

WAITH CLASS TRANSCRIPT

(Information Given Interdimensionally By Waith, Through Mushiba)

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- ∞ [Special Topic Session ~ The Issue Relating To Fear](#)
- ∞ [Waith Gives A Technique To Help Dissolve Fear](#)
- ∞ [Entities At Different Levels Of Development Will Experience Different Fears](#)
- ∞ [Fear Is One Of Those Things That Darkness Can Feed Upon](#)
- ∞ [A Situation Of Mischievous Entities And The Need For More Protection Of White Light](#)
- ∞ [Fear Comes When We Attempt To Control Instead Of Releasing To The Universe](#)
- ∞ [What About Attack During Meditation Or Sleep? Can You Use The Fear Technique Described?](#)
- ∞ [Does The Fear Technique Itself Open You Up To Attack?](#)

*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 ~ The Issue Relating To Fear

We will present to you for discussion this session a topic that is paramount in the lives of many now, that is an issue relating to fear. We give you much information, as well as you receive information from other sources, that gives you guidance into the trusting of The Universe and wonderful precepts that say to you that if you do such and such then certain results will occur. And as with all precepts, it is much easier from an intellectual standpoint, for when you attempt to implement those precepts into your manifestation and relate it to the illusion currently manifesting on the plane, it becomes far more difficult, and the issue of fear then begins to present itself, for fear is a crippler, and yet fear is a very necessary part of the illusion on the plane now, for without fear there would be no attempt to grow and to seek out higher avenues of behavior for your energy forms.

Fear, of course, is the opposite of trust and yet there is a fine line, as we might say, between the two of them. Trusting in The Universe completely is the absence of fear. However, it does not mean that if you fear you do not trust in The Universe. It simply means that you are evolving toward complete understanding of what the Universal Flow means to you as an entity. And thus, many entities will begin to feel that if they are fearful of doing a particular action that they are betraying The Universe and that they are, in fact, regressing. This is not the case. The Universal Flow is significant, yet it must be accommodated by individual entities working on their own growth and not to be compared to other entities who may have a greater understanding of their own connectedness to The Universal Consciousness.

You simply must find your own strengths, and the illusion of fear is what is necessary for you to stretch yourselves, and you must confront this fear that you have. You must not try to bury it, for you will need to meet it eventually, and before you can truly stretch, there will be the fear, for it will be unknown to you. But as you begin to face the fear and realize that even though you do not know what lies ahead in a particular issue, that you will now begin to trust yourselves, knowing that you have overcome past fears and you have succeeded, for you must, as always, seek your answers from within and to go to your Higher Self, for it is Self-love and Self confidence that is the reason why you take on a manifestation on the earth plane, to overcome the difficulties and to grow within yourself.

Now, of course, this sounds easy enough to do, overcome the fear, face the fear. However, as you are confronted with a lesson, or a test, your soul has asked for, you will feel this fear, many times referred to as trepidation in the vernacular on the plane currently, and there is this knowing on one hand, if you will, that The Universe provides what is needed, on the other hand wanting to control it and wanting to say, "This is the way it will occur." And if it does not, then the fear comes in, you see. By completely trusting in The Universe you ultimately have complete control, you see. Therein lies the paradox.

Now, there are techniques that you can employ as you find yourself feeling the fear. These techniques can be used over and over again, and you must understand that in your own time you will face the fear. You would consult others around you who have perhaps gone through similar instances that you are about to go through, and you can gain from them the information that they did in order to get through the fear. However, you must face your fears in that which is proper for you and your soul, for the Soul issues of what presents that fear to you are unique to each individual soul. And while there may be similarities with other entities, remember that each

of you is an individual energy form having your own set of experiences that contribute to what makes you who you are. And you need, as we have always stressed, to meditate and to reach the Higher Self in as appropriate a manner as is possible for you at this particular point in your path towards Oneness.

Waith Gives A Technique To Help Dissolve Fear

Now, when you begin to feel the fear, be it ever so slight, is when it is most appropriate to begin this particular technique. You must take yourselves into an environment that is very, very light and as free of encumbrances as you can possibly do. It is appropriate that you find a spot in the outdoor environment so that you are able to feel the air that is part of the plane and to give yourselves space around you. You would not want to be in the middle of a metropolitan area attempting to utilize this technique where there are the automobiles and the pollution and that sort of situation. However, for many of you, it will be necessary that you have some type of these artifacts around you for it could not be avoided. It would not be possible for you to go into an environment that is environmentally appropriate, you might say.

What you would do is to stand completely erect with your hands by your side with your palms facing inward and to close your eyes and to center your eyes upon the Third Eye and to visualize a Lightness, a bright Light coming into the Third Eye. As you envision this you would raise your arms above, raise them as you see the arms now moving up, go up straight, and they would go up straight until they were over the Crown Chakra, and you would place The Pyramid Effect over the Crown Chakra remaining completely straight (Pyramid Effect: fingers pointing outward from the body, tips of fingers and thumbs touching and palms apart so that a triangle is formed with the fingers forming the sides and the thumbs the base) as you call upon the protective forces of the Higher Light to surround you with Light as you begin this technique.

You would then bring the pyramid down around you as you see my hands now through Mushiba and you would encircle your encasement (Hands retain pyramid shape but separate and go down each side of the body facing each other) and bring the fingers to the front of you, once again forming The Pyramid Shape and bringing The Pyramid Shape now into the Solar Plexus and carrying with you now the White Light.

And now, as you stand in this position, you would envision this fear. You would take this fear and bring it into your imagery and you would allow yourself to feel this fear. And as you begin to feel the fear you then surround this image of the fear with very soft White Light. And you use the imagery of the Light to destroy the fear, to penetrate that image of the fear, so that you have confronted it, and then you surround the fear with the Light and dissolve that fear. And once you have dissolved that fear, you will take your hands as they are still in Pyramid Form and bring them out in front of you once again and you will separate the hands then and return them to The Pyramid Shape above the Crown Chakra. And continuing to call upon the Higher White Light Forces, allow that fear to leave you completely as you bring your hands down around your encasement as you began the technique with the palms facing in to the encasement and returning to your side as you began.

Now, you can do this as many times as you need to. You can, when going through this technique after you have returned to the beginning position, take a deep breath, and if you feel that you need to do it again then you do so. It is useful for as much as you need it. The deeper the fear

the more you will need to utilize this technique to help you. But, you see, each time that you do this it will chip away, you see, at that fear, and while you are able to dissolve the fear in your imagery it will take some time for it to be truly gone away, for each time that you would do this technique and imagine the fear and visualize the fear, the fear should be smaller and smaller and there should be less and less to attempt to dissolve until you reach the point where there is no more fear. You understand? Now, we would take questions from you regarding fear.

Waith, has that been the cause of my illness this past week, the blockages from fear?

Without addressing a specific personal question, blockages are a result of fear and fear creates blockages, and you must, when you feel yourself blocked, recognize that there is a fear that is more than likely occurring here. It is not always the case, and blockages may occur for other reasons and not just fear. However, as with all situations, you must seek the answers from your meditations as to what is causing a particular blockage. However, if you feel that the blockage is a result of fear then you must attempt to identify that fear first and then place it into the technique, and if indeed as you begin to visualize the fear it does manifest itself in your imagery, then it is appropriate for you to continue to unblock the blockage with this technique.

Are you giving this technique to me after the fact, Waith?

We give you this technique as we have felt it appropriate to be given out in Public Session for those who would be here in this session now and also appropriate for those who would read the transcripts in the future, for this is a technique that is of Universal application.

As I understood you, when the Soul decided to progress and the entity tried to have entire control of the progress, then the fear occurs? Is that the way it goes?

This is in its simplistic form what occurs. It is, of course, a far more complex point than we would really discuss at this time, for as we do in our normal course of presentation is to present the beginnings of Universal Concepts and then gradually to elaborate on those as time on the plane progresses. Essentially, what occurs is that in order to progress along the path there must be the tackling of new issues that the Soul has decided it is ready to take on, and the stronger the Soul, the greater the ability to deal with fear, and the only way that the Soul can become strong so that it can deal more easily with fear is to tackle fear. One would say, how do you overcome the initial choking that great fear could bring, but this again is the issue of soul and the reason why the Soul protects itself from taking on more than it can actually deal with.

And so you must realize, as we have indicated so often, and has come through from other sources also, that you will not be confronted with any issue that you are not able to work through, and that includes the degree of fear that would accompany the growth, and thus, if you feel that you are unable to deal with the fear of a particular issue you must dissolve that fear first, the fear of not being able to deal with the fear, you see, to understand that you will, in fact, be able to deal with this fear, for your soul would not bring it about unless you had the ability to do so and that you were truly ready to take on this new growth pattern.

Entities At Different Levels Of Development Will Experience Different Fears

Is the tackling of the fear the driving force for the Soul development, or is it just an obstacle?
Would you say that the people that do not have the fear progress slower or in a different way?

You must understand that what appears to be fear to one entity may not be fear to another entity and that it is not necessarily fear that is the driving force for soul growth. Depending upon the development of the entity on the earth plane manifestation determines the type of fear that they are confronted with.

The closer an entity is to finishing their sojourn on the earth plane the more different the fears are. The fears of entities ready to leave the plane and go into other experiences relate to the issues of other dimensions and their impetus for fear manifestation. The shorter the time frame that the energy has had on the earth plane sojourn, the greater the magnitude of the fear and the greater the driving force that it becomes, you see. The more entrenched an entity is on the plane and the time remaining to complete lessons on the plane, the greater the tackling of what is to be determined as fear currently projecting itself on the plane's illusion, you see. From cleansing to cleansing the projection of the illusion of fear on the plane changes, but this is for another time to discuss.

Fear Is One Of Those Things That Darkness Can Feed Upon

We were talking sometimes about the negative energy which could enter a soul. Can we assume this has nothing to do with outside energy which may come in when a soul reaches the higher stage, where there is weakness, allowing negative energy to enter?

It is twofold. The energy itself will have the fear that comes from its own soul's developmental process. At the same time, fear is one of those issues that the darkness does feed upon, and the reason that we give you this technique to help you in the fear is to also protect you from the forces of the negativity that would attempt to feed on your fear and to make your fear appear to be larger than it actually is, and thus it is so vitally critical that you are in touch with yourself through meditation so that you can disperse and get rid of those of the darkness that would make you believe that you are incapable of dealing with your fears and would magnify your fears into you believing that it is far greater than it actually is.

You must remember that the darkness is ever ready to pounce upon any weakness that it would perceive an energy form to have, remembering also that you will not be attacked by a dark force that is any stronger than your energy form. Those of a higher power of the darkness will go to only those of their own energy power. What those of higher energy forms of the darkness attempt to do, however, is to present to you a residual effect so that they would attempt to get to an energy form through another energy form without direct attack. They are not allowed direct attack.

However, they can do indirect through an energy that is of equal power to them, always attempting to strike at those feelings of insecurity that an energy may have, the fears, the doubts, and thus it is if you employ the practice of surrounding your own self continually and constantly with the White Light to protect yourself from these forces and to keep yourself thinking with the positive, then the negative will not be able to get to you, you see. Do you understand?

A Situation Of Mischievous Entities And The Need For More Protection Of White Light

Regarding a friend of mine whose sister had manifestations of frogs in her house, which I think would be an indication of possession. I tried to give her some information that I have received here. Is that sufficient, what I had said to her? Not to stop the problem but enlightenment.

You must all be careful of interpretation of that which is called possession. That which was occurring in this particular incident was not possession but rather simply some negative entities being very mischievous, to put it in a lighthearted manner. Nonetheless, it is not to be looked at humorously but that there are issues that entities such as the one you have indicated, and many others who will be very susceptible to the mischievousness, of some of what we refer to as the lower forms of darkness where they are attempting to simply create a little bit of havoc. And it has a larger scope to it, however, for it indicates that the entity who is being the target of this mischievousness has opened themselves up to these types of mischievous attacks and that they are in the process of allowing their Spiritual Centers to be susceptible, and they have not deemed it necessary to protect themselves with the Light, for as you open your Spiritual Centers more and more, you need more and more protection for yourself. Possession is an entirely different issue and this was not a case of possession.

This lady works with prayers, and in the Bible, Jesus said that you should pray and pray and pray, for that is what she is going to attempt to do in this case. And I said that then that is what you should do.

Yes. That was sound advice, for prayer, of course, is very powerful and it is a form of protection against the dark forces. It does, however, also open up the entity to attack, for through prayer there is a connection with the Higher Forces and the Spiritual Centers of the entity become susceptible. You see, prayer is powerful but it also must be used in conjunction with protection from the White Light.

Fear Comes When We Attempt To Control Instead Of Releasing To The Universe

When someone fears specifically about their own growth spiritually, when they feel fear that it is not going the way that it should, or it is progressing too quickly, is that more of the darkness trying to stop the growth of the Light, or is that truly a sign that you should regroup at that point?

It is difficult to respond to that question, my love, for it becomes situational. It can be all that you have suggested or it could be none of what you have suggested. The issue, however, is the entity attempting to control that which must be, and again, it goes back to the basic premise that there must be complete release to the Universal Forces of that which must be for growth, and that as long as there is an attempt to control from the earth plane perspective, the fear will continue to manifest, and that fear manifesting may, in fact, bring about an attack from the darkness. It may not, however, bring about an attack from the darkness, for it may be that the fear simply snowballs, if you will, the effect within the entity.

What About Attack During Meditation Or Sleep? Can You Use The Fear Technique Described?

The use of this technique, of course, can be used for any type of fear that comes about, whether it is from Self or an actual attack in meditation. However, when there is an attack during a

meditation, for you to remove yourself from the environment is not usually the best thing to do, for if you are in meditation and those of the darkness attempt to attack you, you would want to fend off that attack while you are still in the state of meditation, and to understand, also, the level at which your altered state happened to be during that particular attack so that you could call upon your guides to help you in this attack, and to understand also that at a particular level of altered consciousness you will be susceptible to attack and that you then prepare yourself so that when the next time you are in the altered state at that particular level you are ready for the attack and you are protected accordingly and they are not able to get to you, you see.

As each entity increases in their own vibration the levels of attack change and what has protected you for a particular time may no longer be appropriate, for you are at a higher vibration and a higher level of attack, and so it is better to stay and face that attack than to come out of the meditation and run away from it. What you might want to employ, however, is once you have come out of the meditation and if you feel a fear of going back into meditation then you deal with that fear with this technique. You understand?

Would you have any special advice for fear in the sleep state through dreams, perhaps a physic attack through dreams?

It would be the same situation as being attacked during meditation, for the sleep state is an altered state of consciousness, and if you find yourself during the sleep state having attacks then attempt as best you can to face those attacks in a lucid manner during the altered state of sleep. And once again, as we have just indicated, if this is creating a fear for you to the point where you would not want to go into the sleep state for fear of the attacks that you utilize this technique to dissolve the fear of going into the sleep state.

Who is doing all this attacking? Are they entities?

*It is the forces of the dark. They are entities just like all of you here. They are energy forms, and they are simply at a different level of development and that ~ we have discussed in other sessions *The Spectrum of dark and Light*, which you might find appropriate to refer to, for we have explained the concept of dark and Light, and why dark and Light exist, and the purposes for the dark and the Light.*

Does The Fear Technique Itself Open You Up To Attack?

Does the technique open you up to attack in the sense that you are bringing on a situation that is fear? Is the protection enough for everyone from that situation that is given in the technique?

If the technique is employed in the way in which I presented it, you will be sufficiently protected so that those of the dark would not be able to penetrate. If there is any deviation or variation in the technique, then, yes, you would open yourself up to weak points where they would, in fact, use the fear that you are visualizing to feed it even more, you see. However, if you follow the technique as described you need not fear.

Would a cemetery have a good vibration to do this technique in? The only place that I could think for myself that would be quiet is a cemetery because of the noise pollution where I am at.

You must be very careful of going into environments in which those who have passed on may have left residuals to their environment, to the land area in which their encasement has been laid. It is not generally recommended that you would go to a place such as you have described. There is the possibility that other types of damage might occur. You would want to go into as clear an environment as you could.

Is it any more effective the time of day it is or should it be done only at night?

When we indicated that it would be beneficial to be in a Light environment, we were referring to the environment itself and not to the fact that it might be during the daylight hours, so that it would be appropriate at any time during the day or the night. What is appropriate is that you find as open and free an environment as you can ~ an environment in which you would be able to send sufficient Light around that would serve as a shield, you see. Going into a resting place for those who have departed has too many contingencies for protection. However, if you choose an area close to your own environment, perhaps in your, as you would say, backyard you have a better chance of being able to shield from those major contingencies.

I have a friend who I would like to instruct about this, but I wonder if I should explain it in full detail as you have given it to us with all the implications. I think if I do, she would be afraid to do it and that would negate it. Should I give her the truth and let her decide?

You must be very careful, as we have stressed over and over again, of imposing anything upon another entity, for unless they are truly ready for any technique or idea or concept it will be blocked and it would prove to not be effective and could in fact have adverse implications. The entity of whom you speak is not currently in a position to accept that which you would give as information in this regard. Remember that only unless you are asked, do we give out information for other entities.

I was wondering about using the technique to help someone else who has a fear of something.

You cannot use this technique for someone else. It is a technique that can be employed only by yourself for your own fears.