

Waith Class Transcript

JANUARY 30, 1990

Waith Gives A Focusing Technique For Your Energies As You Begin To Meditate
Many Have Feelings Of Acceleration In Their Learning
Changes In Your Own, And The Planet's, Electromagnetic Vibrational Changes
Prayer Is A Technique That Was Given Through The Highest And Is Appropriate
Waith Discusses, Again, The Issue Of Imposition When Sending Light To Someone

~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

If one from his Spirit Group speaks, they will be identified.

Questions and responses from those in the class appear in this font style.

☀ This symbol indicates multiple responses from class members.

(References to names have been edited for privacy)

Information Given Interdimensionally
By Waith
Through Mushiba

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Waith Gives A Focusing Technique For Your Energies As You Begin To Meditate

We are most delighted for this session to address a particular area that ~ for we have waited for the right timing and (Name given) has presented it now and will help in direction. It concerns the focusing of all of your energies before we enter in for discussion, and the timing is as it is for this to occur and we will show to you now that which you each will do prior to Mushiba leaving for us to enter, and thus it is that you will all stand. (The group stands)

Now you will place your feet thus so that you feel balanced (Feet apart) and you will place your hands directly across from the heart, you see, and it will be in the form of the Universal circle that we enter and depart using, as you see here. (Hands forming a circle with tips of fingers meeting, heels of hands meeting, and thumbs together in the center.) Now, you will close your eyes, and in the circle that your hands form, you will envision that it is filled with the White Light. It is the White Light of protection, and you will now envision that coming from your Heart Center is your own being, your spirit, that which is the essence of you, and it enters into the White Light of protection and is surrounded by the White Light of protection.

You then will raise your hands in this position that you currently have them in, over your head which is the Crown Chakra, and you will now move your hands down through all of the Chakras, as they are referred to, visualizing what is inside the circle, and you will go down until your hands are straight, keeping the circle formed at all times. You will then move back up the same way that you came down so that you will return, and you will bring your hands up to the top over the Crown Chakra.

You will then, slowly, open your hands and envision that the Light, and the essence of your being that is in the circle goes in through the Crown Chakra and fills your entire being. You then will bring your hands down around your head as if you are stroking your aura, and bring your hands down, down, on each side of your body until they are straight at your side. You will then open your eyes and be prepared for the session.

Great!

Indeed. This is yet another technique, my loved ones, that you can utilize on your own. It need not be reserved exclusively and only for the beginnings of our sessions, but rather anytime that you, yourself will like to begin to meditate, this is a good technique. It is a good technique to focus, and as you see, it is rather simple and does not take much time and could assist you if you find yourself during a day being scattered, and it would take a very brief amount of time for you to do this little technique to help bring back your energies into the focus that they need to be, without actually asking for the focus. Yet

another technique that we add to the ever-growing portfolio of techniques to be used when it is needed.

The technique that you gave for focusing, would that be a good technique to use for strengthening?

Yes, indeed. Any technique that we have presented is appropriate, for you call upon that technique as you yourself as an entity feel a need for it, and any technique is a strengthening technique, for as you are able to bring yourself back into a focus, it strengthens you.

Actually, we would have to try to keep ourselves continually in the Light.

Continually. Continually surrounded by the Light.

Many Have Feelings Of Acceleration In Their Learning

It seems that after the first of the year that you might say ~ it is probably incorrect to say that The Universe is more responsive, but it seems that everyone has been allowed more latitude at all the levels on both sides.

It is you who have become more responsive, my son, as have many of you ~ many, many of you who are feeling the acceleration, who are feeling changes and thinking, "Ah. The Universe has changed." The Universe remains. It is many of you in the changed illusions that we have spoken of who have changed. It is most beautiful to observe from this end, to see the brightening of the spirit, even though the lessons are hard.

Changes In Your Own, And The Planet's, Electromagnetic Vibrational Changes

Everybody who has asked you lately about all the electrical interference has been told it has not been time. I have gotten what I think is at least a partial answer. Am I correct in what I am getting and is it time to discuss it?

What you receive has been given to you so that you will have an understanding at your level, and it is correct. The interferences that are occurring have a number of backgrounds to them. First of all, many of you are changing in your own electromagnetic fields. As we had indicated prior to the ending of this past year, there would be vibrational changes in the planet and in the planet's aura, and in its own electromagnetic field, as it prepares for The Shifting of itself.

Simultaneous with that are, of course, electromagnetic changes with many, many millions of entities on the planet currently manifesting, and this is occurring at a rapid rate and is creating what we might call a bit of static. It is predictable and will subside once the melding has occurred of the energies. It will occur periodically again as the time of The

Shifting draws closer, for the earth will itself be vibrationally higher and will be changing, and at the same time, millions of entities also will be changing, so there will be those kinds of interferences.

There is, also, for those of you who are a close part of the community, a susceptibility to attacks from the dark who try to destroy, and this comes from spirit level, and it is the responsibility of Mushiba to protect at spirit level. They attack her, and when they are unable to get to her, they will try to influence down The Spectrum as we have shown and will send messages along their Spectrum to the appropriate level at which you are vibrationally. An attempt will then be made to interfere.

Understand that it is all part of your acceptance as core members of the community that you take on this susceptibility to attack. This will not occur with community members who have varying levels of commitment less than the core. And what other community members may feel as attacks are coming for different reasons and not for reasons of destruction of the community, which is what this is specifically about, my dear, that you refer to. Understand that you are protected and understand that you need only call upon the Forces of the Highest Light and there will be then the response of the Light at your appropriate level to help you fend off the attack, you see.

The interference may continue but it would not, I want to say win, but that is not really the word I am looking for. It would not succeed. It might continue.

It will continue. It will continue until The Shift. You must all understand, and we have spoken of this, that at this major cleansing time, the forces of dark and Light are at each other continually. It will not go away. And as each of you increase in your vibration and move up to a different level, you will be more and more susceptible to the levels of darkness coming at you.

Understand that just as the higher levels of dark cannot attack the lower levels of Light, the higher levels of Light cannot go after the lower levels of dark. The order is up and down The Spectrum. Therefore, the higher levels of Light, when called upon, then direct their orders, if you will, down The Spectrum to the appropriate level of Light that is not under attack, you see, and that level that you are on, you then call upon the level of Lightness, and that level of Lightness then has assistance from the level of Lightness, the Highest of the Light. This is how the dark works. This is how the Light works. It is all very ordered.

Prayer Is A Technique That Was Given Through The Highest And Is Appropriate

Someone was asking me if everybody has attacks from the darkness. I said yes and that they must learn levels of protection. She was wondering if that happens to her, and I told her it happens to a lot of people, but they don't necessarily recognize it.

That is correct, my love. That is correct, for we have addressed this issue in the past and responded that many times when individuals who would not give credence to what is called the spiritual and refer to themselves as religious, send out prayer when they feel distressed, and prayer is just as appropriate for a calling of the Higher, even though the entity might want to deny that. Prayer is a technique, you understand, that was given through the Highest. All that is of that which is called religion has been channelled through even though it would be denied by those of what is called the established religions. They gained their information from the original source, which was The Universe, you see, so what you have said is correct, and as you begin to look through the material again for greater depth, you will also find additional information that will guide you in responding to such questions.

Waith Discusses, Again, The Issue Of Imposition When Sending Light To Someone

When we see that someone else is affected by the dark, is there anything we can do other than just send Light?

No. There is nothing, and we have placed this on the record so many times, and we understand how concerned many of you will be when someone close to you is being attacked, and you feel a sense of helplessness and frustration, and would want to see something concrete occurring in terms of your being able to assist. And it is so difficult to trust in Self and trust in the Higher Light that that Light which you send is the only way to truly help, for we emphasize once again that unless an entity asks specifically for help, there be no imposition.

So, send your Light and you call upon the very Highest Light to assist and then the Highest Light will send down the orders, if you will, to the level at which the entity that you are concerned about is located. An attempt will then be made with that level of Light to assist. There can be no imposition. It is such a fine line, as we have so often indicated, but you do what you need to do now, my son, and we do what we are able to do from our end also.
