

# *Waith Class Transcript*

**NOVEMBER 07, 1995**

Preliminary Discussion Of Topic For The Coming Year ~ Meditation, Concept And Application ~ Search For Self Through Meditation ~ Self-Healing

**~ 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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## Preliminary Discussion Of Topic For The Coming Year ~ Meditation, Concept And Application ~ Search For Self Through Meditation ~ Self-Healing

*We are here in this gathering to give you some preparation for that which will be the focus of our discussions in the coming year. Our focus, as we have indicated in a preliminary manner, is on meditation, concept and application. However, the larger focus is on the SEARCH FOR SELF through meditation and through working with your own energy to heal Self, to smooth out Self. It is a greatly misunderstood concept, this concept of the energy of each of us. Each individual has an energy ~ is an energy. Yet, from a Universal Consciousness perspective, there is no individuality. It is all One. But we exist outside of The Universal Consciousness, and therefore, the illusion is of separateness, individuality, and yet, simultaneously, connectedness.*

*There is much discussion now on the earth plane of Self-Healing. There are those who have acquired the skill to be facilitators in the Self-Healing process. You must remember that healing can only come from Self. But you must, in your journey toward the eventual healing of Self, seek out the facilitation from others who are trained, who have worked and studied, who now give of themselves to help you in this path, to help you to eventually heal Self.*

*There are many on the plane now who give you parlor tricks. "You are healed!" You must understand that there is validity in this, even though you may feel that it is a charlatan performing this type of activity. And yes, there are many on the plane who are unscrupulous in what they do, and perhaps inept, and perhaps not at all able to do what they claim. You say, "People pay money for this. It is forgery."*

*You must remember that each of you on the plane does what you are supposed to do in your path. If it is meant that you give money to one who is a forger, it is meant that you do that for lessons to be learned. It comes under the issue of judgement. Do not judge what another does to seek the Healing of Self. Be concerned only with your own quest for healing. Go to those sources outside of Self that can aid you in the journey to the eventual Self-Healing.*

*We have spoken of traditional medicine, as you call it on the plane, and that it has its place. There are numbers and numbers of healers within this dimension of traditional medicine ~ many. You must not shrug them off because they are not holistic. You must be careful of thinking that only one way is the way. Holistic, as you call it, has its place. Traditional, pill-taking, and all of that, has its place. You are the one responsible for what works for you. You must seek out the many, many, many alternatives given to you as tools to help you in your own Self-Healing.*

*Self-Healing comes from an alignment of energy within your vibration that brings closure to a particular lesson that you have taken on. When you have learned a lesson, you heal within Self. There is no pill, there is no herb in existence that will be that one thing that heals you. The only thing that heals you is a balancing of your own energy in a particular issue that you have taken on to learn.*

*Pills and herbs and potions ~ we stir in the cauldron, the potions, do we not? And we say, "Aha, this will cure you." Some of those potions, pills, are simply a different manifestation of the potions that were stirred in the cauldron and may indeed help you in your journey toward Self-Healing, if it is a physical manifestation of an issue. If you have a stomach problem ~ it aches and it hurts ~ you must first determine, for Self-Healing where that comes from ~ what is the issue involved. That could take you many lifetimes, however.*

*Simply because you are here now and you have awareness of your own journey does not mean that will automatically enable you to heal Self. It means that you are now exposed to the possibilities of Self-Healing. As you feel the pain in your encasement, you must work with tools to help you to work through any pain. Eventually, as you work through and you see the various tools available to you, you come to closure within your own energy balancing. You have healed yourself through your own energy.*

*Many of you have minor types of healing on a regular basis ~ emotional healings, spiritual healings, intellectual healings, and indeed, physical healings. You are not healed by any external source. It may only appear that there has been a healing, when in actuality, it is temporary, it is a tool to enable you to finish the lifetime so that you come back in another experience having reached closure at a certain point in your own healing, your own dealing with issues.*

*In the next experience, the next lifetime, you are able to work more with your energy to heal, rather than external sources. But to reach that point where you can work with your own energy requires working externally, lifetime after lifetime after lifetime. Without exception, there is no energy who comes onto the earth plane who starts and finishes a complete lesson in one lifetime. It simply does not happen. Thus, you are all now in a time frame in which energy is talked about a great deal. It is more understood ~ it is more accepted ~ in, what you call, this main stream of consciousness on the earth plane. But it is greatly misunderstood.*

*In our coming year with you, we will give you concepts of meditation, and techniques to go along with that concept, that will enable you to not only go into a higher level of yourself, but will also give you the tools to work with your own energy ~ if you are at that point. If you have not yet reached that point, you will have the tools that will enable you to work with a facilitator, an external source, to help bring you closer to working within Self, and with your energies.*

*We have determined that we would give you a demonstration in this gathering of energy. Many of you come here and listen to us speak on a regular basis, and hearing the information is enough for you. Some of you come here on a regular basis and do not hear a word we say. This is a very typical teacher/student relationship. Many of you experience that yourselves with those in your lives. If you have the caretaking responsibilities of young entities, you oftentimes feel you have said the same thing over and over to them and they still have not heard you. Well, this is true of us to those who come here to hear us.*

*Occasionally, the teacher must do a wakeup call to the student. We are here to do such a wakeup call. Some of you will hear what we say. Some of you will not. Some of you will see what we do. Some of you will not. We work with energy. We are energy. We have told you that we come from the Highest of The Angelic Force. There is no need for demonstration of that, and yet, we demonstrate. (Waith stretches his arms upward. There is about one minute of silence while this activity occurs) What some of you saw was essence. What some of you saw was a concreteness of essence. And some of you saw nothing except the arms raised over the head.*

*We reach a point in our teachings that we must say to some of our students, "It is time for you to journey along on your path. We are no longer able to Be of Service to you." The student, oftentimes, does not want to break from the teacher ~ is afraid to break from the teacher. In our dealings with energy, we now move into an accelerated format and we must have room in our gatherings for energies who are here to learn the accelerated versions of energy, to go into, shall we say, graduate school.*

*There are several in this gathering whose time has come now to journey. You have come and you have not heard. We know that you will not hear, no matter how much we say it, no matter how often we say it, no matter in how many different formats we say it. We have never singled out energies in a public gathering and said to them, "It is preferable that you no longer come to listen to us." For we are able to do that in our own way without the public attention. However, there comes a time in every teacher's forum when they must do that in the classroom, for it, then, shows to the other students that the learning that they have come for is taken seriously by the teacher and there are no disruptions by questioning that is inappropriate or repetitious.*

*We preface what we are about to do with this ~ All of you are bright energies walking on your path. You have come to us at a point in your path. We have been of service. We now must force you to move along your path and to venture out into areas that will better satisfy you and serve you. You go with our love and our protection from the Angelic.*

*There are three who we ask now at the end of this gathering to bid farewell to the gathering, and for them to be embraced and given Light as they move along on their journey. From a public gathering perspective it is time for that. We will place our energy onto that which is the Heart Chakra ~ or as we like to refer to it, the Heart Energy*

*Center ~ at which point we will depart so that you may have the proper amount of time to give closure to the individuals. (Waith walks over to each of the three energies and places his hand over their heart Energy Center as he speaks to them)*

*(The First Person) We are most loving of your energy.*

*(The Second Person) We are most loving of your energy.*

*(The Third Person) We are most loving of your energy.*

*We depart now. Farewell, and may the very Highest of the White Light from the very Highest of the Kingdom of Amelius be with you. Farewell.*

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