

# WAITH CLASS TRANSCRIPT

*(Information Given Interdimensionally By Waith, Through Mushiba)*

April 12, 1988

- ∞ [A Discussion Of Pain In The Physical Body](#)
- ∞ [Tolerances for Pain ~ There Are Many Levels Necessary For Growth](#)
- ∞ [Pain And Ailments As A Mechanism Of Learning, Or Teaching, Lessons](#)
- ∞ [The Issue Of Allowing Others To Be Of Service To You](#)
- ∞ [It Is Recommended To Go To Those In The Medical Field Who Are Spiritual](#)
- ∞ [A Pyramid Shape In Helping Those Who Are Struggling With Ailments](#)
- ∞ [A Member In The Holistic Field, Having A Deep Interest In AIDS Research](#)
- ∞ [Issues With Teeth](#)

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

**Class Member Questions/Comments appear in this font style  
(Multiple responses from the class are preceded with this symbol ☺)**

## A Discussion Of Pain In The Physical Body

*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

*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**

**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.*

### **The Issue Of Allowing Others To Be Of Service To You**

*Mushiba has taken on this pain to teach. You must all realize that she is human and not to be overwhelmed by what she allows to occur through her energy forms. In spite of her tremendous advancement, she has taken on physical form, of course, even though it is the last one, we hope, this time. And it is a lesson for many, many of you to understand your own limitations and to take the pressure off of yourselves, and to please take some pressure off of your perceptions of Mushiba, for she, like all energy forms,*

*regardless of dimension in which we are currently, has limitations. As you know the earth plane has definite purposes, and her coming into The Angelic Force after this lifetime to Be of Service requires a certain amount of testing she undergoes now, and it is a lesson.*

*Many of you have rallied around, as you might say, to come to her aid. She is not one to take help. This has been one of my frustrations with her for these million years that I have been her guardian, but it is also a lesson to many of you who do not want to take help from those around you. And while you have taken on a lesson of pain, for you are balancing, it does not mean that you do it alone, my dear children. It means that you allow others to help you, for it is a part of what others will have as their lessons and their learning to help. For remember that all of us, no matter which dimension we are in, strive to Be of Service to other energy forms in the most selfless manner that we can, so that means attempting to help others. So do not deny another energy's desires to help you.*

**Does that also include the medical field when you speak of accepting help?**

*Yes, indeed.*

### **It Is Recommended To Go To Those In The Medical Field Who Are Spiritual**

*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 than 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**

**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**

**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

**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.*