

# 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  
(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 ☸)**

## Special Topic Session ~ Healing ~ Intermediate Level

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

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

### A Discussion About Spiritual And Emotion Healing

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

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

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

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

*test that is being encountered is, in fact, being learned at the physical level and being learned, therefore, at the spiritual level.*

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

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

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

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

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

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

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

*The role of the healer, the true healer, is to take each individual entity and address needs on an individual basis and to come in connection with the Soul. And by knowing what the issue is at the Soul Level, then to know how to deal with it as it relates to the other issues, the other areas, and how the issue relates to those areas, the mental, the*

*emotional, the physical. It is part of the development of the healer. To be a healer is not something that comes because you say you want to be one. It comes from the ability to attune yourself to the needs of others in a selfless manner, to not question the needs that that entity may express to you, and also to recognize that it may take many, many lifetimes to develop an attunement that is of such a high level that there is an immediate connection with the Soul of an entity who needs healing.*

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

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

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

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

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

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

## Is The Physical Condition Generally Related To A Specific Soul Issue?

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

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

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

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

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

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

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

### **Healing ~ Imbalances Occur At All Levels ~ Spirit, Mental, Emotional, Physical**

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

*You must realize that when there is an imbalance, it occurs at all levels. It is not restricted to one. And so if there is a healing that needs to occur at the physical it strings its way through and begins at the spiritual. There can be no complete healing unless the source is dealt with, that which is the spirit. There can be a soothing at any of the other three levels. However, it is usual that if there is a healing that is needed at the spirit level that it finds its way through the other three levels, and if one is then manifested in the physical, for example, pain occurring at the physical level, that pain affects the mental and the emotional. They are all connected. If one is feeling imbalance at an emotional level, it is affecting the physical and that this imbalance occurs from the spirit level. It is where it begins, though you might look at it in terms of, here is the spirit level, it is the high level, and an imbalance begins to occur, a healing needs to be done. And as it begins to move out of balance, it sends forth very rapidly into the other three levels residual so that all is*

*affected. And while the soothing can occur at the other two levels, there must be a direct interaction with the Soul for the true healing to occur.*

## The Issues Of Being Nonjudgmental, And The Danger Of Imposition To Another

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

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

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

*Absolutely do! That is correct.*

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

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

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

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

*This is all part of learning to be a healer. As I have indicated earlier, you may not always be able to do the healing, but it is in the attempting to do it, and each time you attempt it, you learn a bit more, and so perhaps the next time around, the next entity, or the next lifetime, or ten lifetimes from now, you will have attuned yourself. It is not going to*

*happen to you because you say you want it to. It takes much time and it is an issue with healers of Unconditional Love, being completely nonjudgemental, not forcing yourself upon anyone or making any judgement as to why they have a particular ailment, disability, life predicament.*

### There Is No Quick Fix On Healing

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

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

No, it has been quite some struggle.

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

*You must now gather the strength and the fortitude to give out this information. It is not an imposition upon their will for you to do this, for you tell them at the beginning, and they then choose themselves if they are going to go in this direction. There are many who will want a fix. And you will tell them in this initial meeting, and in fact tell them prior to that that it usually requires several sessions depending upon the needs of the individual. Do you understand?*

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

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

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

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

### Using Meditation To Search For The Issues Of The Soul That Cause Illness

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

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

### Can You Heal When You Are Not In Balance?

*The most important aspect of the healer is that they have the ability to heal themselves. And remember that the healer will be in a balance at the spirit level, and while the physical manifestation may appear to need healing, as I have said earlier, this is not always the case. The physical may simply be there as a reminder for the Soul. There must be a balance at the spirit level for the healer to heal. Yes, that is correct. Even though it may appear that there is illness, it may not necessarily be true.*

### Many Have A Soothing Ability Of Healing ~ Helping In The Healing Process

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

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

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

### **The Issue Of Faith Healers ~ All Healers Will Undergo Testing**

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

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

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

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

## **Vibrational Frequencies Within The Body**

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

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

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

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

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

*many vibrational changes. It simply means balance, vibrational change, imbalance, balance, vibrational change. Understand?*

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

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

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

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

**The Energy Of Three Crystals Placed In A Triangle ~ Pyramids ~ Kundalini ~ Healing**

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

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

*There is a symbolism in The Universe for the number three. There is a symbolism of three being a connector, and when you place the three crystals upon that which you call the triangle in pyramid, what you receive is a direct and very forceful connection to the kundalini, and it is very powerful, as I have addressed to you in the past, and one which needs to be done with responsibility. It will be accomplished as you develop your own ability to bring it about, and it will enable you to call upon the kundalini whenever you need it in a responsible manner and in a way that will not frighten you or others around you. And it is an indicator for you that your healing abilities have reached a certain level,*

*a level where you will be tested in a very dramatic way to your spiritual context, for there will be tremendous power that you will have.*

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

### **Could You Talk To Us About Healing Through Thought Projection?**

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

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

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

### **Healing Of The Heart Issues**

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

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

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

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

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

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

*We feel before departing that there is perhaps one other question that needs to be placed onto the record.*

### **A Question From Someone Who Is Involved In Writing A Book**

Before I ask the question, I think that you have answered this one already. The writing that I have been doing, I just want to make sure that if I do it for other people, if I just

surround myself and do the things you said to do, that I will not be getting anybody else but myself in trouble.

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

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

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

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

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

### **Delay, Avoidance, And Prevention Of Issues**

**There is one last question. Where does then come the aspect of prevention? Is that an illusion? For example, could I to get ready, or to strengthen myself for tests, for example,**

go to someone and do some kind of crystal balancing to be more prepared for the things to come? To avoid difficulties?

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

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

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

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

*We feel now that we can depart, but we have presented to you much for thought, and we know also that there is confusion. We are most honored to have been of service to you in this session, and we expect that there will be many questions that come as a result of this information that is given to you, which is of a more complex nature than you might expect, and therefore there will be a follow up to this at a future time, when you have been able to digest the information, others have read the transcript, and feel that they also would be prepared to discuss the healing and its complexities. This is a session at an intermediate level, advanced beyond introduction to healing, but nonetheless of an intermediate level.*