not even recognize that it is a psychic attack. You may, for example, have feelings of depression that you cannot account for, feelings of perhaps anger or hatred that you are unaware from where they come. Suddenly you are feeling many negative emotions and feelings. It is at that point that you should send some White Light around yourself and simply say, "I have no need of these negative feelings. I have no need of this." And this will be a way of dissipating. As you begin to become more spiritually attuned, you will become very aware of the presence of a negative energy. There will be no question in your mind that it is a negative energy.

What About Psychic Attacks During Meditation? And Sleep?

Very susceptible during meditation.

Waith, I am experiencing it, too. The problem is that I have done a number of things that you have mentioned. The problem is that during the daytime I can fight them off, but in the evening, when you want to sleep, this is the biggest problem. I have lost a considerable amount of sleep in the last couple of weeks.

That is true.

This is a weakness, the loss of sleep. It becomes very difficult to function strongly when you do lose sleep. I have used methods similar to what you just mentioned, but I do not find them to be as effective as I would like. The question is, is there a length of time that they do not leave you that you should get concerned?

No. The length of time that it takes for you to overcome this is as long as it is going to take. There should not be a concern or a measuring, if you will, against someone else's ability to fight off. For example, someone may be able to do it in one session, one attack, and they say, "Go away," and it happens. Someone else, it could take months of your earth plane time. When you discuss the issue of not being able to sleep, thus weakening you at a physical level, you are correct in this.

I would like to say to you that I could solve this problem for you. I can help, and I have, at Mushiba's request, done so with the negative energy that surrounds you now. There has been a lessening. I have not rid this energy completely from you, for if I were to do this, it would not, at this point in your development, Be of Service to you. We are looking at you with great potential, great possibilities here. You have a very strong soul that wants very much to be a healer. But in order to do this at the level you want, and we are hoping that you will attain, we do not want to serve as a crutch for you. We know that you have the strength.

You need to remember your strength from past lives and to apply it in this lifetime. You must listen to yourself and not to anyone else. You must not listen to other energies who might try to tell you what to do. This is an issue very critical now for your development. And while you have requested, through Mushiba, that I call off the attacks, you have done this at the conscious level. At the Soul Level, we know that this is not what you want. You are battling currently between the Soul and the conscious level. This negative energy knows it and is feeding upon it. You fear it, and it knows it.

We would like to see you very, very much, my son, pass this test. We will be here to help you. Know that you have enough strength to fight it. We have been able to dissipate the energy force somewhat so that it will assist you in strengthening yourself. There is a tremendous responsibility that goes with what you want to do. And if you are to heal others, you must be able to protect yourself and heal yourself psychically.

Psychic Attacks Can Cause Weakening Of Resolutions ~ Questionings Of Why

Can a psychic attack also be something like weakening of resolutions that you want to make? Or when you want to develop a certain strength that you suddenly start discussing with yourself, "Why am I doing this?"

Most definitely. You see, as you begin to develop spiritually, your ideals begin to become higher. You set higher standards for yourself. These negative energies do not want this to occur. So they try to make you think that these thoughts are coming from yourself. They try to infuse into you what might appear to be doubt, a lessening of the Self. You must be aware of this. It is why it is so important that you learn to find the answers from within yourself. We are here to help guide you, but not to give you the answers. You must learn this yourself. And to refer back to a question that you asked earlier about "Why does growth have to be painful? Is there any joy?"

Know, first of all, that the earth plane is designed for accelerated growth. It is meant to be painful. It is chosen by each and every one of you as a grounds in which you can experience certain things that are not available at any other dimension, that in between your lessons, you have a soothing period of time. It might be one year. It might be one month. For some of you, it might be one minute. It depends upon what your soul has wanted for growth.

As you truly become evolved, you will in fact, while feeling the pain, be able to step outside of yourself and say, "This is an illusion. This is a growth opportunity." Yes, it may hurt. It may be difficult for you. But you view it with enthusiasm. The truly evolved will in fact find the joy out of the pain. There are some of you who will understand that and some who will not. But that is fine. Eventually, you will understand it, maybe not in this lifetime, but certainly as you grow.

Psychic Attacks And The Lesson Of Judgement Toward Others

Then it is very important to distinguish between denying things for one's Self, like not accepting goodness. And there are practices, for example, in church or in the Middle Ages where people hurt themselves physically.

That was for lessons to be learned for each individual. You must not judge the actions of another by your own perceptions. Know that each energy form has its own path of development and does what it has to do. And while it may not be what you would do, does not mean that it is good or bad. You have no knowledge of what another's soul path is and what they have chosen to do in order to grow. One of the issues of the earth plane is ridding yourself of judgement. You simply cannot judge another. You have your reasons for what you are going through and so does every other energy. Each energy has their own particular path, their own scenario, if you will.

What you each need to learn is to accept this knowledge and to allow another energy to be, and to let others know of your Unconditional Love and of your willingness to be there for them if they need you, and to be always in a prayerful state of mind for all those around you. It is most difficult to achieve. It is part of the conditions that have been set up for the earth plane, for you must learn to do this. It does not mean that you will do it in one lifetime.

The earth plane has been designed specifically to allow you to learn this lesson. There is nothing to regret if you judge someone and feel that by doing this you are not advancing. The advancement comes in your recognition that you must not judge. And if you judge, and then after the fact say, "I should not have done that," and begin to analyze it, and say to yourself, "I will not do that again," and if you begin slowly to be less judgemental, you are growing. It does not happen, as you would say, overnight. Those around you who you would find to be very nonjudgemental have not acquired that in this lifetime by itself. It has taken many, many, many lifetimes to develop this. Those entities who judge, and do it without concern, are those who are not growing. Do you understand?

Yes. I also feel much addressed by what you said. I feel that the judgement issue is my issue this lifetime.

You are not alone in this, my dear. You are not alone. Do not feel that I am addressing you particularly, and by yourself. I am not. I would say that each person in this gathering is fighting this issue. Correct? Reassure the love. Yes.

⚙ **Yes. Me, too.**

⚙ **Well, it is a law ~ like attracts like. Huh? ☺**

How To Send Light To Negative Energies In A Psychic Attack

Waith, you said that when we are dealing with these negative entities, in addition to banishing them in whatever way we choose, we are to send them love, positive energy, try to help them. Do you have any more specific way to do that?

One way that you might try is an exercise in visualization. Visualize a round dark spot. Picture it in your mind. And when you have this picture in your mind, then take this round dark spot and visualize it as pulsating. Once you have this visualization, you then begin to visualize White Sparkling Light surrounding this pulsating round black spot. Do this for as long as you are able, or desire, to do.

This is one method, especially when one is beginning this process, to help you send the love. By doing this, you also will begin to genuinely feel the love. Know that this is part of the lesson of learning Unconditional Love, to love the darkness, to love the negativity,

for even though the energy is negative, it is a part of The One and is therefore a part of you. It is just that that particular energy is at a very different level of development and needs assistance.

Know that from our perspective, we look at many energies on the earth plane as round black pulsating spots. It does not mean that you are bad. It simply means that you are in the process of evolving from the dark. You have all different levels of darkness. Some, and I have said this before, are brighter, as I feel your vibrations in this gathering. There are all varying levels of vibration and brightness. Some are very shiny and others are less shiny. That is as it is. That is as it was designed to be.

When you say that some were designed to be less shiny, does it mean that their development is at another rate? Or, if we are all part of The One, then we should all ~

You have answered your own question. It is designed that every entity must develop at their own rate. It simply means that if one were, let us say, less shiny than the energy sitting beside them, that is fine. It simply means that one has been working at it longer. It may be that the energy sitting beside you has had more earth plane lives than you have and has therefore had more opportunity to learn lessons and to pass tests. The fact that you are on the earth plane at all is a tribute. Know that not all energies choose the path of the earth plane. Some may never come onto the earth plane. It will take them much longer to learn their lessons.

Earth Plane is an accelerated dimension for tests that can be further accelerated by choosing, as many have during this period of time before The Shift, to have accelerated earth plane lives. So what it means is that you are at a double rate of acceleration from many other entities and energies on different planets and different dimensions. And so you must realize that you have undertaken a most difficult path, and it is to your credit that you have done so, each and every one of you. It is why we have such a special interest on the earth plane. Know that I have much responsibility beyond the earth plane. I have many, many other dimensions that I must be watchful over, but we all become very involved with the earth plane because of the acceleration that occurs here and the marvelous opportunities for growth that all of you take on.

Waith, does it also mean that all the children that are born at this time frame are aware of that?

No. You must be careful about generalizations. Know again, that you have no idea why an entity comes onto the earth plane. We have very specific designs in mind for allowing certain energies to incarnate now. We are in control in many areas as we attempt to prepare for The Shift. There is the hope that still remains at this level that The Shift can be averted. That can only be accomplished by a tremendous vibrational shift among the masses now on the earth plane. Those energies that are incarnating now have varying roles. Some are aware, but not all. There are very specific reasons for this. I would give

the same caution to this as I did earlier regarding your judgements of why someone is here.

Waith, may I point out that we are all aware of the major problems such as dope and pornography, etc.? Might I draw the conclusion that this is here as a test on the accelerated plane?

Yes, in a sense, my dear. These physical addictions, as many of them are, are part of the conditions set up on the earth plane to help many learn lessons and pass tests. They are also a part of balancing karmic conditions, if you will. The use of that word is not something that we use at this dimension, but it is done at the earth plane level to understand one of the Laws of The Universe, in that, you meet yourself in order to learn. You set up certain conditions yourself so that you can learn from something that you did in another lifetime that perhaps did not provide growth for you and could have in fact provided a downslide.

And so what you see on the earth plane now, all of these conditions, fall under the very broad category of lessons and tests. When they occur with you, you know what it is all about because your soul has chosen it. But at the same time, while you may not have to meet yourself where, for example, a drug addiction is concerned, it might be that it is your role you have chosen to help those that are with this drug addiction problem, and it will be an opportunity for growth. You must realize that many energies are not able to fight these problems as they would want to. They are not able to overcome them and they become entrapped on the earth plane because, for whatever their reasons, their soul has not strengthened as it should, and they are not able to overcome a particular problem.

Waith: It Becomes The Responsibility Of Each Energy To Want To Help Others

One must not simply look at, for example, famine, those who are hungry, and say it is their karma. It may be. But it does not mean that you have no responsibility to assist. You must not say they brought it on themselves. By saying that, and believing it, and not acting upon an attempt to help, at some level, you bring it on yourself and you will have to meet it either in this lifetime or in another.

Each of us, remember, as I have said before, are all connected to The One. We are just at varying levels. What one does affects every other energy in some way. It may not be in a way that you will feel, or even be aware of, but The Universe records it in The Universal Consciousness, and this is the issue that we deal with here in trying to get all energy forms to eventually become One again.

So you are responsible, if all you do is pray. You must not turn your back. You must have compassion, and you must have a sensitivity to those entities who are struggling at a very obvious level. It does not mean that you must drop all that you are doing and go

to an underdeveloped area and devote your life to them. That is not what I say. There are some who do this because it is their mission. They have chosen to do this. You must not feel guilty that someone else does this and you do not. There are other ways in which you can respond to those issues around you that you feel you would want to respond to. It does not mean that you have to respond to every problem that presents itself.

For many, simply a regular session of prayer is your way of dealing with it. For many, many energies, their way of dealing with the problems of the earth plane are at their own very small level, in your area, in your life, trying to be a positive example to all those who you meet . Not trying to, as has been said before by others, other than myself, you are not there to save the world, but a part of it, that part that you have chosen to come onto the earth plane. You have a mission. And for many of you, you know what your mission is. For others, you are beginning to want to find out what your mission is. You are at varying levels of knowing what it is that you came in to do. Allow yourself to Flow with The Universal Knowledge that will be given to you as you are ready to receive it.

I have given you much information to think about. And know that you can call upon Waith and Company in your meditations. You may not be certain who you might want to have help you. We will be able to determine this. If you are having difficulties, and you would like some assistance, and perhaps you can say to your guides or to us directly, "I would like some help with this particular problem or issue, and I call upon Waith and Company." And we will respond. Know that your guides do not know all the answers and would welcome assistance in helping you. It is all part of what we are here for, to Be of Service and to help all energies develop and grow at whatever level they happen to be, whether it is you or those who guide you.