

# *Waith Class Transcripts*

**AUGUST 04, 1992**

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**~ 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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## Earth Plane Connection ~ Energy Centers, Commonly Known As Chakras

*We continue our discussion of our major topic for this earth plane year, and that is The Earth Plane Connection. We will continue our discussion and give you a topic now that, while we have spoken of this topic in other times, we place it into this context of The Earth Plane Connection; and that is Energy Centers and how it is appropriate for the growth that you all find yourselves now undergoing, some in a very accelerated manner, and that your Energy Centers that are commonly referred to on the earth plane as your Chakras are referred to by us as Energy Centers.*

*They go by many names, and remember that in your quest for understanding and awareness that basic concepts go by many different names on the earth plane and be careful of being limited in your understandings of the basic concepts by that which is given a name that is not exclusionary. If a person does not understand a concept by the name you know it by, it does not mean that it is wrong, you see. Be most careful of those types of judgement.*

*The Energy Centers that you are all most accustomed to consist of what we refer to as the tunnel that goes up through the center of the physical encasement. However, the physical encasement is only a small part of that which helps to operate this tunnel. There are three other areas to be concerned about from an energy perspective. We will address that first and then explain to you how you can begin to open up your Energy Centers.*

*As you all know, you deal with spirit and you deal with earth plane in the balancing of your issues, and that both are interconnected; and that in order for that at earth plane, or physical, to manifest, it must first be addressed at spirit, and there must always be the higher order in the understanding of your issue, the spirit issue.*

*Now. In between the spirit and the earth plane are layers of energy and layers of vibration that relate to your particular energy field, and we have addressed in a session not too long ago, this Circle of Energy, your Energy Circle that each of you have that encompasses all of the other components of Energy Kingdoms that exist in The Universe. And you would be able to refer back to that written word that we have discussed. (See transcript [March 03, 1992](#))*

### A Visual Description Of The Energy Centers And The Very Thin Cords

*Now. This Energy Circle that you have is unique to yourself as well as connected to The Universal Consciousness, and as your Energy Centers, this tunnel, if you will, begin to expand and become cleaner and more vibrant, there are very, very thin cords, if you will ~ this is the best way to describe it, thin cords ~ that are connected with each Energy*

*Center to this Energy Circle that surrounds you, so that you would see, visualized, this tunnel moving up the encasement from the bottom to the top, from the top to the bottom, and that the cords move out into this Energy Circle, as you would think of a wheel ~ and you would then see the spokes moving out to form that which moves the wheel.*

*And it is, then, each of these cords that keep the Energy Circle that surrounds each of you strong and indeed intact, without crumbling, you see, for to have the Energy Circle simply existing around you would make it vulnerable to crumbling, to disintegrating, for you would say, "Well, where is the connection?" remembering that all of us, as energies, are connected to The One by what we have described as a thin cord, which has also been described by many others coming through from this end, for information. Thus, we now say to you that the cord is connected even more so with each of the Energy Centers.*

*Now. As you begin to increase in your own awarenesses, you begin to open up other Energy Centers. There are more Energy Centers than simply those which have been described traditionally as the Chakras. As we move into The New Illusion, it will entail having more openness in certain parts of the vibration.*

### **Some Changes In The Energy Centers In The New Illusion**

*And thus, as we have described in earlier times, the opening up of new Energy Centers means finding areas ~ perhaps, you see, on the shoulders, and in the back, and on the fingertips ~ and that as we move into a New Illusion, certain Energy Centers in this tunnel will have opened completely, and therefore, will take their place within that which is the total vibration, making room then for the new Energy Centers that are beginning to open, subject to lessons to be learned and greater awarenesses to be had.*

*Now. The Energy Centers that will subside in The New Illusion are those at the lower level of the tunnel, for the issues of that which you call sex and sexuality will be most different in The New Illusion, and thus, the Energy Centers will not be subject to the opening, for that will have been accomplished, that opening, by those who will be here for The New Illusion. And those who chose or are unable to remain in The New Illusion after The Shifting, will, at the time that is appropriate, reenter onto the earth plane illusion and begin once again to work on those particular Energy Centers that they left the earth plane closed, if you will.*

*Now. We have given out a technique for the opening of the new Energy Centers, and our beautiful community members have finally, shall we say, gotten their act together in producing that which is the technique that we have given and the guidance and the assistance from The Mineral Kingdom for this. There are many of you who are not ready for the opening up of the new Energy Centers, and that is fine, for all progress at their*

*own speed on their path. And what we simply present to you now is this connection, then, with the spirit and with the Energy Circle that you have.*

### **Each Of The Energy Centers Play A Part In Lessons And Balancing That We Go Through**

*Now. When the Soul determines that certain lessons need to be worked upon, the message is given to the Higher Self. This is the connection. The information is stored in the Soul. The Higher Self is the connector, is what you call the intermediary between Conscious Self and the Soul. And thus, the Soul gives to the Higher Self the information. It triggers that which must be learned ~ or that which needs to be remembered from another time. It is then the responsibility of the Higher Self to connect with Conscious Self, and as you, most of you, know, that this is primarily done through the process of meditation. What we add in now to this is the component of these cords that are connected to each of the Energy Centers; for each of the Energy Centers play a part in the lessons and the balancing that we all go through.*

*Thus, the Higher Self, then, will send a vibration into the consciousness, that which you are currently aware, through one or more of these cords of energy that connect to an Energy Center. This is the way in which the energy comes and goes, you see. It is all very methodical, very well organized, if you will; and it is when you work on a particular issue that that Energy Center goes on alert, shall we say.*

*And thus, if you are dealing with issues of judgement, then that which is the Heart Energy Center is one of those that goes on alert; and the information that is needed from your soul comes through the Higher Self, and the energy is sent through the cord that connects your Energy Circle with the Heart Energy Center. And then all of the other energies in your Energy Circle that are a part of your total vibration become involved, in some way or another, depending upon their connection with that issue to which you find yourself now working.*

### **Discussion Of Lessons And Balancing, Ego, Blockages In The Energy Centers**

*And when it is time to ease up, shall we say, on that lesson that you may be working on, that information and that energy is sent back through the cord that connects the Heart Center with the Energy Circle, goes back into the Energy Circle and then goes back into the Higher Self and then back into the Soul. Now, this sounds all very easy, you see: Soul, Higher Self, Cord, Energy Center ~ poof! You have done it, you have connected. Now, of course, you all know that it is not quite that easy now, for if there are blockages anywhere along the way ~ and of course there are, and that is part of the fun of it all, you know ~ then that is when the importance of working with your guides and your Angelic Protector come in.*

*And understand that there are some major points of placement in this activity where blockages occur. First of all, you see, the Soul and the Higher Self are very critical in this*

*process. They are, indeed, the most critical, and the Soul is ever ready to operate, to do what it needs to do. It is the Higher Self that can create blockages by saying, in essence, "I will not open up the door. I am in control." Now, this can occur for many, many, many, many lifetimes where the Higher Self says that it is in control, and the Soul waits patiently until itself ~ you, each of you ~ resolve the conflict within Self, for it is a Self-conflict.*

*Now, once that barrier has been broken down, Higher Self now is all excited and ready. Now, we will talk to Conscious Self. It is not always true, is it, now? "Higher Self to Conscious Self. Higher Self to Conscious Self." Conscious Self says, "No, I am in control. It is I on the earth plane. This is where the action is. This is it. I do not need a Higher Self." And this can go on for eternity. ☺ As long as it goes on, that is as long as you stay on the earth plane, and you can stay on the earth plane for eternity if you so desire.*

*Now. Once, of course, that blockage has been broken down, it would appear, then, that the way is clear. Ah. There is the connection between Conscious Self, Higher Self, and Soul. My, my, what a utopian thought! You have it all done now. However, the glitch occurs in that these blockages that you have broken down apply only to issues.*

*So, you see, it does not apply in totality. It means that you may have, let us say, the issue of patience, and you have finally broken down the barriers for this issue of patience, which is connected to one of the Energy Centers that is known as the Solar Plexus, that is one of the Energy Centers, and you would feel, "Ah, all my blockages are down now." However, you may have the issue of judgement, that is related to the Heart Center, and that may still be in blockage, so your blockages may still be there even though you have opened up in other areas, you see. And it is not until you are finished with your sojourn on the earth plane that all of those blockages are gone.*

### **The Goal Is To Unblock The Energy Centers**

*You see, this is why you are on the earth plane. It is to unblock. Now, of course, as you all know, if you eat the wrong foods, sometimes the arteries in your encasement become blocked, and you flush them out because you have been good, and then you start doing the things that blocked them in the beginning, and they block up again. Well, this is true of all of these lines of energy. They block, they unblock. They block, they unblock.*

*And this sensation that many have felt, this WHOOSH feeling within their Energy Centers, is simply something that can be viewed as the opening of the trap door, you see. You see, you are opening it with this little string, this cord. It is opening up, it is closing. It is opening up, it is closing. As you go through and resolve all of your issues, the blockages occur and then they unblock, and then they block and then they unblock, and eventually, you see, they are totally unblocked. And that is the fun of the earth plane. No? ☺ I sense a negative response to this statement, THE FUN OF THE EARTH PLANE.*

**A contradiction in terms.**

*Fun on the earth plane is a contradiction in terms, is it, my love? Yes. Not so, not so. There is much joy that is felt on the earth plane. The earth plane scenario is deliberately set up to tease you and to make you feel at times, "Oh, isn't this a wonderful decision I made to come onto the earth plane? I am enjoying this beautiful day on the plane. It is warm and sunny." Or, "I have just accomplished a wonderful lesson and I have broken through a barrier and I have greater awareness now. Ah, the world is wonderful!" Yes, and then comes a new lesson. Indeed. But it is the growth and strengthening that comes from this, you see.*

*And thus, now that we have given you a description of the Energy Centers and the interconnectedness with your Energy Circle, the Higher Self, the Soul, and The Universal Consciousness, we would take questions.*

### **What Is The Difference Between One's Soul And One's Spirit?**

*Well, understand, my love ~ that is a very good question ~ that spirit is an encasement. It is a manifestation of the Soul. The Soul simply is. And that is the difference. So, you have a soul that continues for the time that you are out of The One. The spirit manifests itself in different ways depending upon the training ground in which you find yourself.*

*So, for example, on the earth plane, the spirit has a different connection with this vibration and this encasement that you find yourselves in on the earth plane. When you go onto another training ground where the physical is different from that which is on the earth plane, then its spirit connection also changes so that it is in harmony with the scenario that has been determined for that particular training ground. The Soul, however, remains constant, and indeed houses the entire memory bank of the energy, whereas the spirit does not. It houses the information that is necessary for the ~ for that particular point on the path, whatever the training ground happens to be.*

### **What Is The Relation Between The Spirit And The Higher Self?**

*The relation between the spirit and the Higher Self is one of, shall we say, co-conspirators, you see, for it is the Higher Self that is, as we said earlier, the intermediary between the Soul and the Conscious Self. However, spirit takes on what you would call The Universal Consciousness representative of the spiritual issues. You know, spirit and spiritual come from the same source. To be spiritual, as we refer to it, is to be of spirit. And thus, it contains the higher knowledge that is necessary and gives it, the spirit, a greater flexibility in working with the Higher Self, you see. It is almost a shadow, if you will, of the Soul.*

### **Does Working On Particular Issues Related To An Energy Center Cause Emotional Or Physical Discomfort?**

*Yes, it does. Indeed. It is part of the setup, for the lessons to be learned are a combination of the physical and the spirit; and that, yes, much of lessons to be learned manifest in concreteness, that which is the physical. And that, as the Energy Centers, which we said earlier, are connected to spirit and physical, as they open and close, there will, of course, be disruptions within the electromagnetic field of your encasement, and thus, it creates disruptions at times in your physical feelings. It can create feelings of discomfort, but it also can create the opposite feeling, a feeling of wellbeing.*

*Thus, it is not always that you will feel miserable because your Energy Centers are opening and closing, but rather, you would feel light and happy. It depends, of course, on the sensations. Usually, as you begin to really take on an issue, initially you will feel a sense of heaviness in the encasement, in any one of those Energy Centers in the tunnel. And as you begin to work through the issue, you will feel the sense of lightness.*

### **Each Takes On A Very Small Percentage In The Learning Of Lessons That You Go To Work On**

*It is important to note here that each of you takes on in the learning of your lessons a very small percentage each time that you go to work on a lesson. You do not take on the whole lesson at once. When you enter the earth plane, you may say that you are going to perhaps learn the issue of patience on the earth plane training ground, twenty five percent of it, and the other seventy five percent of it, you will learn on other training grounds. Thus, twenty five percent, you come onto the earth plane in your sojourn and you will say, "In my time on the earth plane, I will take on that percentage." And in a particular incarnation, in which you determine to work on patience, you may then say, "I will, in that incarnation, work on one tenth of one percent of that twenty five percent."*

*You see, you do not take the whole percentage, come jumping into the lifetime; and that as you say perhaps one tenth of one percent in this incarnation you will work on, but you will not do it all at the same time. You will take a tenth of one percent of that at one given time, and you will work on that, and you will work through it, and you will clean the Energy Centers, and then the Energy Center will close where that issue is concerned. And you may go for many, many earth plane years working on other issues, and then decide that you will take another one tenth of one percent of the issue of patience. And thus, the opportunity will be presented, and the opening will be there, the pulling back and forth of the cord, and you will begin to feel the movement.*

*Thus, you see, if you were to take on one tenth of one percent of an issue in a particular lifetime, that when you first begin working on that issue in a lifetime, you will feel the discomfort, and it may take you, perhaps, working half way through in that lifetime before you begin to feel the lightening up within the encasement, so that when it is time to open the door again on the Energy Center, and perhaps it is now the fifth or sixth different time you have opened the door and begun, it will not be as heavy this time, initially. There will be a lighter sense of opening up, you understand.*

## It Is A Personal Situation For Each Individual When Working On Specific Issues

There are times when people have heart attacks, or an aneurysm. Would that be a time perhaps when the opening of an Energy Center is occurring, and perhaps the person is not prepared for it to happen?

*The discussion of preparedness is something to ~ always keep in mind that you, at a higher level, are always prepared. It is this conflict between Conscious Self and Higher Self and Soul that can create the sense of "This was a surprise." Conscious Self who thinks it is in control, and that issues such as heart attacks and other very traumatic activities within the encasement are simply physical manifestations of this opening and closing that signify personal, which of course we do not go into in Public Session, personal reasons why.*

*One entity who has, let us say, a heart attack, and another entity who has a heart attack, will have them for very different reasons. There is no pat answer that says, "Aha! That person had a heart attack, and therefore, I know exactly what their issues are!" My, my, wouldn't that be easy for you all to be in that role of judge, you see. As we say so very often, you know not what the path of any entity is, simply to know that when a physical activity occurs that, yes, of course, it is connected with an issue from the spirit and has a spiritual dimension, and that unless the spiritual is addressed, the physical will not at all resolve itself. And unless there is some type of harmony that develops at the higher level with the physical level, the physical will continue. And while it may occur no longer in that particular incarnation, the issue is still there and will carry forward into another incarnation.*

*A heart attack may be a way of teaching. It may be a way of learning. And if it is a way of teaching, it is also something that is connected with spirit, of course. Everything is connected with spirit. It is arrogant to think that nothing is connected with spirit and that you can do anything without the spirit. Everything comes from spiritual, you see.*

*And thus, it is an individual case and it is up to the entity to deal with it and not for any of you to go running to them and say, "Well, you know, now that you have had this heart attack, I think that you should start reading what Waith has to say." Or, "I think you should be reading this, and I think you should be reading that." And it is not for you to make any of those kinds of judgements. Be most careful of any affliction that you would observe. Be there only to support and Be of Service if asked. That is one of our operative phrases, IF ASKED. Stay out of it unless you are asked. Being asked can come from different levels, but that is another topic.*

## What Can We Do To Help Clear The Blockages In Our Energy Centers?

**When the Conscious Self becomes aware of the connection to the Higher Self and desires for that connection to be opened, why is it not immediately opened and those blockages removed?**



*Oh! "Immediately, let us open up those blockages and get to work!" Yes. Perhaps it is then an issue of patience. ☺ Sometimes it does, my son, and sometimes there are other issues also working within the Energy Circle in which you have surrounded yourself, and that there are reasons for this, and you must not be discouraged if the first time you feel this sense of connection, everything springs open, "Oh, yes. I see now. I have a far greater awareness." It comes slowly, until it reaches a point where suddenly it does burst open.*

*It is as if you were wiping off a film that has been created as the result of years and years of what you call pollution on the plane, and it is very thin, but deceptively thin, until you start to wipe it off. And you are first aware that that film is there, you see, and it looks deceptively easy to get through until you start to clean it. Many of you have experienced this. You start to clean it, and "Oh, my, my! There is more here than we realized," and that you slowly have to wipe it clean, and it seems like it is going on forever and ever.*

*You do it, and then you leave it, and you come back, and then you leave it and come back, and finally, ah! There is a breakthrough. And once that breakthrough occurs, then the rest of it very easily and quickly, indeed, clears. And this is what occurs as you begin to work through the film. Energy Centers have these films, and the blockages. Every blockage you can think of as a screen that has a film on it, needs to be cleaned. And some energies have learned, over many incarnations and much work, the right kind of cleaner. There are many cleaners on the market, are there not? ☺ And so, you see, it does not hurt to ask another, "What do you use to clean your Energy Centers?"*

*And we say this not really in a flippant manner, but this is the purpose for information that comes through. The information that we give, the information that is available throughout the earth plane from many, many different sources, is all valuable information that helps an entity where they happen to be in their own awarenesses, to use that information as their form of cleaner. This is how we reach our Higher Self, by utilizing this technique, or this is what someone else says. This is why you look around you, and you see so many books and so much information. It is for you to go to, to find the source appropriate for yourself. There is no bad information. It is all good. It is determined by that which is your need and your cleaning, if you will, you see.*

### **Does It Help To Use Crystals, Color, Or Sound, To Work On And Open Your Energy Centers?**

*Yes, those are all cleaning elements. It helps in creating a greater awareness, you see. You are the only one who can learn your lesson. A crystal cannot learn it for you.*

**If you use a crystal, or whatever, to work on the Chakra, does this help with the issues, or give you a higher awareness?**

*It gives you a sense of alliance that you have some help. Understand that you do not, in actuality, need that. However, it is a source of assistance which most energies, on the earth plane, especially, find that they need some type of help. And this is what The Crystal Kingdom is here for. It is to Be Of Service, to aid in helping you along the way, just as many in physical encasements, those around you, serve as helpers to you, to give you guidance and consolation and that sort of situation. But ultimately, regardless of how much help you receive from your Angelic Protector and from your Spirit Guides, from any source, ultimately, it is you who face Self. But it is always nice to have companionship.*

### **Why Can't We Just Take On Higher Percentages To Resolve Issues And Get It Over With?**

**When you talk about resolving the different issues, you have made it very mathematical by saying it is all the way we incarnate, and try to solve one percent of the patience issue, and ten percent of the judgement issue. I tend to simplify it and say, you are coming here and solve one hundred percent of the judgement issue, and get it over with, and come back and do them. Is that because they are all interrelated with each other, so we can only take, in numbers, twenty percent of this, and then you must work on the other one to get this somehow into balance?**

*We always enjoy it, you know, when (Name given) is in attendance, for the scientific engineer comes out, and we must get to that concreteness right away, you see. This issue is resolved at Soul Level, dear one. It is not for you to muddy yourself in the physical with, "I wonder what my percentages are?" And "Why didn't I do this?" And "Why didn't I do that?"*

*You see, this is where the physical thinks it is in control. It is going to be this consciousness that, "Well, by golly, I know that I am going to do twenty five percent of it and I am going to do it right now! This opportunity, I am going to take all twenty five percent, and then I am going to take the rest of it and get it over with." Well, this is not the way it works, for the Soul plans out the life, and indeed, the sojourn on the earth plane, and it is the Soul that releases, as it deems appropriate, based upon its higher understanding of the energy, what will be. And if you were to take on the entire issue, its full percentage, in any sojourn, not to mention one lifetime, it would be far too overwhelming, far too overwhelming.*

*Most energies, in dealing with an issue, to release it into an Energy Center, can only deal with ~ this cord can only deal with a very minute portion, for lessons are energy. And thus, you could not place this ball of energy that makes up the total lesson and push it through this little thin cord at one time. You have to think of it as draining through and moving harmoniously through the cord.*

*Not to worry, you see. Your soul is in control in connection with The Universal Consciousness, not the Conscious Self. That is an illusion that you are in control. It is the Soul. And the Soul waits patiently, as long as it needs to wait, for the Conscious Self to give up its sense of control. And then, you see, everything becomes quite harmonious and flows very easily. It is all quite organized though.*

**How do addictions come into this picture?**

*Those are issues, my son, and they are no different than the issues of patience and judgement and all of those issues that you take on, on the plane. Some energies choose from their Menu, if you will, upon entry onto the earth plane, certain addictions that they will take on as issues, and others do not, you see, so it is simply an issue and it works in the same way, as we have described, this release from the Soul into the Higher Self and through the cords into the various centers in the tunnel.*

**With the Soul in control and not the conscious mind, it would seem like we could just kind of hang out here on earth and not get worried about anything.**

*That is where the Conscious Self takes on its arrogance.*

**Well, if it is not in control, and it is just going along with what the Soul is doing in control, what is there for the conscious mind to do?**

*Ah, indeed. What is there for the conscious mind to do? This is a question for answering in another time, for it will bring into focus another topic that will come before we finish this earth plane connection topic for this year.*

*We are preparing to depart from the vibration and thus would not want to begin that discussion now, for it would only cause a sense of further frustration, shall we say, by not being able to address it in its depth.*

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