

# WAITH CLASS TRANSCRIPT

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

May 19, 1988

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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)*

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

*We feel that we would like to continue in our question-and-answer mode that we began during our last session so that, as I had indicated to you, we could have certain questions on the record. Also, in analyzing the responses to the information that we have been providing in recent time, we feel a period of adjustment and the need to digest the information.*

*Remember that we are here in a gentle mission. While other efforts to provide information through what is called this channelling is in a more harsh manner, that is almost bombarding earth plane consciousness with information that many times overwhelms and awes people. We, because of the nature of what we do and the nature of my own soul's mission is to be gentle, to provide the information as softly as we can, and each of those who are a part of this mission, Waith and Company, is also learning and has the predisposition for this also, this gentleness, even though at times you may think that I am quite stern. You are realizing, of course, that there is a time and place for that and a time and place for other also. So, let us begin.*

### **I Would Like To Get Some Insight Into Microwave Ovens, And Artificial Sweeteners**

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

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

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

*Now, the artificial sweeteners, as you call them, are from the same technology conceptually that developed the microwave. In order to obtain the substance, certain*

*life-damaging occurrences are needed to extract the chemical that is used in these substances, and that when it is combined in other foods, for example, creates an imbalance. And it has very similar ramifications as does the microwave into the food chain that exists on Planet Earth, and again while it is not life-threatening, it does damage to life at the very highest levels.*

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

### **Bathusela And Francis Help With An Issue ~ How Bathusela Manifests Herself**

**My daughter and I thank you for helping with a particular situation.**

*We are most pleased that we were able to Be of Service to you. It was a combination of effort by Bathusela and by Francis. They are most pleased that you are pleased. You will know, as I have said to many who have had contact with Bathusela, you will know of her presence in your environment by a sign of pink. For some, she manifests herself in a pink glow or an ability to see a pink light, perhaps an unexplained pink light. And she is very, very advanced in her abilities to communicate with signs, unlike our little protégé here, Farena, who is struggling so, but her soul is in the right place, of course. ☺ So, you may find pink in your environment in the future, and if you have the sense that you are being assisted, you can be certain that Bathusela is a part of it.*

### **Will Any Of The Hawaiian Islands Be Safe For The Shift?**

**I sense there is some significance to this land called Kanaio that my cousins were recently forced to give up. I was wondering if you could give me some insight.**

*We will address a certain issue very briefly in the land mass of which you speak ~ they were forced from a particular land. They were not really forced. It was brought upon them for very significant reasons in that this land is not safe for The Shift and has already been, shall we say, marked for its destruction because of the low spiritual vibrations that exist on it, and the land area in which they now find themselves is of a much higher spiritual vibration. It is one of those, however, that is in a transition state in that it has not been determined whether it is safe. It will be dependent upon those who now begin to live in this land area and their own spiritual advancements and the ability to increase the vibration of that particular land area.*

*Concerning The Hawaiian Islands ~ There are several that have already reached the spiritual vibration that will enable them to maintain, and the names of them are not significant at this point, for if the names were to be given it could in fact give an imbalance. And so, you will know that there are only a very limited number of locations that have been given out to the earth plane in the information base of locations that are safe. The location in which you find yourselves with Mushiba has been determined to be given out as a safe place, and this is for very specific reasons, and so that we do not create an imbalance in other geographic areas on Planet Earth, there are many already considered to be safe ~ however we will not name them as yet. Some of them will not be named at all, but will simply be safe.*

### **Will Chicago Be A Safe Area?**

*I will comment on the Earth changes in this particular area since they do relate to general information that I like to give in these open meetings. The Shift, for this geographic area is ~ we are dubious about it. It is not even qualifying as a transitional type of land mass. There is strong doubt at this level that this land area will be spiritually strong enough to survive The Shift. Those who are themselves spiritually attuned will leave the land mass in time.*

*This is true for all who may find themselves in an area that is not vibrationally attuned, and yet they, themselves, are. It relates to the entire issue of the entity making the decision to stay or not to stay after The Shift so that those who find themselves in a land area that is not safe, and they are themselves attuned, if they have decided to leave the earth plane at that time they will stay where they are. If they have decided to stay on the earth plane and help after The Shift they will, in fact, exit from that land mass in time and will find themselves pulled into a land area that is safe. They will know this. They will be given that information at some level.*

### **Food and Spiritual Vibration ~ Issues of Judgement**

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

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

*So, for example, when we look at the issue of eating meat ~ for some souls who have already reached a level in other lifetimes where eating meat was taken care of and they did not eat it any longer, they come into this lifetime and begin to eat it, they regress.*

*For others, this is not the case, for they have not reached that level of elimination of earth plane constraints, so that while for one entity the eating of a certain food may in fact regress them, for another it may not regress. It may do nothing.*

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

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

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

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

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

## Earth Plane Addictions Carrying Over In The Soul

When you cross over into the next dimension, what about those earthly desires so prominent on earth? How do you work with the love of strawberry ice cream over there?

*Depending upon the vibration of the entity, it is usually not an issue off of the earth plane in terms of the craving. The issue, if it has not been resolved on the earth plane, stays in the Soul memory until it is resolved, so what happens actually becomes what you might call an itch at the Soul Level, so that if the issue of alcohol, for example, has not been resolved at the earth plane, it remains at the Soul, and therefore the Soul knows that it has to continue to return to the earth plane until the itch is gone. That is really about the only way that I can explain it in a simple manner. Once that issue has been resolved through earth plane incarnations then the Soul no longer has to deal with it and it is no longer part of the Soul's conscious need to resolve.*

*I mentioned the strawberry ice cream for it is a connector that I have with Mushiba. I have no, shall we say ~ these addictions to the earth plane ~ I never had them since I am at a different level. However, what did develop during each of the manifestations that I had, and they were all to help Mushiba, I came in only when she was here and needed help. It only occurred incidentally, oh, I think, let me look now, it was about fifteen different manifestations that I came in to help her with, and what occurred actually was simply an ability on my part to understand better those entrapments that the earth plane has for the Soul, so I have a memory of certain earth plane pleasures and pains that enable me to better understand that which all of you attempt to resolve, and of course one of the pleasures that is in the memory is of this strawberry and the ice cream.*

### Do Angels Consume Food?

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

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

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

You mean like recharging?

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

## A Question About Growing Away From Certain Groups

My friend and I are an important part of a group we belong to and are both experiencing a moving away from the group. Because we are such a key part of it, we find it difficult to leave. I wonder if you could recommend how we can do this gracefully.

*Yes. First of all, you must realize that for all of you, for each entity, as growth occurs you leave behind those who have not changed and grown with you. This is something that most of you have experienced already in other areas of your life. This is a natural progression that occurs, and unless another entity is moving along at a relatively same pace then there will be a dropping away of that. This is not to be considered negative or harmful. It is simply the way it is. When you are, however, caught in the transition period, when you first realize that you are changing and those around you are not, there begins to develop a sense of guilt, or frustration, or helplessness, or fear. There are many earth plane emotions that will present themselves. You must realize that you are growing and moving away.*

*Now in this particular case, this group has not lost its direction, my dear. It is just that your direction has changed, as you have sensed. You and your friend are going in very rapid acceleration now into higher realms. Your mission for the first part of your time on this plane has been completed, and you are now in the process of taking on a greater mission, the second phase, shall we say. There is nothing left for you to be doing in this particular group. They are a part of the first phase of your life on the earth plane. You will know how to move out of this group. It will happen naturally. We caution that you do not try to force your own movement out of the group. Events will present themselves that will allow things to happen as The Universe would want them to, in a gentle way, in a way in which there are no hurt feelings, which we realize you are most concerned about. This will happen within a relatively short period of time.*

## A Brief Discussion Of The Chakras

I was wondering if you could discuss Chakras and feelings that accompany the opening up of Chakras, the significance of it, how to work with it.

*We would like very much to have a discussion of Chakras. Our time for this session is drawing to an end, and this is a subject that we would like to discuss in an entire meeting and perhaps, my son, you might address this at the next session at the beginning so that we are able to discuss it. In fact, we may just put it on the agenda to talk about. We will tell you though, that one of the feelings that you receive as a Chakra opens up is almost a whooshing sensation within the body, almost as if there is air flowing out of the body, a release of what might feel like bodily tension. It is difficult to describe it, but it is a*

*sensation that when you experience it you will know what I mean. You have experienced it. You know what I mean.*

## A Brief Discussion Of Astrology

**I have been studying Astrology for many years. Would you say on a conscious level that it is becoming perhaps a part of the Aquarian Age, of the twenty first century?**

*Yes, it will gain in its proper legitimacy as time progresses. As most of you know, the timing of when you enter the earth plane is directly connected with placement of those bodies that surround the earth plane known as the stars and the planets, and that there is a vibrational connection that each of you have to the stars and the planets. It is an area that is, of course, ridiculed by those who would ridicule anything that is not concrete. It is a subject of great interest that we will address as time progresses, but you are correct in your observations and your feelings about the emergence of an understanding of the significance of the planets and the stars to your life path.*