

# *Waith Class Transcript*

**AUGUST 02, 1994**

[Sending Light To The Earth To Help In It Vibrational Changes](#)

[Channelled Information About The Rupe Races And The Development Of Their Systems](#)

[What Happens With Civilization After The Shift?](#)

[A Question Regarding Safe Areas During The Shift](#)

[A Discussion Of Extremes of Weather Pattern Changes](#)

[Does The Conscious Self, The Higher Self, Or The Soul, Decide Whether To Stay After The Shift?](#)

[Conflicts of Ego Of The Conscious Self And Wanting To Be In Control](#)

[Do Twin Flames Have Separate Souls?](#)

[If The Earth Plane Is A Playground, Why Would We Want To Leave It?](#)

[Why We Take On Illness](#)

[Is There Any Other Information You Could Give On How To Best Prepare For The Shift?](#)

**~ 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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## Sending Light To The Earth To Help In It Vibrational Changes

*We bring in to you all the very Highest of the White Light, and comfort you during one of the planet's extremes in its own vibrational changes. It has become quite clear to many who would want to doubt the changes that occur in the planet vibrational field that such is actually occurring now. And it is always appropriate for The Human Kingdom to send Light to the earth, as the earth sends its Light to you, and to have the mutual exchange and comfort that Light Energy provides during times of imbalance in the vibration.*

*Thus, we would ask you before we begin our discussions with you that you send a bit of your Light to the Light of the earth, and focus on the color green and the color blue as they meet in harmony that represent the earth, and send your Light now to this focus. We have gathered all of your projections of Light and placed it into a little basket, if you will, and helped bring it to focus into the core of the earth. It has been well received. The earth sends its appreciation. It would be a very nice gesture for any of you who would be so moved to do what you have just done on your own each day, for this imbalance with the earth vibrational field only becomes more imbalanced and not less.*

*We are now ready to receive any of your questions for our gathering with you.*

**Are you at liberty yet to tell us the significance of the comet that impacted the planet Jupiter?**

*One of the wonderful attributes of the earth plane training ground is its programming for the learning of patience. No other training ground presents such opportunities for the learning of patience in such a strong, accelerated way as does the earth plane. And this is a very fine example of that patience that you will need to learn a bit more of, for it is not time. And when it is appropriate to give information that relates to that occurrence, it will be in combination with other information that you will then see it was worth the wait. Patience will have served itself.*

## Channelled Information About The Rupe Races And The Development Of Their Systems

**Early in this century there were many channellers who brought information in concerning the new Aquarian age. There was a lot of discussion in that time about the Rupe Races and the development of their systems. Can you discuss any of that with us?**

*We could discuss that with you. However, we are not prone in our information dissemination to giving details of particular situations such as you are describing. However, what we do give is the conceptualization of its representation. Because of the differences in frames of reference and the cultures and the vocabulary and all of those other types of earth plane situations that cloud over the accuracy of what becomes earth plane dogma, we do not go into an earth plane discussion of what you would describe.*

*We would give, however, a brief conceptualization of it so that you can understand it in reference to what is occurring currently and what has occurred in the past that makes it part of a series of events and not an isolated incident, or an isolated grouping of theories. Conceptually, there is. as an illusion is about to end, the need to change the vibrational threading that exists around the training ground known as Planet Earth. Currently, that webbing is held together by the structures known as the pyramids.*

*When an illusion is about to change, such as is occurring now ~ and this one began its movement toward closure approximately three to five hundred earth plane years ago ~ it is not just happening now ~ it became part of the programming of an illusion change to bring in certain types of groupings of energies that would set the stage for the transference of energy from one structure to another structure ~ the new structures for The New Illusion. And what began then was what can best be described as a rewiring, and the old with that which would be, but was not yet.*

*What is occurring currently on the earth plane is the massive transference of energy from the twelve master pyramids into the geographic areas that will house the twelve new structures that will then be the connector for the thread that connects the illusion. This grouping of which you speak was part of that type of activity. It was an energy grouping very specifically charged with reconnecting of vibrations, as well as being able to set the energy, if you will, in its proper direction. Being given the information from higher sources as to geographically where the twelve new structures would be housed, they would then Be of Service in the realignment of those energies.*

*It was necessary at that time frame on the planet Earth for there were also significant vibrational changes occurring at that time frame as it became the final ~ approximately final ~ one hundred plane years of the illusion. It is all very neatly organized in The Universe in terms of times frames as it relates to the earth plane as to when certain linkages must occur in order for the progression to occur. This, then, is a conceptual discussion of that concrete activity to which you have referred.*

## **The Atlantean Illusion and Ancestral Passing Along Information From The Old Into The New**

**When I was in Hawaii. I did a little work with some of the Kahunas there, and they discussed their origins as coming from Poladies and to the continent of Lemuria, and they considered themselves descendants of those people. Is there any basis and truth to that, or is it simply a soul awareness?**

*Well, you know, this brings up the most interesting discussion of ancestry, you know. You all are each other in the Universal perception of it. We are all the same. Thus, of course, we come from each other. However, to address it of course at the more earth plane illusionary component ~ and we have touched on this very briefly and will in the future discuss it more, as it is appropriate ~ as an illusion changes, it takes with it many of the components into The New Illusion.*

*When The Atlantean Illusion came to closure, there was much from The Atlantean Illusion that was used as a seed for The New Illusion in which you are currently finding yourself, and that at certain points in the development of each illusion, its heritage from the prior illusion presents itself. There is never a complete disconnection. It is not as if you simply take the illusion with all of its components, pick it up and put it away and bring in a new illusion without any interconnectedness.*

*Thus, when those of you will survive, as you would want to call it, or as we would call it, who move into The New Illusion, you will take with you the memories of the illusion from which you are currently in. You will take the memories of the culture. You will take the memories of the language, of the artifacts, of all that has made this illusion what it is. You will use that, along with the new information that relates to The New Illusion, the new way of doing the earth plane, if you will, and you will meld those two. And you will begin to bring in new entities, and you will give information to the new entities that will become part of the history of your own progression. And you will tell them of a time prior to the time that they know, a time when things were very different. And it will then become the history, and they will carry that information on.*

*The grouping of which you speak, my son, is such a group. They carry with them the history over their own way of recording their heritage, and it comes from roots of accuracy. And it is further proof for those who may be disbelievers that illusions change periodically, that there was another time, and there was another culture. There was another way in which life was lived on the earth plane. And when you hear of another giving you information about their culture that comes from what you consider many thousands and thousands of earth plane years ago, it would serve you well to listen and to absorb. Many of you in this gathering and many who would read our words will also be part of that type of transmission of heritage, or ancestry.*

**I wonder now why we haven't more evidence of our Atlantean prior illusion.**

*Oh, but there is.*

**Very little survives of anything.**

*Oh, quite the contrary. Quite the contrary. There is quite a bit of evidence. It is just not being seen. And it is also, for many reasons not to be seen, and will be seen where appropriate when the next illusion comes along. There is considerable representation from Atlantis ~ if only those of you who have come back into this particular time frame on the earth plane. Many on the earth plane have not come back since Atlantis. This is their first time back since Atlantis. That is why there is so much difficulty, for they have not had the benefit of many lifetimes to smooth out that which occurred in the final time of Atlantis to help bring, sort of, tempering to the spirit. They come in with the memory banks of Atlantis. It is not that illusion, and it is a difficult adjustment for many.*

When Atlantis finally settled down into the ocean, the survivors did not reestablish their culture when they came to Egypt, or whatever else. That culture disappeared. Humanity had to go back to barbaric times.

*Oh, but it did not go back to barbaric times. That is the illusion that is presented, for there is no concrete evidence as to what actually happened during the initial approximately one thousand earth plane years at the beginning of this illusion. Understand that The Universe is able to present whatever it wants to present to its scientists currently on the plane. If it wants to give the impression that civilization began with a particular animal fifty million earth plane years ago, it can do that quite easily. It is not as it appears to be at all. And it is for future discussions, as we move closer to the changes, that will make entities on the plane a bit more receptive to the realities of what the earth plane actually is rather than what they think it is.*

### What Happens With Civilization After The Shift?

What happens after this shift this time? Will our culture be demolished? Will we revert to plowing the fields for food, or will we continue on in some way? Remember, you said only a few million people are going to be left around the world.

*Indeed. Indeed. Your frame of reference, understand please, is related to the current illusion. One of the reasons we have not gone into any real detail about The New Illusion is that the frame of reference for most on the plane is not properly prepared for an understanding of what will happen. As we have quite explicitly stated, however, it is not going to be starting at ground zero, if you will. You will not be going back into the caves. You do not have to get those bats out again, you male encasements, and drag the females by the hair into the cave. That is not going to be occurring. It will not be a primitive society.*

*There are significant components that you currently are familiar with in this illusion that will go with you into The New Illusion and a significant number of components that will not, but it will not be a shock. It will not be a major adjustment. It will be only minor adjustments.*

*And when it is time, as we are instructed by our higher informational sources, to give you that information, then we will do so, and you will be able to understand it. There are few now who would understand it. And there is much other information to provide that is easily understood by large numbers of entities, and we will expend our energy in that way before we expend our energy, giving information that will only have to be repeated once the masses begin to have that frame of reference. Thus, that will conclude any of our attempts to respond to your questions, at this point, my son.*

### A Question Regarding Safe Areas During The Shift

**In regards to Nova Scotia. Has it been determined yet whether it will remain as a safe area?**

*You know, it is really not an important bit of information at this time ~ what is safe and what is not. The areas that have been definitively identified as safe are done so for reasons of harmonic understanding and points of reference. Most of the areas on the earth plane are still in a state of flux as to whether they will be water or whether they will be land. Whether it is safe or not is really an insignificant question at this point. Those who will remain in The New Illusion will be here regardless of where they happen to be when The Shift occurs. They will be able to transport themselves to areas that will be able to house them. So that when it is time for us to give certain information about safe areas, as you call them, or better to say land masses rather than safe areas, LAND AREAS, then we will do so. It is far too critical at this point in the vibrational path of various points on the planet to give out that information.*

**There are maps published by various groups that seem to reflect fairly accurately the verbal descriptions you have given of where the land and water will be. Can you confirm that the maps are reasonably accurate since they just seem to agree with your verbal descriptions?**

*They are not completely accurate for they are presenting themselves as definitive, and that this is not the accurate part of it. As we have identified certain areas thus far, we have not given any comprehensive scheme, if you will, of land and water. We have only given isolated areas. It is an unwise course of action for anyone currently on the plane to think that they have the final map, if you will. The final map will not be available until the actual shifting. Just as many on the plane will not know until that moment of shifting whether they will stay or leave, so too are the components of the planet unsure of its own allocation of land and water. So, where there is definitive agreement, that is fine, but we are not saying that we have the final map. We do not, and if we do not, then it is interesting that others say that they do.*

### **A Discussion Of Extremes of Weather Pattern Changes**

**In this area (Enfield, CT), we are experiencing some of the tropical weather changes. Are we going to get the extremes of the winters like we had and then extreme summers, or is it going to get warmer continually?**

*The area in which you find yourself, of course, as we have said so often, will be, from your current frame of reference, tropical. It will not be quite what you know as tropical. It will have a different configuration, but it will be in essence what you know as tropical. In order for the balance to occur, the extremes must happen, and there will continue to be extremes until The Shifting. When The Shifting occurs, it will bring everything into its alignment. You will find, however, that there will now be longer periods of time in which the composition components of the weather patterns of The New Illusion for this particular geographic area will be in evidence. There will also be, of course, the extreme at the opposite end in order for the balance to occur.*

*As we have indicated, the earth is in its next to the last stage of cleansing. When that is completed and the earth goes into its final stage of cleansing, you will see even longer periods of time in the extremes, and then finally the settling. And thus, what you will see in this stage of cleansing is longer periods of time in the tropical weather, extended time. What you will see in the final stages will be longer periods of time at both ends of The Spectrum. So, there will be much longer periods of time of intense extreme cold, as well as intense extreme heat. We are not able to give you the time frame in which this will occur. It could last for two earth plane years. It could last for several months on the earth plane. It could last very short period of time. It is dependent on the stage that currently the earth goes through, and its own cleansing, as to the length and the intensity of the final stage.*

*This current weather pattern that you find yourselves in will continue for quite some time on the earth plane, and as we had indicated, the drought has now taken hold across the planet and will continue until The Shifting. There will be no easing of the drought or the lack of water. It will also be extreme in parts of the globe where there will appear to be an excess of water, where in other parts of the globe ~ of the planet ~ there will be lacking.*

**Those extremes that you are talking about, does that also go for our emotional bodies as well? I mean, will we be feeling that?**

*Oh, indeed. Oh, indeed, my love. All energy is connected. Many of you feel a great affinity to the vibration of the earth, for example. Some more than others. In one of our previous sessions, we gave a meditation to be used in connection with the earth. For those of you who feel the pain of the earth, for example, and how it affects your own emotional bodies, your spirit bodies. It helps to soothe that connection. (Refer to Waith Class Transcript of August 30, 1988)*

**Does The Conscious Self, The Higher Self, Or The Soul, Decide Whether To Stay After The Shift?**

*Oh, never at the conscious level. If most of you had your say at the conscious level, it would be uninhabited on the earth plane. It is done at much higher levels, and you will, at the conscious level, have nothing to do with it. It most definitely will, as in all energy movement, be occurring at higher levels. The decision is made at higher levels. It is as simple as that.*

**Conflicts of Ego Of The Conscious Self And Wanting To Be In Control**

**What are we doing here at the conscious level if we do not have a lot to say about what is going on? Why bother?**

*But you do, my son. Your Higher Self is what has all the say, your Higher Self and the Soul. You are simply the concreteness of the Higher Self and Soul acting out the lessons to be learned. You see, this is perhaps part of the point of it all. Why is any energy in an*

*encasement, in a concreteness? You are simply the tool at concrete level for your own Higher Self and for your own Soul. It is not anyone else controlling you, my son. It is you controlling you.*

*However, this is where the issues of ego come in. At conscious level one would want to think that one is completely in control, and that at the conscious level you have the absolute say in everything that goes on. In actuality, at the concrete level, you have absolutely nothing to say about what goes on. And the sooner you learn that, the better you find yourself existing and learning your lessons. Simply flow with what occurs and trust in your Higher Self and trust in the connection that your Higher Self and your Soul has and its connection to The Universal Consciousness in giving you all of the answers that you need for Self.*

*It is the conflict, however, between the ego of Conscious Self and the ego of Higher Self that is always at risk here for whether the lesson is learned or not, or whether you have to keep coming back to learn it until you finally, at Conscious Self, determine that you are simply the instrument of your own Higher Self. It is as simple as that. Is that a difficult concept to grasp?*

**If the communication with the Higher Self is excellent, and you are able to work out a plan together, that is great. If there are blockages, then, at a conscious level where most of our influences are, other consciousnesses on the conscious level, and you have to deal with that, it is sort of like we have to almost ignore most of what we deal with every day.**

*Oh, indeed. But, you see, you have very aptly identified the entire problem, and that is that there is so much blockage at conscious level of the reality of the Higher Self being in control, that the blockages then create their own blockages. And until there can be the flow of communication between the Conscious Self and the Higher Self, then the blockages will mount up and you will take those blockages from lifetime to lifetime to lifetime until you finally catch on and figure it out and say finally, "It is my Higher Self that is in control. I am not in control." And then suddenly there are no more blockages. You have a very clear understanding of what it is you are here to do. You do it, and you do it easily ~ not without its difficulties, but with a clearer understanding that you are truly working your own Higher Self ~ that you are not under the control of any other influences.*

*This is the problem at Conscious Self. You are all so easily influenced by others around you rather than listening to Self and allowing Self to give you the answer. You want to have someone else tell you what to do. It makes it much easier. It takes the responsibility away from your own behavior. It is much easier. But in the long run, you have achieved nothing except more blockages. Until you finally accept Self, Higher Self and Soul as the one giving you your answers, and not your friend next door. Then, and only then, will you feel the beginnings of rapid growth.*

**Are you saying then, individuals have to take responsibility for their own actions in order to evolve?**



*Indeed.*

But then that flies in the face of the concept that we have with our religions, and that is the idea of the savior, God, atoning for our sins. I mean, how can another take on the sins that we have, and after we simply give them away to some other entity, even if it is a God? I mean, isn't that contrary to the basic point of development of one's own responsibility of one's own evolution? You cannot give away what you have done. It is there for you to work out.

*We will be giving a very complete discussion of faith and religious development. If you would refer to our schedule of topics coming, you will see that we will be addressing those types of concerns and responding to those issues. It is important to be able to separate out that which has become dogma and disseminated from certain religions as THE WAY and THE TRUTH and to bring it back into its spiritual purity. And we will, as best as we are able, give you some spiritual purity to that particular concern. If you are present, my son, in that session where we discuss this issue, we would ask that you present that question once again.*

### Do Twin Flames Have Separate Souls?

A question about energies and lessons. When you split off from The One Consciousness, and you form two supposed twin flames, you have one soul with twin flames?

*Two souls, my love. There are always, regardless of how many splits occur, a separate soul.*

Even with twin flames.

*Oh, absolutely. This is a misconception that the twin flame is somehow the duplication. It is not. It is part of your energy, but it has its own path. It has its own soul. It has its own memories. That is why when twin souls get together there can be so much conflict, as well as harmony, for they are in essence the opposites of each other and the complements of each other.*

So, there they are, the twin flames, each with certain things to learn. Do they then have the choice of splitting again so that their splits can learn some of those lessons and bring it back to it?

*Indeed. That is exactly what happens, my love.*

And then the split-offs from the twin flame, is that called a lifeline?

*This is where we get into certain technicalities that we have given a great deal of information on, and we would not want to begin giving more of that. They are two separate situations which we would not want to continue in this Public Session with this*

*discussion. But you, in essence, have at least the outline of, conceptually, how this all works. The thing to remember that even in lifelines there are separate souls. Whenever an energy becomes its own, if you will, it has a soul. It becomes then its own Self, regardless of its relationship from whatever point it came. Ultimately, once the lifelines merge ~ and the twin flames and the triplets and all the others that have split and gone their way ~ and all have begun moving back into their point of origin, eventually, all goes back into The Universal Consciousness.*

**And lifelines are just lifelines. They are not twin flames.**

*They are not twin flames, technically. It is still a topic of much interest. And, you know, we have much more time to spend with you on the plane, as Mushiba, if any of you speak with her, will give you now the countdown as thirty three years and twenty seven, twenty eight, days, for we have told her that she will be able to leave when she is of the age eighty. And so, when we told her that ~ of course, this is another reason to not know these things in advance ~ she began the countdown. And thus, just a little humor there.*

**And as far as the multidimensional selves, that breaks off from that in another whole way?**

*Oh, another whole way.*

**Which you will talk about.**

*Indeed. You know, we have all this time ahead of us, as you measure it on the plane. We will be here speaking in this way with you until it is time for Mushiba to leave. So we are here to help you prepare for The Shift. We will be here after The Shift to help in the adaptation to The New Illusion. You have much time to ask us these questions of importance.*

### **If The Earth Plane Is A Playground, Why Would We Want To Leave It?**

**Regarding your comment about Mushiba able to leave the earth plane ~ it is my understanding and my belief that this is a playground for our learning, and by being in this form on this planet, it is the direct route to our Oneness with The Source. And all of the talk of leaving the planet and getting through your stuff faster, or to leave this place, can you address that, because I am somewhat confused about that at this point. If this is the playground, if this is where we are to learn, isn't this where we want to be until we are ready to decide that we are The Source ourselves and just become that?**

*Understand several issues here. First of all, this is only one of a limitless number of training grounds. And we indeed devoted an entire year of PLAYTIME ON THE EARTH PLANE as our topic, which will be available for you to read. (See Waith Class Transcripts for 1993)*

*It is not the only place. It is not the only training ground. It is one of the more difficult. It is one of the more accelerated. And not all energies choose to come onto the earth plane who are outside of The One. Those who do choose to come onto the earth plane, once having made the commitment, must complete the training ground. This is not true of other training grounds, where once you have made the commitment to train on that training ground you must stay there until you have completed the work you took on. But it is true on the earth plane.*

*Now, Mushiba is in the final, absolutely final, time on the earth plane, if all goes well, if she does not mess it up at the end. When you reach that point, as you would in any school where you are ready to graduate into another level of awareness, into a newer training, more advanced training, you become a little anxious. The vocabulary banks use this phrase cabin fever. You are ready to move into something else, and yet you know you have loose ends to tie up.*

*There are many on the plane currently who are in this mode of loose ends. This may be their last life. They may have completed everything. Or they may be moving into that mode of only a few more lifetimes to complete. And thus, when you are in this mode of about to move into a higher training ground, The Universe is also indoctrinating you a bit into the new training ground, into the new areas of knowledge while you are still in the other class, the other grade. And so, you see what is ahead, and you see what you have left to do, and you become a little anxious. You want to get on with it.*

*When you are fairly new on the earth plane, the usual situation is wonderment and great anticipation at being on this training ground and being able to have the opportunities to work through. This is one of the necessary illusions that The Universe presents to entities who are first newly oriented to the earth plane so that it gets you through those first several dozen lifetimes thinking that all is well and it is fine, and then the reality of the work sets in. And it is playtime, but it is work.*

*And so, thus, what you are hearing may appear to be what you would call a mixed signal, but to those who are ready to leave the plane it is a very clear signal, and to those who are just beginning their sojourn, they are wondering why the others would want to be leaving when this is just such a wonderful, wonderful training ground. And when you are at that point of closure to your sojourn, you too will be anxious.*

*We make reference to it for the simple reason that we have been Mushiba's Angelic Protector for her time on the earth plane, her sojourn, and we also are tired of it, and have come very close to closure, and it can be almost there, and decisions are made that prevent the life from being the final life, and a few more times in are necessary, you see. But it is all really done in quite a bit of playfulness and jest, for everything outside of The One is a playground.*

Don't the critical conditions of the encasement play a role in whether the Soul wants to go, or leave the playground? You are talking entirely from the spiritual point of view. When you will be eighty, you may be not in a good physical condition as you are right now.

*This condition that Mushiba will be in will be appropriate for our mission. Understand that any physical encasement on the plane can be manipulated in any way that is needed by the higher sources. That is true of all of you.*

I have not seen a person being under fifty or two hundred years old, so they are all leaving between eighty and maximum ninety or seventy.

*In your frame of reference, my son, during this particular time frame on the planet at this point in the illusion. How many of you here would want to live two hundred years? Raise your hands. Eh? We have in other times frames, even in this illusion, had longer time spent on the plane, depending upon the mission ~ shorter time frames spent on the plane, depending upon the mission. And when it is time for the mission to be completed, then the physical encasement is simply left to its own path. Do not worry yourself, my son, of how Mushiba's encasement will house our energy.*

### Why We Take On Illness

About the sun and skin cancer. If being in the sun feels so good and so right, why would it be harmful? Do the harmful effects have to do with nonconscious abuse, or the intent that we take sunlight in?

*As with anything that is of the physical, if you are dealing with issues relating to it at the higher levels, then it will come into physical if it is meant to. If you are meant to have any disease, for whatever the reason ~ to teach, to learn, or whatever ~ it will occur. If not, it will not. And if exposure to the sun for one entity creates a problem, but not for another, it is simply that there are no lessons for a particular entity to be dealing with, whether it is teaching or learning. And, again, this is where you must go to yourself and your own understandings of your own issues in terms of abuse. And if you abuse yourself in certain ways, you may be able to connect with Higher Self to understand what those abuses are. And you may not be able to withstand the sunlight, for example, or the moonlight for others, or no light, as it affects some entities.*

*The sun, however, is going through its own type of vibrational changes as it relates to the changes on the planet, and it will have extremes of intensity in which those who would be up for learning of lessons from exposure to it, would have the opportunity to learn, whether it is learning to respect the sun or learn not to respect the sun and the energy that comes from that particular force, you see.*

As I understand this, there is basically no cause of relationship. If I need a lesson, it will do. If I do not, it will not.

*This is accurate. This is accurate for anything. It is why some entities who, for example, work in the same environment, physical environment, and one entity becomes ill as a result of toxins, for example, in the environment, and another does not. And the scientists and the doctors would not understand why this could be. It is simply that one had issues and another did not, that relate to that particular situation. Each of us has our own little bag of issues. Remember The Toy Box story ~ your favorite toys, and your issues. So, it is just that each of you has different issues and different percentages at different times in different lifetimes, all working in a little mix here.*

**That opens up the critical issue of whether or not we need any medications, any medical treatments.**

*We have addressed this quite a bit, my son, and rather than place this once again on the record, it will be available to you in written transcript form for your understanding and questions. (Refer to Waith Class Transcript July 22, 1990)*

**Is There Any Other Information You Could Give On How To Best Prepare For The Shift?**

*The best preparation for The Shift comes at spirit level. That comes through a committed effort to understanding Higher Self ~ through the meditation process ~ learning to trust in Self, and learning the flow, if you will, of your part in the concrete to the totality of your own energy. You would be given, then, the answers at a vibrational level that would make your awarenesses more attuned to that which is occurring in the vibrational changes of the planet. And if you are then attuned vibrationally to the changing vibrations of the planet, you would have the invitation to remain after The Shifting. It is as simple as that.*

*There is no actual physical preparation, for those who will stay will be, during The Shifting, brought into safe areas. It will happen by those of us who are charged with that responsibility. You may go into other dimensions. You may go underground and you will be simply put into that physical form. You will not have to worry about it. It will be simply what is done. And you will be safe. So, the preparation must be at spirit level and not at concrete level. At spirit level, it then gives you the sense of security within Self at conscious level and dispels any anxieties that you might have about the coming changes, for you will feel the sense of understanding and the awarenesses that come from that higher understanding.*

**So basically, you are saying, get in touch with your Higher Self. Remove the blocks of the communication.**

*Yes, my love. That is the simple formula, but as of course we have addressed in this session, it is not as easy to do as it is to discuss. It becomes most difficult at the concrete level to believe that there is anything higher, that there is anything abstract. That is part of the lure and the training that occurs at the concrete level. And thus, it becomes then your own commitment to taking yourself outside of, and away from, the concreteness,*

*and to bring yourself into Self and trust in the information that you will receive. And always, my love, when going into meditation, surround yourself with White Protective Light. That is always critical to do so that you will receive protection from your guides and your Angelic Protector.*

**For those of us who stay, will we remain conscious during The Shift while we are on other dimensions or underground?**

*Some may and some may not. It will depend. It will depend on where there is room for entities and where you are physically located as to what type of sheltering you will go into. In some of the shelters there will be very conscious awarenesses, and in others it will be as if you go into a sleep state. And there may be a hazy remembrance or none at all. It will not matter, for you will all eventually come back, whether it is in the next illusion or another lifetime in that next illusion.*

*We would now prepare for departure and would ask you all now to focus your energies. Focus your energies into that which is the Heart Center and feel the love of Self surrounding that which is the Heart Center. Feel the soothing sensation. And now allow that energy of love for Self fill your encasement. And allow some of that from Self to come into the gathering of energies here and mingle now with each other's love of Self to form the unity of the group. And the energy now of unity disperses throughout the gathering and fills you all with each other's love. We send to you now the very Highest of the White Light from the very Highest of the Kingdom of Amelius. Farewell.*

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