

Waith Class Transcript

MAY 07, 1991

Topic ~ Healing Self ~ Healing Earth

A Healer Who May Be Working In Conjunction With Their Lifeline

An Individual Technique To Help With Feelings of Anxiety

Technique With Another Individual To Help With Feelings Of Anxiety

Technique Within A Group To Help With Feelings Of Anxiety

You Said The Soul Must Be Ready To Be Healed. How Can We Know We Are Ready?

A Discussion Of Taking On Health Issues From Lifelines From Another Time Frame

A Situation Where Parents Of A Child Refused Medical Treatment, Relying On Prayer

Is It appropriate To Work With Someone Else In Our Combined Energies To Help Heal Another?

An Issue Of Helping Entities From A Group Departure Through The Portal Back Into Spirit

A Technique For The Earth, To Assist In The Healing Of The Earth

A Technique For The Earth, In A General Sense, To Assist In The Healing Of The Earth

A Question About Using White Light In Healing As Opposed To Using Classical Medicine

It Is Difficult To Know As Parents What Is The Best Treatment For The Children

The Solar Plexus Is The Portal, The Opening, Of All The Energy Centers And Must Be Protected

Issues Of Selflessness, Responsibilities Of Being Of Service To Others In Need When Called Upon

Are There Some In Other Countries Who Are Suffering Aware On This Level Of What Is Happening?

~ 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

A Publication of Terra Lux Media ~ 1991

For more information, please contact us ~

terralux.org | Email: Admin@terralux.org

Postal Mail: Community of Terra Lux, Inc. | Fox Hill Lane #121 | Enfield, CT 06082

Topic ~ Healing Self ~ Healing Earth

We have selected for discussion with you the topic of healing, as you are aware, and we have given basic information regarding healing in other sessions, and in this particular session, we will give you added information as well as certain techniques that you may be able to utilize in your efforts to reach the level of healing of Self.

One of the first areas of healing that we addressed is that related to the physical earth, for the physical earth is in its final stages of cleansing and is going through its own healing. And as all energies must heal Self, so too must Earth heal Self, and it is in the process of doing that currently. You all are in various vibrations, able to work with the earth to assist it in its healing. However, we will give you, before we depart, a technique that will aid you in closer connections with the vibrations of the earth, for many of you begin to feel at physical the pain that the physical earth encounters now as it moves upon its path.

Now. As relates to healing, we have indicated for many of you who have not read that which we have said in other sessions, we would very briefly relay, shall we say, the groundwork, in that healing must always come from Self. There are those who can assist each of you in your path toward healing. However, it is each of you at the Higher-Self level that ultimately is able to heal, and that all physical manifestations, as well as emotional and psychological, as you would call it, are direct results of issues at spirit, and that the issue at spirit must be resolved and balanced before complete healing is achieved, be it at physical, spiritual, physical/ emotional, any of the levels. The Soul issue must, in fact, be resolved. Then, complete healing will be achieved.

Healing does not simply occur instantaneously. It is an evolution, if you will. It takes, for some entities, depending on their own progress, hundreds of manifestations before an issue is totally resolved. This, then, gives you the opportunity to resolve the issues as you need to resolve them and not as another would tell you to resolve them. It becomes a self-controlled timetable, if you will.

Now. We have discussed very briefly the issues of lifelines and healing, and we now will give some depth to this, for there are many among you, as well as who are not in this session now, who will benefit from the knowledge of lifelines and healing.

A Healer Who May Be Working In Conjunction With Their Lifeline

A lifeline is an extension of your energy, as you know, and a lifeline can, in fact, be manifested simultaneously with you as an energy. You may, or may not, know who that lifeline is. However, there are a significant number of healers, as they are referred to on the plane, who will be able to strengthen their own healing by working in conjunction

with their lifeline, for it brings a stronger energy to the effort. The lifeline, of course, must be in a compatible mode with you in order for this to be achieved. This is not always the case, depending upon the issues and lessons to be worked through as determined by you and your lifeline or lifelines.

There will be a number of situations occurring soon that will present the issue of lifeline healing to significant entities currently doing healing within the Community of Terra Lux. During this time that you plan to gather many entities, soon to come, this event that focuses on healing (Waith refers to the Quest for Wholeness event sponsored by the Community of Terra Lux in July, 1991), you will find yourselves recognizing energies that will enable you to heal through lifeline connections.

Now. We understand that an issue of great concern currently is that of anxiety and a fear that there will not be enough strength among you as entities to carry on your mission. These are issues that need healing techniques to help you through these various concerns. Anxiety is a very common issue, and we will give you a particular technique that you may utilize, first for Self, and secondly, to assist others who may be feeling anxiety. It is what we would call a quick fix rather than a long term solution. However, it is of benefit to ease you through the moment so that you may then focus yourselves in a way than can deal with the spirit issues in the long term.

An Individual Technique To Help With Feelings of Anxiety

The technique is very, very simple, for you would simply sit very straight, either in a chair, as you would call, or simply in a way in which the back is very straight, you see. Now. You would then place your hands as you see mine in the Universal Circle, as you see here. (Waith makes a circle with his hands, fingertips and thumbs touching) And then you would place your hands over the Crown Chakra, and you would simply, then, infuse a ball of Light into the Crown Chakra area within the hands, and now concentrate very, very slowly and peacefully upon that which creates the anxiety. If it is a fear of being with others, place that fear of being with others in the Circle of the Light. If it is the fear of judging another, place it in the Circle of Light.

And now, very slowly take this Circle of Light, you see, and bring it down in front of you through the Energy Centers so that all of the Energy Centers are connecting and feeling the image that you have projected. And as you come to the bottom level of the Energy Center, open your hands, as you see me doing here, facing outward so that all that is of anxiety is then ready to be gently pushed and pushed out into the energy field at large and absorbed. And you have now very quickly been able to at least center yourselves a bit and focus upon the issues. This is something that you may continue to do over a short time frame within the day, as you would call it, and you may continue to do it over and over again. If the first time you go through this you do not feel any relief, immediately go back and return and repeat it. And do this several times until you feel that you have relieved that which creates the anxiety.

Technique With Another Individual To Help With Feelings Of Anxiety

This can also be done with another entity, working together. And you would do this in the very same way, except that this time you would place your hands over the other's Crown Chakra, and you would, in attempting to help the entity heal, have the entity, then, do the envisioning, as you would do it yourself, except now it is your hands that are over the entity. And then you very slowly will bring your hands down in the same manner. This is a way for those who are here to work on assisting others to heal themselves, to make an energy connection.

Technique Within A Group To Help With Feelings Of Anxiety

Not all are here to do this, and thus, do not feel, any of you, that you must do this technique with another. It is for yourself first and then for others. As groups, when you begin to feel the tension and the anxiety that would create the stress with you as a group, any gathering of three or more entities, you would each ~ you would all come together, you see, and you would place your hands all together in this circle.

Let us illustrate this, perhaps. We will take those entities who gather around here. We would use this to illustrate. Now, you would ~ closing up the circle, and we will serve as the close in the circle. Now, you then place your hands all together. Closer, my love, close ~ that is correct, you see. (The group members form a close circle and extend their arms into the circle, hands touching each other, palms down)

And now, you envision what the group has as an issue of anxiety or fear that needs to be healed so that the group may then proceed. And now, you move your hands around this way ~ that is correct ~ around, and then you move around again in this direction. Yes, that is correct. (The group moves its arms to the right and then to the left, ending in the center again) And now, bring your hands up as you see my hands moving up (palms facing up), for you have joined energies as a group now. And now, bring your hands up through the Energy Centers, and up through to the Crown Chakra. Envision now that which is about to be let go, and now bring your hands down through the Energy Centers once again, down, slowly down through the Energy Centers. And now move your hands into the center as you began, meeting.

And now, open your hands to the center of the circle, ~ that is correct, that is correct ~ and gently envision that you push into the center that which is to be let go of. (Arms extended, palms facing toward the center of the circle, pushing the image into the circle) And now, bring your arms around as you would see me and hold each other and hug. (The group members end with their arms around each other, hugging as a circle) Yes. A very good group healing. And we know that the group needs healing.

For the remainder of our session until we give you one final technique for the earth, we would take questions of the topic so that they can be placed on the record, and we will

then be able to allow others to know that there are questions that they too might have but perhaps would not think to ask, or want to ask.

You Said The Soul Must Be Ready To Be Healed. How Can We Know We Are Ready?

Yes, the Soul is the deciding factor, and this is known through meditations at the Higher Self level. A most appropriate way at physical to know that the progress is being made is that you begin to feel less of a stress toward working upon the issue and that you indeed recognize that there is an issue to be worked on. You see, many entities have the issues but have not at conscious level recognized that they have them. Indeed, many around would say that they would know that someone has an issue ~ judgement calls on many of your parts.

However, until you recognize that you have something to work on, then the healing process will not begin. That is your first recognition at spirit level telling conscious level that it is time to begin. You will then receive assistance from yourself, from your Higher Self, and from your guides who will indicate the ways in which you can work through this, through your meditations, and that, then, will manifest itself in the physical. It will be not a fighting that will occur with Self, but rather, a sense of "This is the direction to be going." It does not mean, however, that it will be easy to work through. It simply means that you are not fighting the working through, and as you accomplish more and more of the healing, it becomes less and less of a battle within Self.

A Discussion Of Taking On Health Issues From Lifelines From Another Time Frame

Could we take on a health issue that may have at one time been an issue for a lifeline in another lifetime?

That is occasionally allowed within the energy itself to assist a lifeline who may be needing particular strength. It is generally not recommended, for when the total energy decides upon its entry into the scheme of The Universe, and have come out of The One, there is at that time a general planning of who will do what, if you will, and it becomes difficult if the task of one lifeline, or any other part of the energy, were to not do their share, if you will. And there needs to then be a discussion, as best as can be described for your frame of reference, a communication with the total energy to determine whether another part of the energy would take up that which was not able to be accomplished by another.

Well, if it was the case that that happened, would they work together in spirit on that issue?

There would be a working together at spirit, but it would not be a very strong working, for understand that if an energy lets go of an issue and gives it to another part of the energy, that it has an inability even at spirit to work through the issue. You see, it is not all, should we say, a bed of roses here in spirit that automatically says that in spirit it is

much easier to work out something than it is at earth plane. This is simply not the case. Spirit has its issues of working together as earth plane and other illusions would have.

A Situation Where Parents Of A Child Refused Medical Treatment, Relying On Prayer

You probably have heard about this couple in Boston who has a sick child, and they refused to take the child to the hospital. They were saying that, "We want to pray, and if God would be with us, the child will be well again," But unfortunately the child died. There is the issue of how do you as an entity determine whether you should just rely upon yourself, on your own healing ability, or whether you should go into the classical healing and use a doctor's expertise and drugs. I can imagine if you have a person with a critical disease, that he is in a difficult situation to decide for himself which way to go.

The issues here, once again, relate to an understanding that each entity is on their own point in the path, and that what may appear to be appropriate for one entity in the area of healing may not be appropriate for another entity. However, it is very philosophical, of course, and does not truly help you when it comes to the earth plane decisions of which direction to go in. We are not able to give you the answer, as many of you know. We will not give you the answers to the direction in which you must go. It must come from you, the entity. In the case of that which you have cited, there were very specific soul issues, those of teaching and learning for all concerned, that were important, and issues of balancing that were being worked through.

It is an issue of judgement for any entity to look at any situation and say what you think is right, or what should be done. It must be worked through, and oftentimes, the entity working through this issue may not indeed make the right choice at physical, or it may appear that the right choice is not being made at physical.

For an entity to leave the earth plane as a result of not receiving medication, if you will, must not be judged as prayer not working. This is too quick for those on the plane to say that they should have used the medicine, and "You see prayer does not work," and therefore, negatives are attached to those who would attempt to use meditation, self-healing, and prayer to work through an issue. There are many reasons why, which are not for any of you to know. It is no entity's business, if you will, what another is working through, and not to be judged. It is most difficult, however, for an entity when faced with earth plane decisions, to make that which they feel is the right decision. Meditation is the way in which many of the answers that you would need would be given to you.

Oftentimes, you know, the medication is appropriate. There is, and we have said this before, there is much too much emphasis on the plane now among those who are seeking spiritual truths, if you will, of not taking anything that that which is traditional medicine would allow, thinking that if one is seeking spiritual truths, then they surely must heal Self without taking medication.

You must be very careful to recognize that there are many healers in many different forms, and they may have what you call degrees in medicine. They may be doctors who

are very much of the Light and who are in their own way attempting to heal, and that oftentimes, by not allowing yourself to work with a doctor, thinking that you would use herbs and all of that to heal yourself, may not be appropriate for your particular point in the healing process.

There must be a flexibility and an open mindedness of all entities toward any assistance that they may receive from any of the healing that is being given through on the earth plane now. There are some medications that are very beneficial for some, and that same medication may not be beneficial for the other, but it must not be categorically denied. It must be acceptance of it as a part of the healing process.

Is It appropriate To Work With Someone Else In Our Combined Energies To Help Heal Another?

I was asking to work with someone, and if the two of us could work with the person that we would ~ who has consented to try our healing abilities. Do you think that that is a good idea?

It is always appropriate to combine energies in positive ways, and if another has agreed also to work with you, then it is always appropriate, knowing that there would be no imposition upon the entity with your own energies. You both have complimentary energies that can be very effectively utilized in relaying certain vibrations that would assist this energy of whom you speak in the beginning of the healing process for a particular issue that is now ready to be worked on.

An Issue Of Helping Entities From A Group Departure Through The Portal Back Into Spirit

Are we helping the entities that are passing over from Bangladesh?

There is a great amount of activity at the portal, and there is a tremendous amount of healing occurring as a result of this particular departure, group departure. Much balancing is occurring as a result of it, and those of you who respond at spirit to be of assistance at the portal, as you have done in other times just past, are helping in ~ helping to smooth certain vibrations as they enter through the portal back into spirit. Most beneficial. Yes.

A Technique For The Earth, To Assist In The Healing Of The Earth

We would give you a technique for the earth, to assist in the healing of the earth. It must heal itself, of course, but the love that you would send to the earth is very important now, and there is never, you know, enough Light that can be sent to any energy, and it will be at the discretion of the earth itself as to how much Light it will take for its own healing but send it there as a reservoir. It will be most, most important.

For this to work best you would want to have placed in your hands a part of the earth. When you do this you would want to be outside, as it is called, and to ~ not to worry

about the type of weather that is occurring, for if you feel that you must connect with the earth, you would do this under any of the conditions that the planet has in finding its path toward growth.

So, you would place any part of the earth, it does not matter, it could be a blade of grass. It could be some of the dirt. It could be a flower. It could be a pebble that has been a part of the earth. You would place it then into your hand, into your right hand, and you would cover it with your left hand, and you would simply visualize warmth filling that where the earth sits in your hand. You would just visualize warmth.

And as you begin to feel the warmth that is filling this space, you then begin to send into it the visualization of White Light, and the visualization of the White Light will then fill that which is the space. And then you very gently will open your hands, as you see here illustrated, and they will be cupped, and you will then very gently place that part of the earth that you had in your hand back down onto the earth, and as you do this, you will place your right hand over that piece of the earth, continuing to keep it warm and Light. And you will then envision that it takes that warmth and Light and spreads it, as best it can, throughout the energy of the earth in which it finds itself.

The technique for the earth, will that help people who feel the pain of the earth also?

It will ease the pain a bit, my love. We will be giving soon a very specific technique for that which you refer to.

A Technique For The Earth, In A General Sense, To Assist In The Healing Of The Earth

This is a very specific technique that you would be able to utilize for the earth in which you find yourself most often surrounded by. A technique of healing that you could use for the general sense of the earth, for places much in distance from where you find yourselves, would be simply to hold your hands with the tips as you see here, (Waith's hands form a circle with the thumbs and fingertips touching) and in front of that which is the Solar Plexus, encircling as you would see here, and envision the planet. Envision that which is the earth, that you are holding this planet, and the Solar Plexus sends out the loving energy from Self and infuses itself into the planet that you hold so gently, and you fill this image of the planet with the love and the Light that is yours, that comes from your Solar Plexus.

And do this for as long as you feel you want to, as long as you need to send the Light into the planet. And when you have finished, you envision very gently placing the planet down and resting the planet on gentleness and love. This technique can be done in private, of course, and it can be done as a group, and the more of you who gather and do this technique in a group, the stronger the energy will be given to the planet.

Could you tell us how to do it as a group?

You would simply, my love, be in a group setting, and you would use the same technique as you would individually, except now you would all be together concentrating at the very same time. Now, this technique also could work if, as many of you do in sending the pool of Light to the reservoir, the technique of knowing you can send Light into a reservoir, you could determine that at a particular time on the plane, no matter where you all were geographically situated, that you would at one particular time stop what you are doing and do this technique, and that would also have the same effect. It is the point being all at the same time doing the technique. It has much greater strength when it is done that way.

A Question About Using White Light In Healing As Opposed To Using Classical Medicine

How does the healing work when you think about the White Light? If you take a drug, for example, against Alzheimer's diseases or against cancer, you know that the drug contains certain proteins, for example, certain products which will destroy a cancer cell. I mean, this is very easy to explain and to understand. Now, you are trying to utilize the White Light against AZT, against AIDS, against cancer, or against other diseases. I mean, I am searching for an explanation, how this actually processes in improving the cell construction or whatever is necessary to overcome the disease.

Yes. We would want the scientific questions to be asked, as they are so often from you, dear one. It is important to remember that the visualizing of White Light, first of all, is a symbol. It is not necessary to actually visualize White Light. Some entities are at a level of awareness that there is simply the thought of White Light and that is the same as visualizing the White Light. Most entities, however, are able and need to have a symbol that they can attach their own abilities to.

Now. When it becomes a question of healing ~ again, we must understand that every entity is at various points in their path and that ~ let us say, for example, this issue of cancer. There are some entities who are at a point in their healing where they would be able to heal themselves through use of their own techniques, their own visualization, their own Self affirmation. There are other entities who are not at that point and would need the assistance of other types of healing techniques which would manifest themselves in the form of meditations and other types of energy infusions into the cells of the encasement. So, it becomes an issue, then, as we had stated earlier, of what is appropriate for one entity may not be appropriate for another entity.

It must always be allowed, however, that the entity be given the choice of what it wants to do, you see. And if an entity feels and states that they would want to attempt to heal themselves through working with spiritual and other types of techniques, then that entity must be allowed to do this. If any entity states that they would want to use other types of meditations and techniques available, then they also should be allowed to do this without being judging and condemned. There must not be judgement as to why an entity would select a particular technique.

Also, you must be careful in judging if an entity says that they want to heal themselves and they do not succeed, and either the disease continues or it creates the need for the entity to depart from the earth plane. You must understand that there must not be any judgement that this entity failed, for in many cases it may be that the entity was just beginning the path of Self-healing and that it will then come back into another manifestation and simply pick up where it left off, and the next time around, if you will, there will be a greater ability to heal Self. Healing Self, you see, does not just happen in a lifetime. It is the result of many lifetimes before in which, step by step, you worked toward healing of Self.

It Is Difficult To Know As Parents What Is The Best Treatment For The Children

Yes, it does. And, again, understand that when you are placed into the role of parent, it is in many cases a protector role, and in many cases it involves different balancing issues, and that there must be the awareness that there are communication at spirit level within that which is the family, as you would call it, or any group in which there are strong connections, and that the purpose for meditation ~ we cannot emphasize this enough ~ the purpose of meditation is to connect not only with the Higher Self but with the other energies with whom you would have connections at earth plane, and through the meditations reach some awareness of the direction in which you would go. When there is no connection at spirit, when there is no meditation, when there is no attempt to bring in the spiritual end, if you will, of the issues, and you deal with it only at earth plane, and then surely your decisions will lack somewhat in their depth.

The Solar Plexus Is The Portal, The Opening, Of All The Energy Centers And Must Be Protected

When you use the technique for healing the earth, are you also healing yourself? I feel a lot of warmth in the Solar Plexus.

There is a natural response, my love, in that when you send energy out of Self through this particular Energy Center that you will feel the warmth, for this particular Energy Center is the portal for all of the Energy Centers, and this is a natural response. You would also feel this warmth if you were to visualize any other image within the circle, the earth being simply one example.

What do you mean, the portal?

It is the portal for all of the Energy Centers that you find yourselves with in the physical encasement. It is the opening. Many of you would be careful in keeping this particular center shielded. We have given other information in prior times, it is important to shield the Polar Plexus, especially if you are in a healing situation, if you are attempting to work with another and you would work with the Energy Center of the Solar Plexus of that entity. Be certain that you close it once you have finished working with it, for if you do not, it allows, then, a negative energy to enter in. It also can help you to shield this center yourself when you go into, let us say, crowds where you may feel pulled in different directions or even a sense of attack from dark forces. This will help to protect

you. Think of simply placing a shield of Light around this center, you see, and that will protect you.

Issues Of Selflessness, Responsibilities Of Being Of Service To Others In Need When Called Upon

What is going on in Iraq and Bangladesh and those various disasters as of late? Are the wealthier countries doing enough to give adequate help to provide for the people who are suffering?

These are issues now relating to selflessness, and there are many who are responding to the call from their own souls that indicate they must work on their issues of selflessness in relation to the entities in this particular grouping of which you speak. Others do not have the need. They are not required to Be of Service to this particular grouping. Therefore, they are of Service to Other Groups or will Be of Service to future groups.

There are also, however, many who are being called who are not responding at spirit and therefore, manifesting itself in physical in a mode of disinterest and irresponsibility, if you would use that word, in that they are being given the opportunity for balancing and learning of lessons, and they are simply not taking it. When we say that it is an issue of irresponsibility, it simply means that they will at some time, either before the incarnation is complete or at another time in another manifestation, have to face that which they are being given opportunities now to face and are simply not taking them.

How do you feel, if at a conscious level, whether you are one who does not feel he has to participate now, versus being irresponsible?

This is, again, an answer that would come from your meditations, from yourself, for you would find yourself in a group of entities all who would have varying responses to this particular situation occurring. Remember that each entity has its own issues that it deals with and that not everyone is lined up to respond to every disaster, if you call it that, for it is not a disaster. They, again, are avoiding the rush when The Shift occurs. There is much learning occurring, and much balancing, and it is not to be viewed in a negative way, but rather, as we have said so often, in a very positive way.

It is not to judge whether an entity, let us say, who comes in, in the encasement of a poverty-stricken young child and is ~ stays for a very short time and leaves the earth plane through disaster, that that is a terrible situation, for it was simply that amount of time and that particular role that that energy form took on and, of course, will return for other roles.

Is it recommended to send out an energy from the Heart Center?

It is always an appropriate method to send any energy from any of the Energy Centers. That which is ~ you refer to as the Heart Center is the symbol of the love and the understanding, Unconditional Love, and if you are able to accomplish this, then most

definitely you would do this, but you knew that. Remember that if it feels appropriate for you, then it is. You do not need to hear a spook confirm this. 😊

It seems like it could be a very strong, a very strong energy.

Yes, it can, and you know, of course, that you only send out an energy and present it to another for possible usage. You do not impose it as definite usage, for then other issues of abuse come into play.

Are There Some In Other Countries Who Are Suffering Aware On This Level Of What Is Happening?

Oh, there is high awareness among many significant groups of energies currently encased. There are just not the awareneses of those who find themselves in this country that think that they are ignorant individuals in other parts of the world, and that they do not have any sense of spiritual awareness. It is not an accurate belief. There is much heightened awareness of spiritual issues among large, large groups of entities on the plane.
